

**THE HISTORY OF PHYSICAL ACTIVITIES  
WITHIN THE YOUNG WOMEN'S CHRISTIAN ASSOCIATION OF TEXAS**

**THESIS**

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**MASTER OF ARTS**

**By**

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CHAPTER I  
INTRODUCTION

The historian is compelled to find the facts, for facts must be presented before they can be interpreted. It has been said of history, "Today none of us, no matter where our particular interest may lie, can escape its all-pervasive influence."<sup>1</sup> Physical educators, like others, cannot escape the influence of history; yet little research has been done in this field. In order to enrich their future and understand their past, it is believed that physical educators should recognize the history of their field as a challenging area for research. And it is with this belief in mind that the present study of "The History of Physical Activities Within the Young Women's Christian Association (hereafter referred to as the YWCA) of Texas has been made.

Purpose

Since the history of physical activities of women within the YWCA of Texas has not heretofore been written,

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<sup>1</sup>Geoffrey Barraclough, History in a Changing World, p. 2.

the purpose of this thesis is to present an accurate account of the history of these activities and thus to provide a cumulative chronology.

### Need for the Study

Historical literature relating information pertaining to physical education is of insufficient quantity and quality; consequently it is hoped that this study will add to the existing limited general body of historical material. "While the main outlines of history are known. . .a particular need is for more research in the history of physical education in the United States."<sup>2</sup> Research concerning the accomplishments of women is extremely sparse within the discipline of physical education and particularly limited in the State of Texas. Endeavoring to bridge this gap, this study relates the achievements of Texas women in the realm of physical activity. The general historical material relating the national and international picture of the work of the YWCA briefly mentions Texas, but fails to elaborate extensively concerning the multiple accomplishments of the organization

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<sup>2</sup> Elmer L. Johnson, "A History of Physical Education in the Young Men's Christian Association," p. 9.

within the state. This study reveals the origin of current practices and procedures in the physical activities programs of the YWCA of Texas, thus adding to the existing literature concerning YWCA history. Future accomplishments must be based upon an understanding of the past achievements and failures; therefore, this study can assist the YWCA in planning future programs. The general profession of physical education can also profit from this research and use the material contained herein to solve similar problems outside of the framework of the YWCA. The need for this research can be summarized in the words "preservation" and "application"; preservation of the account of past events and application of the findings for present and future accomplishments.

#### Delimitations

This research has been delimited by the geographical boundaries of Texas, by the chronological events until December, 1969, the chartered YWCA units within Texas, and the physical activities program within the YWCA. All research has been confined to records found within the YWCA units of Texas.

### Limitations

In the process of researching the topic, the investigator found that the historical records of the YWCA contained many articles which were inaccurately dated and labeled; consequently, the exact date, title, and/or page number of minutes, records, newspapers, and other items could not be determined from the available material. The YWCA of Dallas discouraged any research pertaining to its historical development because of the unavailability of historical material. Likewise, the YWCA units of Amarillo, Corpus Christi, and Paris did not contribute to the study.

### Definitions of Terms

Executive Director is the person in authority responsible for directing a particular local YWCA.

Founder refers to the person or group which initiated the proposal for the YWCA.

Health Education Department is the term used for the physical activities department in the early part of the twentieth century. Later this term was expanded to Health, Physical Education, and Recreation Department.

HPER Director is the director of health education,

physical activities, and recreational events within a YWCA.

Physical activity refers to any big-muscle activity requiring an expenditure of energy.

Physical Culture Classes were exercise programs, usually without apparatus, taught near the beginning of the twentieth century. This term was changed to "exercise program" and eventually to "slimnastics."

Recreation Field-Work Department referred to a part of the national structure of the YWCA which advised all the local YWCA units concerning recreational programs.

YWCA is the abbreviation for Young Women's Christian Association.

YWCA Branch indicates any YWCA within a city formed chronologically after the first YWCA within that same city.

