

NEWS RELEASE

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University of Saint Mary and American Red Cross Offering New Lifeguarding Course

(Leavenworth, Kan.)- The University of Saint Mary and the American Red Cross are teaming up to introduce a new lifeguarding program offered from 6:30 - 8:30 p.m. on Wednesdays beginning Aug. 22. 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.

The comprehensive training program is designed to teach lifeguards, as professional rescuers, the skills needed to: prevent injuries and prepare for and respond appropriately to drowning, injury, breathing, and cardiac emergencies.

Lifeguarding class candidates must be at least 15-years-old by the end of the course and must be able to pass a prerequisite test which includes a 300-yard continuous swim. This course includes first aid and professional rescuer CPR/AED training. Lifeguarding 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.

Session 1 meets from 9:15 - 10 a.m. Tuesday and Thursday mornings.

Session 2 meets from 4:45 - 5:30 p.m. Monday and Wednesday afternoons.

Session 3 meets from 5:30 - 6:15 p.m. Tuesday and Thursday evenings.

The cost is \$45 for a six-week session.

USM also offers Red Cross swim lessons for children ages four and up, scheduled to begin in early September. The cost is \$40 for a four-week session.

All classes will be held at the University of Saint Mary's indoor pool in Berchmans Hall on the main campus, 4100 South 4th Street in Leavenworth, Kan. Call aquatics director Janet Loewenstein at (913) 682-5151 ext. 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 in Overland Park, Shawnee, and Kansas City, Kan. offering accelerated, evening programs for working professionals.

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