

Each Tuesday after school a group of ten interested girls meet to learn and practice the fundamentals of life saving. Under the capable direction of Miss Betty Essel, they perfect the basic strokes and learn the techniques of artificial respiration together with methods of caring for a victim after rescue has been accomplished. To qualify for membership in this class a girl must have passed the Red Cross Swimmers Examination. The members of this group receive theoretical as well as practical instruction and are given frequent tests on the textbook material. When the girls have taken the required tests, they receive the Red Cross Life Saving Certificate and the Red Cross Life Saver's emblem which is worn with pride by its possessor. Certainly the importance of training in this phase of swimming cannot be over-emphasized.

"Oops! Up and over they go! Careful there — that headstand is a little wobbly. Oh, well, everyone falls sometimes." The tumbling club meets every Wednesday after school in the Girls' Gymnasium, under the direction of Mrs. Edna Rehkamp, faculty adviser.

First, the girls are taught such things as forward rolls, cartwheels, and headstands. When these are mastered, harder stunts, such as handsprings, are taught by Mrs. Rehkamp with the help of John "Whitey" Mohr, a Woodward graduate of 1945.

Every other year, the tumbling club presents a tumbling show in the auditorium in collaboration with the Tap Dancing class. The tumblers perform their best acrobatic feats before the entire student body.