## CHAPTER II

### RELATED RESEARCH

The library of the YWCA of San Antonio, Texas, was the first source of information concerning the history of the YWCA in Texas. After finding no compiled material relating the past events of the organization in Texas, the writer researched the topic in the San Antonio Public Library, San Antonio, Texas; in the George Storch Memorial Library of Trinity University, San Antonio, Texas; and in the library of Southwest Texas State University, San Marcos, Texas. The conclusion formulated was that the history of the YWCA of Texas had not heretofore been written.

Embarking upon the task of acquiring a background of knowledge concerning the general history of the YWCA, the author read various books, including the work of Elizabeth Wilson written in 1916. This work furnished a wealth of information concerning the national historical picture. The YWCA began in the United States in the latter part of the nineteenth century as a movement to provide a Christian education and a healthful environment for young women

migrating to work in the rapidly growing cities with numerous branches emerging upon the eastern seaboard before the onset of the twentieth century. Housing was provided at a minimum fee. Instructional classes were offered to residents and non-residents at a nominal rate.<sup>1</sup>

Mary S. Sims provided further illumination concerning the national history of the YWCA. "Today, as then, the first requisite in organizing a YWCA in a local community or student center is a group of girls and women who want to be members and who are willing to work for it."<sup>2</sup> From the above, one can see that the primary requisite in organizing a YWCA was desire and determination.

Since little information could be obtained concerning the history of the YWCA in Texas, other related historical works were read. From these the writer has gleaned trends, ideas, and patterns of history. In order to understand better methods of presentation, doctoral dissertations and masters'

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<sup>1</sup>Elizabeth Wilson, Fifty Years of Association Work Among Women, p. 1.

<sup>2</sup>Mary S. Sims, The Purpose Widens, p. 21.

theses were also read. "The Emergence of the Press in Meiji, Japan" also suggested procedures to be followed. This research attempted to see how the ground work was laid for formation of the press in Meiji, Japan.<sup>3</sup> From this idea, the investigation of the ground preparation for physical activities within the YWCA was inspired. Further ideas concerning historical presentation were supplied by Samuel Aaron Suhler in "Significant Questions Relating to the History of Austin, Texas, to 1900."<sup>4</sup>

The work of Elmer L. Johnson proved to be a helpful source of related material. This dissertation traced the history of physical education in the United States Young Men's Christian Association until 1954. "During the formative years of American physical education, the Young Men's Christian Association played an important role in shaping the principles and program content of our present system of physical education."<sup>5</sup>

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<sup>3</sup>Albert Altman, "The Emergence of the Press in Meiji, Japan," Dissertation Abstracts, Vol. 26, p. 3893.

<sup>4</sup>Samuel Aaron Suhler, "Significant Questions Relating to the History of Austin, Texas, to 1900," Dissertation Abstracts, Vol. 27, p. 3411A.

<sup>5</sup>Johnson, op.cit., p. 3.

Elmer L. Johnson states three major objectives in writing this historical work:

(1) To trace the historical development of YMCA physical education in the United States, with special emphasis on (2) the interpretation and evaluation of significant problems that were crucial in its development and (3) to determine its role, scope, and function in relationship to the general field of physical education.<sup>6</sup>

These objectives and also the statement of the importance of the problem by Johnson applied directly to the thesis of the writer.

The research of James J. Garland conveyed the historical development of the Young Men's Christian Association within the State of Texas. This provided the writer with knowledge concerning the accomplishments of a similar organization located in the same geographical boundaries as the study undertaken here.<sup>7</sup>

In conclusion, the preliminary reading provided a broad base of information, which served as a springboard into the historical research concerning the physical activities within the YWCA of Texas.

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<sup>6</sup>Ibid., p. 5.

<sup>7</sup>James J. Garland, "History and Development of the Young Men's Christian Association in Texas," p. 1.

## CHAPTER III

### PROCEDURES

To secure the co-operation from the YWCA's of Texas, the Executive Director of the YWCA of San Antonio wrote a letter of authorization for this study, asking for the assistance of the executive directors in Texas in the collection of data.

