

Salem YMCA Offers Attractions to State Employees

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Are you gals warm and weary after a tough day of pounding away at your typewriters? Are you men hot and tired after a long day of regular office routine? What each of you needs



to do is to go to the Salem YMCA for a cool shower and a refreshing swim or workout. State employees, men and women alike, can have real fun, recreation, and relaxation these hot summer months by going to the "Y" and refreshing yourselves the "Y" way.

For women there is swimming on Tuesdays and Fridays, both morning and evening. Experts will teach you to swim if you don't know how. There is co-ed badminton, too, if you like to play.

For men the swimming pool is available every noon and evening and volleyball is in play every Tuesday and Friday at noon. If you are an early riser and enjoy a workout and a good breakfast before you go to the office you can play volleyball with the Breakfast club each Thursday morning at 6 a. m. For a real quick workout the handball courts are available every afternoon and evening. Each Tuesday

and Friday evening from 8 to 9 any member can bring his whole family swimming. You owe yourself a try at the "Y".

The Salem YMCA is located at 685 Court street, just two blocks west of the capitol building. Membership fees in the "Y" are nominal because the "Y" is a red feather agency and you are already helping to support it through the Community Chest. This makes the membership rates low and accessible to everyone. The summer rates are \$5.00 for women and \$8.00 for men for the three months. The annual rates are \$12.00 for women and \$20.00 for men. This amounts to only a few cents for each time you use the "Y" but each trip will give you dollars worth of fun and relaxation.

The Salem "Y" has much to offer the men and women of Salem. The fees are low, the privileges many. More detailed information may be had by interested state employees in Salem by going to the "Y" or calling 3-9117.

