

NEWS RELEASE

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University of Saint Mary & American Red Cross Help Children Learn to Swim

Registration 6:30-8:30 p.m. Wednesday, May 13

(Leavenworth, Kan.)— The University of Saint Mary is offering a newly-updated American Red Cross Swimming and Water Safety Program for children this spring and summer, combining the best in swim instruction with a strong emphasis on drowning prevention and water safety. Registration for the program will be held 6:30-8:30 p.m. on Wednesday, May 13, in Mead Hall's Walnut Room on the USM campus, 4100 South 4th Street, Leavenworth.

Enrollment is on a first-come, first-serve basis. There is a \$40 enrollment fee and class sizes are limited to six participants to provide individual attention and ensure safety.

This year's program will implement the new 2009 Red Cross revised guidelines for Levels 1 through 6 of the organization's Learn-to-Swim program for children ages 4 and up. Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical six-level progression that helps swimmers of varying abilities develop their water safety, survival, and swim skills.

The first session begins on Tuesday, May 26, with additional sessions starting as late as August. Lessons are held at USM's heated indoor pool, located on the ground level of Berchmans Hall on the Leavenworth campus. Most classes meet for 45 minutes. Daytime lessons meet Monday through Thursday for two consecutive weeks and evening classes meet two times per week for four weeks. Visit www.stmary.edu/schedules online to view swim class schedules.

USM also offers ongoing morning and evening aqua-fitness classes for adults. Call Janet Loewenstein at (913) 682-5151, ext.6622 for more information.

The University of Saint Mary is a Catholic co-educational applied liberal arts university founded and sponsored 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. Visit www.stmary.edu on the web for more information.

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