A letter of inquiry was sent to each YWCA executive director, requesting the name of the founder, the date of founding, and an indication whether or not the data could be mailed. The responses to these letters provided the location of the areas for research. It was then determined if personal visits were necessary in order to obtain the data.

Visits were made to the YWCA units in the following cities of Texas: (1) Abilene, (2) Austin, (3) Beaumont, (4) Fort Worth, (5) Galveston, (6) Houston, (7) San Antonio, (8) Waco, and (9) Wichita Falls. Data were also collected by mail from El Paso and Lubbock. Only four YWCA units in Texas did not

contribute to the study (as mentioned in the limitations).

In each locality the author used the following check list in order to research the topic thoroughly: (1) What activities presently are conducted? (2) What activities previously were conducted? (3) In what year was the activity initiated? (4) In what year was the activity terminated? (5) Who was the initiator or first instructor of the activity? (6) What material is available for Xeroxing? (See Appendix.) This six-point check covered every physical activity in each locality.

Primary sources as found in each YWCA were used. These sources were as follows: (1) personal records, (2) pictorial records, (3) official records, (4) scrap books, (5) publications, (6) physical remains, (7) letters, and (8) other related materials. Personal interviews with directors were also obtained.

Pictures of numerous events were Xeroxed in order to portray visually the historical scene. Verification of all newspaper articles was made by means of microfilm located in the library of Southwest Texas State University, San Marcos, Texas; the State Library, Austin, Texas; and by correspondence with newspaper publishers when microfilm was unobtainable. The writing was arranged chronologically into four major periods: (1) 1900-1919;

(2) 1920-1939; (3) 1940-1959; and (4) 1960-1969. To enable the reader to see clearly the relationship between the various activities, a chronological chart was included at the end of each chapter.

In conclusion, the historical trends in the areas of finance, facilities, and personnel were identified and the summary was presented. Recommendations were then made based upon the historical findings.

## CHAPTER IV

### THE YWCA, 1900-1919

The YWCA began in England during the middle of the nineteenth century as a fellowship of women devoted to Jesus Christ and humanity:

The YWCA was founded in England in 1855 by two ladies simultaneously. In southern England, Miss Emma Roberts started a prayer union with a purely spiritual aim. In London, Lady Kinnaird commenced a practical work of opening homes and institutions for young women in business. In 1887 the two branches united in the YWCA with a common purpose: 'To build a fellowship of women and girls devoted to the task of realizing in our common life those ideals of personal and social living to which we are committed by our faith as Christians. In this endeavor we seek to understand Jesus, to share His love for all people, and to grow in the knowledge and love of God.'<sup>1</sup>

The task of providing housing for young women in business and the challenge of encouraging spiritual endeavors soon were realized in the United States. As increased industrialization produced migration into the northern

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<sup>1</sup>Local historical records, Abilene YWCA, Abilene, Texas.

cities around the turn of the twentieth century; so likewise was the scene in Texas. Adventurous young ladies began leaving the farms as the invention of the typewriter produced a number of new jobs for women. Factories began to employ both men and women for their assembly-line production. The cities grew and grew, with a resultant increase in slum dwelling, for the problem of proper housing was acute. In order to meet the housing and health needs of young women who migrated, the YWCA in the United States was formed. The first organization of this type in Texas appeared at the beginning of this century. The major objectives of the YWCA were to provide housing and to provide a healthy environment for young women working in the city:

The YWCA is a world-wide movement whose object everywhere is the development of young women, physically, intellectually, socially, and spiritually, to lend a helpful hand to girls, to meet the needs of young women who come as strangers to the city.<sup>2</sup>

The housing objective was met by provision of dormitory facilities, available at a minimum fee to

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<sup>2</sup> Local historical records (1910), San Antonio YWCA.

those who applied. Nevertheless, these were soon filled to capacity. The health objective was approached in a number of ways. One of these was by the organizing of the Health Education Department within the local YWCA. This department gave classes of instruction relating to healthy living and also provided an opportunity for the young working woman to participate in numerous activities.

