

Gymnasium Costumes

Uniform costumes will be on sale at the Office at cost. The uniform will be insisted upon in all gymnasium classes.

Activities

Practically every line of sport may be indulged in in the Association. Gymnasium classes for all types of men, from a boy of 12 up to the man of 65 or 70, are held two or three times each week. In addition to these—basket ball, handball, volley ball, indoor base ball, indoor athletics, boxing, fencing, wrestling, swimming, water-polo, may all be participated in. While in season the following outdoor sports will probably be organized:—Track and field athletics, aquatics, harriers, base ball, lacrosse, soccer, rugby, etc. Among those interested in these sports, clubs will be organized to promote interest and efficiency.

Physical Examinations

One of the most valuable contributions which the Association makes to the young man joining, is the free physical and medical examination which he gets. This examination is made by prominent physicians in the city and by the physical director, and enables the latter to advise with him as to where he may improve his condition, as well as being a precautionary measure against over-exercise.

Lecture Courses

During the year courses in First Aid to the Injured, Life Saving, Massage, the Theory of Athletics and Games will be given, and in addition to these, other lectures and classes will be held to discuss important phases of physical training.

Gymnasium Men's Bible Study Club

Will meet each Sunday afternoon at 5.15, led by the Physical Director. This Club will discuss subjects of personal interest to each man.