

NEWS RELEASE

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University of Saint Mary and American Red Cross Offer Lifeguarding and Swimming Lessons

(Leavenworth, Kan.)—An evening lifeguarding class is being offered by the American Red Cross and the University of Saint Mary beginning Wednesday, Aug. 26 at the university's heated indoor pool on the ground floor of Berchmans Hall on USM's Leavenworth Campus, 4100 South 4th Street.

Lifeguarding class candidates must be at least 15 years old by Dec. 1 and must be able to pass a prerequisite test that includes a 300-yard continuous swim. Classes will be held from 6 to 8 p.m. and meet once a week for about 10 weeks.

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

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 4 and up, with daytime sessions scheduled to begin Aug. 3 and evening classes held two nights a week for four-week sessions to begin in early September. The cost is \$40 per 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. The cost is \$45 for a six-week session.

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

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

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

All classes will be held at the USM's indoor pool. Call aquatics director Janet Loewenstein 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 on the web for more information.