The budget for the YWCA was extremely limited; therefore, the activities offered involved very little equipment. In Fort Worth the annual expenditures in 1906 totaled \$10,097.77 and the gymnasium equipment amounted to only \$137.37 of this total.<sup>3</sup> Although the gymnasium equipment was only minimal, one can observe that a program of physical activity was in existence as early as 1906.

The YWCA was active in San Antonio in the early part of this century. "On Thursday nights class members are received and gymnasium and choral class [sic] are instructed."<sup>4</sup> The gymnasium classes consisted

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<sup>3</sup>Local historical records (1906), Fort Worth YWCA.

<sup>4</sup>Local historical records (1910), San Antonio YWCA.

mainly of formal exercise programs. These types of classes were conducted in the various YWCA's throughout the state, using every possible facility: basements, roof-tops, and any other location that could be found.<sup>5</sup> Picnic activities consisted of ring plays, wood-tag, and croquet during the year of 1910 in the San Antonio YWCA.<sup>6</sup>

The classes in the YWCA were available not only to YWCA residents, but to any young woman interested in participating. The Austin YWCA in 1914 issued the following policy: "Classes will be offered in any subject for which seven or more request, provided a suitable instructor can be procured."<sup>7</sup> From the above, one can conclude that the classes were offered on a demand basis in some localities. The Austin YWCA further stated: "No class will be held unless seven enroll; in physical classes, fifteen. At present a swimming class of about fifty members are [sic] under instruction of Miss Stullkin and Birge."<sup>8</sup> From the above, it can be deduced that

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<sup>5</sup>Local historical records, Beaumont YWCA.

<sup>6</sup>Local historical records (1910), San Antonio YWCA.

<sup>7</sup>"Austin's YWCA Is Lusty Infant Organization With 1400 Members," Austin American, August 9, 1914, p. 8.

<sup>8</sup>Ibid.

the Austin association included swimming in the program as early as 1914; yet the pool which was used was located at the Young Men's Christian Association building.<sup>9</sup> Dance, hiking, and exercise classes were other available activities in the Austin YWCA during the year 1914.

When the building and facilities were not available at the YWCA, the activities were conducted elsewhere; but they were under the sponsorship of the YWCA. Such was the case in Houston in 1915:

Each Wednesday evening at 7:30 o'clock at the Central High School, physical culture classes composed of business girls, are held under the instruction of Mrs. C. Ray Flohre. The work consists of exercises for splendid physical development, better breathing, better posture, better control and better fellowship. This class is open to anyone who wishes to join. The course ends March 1st, and the tuition is \$2.50.<sup>10</sup>

The above-mentioned class continued for subsequent years at this nominal rate of tuition.

Although the majority of the YWCA's were limited monetarily, a few of the Texas units received large donations which enabled them to expand their facilities

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<sup>9</sup>"Work of YWCA Praised by Former Governor Sayers," Austin American, approximately 1923.

<sup>10</sup>Houston Young Women, Vol. II, No. 2, December, 1915.

and equipment rapidly. In 1915, the San Antonio YWCA built an indoor gymnasium and swimming pool which is still in use.<sup>11</sup> Not all the YWCA's were as fortunate; nevertheless, swimming was a popular activity. Such was the situation in Waco, where "swimming was taught any hour, place or day a pool could be secured."<sup>12</sup>

The physical culture class which began in Houston in 1915 continued in 1916. The YWCA advertised as follows:

A new physical culture class will begin its second term the first week in March. This is an eight weeks' course. All those wishing to join may do so by applying at the YWCA rooms. The course is \$2.00.<sup>13</sup>

During the year of 1917, a wide range of sports and games was available to women in the YWCA. This resulted in two-hundred and eighty-nine persons participating in the Houston program.<sup>14</sup> Volleyball, tennis, croquet

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<sup>11</sup>History of First Fifty Years, San Antonio YWCA.

<sup>12</sup>Interview with Mrs. Carter Eubank, Jr., Executive Director of the YWCA, Waco, Texas, December 30, 1969.

