



CLUB ACTIVITIES.

As we are unable to arrange a date with Sevenoaks S.C. for the return match before the school summer holidays commence, this match will now take place after the return to school in September. We also have a match at our Pool, again after the holidays, with Orpington S.C. Our own Gala is booked for 20th September. We should like to see everyone enter for all the races they can. Let's make our first Gala at the new Pool a real success. You will all be receiving next month an entry form for the Gala, so fill it in and send it back as soon as possible please.

SWIMMING.

The Breast Stroke - Starting.

- (1) Toes over the edge.
- (2) Back horizontal with the water.
- (3) Arms can be held in a relaxed position.
- (4) Relax at the knees.
- (5) Don't look at the starter.
- (6) On the word "Go", or a whistle blast, plunge into water. Don't hesitate: not too deep.
- (7) Glide under the surface, then, one arm pull, right round to the sides then, one leg drive, arms move forward, you should be on the surface now - exhale, and carry on swimming to win.

T. A. Davison.

LOST PROPERTY.

One long black stocking.  
Still unclaimed - Girl's green and red tartan purse.

REMINDERS.

First Friday in July and August Points Cup Races.

Club costumes (red and white stripes) are available. Please give your order to Mrs. Firmin.

Club Badges - Cloth - 6s. 0d. Lapel badge 4s. 0d.

20th SEPTEMBER - \*\*\*\*\*  
\* G A L A \*  
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ANSWERS TO LAST MONTH'S CROSSWORD.

- |   |            |                          |             |
|---|------------|--------------------------|-------------|
| <u>Across.</u>                            | 16. Ski.   | 34. Why.                 | 14. Duel.   |
| 1. etc. Erith And District Swimming Club. | 17. Wife.  | <u>Down.</u>             | 18. Feast.  |
| 8. Oiled.                                 | 23. Delve. | 2 & 22. Riverside Baths. | 19. Me.     |
| 12. Lost.                                 | 25. Ate.   | 3. Ten.                  | 21. Length. |
| 13 & 10. Friday Evening.                  | 26. Tea.   | 5. No.                   | 24. Voice.  |
| 15. Race.                                 | 27. Not.   | 7. Only.                 | 25. Acid.   |
|   | 31. Antic. | 9. Dive.                 | 26. Team.   |
|   | 32. Dot.   | 11. Go.                  | 29. Win.    |
|   | 33. News.  |                          | 30. Now.    |

SOCIAL SECTION.

Will any members and families who are interested in a Club outing as mentioned last month, please complete the attached slip and return it to Mrs. Bedford.

NAME: ..... NO. OF SEATS REQUIRED .....

DESTINATION PREFERRED .....

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