



NEWS RELEASE

BOYS GYMNASTICS, TWO WATER COURSES HAVE OPENINGS

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An eight-week Boys' Gymnastics course and two water classes -- Diving and Water Aerobics -- still have openings for the spring section offered by the University of Southern Indiana Office of Continuing Education.

The gymnastics class will meet Thursday evenings, starting February 28, and is open to boys aged 6 to 18, regardless of size or strength. The registration fee is \$30.

The fundamentals of spring-board and one- and three-meter diving will be taught in the eight-week class beginning February 28. The course is designed for students aged 10 and up. The registration fee is \$35.

The water aerobics class will meet for 10 weeks, starting February 28. Swimming skills are not required for the high-intensity, low-impact exercises that raise the heart rate and improve the cardiovascular condition. The registration fee is \$35.

Call the USI Office of Continuing Education, 812/464-1863, for information or to register.

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