

10-24-1969

250 to conclude final fitness sessions Saturday at University of Montana

University of Montana--Missoula. Office of University Relations

Let us know how access to this document benefits you.

Follow this and additional works at: <https://scholarworks.umt.edu/newsreleases>

Recommended Citation

University of Montana--Missoula. Office of University Relations, "250 to conclude final fitness sessions Saturday at University of Montana" (1969). *University of Montana News Releases*. 5239.
<https://scholarworks.umt.edu/newsreleases/5239>

This News Article is brought to you for free and open access by the University Relations at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana News Releases by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mail.lib.umt.edu.



IMMEDIATELY



sports

sale/nw
10/24/69
local

Information Services • University of Montana • Missoula, Montana 59801 • (406) 243-2522

250 TO CONCLUDE
FINAL FITNESS
SESSIONS SAT. AT UM

MISSOULA--

Approximately 250 physical education instructors from dozens of elementary schools, junior highs and high schools across the state will complete the 1 1/2 day Physical Fitness Clinic Saturday at the University of Montana.

The participants, some of whom represent other organizations involved in physical educational activities, will start the Saturday sessions at 8:30a.m. by seeing one of two films, "Busy Day Ahead" in room 213 of the Field House or "National Summer Youth Sports Program" in room 201 of the Field House.

Four demonstration-participation sessions held Friday also will be repeated Saturday from 9-10:45 a.m. The sessions include Gymnastics and Tumbling for Boys and Men, Women's Center Gym; Gymnastics and Tumbling for Girls and Women, WC Gym; Rhythmic Conditioning Activities for Men and Women, Men's Gym, and Conditioning Through Sports Skills Instruction, Circuit Training, Weight Training, Jogging and Other Means, Field House.

Presiding at the final general session of the clinic beginning at 11 a.m. Saturday will be Ruth Wendelberg, Miles City, president of the Montana Association for Health, Physical Education and Recreation. She is on the faculty at Custer County High School, Miles City.

Dr. John L. Dayries, an assistant professor of physical education at the University of Montana has been local coordinator for the clinic.

###