

NEWS RELEASE

July 19, 2010

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University of Saint Mary to Offer Red Cross Lifeguarding & Swim Classes

Evening Swim Classes Begin Aug. 2, Lifeguarding classes begin Sept. 1

(Leavenworth, Kan.)—Lifeguarding classes are being offered by the American Red Cross and the University of Saint Mary starting on Wednesday, Sept. 1, at Berchmans indoor heated pool on the USM main campus at 4100 South 4th Street, Leavenworth, Kan. Classes run from 6 to 8 p.m. every Wednesday for 10 weeks. The deadline for enrollment is Aug. 25.

Lifeguarding candidates must be at least 15 years old by Dec. 1, 2010, and must be able to pass a prerequisite test that 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 \$75 per credit hour. A non-credit fee is also available.

USM also offers Red Cross swim lessons for children ages four and up as part of the "Learn to Swim" program. Evening swimming classes meet twice a week for four weeks, with the next session scheduled to begin Aug. 2. The cost is \$40 per 4-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, and participants may join at any time.

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.

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 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. USM offers accelerated graduate and degree-completion programs at locations in Overland Park and Kansas City, Kan. Visit www.stmary.edu for more information.

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