<sup>13</sup>Houston Young Women, Vol. II, No. 4, February, 1916.

<sup>14</sup>Annual Report, Houston YWCA, January 1st, 1917, to January 1st, 1918, Annual Meeting, February 14, 1918.

and hiking were popular activities.<sup>15</sup> In March of 1917, the following advertisement appeared: "Volleyball teams will be organized. Tennis and croquet will be played. Plan to come and bring your chums."<sup>16</sup> Indian clubs were a part of the equipment of this epoch, also.

In the 1918 album of the Houston YWCA, an unidentified newspaper article announced: "aesthetic dancing, Tuesday, at 3:30 p.m.; outing club, tennis, and basketball."<sup>17</sup> This same article referred to "corrective gymnastics." Numerous opportunities were afforded to the woman of this time. These young women returned to be instructed in the advanced classes. "Practically all of last years 'gym' girls have returned for advanced classes, bringing others with them."<sup>18</sup>

The YWCA girls wore special costumes for physical education participation. These uniforms were expensive, but the YWCA encouraged practicality:

The course costs \$2.00 for members. Some of the girls have found, with the increased

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<sup>15</sup>Houston Young Women, Vol. III, No. 5, March, 1917.

<sup>16</sup>Ibid.

<sup>17</sup>Unidentified Houston newspaper, 1918.

<sup>18</sup>"28 Entertainments at Camp 'Y' Buildings," Houston Post, October 6, 1918, p. 26.

cost of material, that the greatest expense is in getting the gymnasium suit; but in the YWCA classes, this is solved by using regular middy blouses and the bloomers need not be of the most expensive sateen but can be of any black or dark blue material.<sup>19</sup>

During the year of 1918, the YWCA's throughout the state were using similar costumes for the physical activities program.

During this year in Beaumont, Texas, a swimming pool was built and swimming became a major part of the physical activities program there.<sup>20</sup>

In 1919, the National Board of the YWCA began to recognize the various needs for leadership in recreation and health education. In the booklet Your Community and You, which was sent to all the YWCA's, the following questions were asked: "How, when, and where do the men and girls of your community get together to have good times? Are there clubs and camps for girls? What are you going to do about it this summer?"<sup>21</sup>

In light of these challenging questions, the YWCA of Fort Worth employed a person to serve as director of

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<sup>19</sup>Unidentified Houston newspaper, 1918.

<sup>20</sup>Local historical records (1918), Beaumont YWCA.

<sup>21</sup>Your Community and You, April 1, 1919.

physical activities. "Miss Scholz, Physical Director, nominated. Motion made and seconded that she be employed with a salary of \$1200 per year."<sup>22</sup> This was the first HPER director recorded within the history of the YWCA in Texas.

Although many of the YWCA units were progressing rapidly before the beginning of the new decade, others were not yet formed. For example, the YWCA of Wichita Falls was not formed until the "oil boom" of 1919.<sup>23</sup> The activities offered varied from locality to locality, according to the economic conditions in each city. The over-all picture revealed an organization concerned with the health of young women, providing many physical activities in order to help maintain the desired health status. The first twenty years of the YWCA in Texas marked the beginning of a wide range of activity.

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<sup>22</sup>Minutes of Board of Directors, Fort Worth YWCA, May 15, 1919.

<sup>23</sup>Historical Survey, YWCA of Wichita Falls, p. 2.

TABLE I

LIST OF ACTIVITIES AS TO CHRONOLOGICAL ORIGIN, 1900-1919

<u>Activity</u>	<u>Date</u>	<u>Place</u>
Gymnasium Classes	1906	Fort Worth
Croquet	1910	San Antonio
Exercises	1910	San Antonio
Ring Plays	1910	San Antonio
Wood-tag	1910	San Antonio
Dance	1914	Austin
Exercises	1914	Austin
Hiking	1914	Austin
Swimming	1914	Austin
Basketball	1915	Austin
Camping	1915	Austin
Exercises	1915	Galveston
Exercises	1915	Houston
Swimming	1915	San Antonio
Tennis	1915	Austin
Volleyball	1915	Austin
Dance	1916	Houston
Exercises	1916	Waco
Swimming	1916	Waco
Basketball	1917	Houston
Camping	1917	Houston
Croquet	1917	Houston
Hiking	1917	Houston

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Note of Explanation:

This chart and subsequent charts within the body of this work include the listing of an activity only upon first appearance within a locality. Many activities have been continued from the time of initiation until the present.

