

**NEWS RELEASE**

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## USM Fall Swimming Lessons

*Enrolling Now*

(Leavenworth, Kan.)—The University of Saint Mary is now enrolling children ages four and up for the American Red Cross Learn to Swim Program. Classes will meet two days per week, for four consecutive weeks for about 30 to 45 minutes each session. Classes are divided according to ability level and enrollment is limited to six participants per class. Classes begin Sept. 6 and conclude Sept. 27. There is a \$40 registration fee per person per course. Classes will meet as follows:

<b>Dates</b>	<b>Time</b>	<b>Day</b>	<b>Class Level</b>
Sept. 6-27	6:15-6:45	Mon. & Wed.	Level 1
Sept. 6-27	6:45-7:30	Mon. & Wed.	Level 2/Level 3
Sept. 6-27	7:30-8:15	Mon. & Wed.	Level 4

Call Janet Loewenstein, USM Aquatics Director, at 913-682-5151 extension 6622 or 913-682-4593 to register.

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.

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.

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