

## Learn'n To Swim

# A Big Step To Take

By Jack Rannells

Man is a walking, running animal. He was not made to swim. Sometimes—in spite of hours of frustrating effort, fright, and tears—it does not seem that he can make the jump into the aquatic world. But he can!

A small corps of instructors has demonstrated this repeatedly this summer during city recreation department swimming classes at Harvey West municipal pool.

Learning to swim primarily is a matter of overcoming fear of water, according to Janice Burkhart, pool manager.

From the teaching viewpoint, it mainly is a matter of anticipating and putting down devious attempts to avoid the frightful issue.

And, for an onlooking mother it often is a matter of seat-gripping anxiety as her child flounders near the surface, having coaxed — sometimes bodily tossed — into the "deep end."

Miss Burkhart and her staff have taken this Spartan approach as the most satisfactory method of overcoming the stunting effects of fright.

Once the fear is at least partially conquered, the battle is won, Miss Burkhart feels.

Next youngsters are taught to float on their stomachs (to show they can float). The kick is added. Then the arms, or strokes. Distance swimming and correct breathing fall next in line. Then floating on the back. Finally, the jump off the "high board" — an exhilarating graduation guaranteed to make intermediate classes easier.

Recreation Director Carl Bengston is unrestrained in his approval of the first year of the instruction program, which ended Friday.

Some 900 youngsters between the ages of 8 and 15 years participated in six series since instruction opened June 15. Bengston said all participants have made improvement, about half advancing to the next class.

Eighty per cent of instruction was on the beginning level. In mid-summer, intermediate, swim-

mer, adult beginner, and junior and senior lifesaving classes were added.

Special sessions for physically handicapped also were offered.

Standards of instruction were those of the American Red Cross water safety division. Supervising with Miss Burkhart were instructors, Keith Murray, Chuck Filice, and Leslie Strothard, and water safety aides, Terri Lunt, Sally Newlove, Lenore Baer, Linda Adams, Betsy Kingdom, and Connie Conrado.

The municipal pool, dedicated Memorial Day, also has been open for public use during the afternoon and evening hours.

