



THURSDAY IS RETRO NIGHT

FRIDAY, NOV. 6 SHYNE FACTORY PEDESTRIAN HU NOO

SATURDAY, NOV. 7 DEVORA DUST RADIO RHYTHM SEED

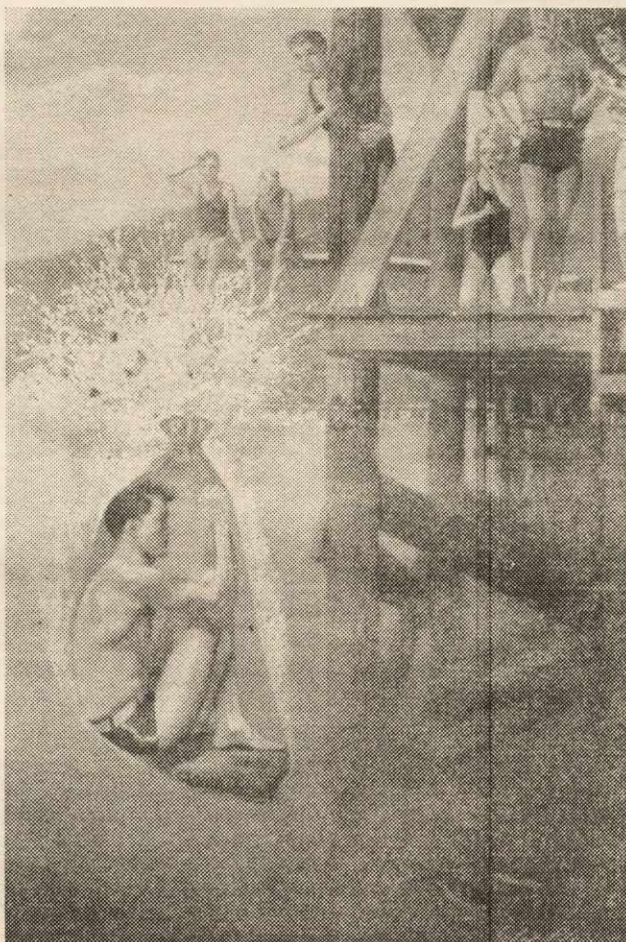
THURSDAY IS RETRO NIGHT

FRIDAY, NOV. 13 THE GREAT BALANCING ACT

SATURDAY, NOV. 14 KNIFEY MOLOKO

COVER CHARGES THURS-\$2; FRI-\$3; SAT-\$5 1741 Grafton Street, Halifax (902) 423-0909

# Its **FUN** to stay at the YMCA! but stay away from the **pool**



The Monte Cristo dive, featuring rocks, ropes, knives, scissors, deep water, what fun!

(104) *Monte Cristo Sack Dive* (Cf. frontispiece) is executed by tying a man in a large gunny sack, weighted with stones. If a canvas sack is used, some holes must be cut in it to permit water to enter the sack, otherwise the water pressure will close the sack so tightly that the subject inside may not be able to force the bag open. A string is laced around the top but a loop is pulled into the bag and cut. The subject holds these loose ends as he climbs into the bag. An impression is given of tying the bag very tightly by tying several knots, one over the other. The sack is thrown overboard by assistants, who await with open knives or scissors to see if the subject can get out. The subject allows the bag to settle at the bottom in six to ten feet of water, then forces the bag open and comes out of the bag and to the surface. (It is always wise to have lifeguards ready in this stunt and if the subject is not out in thirty seconds, they should go down and bring the bag and victim up to the surface, then cut a hole quickly near the face. This part should always be practiced in advance.)

(H)

Excerpts from *Fun In The Water*, by Thomas Cureton Jr., © 1949 by the YMCA. Attitudes towards water safety have changed — really, really changed.

(51) *Prisoner Bobbing* is a series of bobs in water seven to ten feet deep with the hands tied behind the back. Exhaling the breath helps to sink the body. A full breath is taken each time the head breaks the surface of the water.

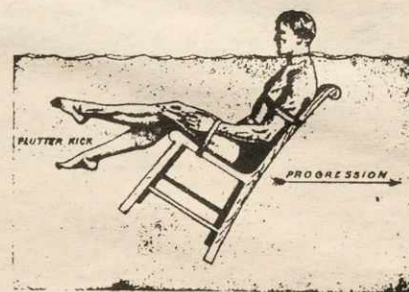
(H)



Prisoner Bobbing

(233) *Chair Swimming Exhibition* is a very easy stunt with hands free to scull; it is much harder with the hands tied tightly but it can be done by kicking with the legs.

(H)



Chair Swimming



Prisoner Swimming

(22) *Prisoner Swimming* is executed with the hands and feet tied. Forward motion may be achieved by drawing the heels up slowly and then kicking downward and backward hard. An alternate way is to weave the body up and down, taking a breath every few feet. An expert can turn around or swim up and down.

(H)

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