

'Hawaiian Adventure' Planned

With the coming of Spring and warm weather, Big 4 invites you to join in a Hawaiian Adventure.

Your adventure will begin Friday from 5:00 - 7:00 with a genuine "pig-picking." Come enjoy the tantalizing delights of this delicious tropic dinner. After a good meal get yourself ready for an authentic "Hawaiian Luau" down by the tennis courts. Make sure you come appropriately attired for the occasion. The entertainment will be provided by "Wisdom" from 9:00-1:00.

Saturday, you'll be able to sleep late and still catch all the entertainment of the day. The hockey field will be the place of the next event with a tape show and beer from 1:00-4:00. (Come prepared for the relaxing atmosphere of the tropic air!)

After a day of fun in the sun, you can put on your party clothes and head for the Hyatt House to see "Archie Bell and the Drells" from 9:00-1:00. Meet in the skating rink for this treat! Make sure you bring your Salem I.D.'s. Also, remember you'll have to

purchase ice and mixers there. Sunday, you'll meet at Tanglewood at Shelter No. 3 for food, entertainment, beer, and good times from 11:30 - 3:00.

Big 4 hopes you'll take advantage of this Hawaiian Adventure and that we'll see you there!

---- Schedule of Events ----

Friday: 5:00 - 7:00 "Pig Picking"
(Between the Refectory and the Science Building) 9:00 - 1:00 "Luau"
with "Wisdom" (Tennis Court Parking Lot)

Saturday: 1:00-4:00 Tape show and beer
9:00-1:00 Dance with "Archie Bell and the Drells" (Hyatt House Skating Rink) +Bring your Salem I.D.'s

Sunday: 11:30-3:00 Lunch
and Entertainment
(Tanglewood Shelter 3)

ANNOUNCEMENT

Two roving photographers will be at your disposal at the Luau Friday afternoon from 5-7, and at the dance Saturday night from 9:30-11:00.

Proofs will be sold by the freshman class in about two weeks. One 5x7 will sell for \$3 and two 5x7's will sell for \$5. So get your gang together and get ready to smile!

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Getting Into Shape For Spring

YMCA Facilities Attract Many Students

By Margy May

With the arrival of Spring, I decided it was time to seriously begin thinking about getting back into shape. An excellent way to do this is at the central YMCA, located at 775 West End Boulevard. The "Y" is offering 141 scheduled programs this Spring which range from the Martial Arts, ballroom dancing, exercising and jogging, to how to paddle your own kayak. While many of these programs are free, others are offered at nominal prices.

A membership at the "Y", only \$25.00 for students for three months, gives access to a one-tenth-of-a-mile track, basketball courts, a 350,000 gallon swimming pool, spacious dressing rooms and an equipped exercise room. The membership comes sans sauna, whirlpool and body massage which are available at low costs.

One particular course of interest to myself and seven other Salem students is entitled "Ladies Fitness." This program runs on six week schedules. The latest one began Wednesday, March 27 - but there is still time to sign up. The meeting times are Monday, Wednesday, and Friday of each week from 11:45 p.m. to 12:30 p.m. The program is designed with total body fitness in mind however, emphasizing cardiovascular exercises. Proper techniques for jogging also are

taught. The cost for this particular course is \$4.00 for Y-members and \$18.00 for non-Y-members.

Students taking the exercise course gave various reasons for doing so. Most agreed that the exercise course at the Y offered them the opportunity to exercise in a structured setting and to meet people from the Winston-Salem community.

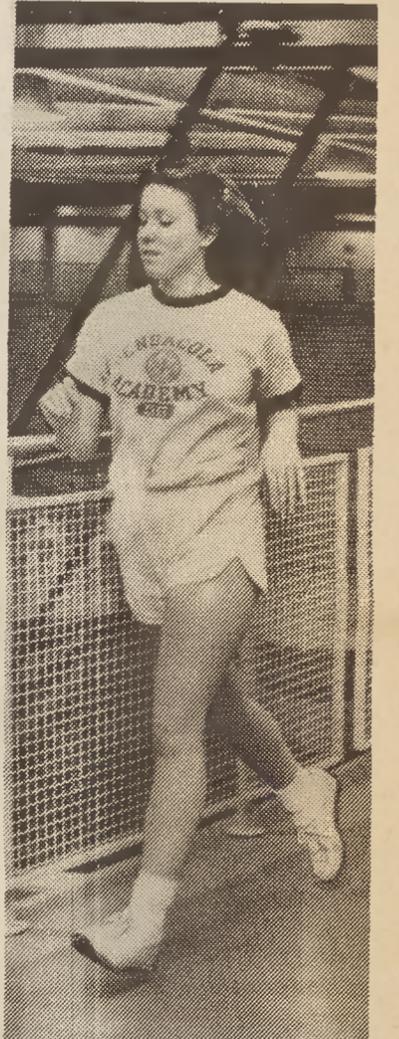
The benefits they derive from this course are, as Joanie Bailey a devoted jogger said, "While jogging helps to strengthen the heart, exercise adds flexibility and stamina to my physical routine." Others stated that the exercise classes enabled them to feel more energetic, more alive and generally healthier. One exerciser stated that it helped her keep from smoking.

One incentive for the joggers and exercisers is the Y-environment. The adequate facilities, the friendly fellow exercisers, and the competent staff members offer an atmosphere which is conducive to healthy exercise.

If you are interested in ridding yourself of extra winter pounds or in just working out those kinks in your muscles, join Joanie Bailey, Laura Benfield, Paula Calhoun, Laura Crutchfield, Jane Dittman, Beth Fenters and me at the YMCA.



'Ladies Fitness' at the Y - Laura Crutchfield and Beth Fenters (l-r) do sit-ups ...



Joanie Bailey jogs on the indoor track ...



All in preparation for fun in the sun!! (Photos by Pam Snyder)