

NEWS RELEASE

Aug. 11, 2006

Contact: Bryan Schrepel 913-758-6165

E-mail: SchrepelB@stmary.edu



University of Saint Mary To Offer Lifeguard Training

(Leavenworth, Kan.)— The University of Saint Mary and the American Red Cross will offer lifeguard training courses from 6:30 – 8:30 p.m. on Wednesdays beginning August 24. The class is open to the general public and high school students, who may enroll for dual credit at \$110 per credit hour or non-credit. All classes will be held inside the University of Saint Mary's indoor pool in Berchmans Hall on the main campus, 4100 South 4th Street in Leavenworth, Kan. The registration deadline is August 18.

Lifeguard class candidates must be at least 15 years of age by the end of the course and must be able to pass a prerequisite test which includes a 500-yard continuous swim. This course includes CPR training for the professional rescuer and first aid. Lifeguard training is one of many courses in USM's College for High School Program. The program is intended for qualified high school students who wish to earn both high school and college credit for the same course.

The university also offers on-going, morning and evening aqua-fitness classes for adults. These classes are designed to benefit all fitness levels, with exercises that can be modified to meet specific needs. A hydraulic chair life is available for those who have difficulty with ladders. No swimming skills are required. The cost is \$45 for a six-week session.

Red Cross swim lessons for children ages four and up begins in September. The cost is \$40 for a four-week session.

Call aquatics director Janet Loewenstein at 913-682-5151 extension 6622 for details.

The University of Saint Mary is a private, co-educational applied liberal arts university founded by the Sisters of Charity of Leavenworth. The University of Saint Mary is located at 4100 South 4th Street, Leavenworth, Kan., with additional locations at 11413 Pflumm in Overland Park and inside Providence Medical Center at 8929 Parallel Parkway in Kansas City, Kan.

###