

## RECREATION NEWS

### Changes in Roller Skating Programme:

The Police Report notes will take place in the convictions and licenses suspended, as well as suspended sentences. Three vacant houses were checked, two fatal accidents on the CPR investigated, two car accidents investigated, one case of hit and run driver at the Legion Hall is still under investigation. Two men selling watches without a license were asked to leave town.

### Students & Children

The above changes were made in an attempt to involve more people at the roller skating sessions. Attendants are on duty for your assistance and modern music is available to skate by. Plan to attend the next session on Wednesday, June 7th.

### Lacrosse Instructors Required:

Registrations will be circulated throughout the schools by the end of this week or early next week. If interest warrants forming a lacrosse league, a number of lacrosse instructors will be required. If you have played the game of lacrosse in the past and feel that you are capable of instructing the game, be sure to leave your name at the Recreation Office. Also, if interest is high a special lacrosse clinic will be organized in town involving some out-of-town instructors. Games will be played in the arena on Tuesday and Thursday evenings.

If you are interested in playing lacrosse, be sure to fill out your registration form and follow the instructions as outlined on the form.

### Are You as Good a Swimmer as You Think You Are?

Swimming can give you an added zest for life, if your "swimability" is up to par. Here you can test your knowledge of swimming. Take this quiz and grade yourself.

1. Swimming exercises move more muscles than any other activity. True False
2. Learning to relax in water is the first step toward learning swimming strokes. True False.
3. Breathing correctly comes second nature to learning different strokes. True False.
4. Which should you learn first: the (a) Crawl (b) Breast Stroke
5. Swimming long distance increases stamina. True False.

6. The crawl is the fastest stroke in swimming. True False.

7. The major propulsion in the crawl comes from:  
(a) arms (b) legs

8. How many styles of breast stroke are there?  
(a) 1 (b) 2 (c) 3.

9. In the side stroke is the face ever immersed?  
(a) yes (b) no

10. The side and side over arm strokes are restful and efficient strokes that are used for short distance swimming. True False

11. Back strokes are relaxing and easily learned. True False

12. Swimming is an exercise recommended by doctors for heart patients. True False

Count 5 points for every correct answer. A perfect score is 60. If you scored less than 45, your "Swimability" definitely needs improvement.

Refer to page 8 ... for the answers.

### Red Cross and Royal Life Instructors Course:

As advertised in last week's News, the Recreation Office now has information on these courses which will be held in Thunder Bay from June 19th to 23rd. For more information, contact the Recreation Office at 3542.

### Tennis:

Repairs are presently being completed at the tennis courts. A number of problems have been encountered in trying to provide a good tennis service at the courts. The water line to the courts is still frozen and consequently we are not able to water the courts down as required. However, recent rains should improve the condition of the courts. Both nets have started to tear at the top and it is hoped that the nets will be repaired by the end of this week.

Some temporary repairs have been made to the fencing and there is only one section of fence that requires major repair.

Players are reminded to use the courts properly and lock up before leaving. Keys are available at the Recreation Office for \$1.00 each.

### Ladies 'Keep-Fit' Session #5:

The 5th session of the Ladies 'Keep-Fit' classes which will carry on for 6 weeks will be held on Thursday, June 1st, at 7:30 p.m. in the Terrace Bay Campus auditorium.

Coming events - page 7 .....