

Y. M. C. A. SWIMMING PROGRAM

A YEAR 'ROUND ACTIVITY

at the

DES MOINES Y. M. C. A.

"Everyone a swimmer or a better swimmer," is our motto. Know how to Swim! It's a physical and social necessity!

Fall and Winter Program

BOYS - MEN - WOMEN

BOYS

For all boys who cannot swim—Instruction, Monday, Friday, 4:15.
Advanced Instruction—Tuesday, Wednesday, Thursday, 4:15.
Prep Activities—Boys 9-10, Gym and Swim, Tuesday, Saturday, 4:15-9:00.
Cadets' Activities—Boys 11-12, Gym and Swim, Wednesday, Saturday, 4:15-9:45.
Junior Activities—Boys 13-14, Gym and Swim, Monday, Saturday, 4:15-10:30.
Intermediate Activities—Boys 15, Gym and Swim, Thursday, Saturday, 4:15-11:15.
Older Boys' Activities, 16-17, Gym and Swim, Monday, Wednesday, 6:30; Saturday, 2:30.
Father and Son Swim second and fourth Monday, 7:00.

FEES—\$7.00 per year includes towel, soap, gym and pool privileges, special events, and all instruction

MEN

Pool open 9:00 A.M. to 9:30 P.M. to regular membership. For special instruction, see Director.
Instruction and recreational supervision—Monday, Wednesday, Friday, 5:30.
Noon instruction and recreation—Tuesday, Thursday, Saturday, 11:30.
Mixed swim and recreation—Wednesday and Friday, 8:00.

FEES

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| Business Men's Membership | \$30.00 | 21-24 | 15.00 |
| Senior Men's Membership | \$20.00 | 18-20 | 12.00 |

WOMEN

Instruction—Beginners and Advanced—Wednesday and Friday, 7:00 to 8:00.
Recreational swim—Wednesday and Friday, 8:00 to 9:30.

FEES—25c per swim includes soap and towel, \$1.00 per month without towel
(Women may choose their own suit and cap)

MIXED SWIM

Mixed Recreational Swim—Wednesday and Friday, 8:00 to 9:30.

SPLASH CLUB—Co-ed Group

Social meeting every three weeks. Club takes over pool 9:00 for club members only.

Take Action Now - Swim to Health!