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Lambda Alpha Rho to Offer Fall Swim Program

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FOR IMMEDIATE RELEASE:

September 10, 1974

Lambda Alpha Rho, the recreation association of The Lindenwood Colleges will offer a unique swim program for the Fall. The program, which begins Monday, September 23, is designed to meet the special swimming needs of the St. Charles community. Each class will have 30 minute "in pool" sessions, one a week for ten weeks, on Monday evenings sometime between 5:30 and 8:30 p.m.--the exact time of each class will be given with the written confirmation of registration. Classes will have five students as a maximum and all instructors will be Red Cross authorized.

The following classes will be offered:

- 1) Parent and Child Swim--an introduction to the water, open to parents of any swimming ability and children under the age of two. Parent must swim with child (Fee includes one child and one adult, one-half fee for addition family member).
- 2) Orthopedic Swim--designed for child (over 5 years old) or adult who needs swimming as a means of therapy, relaxation, and/or movement following a bone or muscle injury or physical disorders.
- 3) Special Education Swim--for children 5 - 12 years old, mentally retarded, emotionally disturbed, learning disabilities, short attention span, and minimal brain damage.
- 4) Adult Learn to Swim--over 16 years--overcome fear of water, or lack of exposure or confidence or just the desire to learn to swim or advance already acquired skills.
- 5) Child Readiness and Learn to Swim--for children between 3 - 7 years old.

Ms. Kay Kirkland, a 1969 Lindenwood College graduate, will direct the program. She attended the National Aquatics School in Brookline, New Hampshire for advanced training. Her experience includes teaching swimming under the direction of an

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