

splashing out a capsized canoe in deep water, and so on.

Where there is experience with canoes, canoe races will be interesting. They are frequently included in spring programs. Where there is suitable water, canoe trips, all day, overnight, or longer are popular.

An adaptation of the Eskimo's kayak can be similarly used, and is increasing in popularity. Still another departure is the collapsible boat which is being utilized to put the walking tour afloat. Like the canoe these are good inventions if kept away from rough water. They have been more popular so far in Europe than in America.

Row boats are the safest of small water craft, and although rather bunglesome and slow they will accommodate the most passengers per craft. Rowing is excellent exercise and safer than canoeing for passengers.

Boat regattas are very popular, using all kinds of contests -- distance races, sprint races, and novelty races as retrieving watermelons. Water pageants are good if well organized. Sail boats, out board motors, and speed boats are too expensive to have much place in intramurals.

#### SWIMMING

Swimming is one of the most popular of summer activities and should receive an important place on a program of activities.

At regular intervals a tournament may be held between groups of like development as beginners, intermediate, and advanced swimmers.

Swimming meets, like track meets, may easily become "draggy" affairs so all planning should be carefully done well in advance; plenty of officials should be on hand to run off events with competent starters, judges, and qualified life guards on hand at all times.

#### WATER BASKETBALL

Water basketball is an excellent game for advanced swimmers and well adapted to competition. There is some danger of sinus infection in such water games, and generally they are not suited to any except experienced swimmers who are at home in deep water.

#### WATER POLO

Water polo is a game suited to advanced swimmers and to intramural competition only if there are a large number of good swimmers.

#### PLAYGROUND AND CITY PARK ACTIVITIES

Play grounds and city parks may be organized in a number of ways for summer but should always be under the direction of a thoroughly qualified and capable leader preferably a competent physical education director, who can plan the program for the entire summer before the season begins. The director should be assisted by a paid group of senior boys and girls who have had experience and training in the type of the program planned for the season.

The season may be divided into sessions of different lengths, depending on the type of children served and the length of time the children are available.