

Missouri State Council of Defense
Physical Fitness and Recreation Program

LEARN-TO-SWIM PROGRAM

The Missouri Committee on Physical Fitness and Recreation is suggesting a "Learn to Swim" program to be sponsored by the local committees on Physical Fitness and Recreation.

In any type of swimming program there may be several possible outcomes or values which result from the activity. One outcome may be improved recreational or leisure-time habits, another value may be an improvement of physical fitness, while still a third value may be an increase in one's personal safety ability.

A local or county Defense Council in conjunction with a local unit of the American Red Cross could sponsor a swimming program for adults as well as for children.

For one group of individuals of our communities swimming instruction appears to be urgently needed. There are many young men of draft and predraft age who are unable to swim and who may in a short time find themselves in situations where ability to swim even a short distance may mean, for them, the difference between life and death. It is becoming more and more important in modern warfare to be able to swim. There seems to be no question but what much of the present war will involve an increasing amount of travel and of fighting, on, in, and above water. Increased numbers of our young men will, after proper training be sent to foreign battle fronts across wide oceans, which are not at present controlled by our navy. Our navy is to be larger than