

- d. crawl strokes: powerful and valuable for speed swimming.
3. Endurance swimming.  

This may be developed by the use of fundamental strokes over long distances.
4. Swimming under water.  

This is valuable in escaping hazards. Girls should be able to swim at least 20 feet under water.
5. Swimming fully clothed.  

All of the above should be practiced fully clothed.
6. Entering the water.  

This term is used, rather than the term diving, to meet the needs of the war situation. While diving does develop skill and coordination, emphasis now should be placed upon jumping into the water with and without clothing.

  - a. jump feet first
  - b. jump without submerging: useful in keeping equipment dry
  - c. dive head first
7. Life saving.
8. Suggestions to teachers.
  - a. The teacher of swimming must be familiar with life saving practices.
  - b. Safety precautions should be observed at all times.
  - c. The teaching practices suggested by the American Red Cross and the War Department should be observed.
  - d. For practice in swimming fully clothed, skirts, jackets, and shoes are advised. These should be white or fast-dye, and shed as little lint as possible. Clothing should be laundered before being used in a pool.

#### Gymnastics

Man struggles against gravity continually to maintain an erect posture. Good muscle tone contributes toward success in this struggle. Stretching, hanging, balancing, running and jumping are some of the activities used to achieve