

**NEWS RELEASE**

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## University of Saint Mary Announces Winter Aquatics Program

(Leavenworth, Kan.)—The University of Saint Mary and the American Red Cross are teaming up to help you get in shape for 2007 with the Winter Aquatics Program. Classes include the American Red Cross Winter Safety Instructor (WSI) Course, Aqua-Fitness Classes for adults and Red Cross Swim Lessons for children ages 4 and up.

**Water Safety Instructor (WSI)** courses will be offered during the spring 2007 semester. Participants must be 16 years old by May 2007 and pass a pre-course written test and Level IV swimming test. Upon successful completion of the course, participants will be certified to teach the Parent/Child Aquatics Program and all levels of the Learn to Swim Program. Deadline for registration is Jan. 16. Enrollees will meet the week of Jan. 22 to determine class dates and times. Enrolling high school students may earn two hours of college credit at a rate of \$220. The non-credit rate is \$150. Class size is limited. Early enrollment is encouraged.

**Morning and Evening Aqua-Fitness Classes for Adults** 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. Participants can expect improvement in strength, flexibility and cardiovascular fitness from this non-impact workout. No swimming skills are required. Classes start Jan. 22 and 23. The cost is \$45 for the six-week session.

**Red Cross Children's Swim Lessons** for children ages 4 and up start Feb. 5, for Levels I through V. The Learn to Swim Program will meet Monday and Wednesday evenings at 6 p.m. The cost for the Red Cross Children's Swim Lessons is \$40 for the five-week session. The deadline for registration is Feb. 2.

**WHERE:**                      **Berchmans Pool**  
University of Saint Mary  
4100 South 4<sup>th</sup> Street  
Leavenworth, Kan.

For more information call Janet Loewenstein, USM aquatics director, at 913-682-5151 ext. 6622 or call 913-682-4593.

*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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