

## NEWS RELEASE

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## University of Saint Mary and American Red Cross Offer Water Safety, Fitness, and Swimming Classes *Classes Begin in January 2010*

(Leavenworth, Kan.)—Miss spending time in the pool during the frosty doldrums of winter? The University of Saint Mary and the American Red Cross are teaming up for USM's annual Winter Aquatics Program. Classes include the American Red Cross Water Safety Instructor (WSI) course, Aqua-Fitness Classes for Adults, and Red Cross Swim Lessons for children ages 4 and up.

The **Water Safety Instructor** (WSI) course will be offered during the spring 2010 semester. Participants must be 16 years old and must 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 the levels of the Learn-to-Swim Program. WSI is one of many courses in the College for High School Program at USM. The program is intended for qualified high school students who wish to earn both high school and college credit for the same course at a dual credit rate of \$75 per credit hour. The class is open to the general public at a non-credit fee of \$150.

The deadline for registration for the WSI course is Monday, Jan. 11. Enrollees will meet the week of Jan. 11 to determine class dates and times. 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 lift is available for those who have difficulty with ladders. These non-impact workouts can improve strength, flexibility, and cardiovascular fitness. No swimming skills are required.

Aqua-Fitness classes start Monday, Jan. 4. The cost is \$45 for a six-week session.

**Session 1** meets from 9:15-10 a.m. Tuesdays and Thursdays

**Session 2** meets from 4:45-5:30 p.m. Mondays and Wednesdays

**Session 3** meets from 5:30-6:15 p.m. Tuesdays and Thursdays

**Red Cross Children's Swim Lessons** for children ages 4 and up begin Monday, Jan. 4. Levels I through IV of the "Learn to Swim" Program will meet at 5:30 p.m. Mondays and Wednesdays. 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 Janet Loewenstein, aquatics director, at (913) 682-5151 ext. 6622 for details.

*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](http://www.stmary.edu) on the web for more information.*

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