

Red Cross Children's Swim Lessons

Keep swimming all year long! The University of Saint Mary is now enrolling children ages 4 and up and adults for evening lessons in the RED CROSS Learn-To-Swim Program.

Classes will meet twice a week for 30-45 minutes for four weeks. Enrollment limit: 6 participants per class. Class times are subject to change.

Instructor: Angela Wiley

Fee: \$40.00 per person per course

Registration: Ongoing

Information: Call aquatics director, Janet Loewenstein at (913) 682-5151, ext. 6622 or (913) 682-4593

<u>Dates</u>	<u>Time</u>	<u>Day</u>	<u>Class</u>
Sept 1 – Sept 24	6:15 – 6:45 p.m.	Tues/Thurs	Level 1
Sept 1 – Sept 24	6:45 - 7:25 p.m.	Tues/Thurs	Level 2
Sept 1 – Sept 24	7:25 – 8:00 p.m.	Tues/Thurs	Level 3
Sept 29 – Oct 22	6:15 – 6:45 p.m.	Tues/Thurs	Level 1
Sept 29 – Oct 22	6:45 - 7:25 p.m.	Tues/Thurs	Level 2
Sept 29 – Oct 22	7:25 – 8:00 p.m.	Tues/Thurs	Level 3

Aqua-Fitness

On-going 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.

Session I: Tuesday & Thursday mornings, 9:15 – 10 a.m.

Session II: Monday & Wednesday afternoons, 4:45 – 5:30 p.m.

Session III: Tuesday & Thursday evenings, 5:30 – 6:15 p.m.

Class fee: \$45 per six-week session

Drop-in fee: \$5

Participants can expect improvement in strength, flexibility, and cardiovascular fitness from this non-impact workout. No swimming skills are required.

Lifeguarding

American Red Cross Lifeguarding course will be offered on Wednesday's from 6:00 – 8:00 p.m., beginning August 26. 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.

Students must be 15 years by course end and must pass a pre-requisite skills test which includes a 300-yard continuous swim.