

## NEWS RELEASE

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Contact: Bob Uhlar (You-ler) (913) 758-6165

Email: Uhlar69@stmary.edu



# Lifeguarding and Swimming Courses Offered by American Red Cross and University of Saint Mary

(Leavenworth, Kan.)— A lifeguarding class is being offered by the American Red Cross and the University of Saint Mary from 6 p.m. to 8 p.m. beginning on Wednesday, Aug. 27 and lasting 16 weeks.

Lifeguarding class candidates must be at least 15-years-old by December 1 and must be able to pass a prerequisite test which includes a 300-yard continuous swim.

The comprehensive training program will teach lifeguards the skills needed to prepare for, and respond appropriately to, drowning victims. The program also teaches skills to prevent injuries, to respond to injuries, to respond to breathing or cardiac emergencies, first aid and professional rescuer CPR/AED training.

Lifeguarding is one of many courses in USM's College for High School Program. Students can earn both high school and college credit for the same course and may enroll for \$110 per credit hour.

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.

USM 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.

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 lift 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.

*The University of Saint Mary is a Catholic applied liberal arts university founded and sponsored by the Sisters of Charity of Leavenworth. The main campus is located at 4100 South 4th Street in Leavenworth, Kan. Saint Mary offers accelerated graduate and degree-completion programs at three additional locations in Overland Park, Shawnee, and Kansas City, Kan. Visit [www.stmary.edu](http://www.stmary.edu) for more information.*

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