

Y. M. C. A. SWIMMING PROGRAM

A YEAR 'ROUND ACTIVITY

Des Moines Y. M. C. A.

"There's no one a swimmer or a better swimmer," is our motto. Know how to

DES MOINES, IOWA

Y. M. C. A.

SWIMMING DEPARTMENT

Sec. 562, P. L. and R.

CHECK YOUR DAILY HEALTH PROGRAM

THE Y. M. C. A. WILL HELP YOU MAINTAIN

THE FOUR GOLDEN RULES OF HEALTH

- Fresh air and sunlight
- Proper Food and Eating
- Regular Exercise by Swimming to
- Adequate rest

Health
Happiness
Relaxation
Safety

Among the wide range of popular sports today, there is possibly none more beneficial from the health standpoint than swimming. No sport is more enjoyable and stimulating. Swimming is a year 'round activity at the Y.M.C.A. Summer or winter, rain or shine, the "Y" 20x60 foot pool of 55,000 gallons of absolutely pure water is kept at an even temperature range of 78 to 81 degrees.

Whether a boy, man or woman non-swimmer, the qualified "Y" swimming instructor is ready to teach you to swim. If you can swim, the instructors will help you perfect your stroke or teach you life saving.

If you are interested in keeping your energy and vitality at a maximum in a thoroughly enjoyable way, you'll want to swim at your Y.M.C.A.