Bengston said it will be open

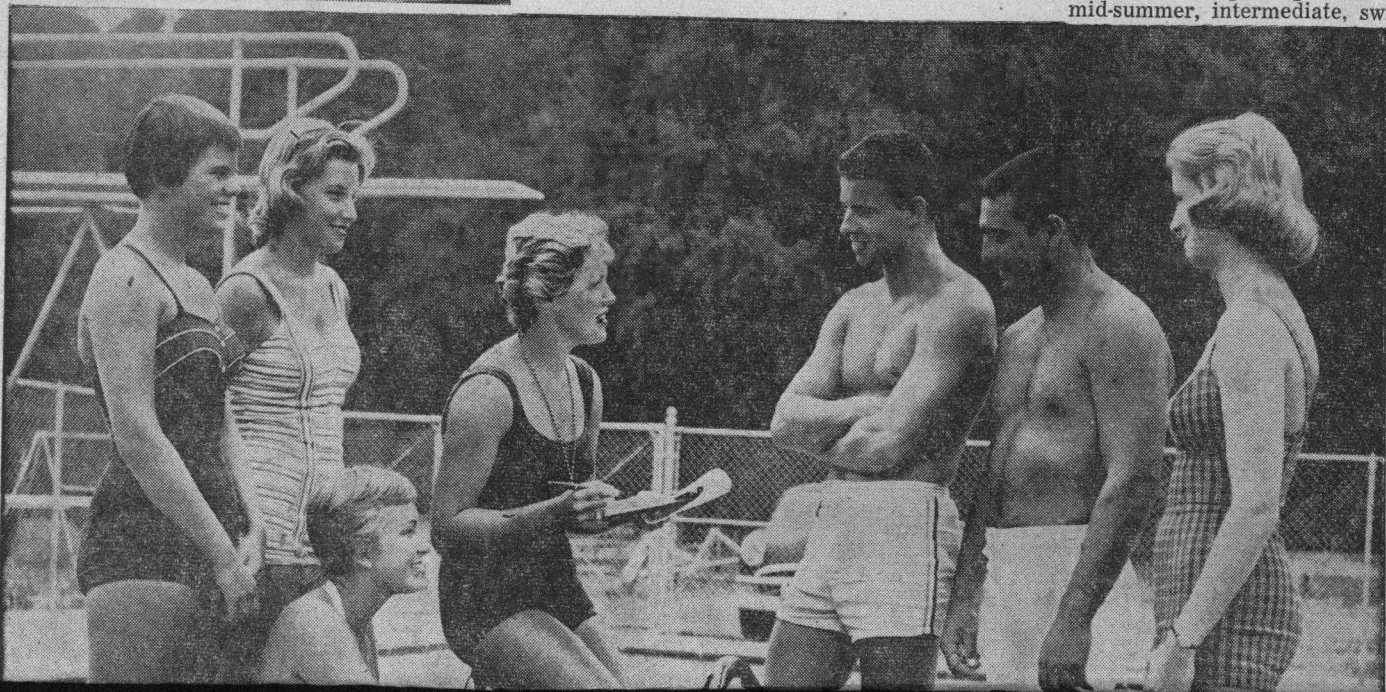
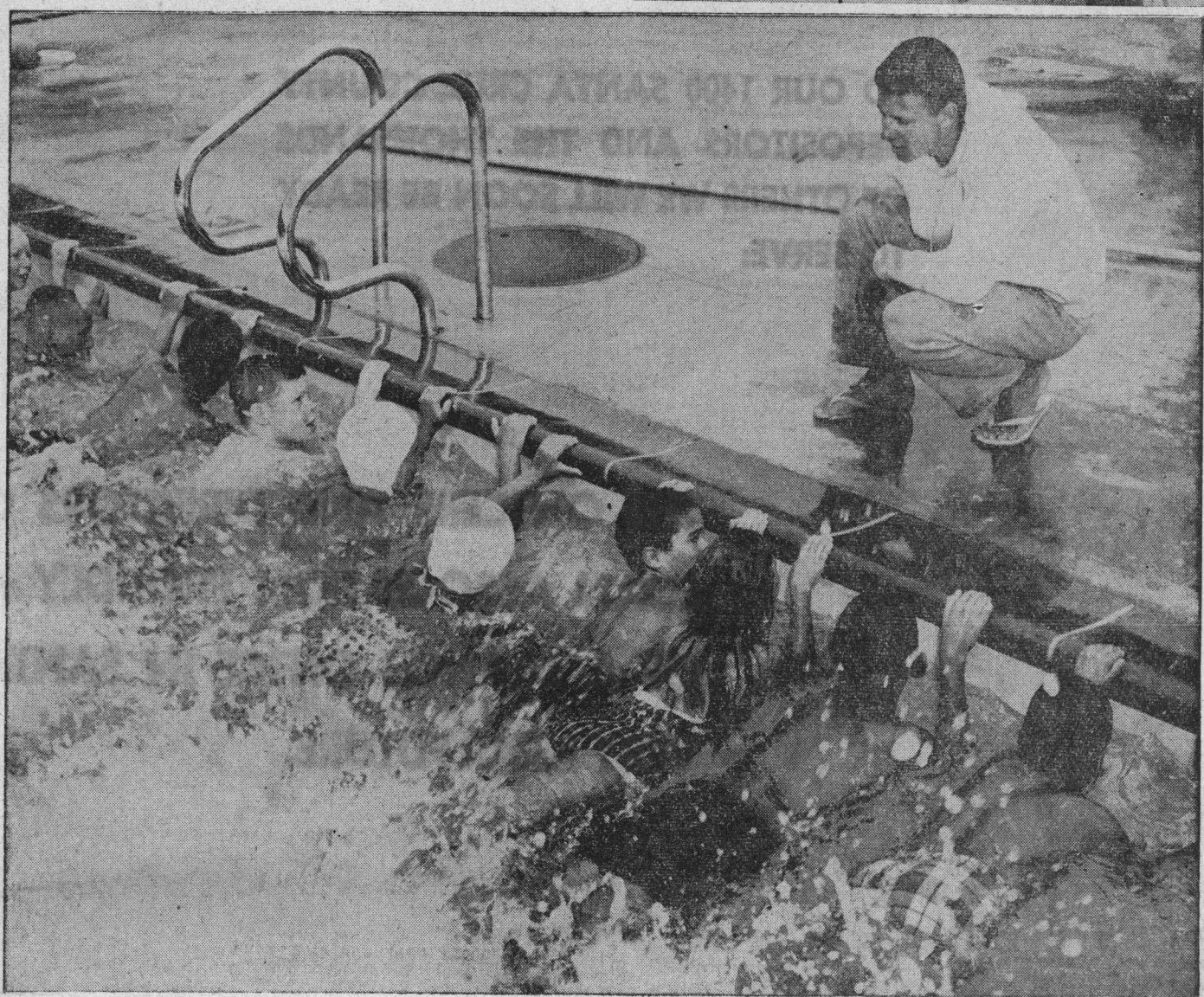
weekends through September from 1 to 7 p.m. High school use of the 25-yard Olympic size pool also is anticipated.

The pool includes a special diving area with 1 and 3 meter diving boards. Pressure sand and gravel filtration is capable of filtering contents four times daily. It was financed by a public subscription campaign.

## INDUSTRIALIST DIES

Appleton, Wis. (AP). — Edward C. Hilfert, 72, president of the Riverside Paper corporation and a director of the Spaulding Pulp and Paper Co., of Oregon, died Friday night.

Once-reluctant small fries stand in line to jump off the 3-meter "high board" at Harvey West municipal swimming pool. Jump off the board was one of Spartan requirements of head instructor Janice Burkhart (below, check board in hand), who daily briefed her staff. They included, left to right, Sally Newlove, Linda Adams, standing; Lenore Baer, kneeling; Keith Murray, Chuck Filice, and Leslie Strothard. Lower right, Murray encourages youngsters in kicking exercise. Greg Langrish, upper right, evoked the expression, "He is the type who makes the whole thing worth while," from Miss Burkhart. He is seen taking his crutches before he cannonballs from the high dive. Greg normally wears a full right leg brace. Afflicted by leg perthes, temporary decay of ball hip joint, the "little fighter" has overcome natural fear of water to dive and swim three pool lengths. His mother, Mrs. Clive Langrish, of 653 Almar avenue, said swimming has long-range value in keeping the ailing leg exercised.







Sequel School Announces Its Bus Schedule

Escannos