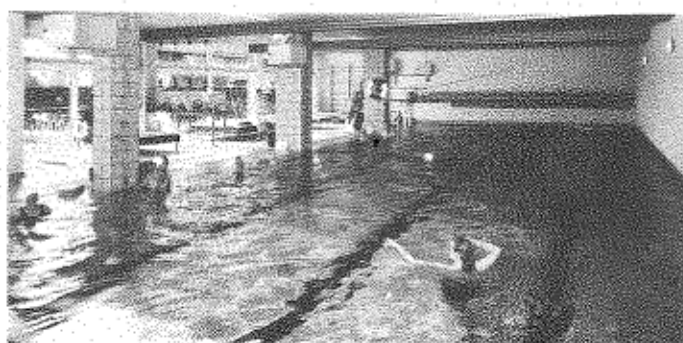
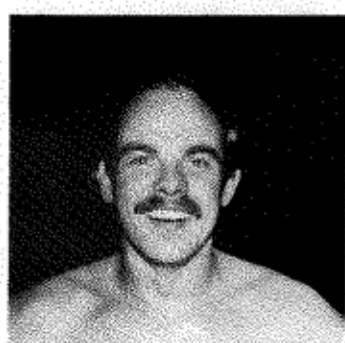




Doris Bolle



with a swim student



Rainer Bolle

Learn Swimming -

for the sake of your health and also because it is fun

Courses start on a Saturday and last for one week.

What falls between the two Saturdays is certainly worth mentioning and should encourage those who thought: What I have not learned in my youth I will never learn. That is not true because you can still learn when in advanced years.

There is for example a retired engineer Helmut Junior. »When I was young«, he explained, »there were no indoor swimming pools as we have today. Later on I just did not have the time.«

He had undergone an operation: artificial veins in both legs. The doctor ordered lots of swimming so that the circulation returned to normal. »That is easier said than done«, said Helmut Junior. »I cannot swim.« Then he saw the advertisement in the paper and booked a course and after seven days he could swim.

Also present was a 71 year old retired teacher, Fritz Mueller-Rohm from Stuttgart who was frightened of water. As a child she was thrown by some high spirited children into the water and rescued at the last moment.

The proprietor of the swimming school Rainer Bolle is a qualified medical swimming instructor, he is 31 years old and 6 foot 4 inches (1.92 m) and his first duty is to eliminate fear of the water.

There is no better exercise than swimming. It corrects faults in the posture. The time spent in the water increases the circulation via the skin, and the breathing is improved.

He maintains that fear is not based on reflexes, which means that fear is learned or acquired. Small children do not have fear. Once this fear has been overcome swimming can be learned quite quickly.

Even after the first hour the students are gliding through the 30 foot (10 m) pool under water.

There are several reasons for this success: the lessons are carried out in privacy, no other swimmers jump into the pool and thereby irritate the swimming students. The lessons are held in small groups. The swimming teacher is in the pool all the time with the student. The water is 5 feet deep (1.5 m) so that one can always stand. Water and hall are very warm, like the bath room at home.

The guests live and eat in both Bolles swim-

ming schools under the same roof and can reach the swimming pool from their rooms in their swimming costumes.

The students come from all over Germany, from abroad and some even from overseas.

One morning at 3 o'clock in the night the telephone rang at Rainer Bolles. Someone wanted to enrol for a swimming course.

»Excuse me« said the caller »it is just nine o'clock in the evening here - I am calling from Salt Lake City.« That was on a Tuesday. The former German emigrant, the owner of a paint factory, who emigrated to Salt Lake City, flew with his private plane to New York, boarded a jet, flew to Frankfurt, took a taxi and arrived on the Saturday to participate in the course. After a week he could swim and he flew back.

Reporter Mi Jepsen-Fogge

Learn swimming in only seven days promises the Swimming School Rainer Bolle. They don't just promise success but they keep their promise. There has never been an offer like this before. Something else is remarkable: The swimming students are not just youngsters in peak physical condition but mainly middle aged people and pensioners.

The swimming school is at Hemer in the Sauerland and the second at Wildewiese in the highland of the Sauerland approx. 20 miles further.

For further information and free of charge colour brochure please contact:

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