

Swim news

Why would over 120 UNB and STU students and staff want to enrol in swimming lessons, especially in the middle of winter?

Most people recognize the need to learn to swim for both the fun and security it will give them on or around the water throughout the whole year.

New waterfronts are being developed while boating, fishing, water skiing and scuba diving are enjoying phenomenal growth. Despite the fact that more and more people are enjoying activities in or on water, the death rate through drowning is rising remarkably slowly. This encouraging fact reflects the success of the public education programs in water safety made possible by the Canadian Red Cross Water Safety Service, Royal Life Saving Society of Canada and other agencies active in the field of aquatics.

At UNB swimming lessons are offered for a nominal fee to people associated with UNB or STU (students, staff, faculty, alumni). A new lesson set begins each term (fall, winter) with the possibility of lessons being offered during intersession and summer school. All classes are held at Sir Max Aitken Pool at the Lady Beaverbrook Gymnasium.

This term, courses being offered varied from the Pre-Beginner level right up to the Bronze Cross (lifeguard) level. All courses are taught by currently certified Red Cross - Royal Life Saving Society instructors. In addition to swimming skills, all levels are introduced to basic water safety rules and basic rescue procedures.

Some people may wonder what value swimming has. Most people swim for fun and to keep fit. The exhilarating effects of water temperature and buoyancy during a swim are commonly followed by a sense of well being and a feeling of relaxation. No wonder over ten million Canadians of all ages engage in aquatic activities in rivers, lakes, oceans, ponds, community and residential pools.

The scope of activities available in the water is such that swimming may be started before one can walk and once learned, may be continued throughout life.

Boys, girls, men, and women of all ages can engage in water activities in a wide variety of ways. A recreational swim can provide a refreshing change of pace. Competitive, fitness and artistic urges may be satisfied in racing, diving, synchronized swimming, and the game of water polo. Adventure may be sought in any of the many forms of boating, skin or scuba diving and underwater exploration, or long distance swimming. Leadership, organizational, and humanitarian interests may be expressed through instructing, organizing lessons, competition, lifesaving, and taking instructional courses.

At UNB, we are lucky to have clubs and teams which allow you to participate in many of the activities mentioned. Many hours throughout the week are set aside at the Sir Max Aitken Pool for just plain recreational swimming and there are even family swims scheduled. Further information and pool schedules may be obtained in Room A120, Lady Beaverbrook Gym or by phoning 453-4575 during normal working hours.

INTER CLASS BASKETBALL STANDINGS (to February 1, 1979)

| TEAM | GP | W | L | T | PTS |
|---------------|----|---|----|---|-----|
| Law | 7 | 7 | 0 | 0 | 14 |
| M.E. IV | 7 | 6 | 1 | 0 | 12 |
| BBA 0 | 7 | 6 | 1* | 0 | 12 |
| Fac. Grads | 6 | 4 | 2 | 0 | 8 |
| For. I | 7 | 4 | 3 | 0 | 8 |
| Survey Eng. | 7 | 3 | 4 | 0 | 6 |
| For. III | 6 | 2 | 4 | 0 | 4 |
| Compt. Sci. | 7 | 2 | 5 | 0 | 4 |
| E.E. IV | 7 | 0 | 7 | 0 | 0 |
| Ind. Educ. ** | | | | | |

* Loss by default
** Defaulted from league

INTER RESIDENCE BASKETBALL STANDINGS (to February 4, 1979)

| TEAM | GP | W | L | T | PTS |
|------------|----|---|---|---|-----|
| Neill | 4 | 4 | 0 | 0 | 8 |
| Harrison | 4 | 4 | 0 | 0 | 8 |
| L.B.R. | 4 | 3 | 1 | 0 | 6 |
| Harrington | 4 | 2 | 2 | 0 | 4 |
| Jones | 3 | 1 | 2 | 0 | 2 |
| Neville | 3 | 1 | 2 | 0 | 2 |
| Holy Cross | 2 | 1 | 1 | 0 | 2 |
| Aitken | 4 | 1 | 3 | 0 | 2 |
| MacKenzie | 4 | 1 | 3 | 0 | 2 |
| Bridges | 4 | 0 | 4 | 0 | 0 |

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