## Table I Continued

Indian Clubs	1917	Houston
Tennis	1917	Houston
Volleyball	1917	Houston
Aesthetic Dance	1918	Houston
Corrective Gymnastics	1918	Houston
Swimming	1918	Houston
Swimming	1918	Beaumont

## CHAPTER V

### THE YWCA, 1920-1939

As many YWCA units of Texas entered into their second decade of existence, others were being born. Among these was the unit in Wichita Falls. After the oil boom of 1919, the YWCA of Wichita Falls began in 1920 as a response to the following conditions:

A greater problem presented itself. It was not an uncommon occurrence for a school teacher or a young woman otherwise employed, on coming home to her room in the evening after a day's work to find her trunk in the hall or on the front porch, and her room occupied by an 'oil man,' who had offered the landlady a higher price.<sup>1</sup>

To meet the need for housing of young working women, the YWCA of Wichita Falls was formed.

There was a need not only for housing in Texas in 1920, but also for leadership in health and recreation. The Recreation Field Work Department of the National Board of the YWCA encouraged the YWCA of Abilene to employ a worker with ability in developing

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<sup>1</sup>Historical Survey, YWCA of Wichita Falls, p. 2.



camp among the YWCA's of Texas; the first was in Austin and the second in Houston. Three hundred and twenty-one persons attended the first summer of operation of the camp. "Our staff this year consisted of a general director, a swimming instructor, and a recreation leader."<sup>4</sup> Favorite sports at camp were horseback riding and hiking. Tennis was also a popular activity in San Antonio YWCA during the same period.<sup>5</sup>

Picnics, popular during the previous decade, continued in 1921. Recreational pursuits in San Antonio, reported on October 19, 1921, consisted of ring-plays, wood tag, croquet, folk dancing, and stories.<sup>6</sup> This date marked the first appearance of folk dancing in the Texas YWCA. It was presented subsequently in many other localities.

Indian clubs were used by small children in exercise classes conducted on the roof of the San Antonio YWCA in the early part of the 1920's.<sup>7</sup> The reason for using the roof was not stated, but one can conclude that

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<sup>4</sup>Ibid.

<sup>5</sup>Local historical records (1921), San Antonio YWCA.

<sup>6</sup>Ibid.

<sup>7</sup>Ibid.

there was a lack of space in the building at that time, for facilities were being used extensively by many people. The gymnasium was used by various outside groups. "Professors Thomas Holley and Lane, instructors of athletics at Douglas High School, secured permission to use the court at night in coaching the high school boys."<sup>8</sup> The YWCA was used by men, women, and children in this decade.

The first competitive team sports for women appeared in the Austin records in 1923. Volleyball teams were formed in Waco and Austin with competition tournaments held between the two cities. On December 4, 1923, The Austin American reported that "Austin's YWCA volleyball team was defeated at Waco."<sup>9</sup> Basketball teams were also organized by the YWCA and practice was held every Thursday evening in preparation for the city tournament in which the Austin YWCA participated.<sup>10</sup>

The need for more space and facilities was noted by the former Governor Sayers in reference to the Austin

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<sup>8</sup>Ibid.

<sup>9</sup>"Austin 'Y' Girls Lose to Wacoans," Austin American December 4, 1923, p. 9.

<sup>10</sup>"Basketball Teams of YWCA Met Thursday Evening," Austin American, approximately 1923.

YWCA. The program was praised, but the need for dressing rooms, showers, lockers, and other facilities was noted in the following article:

The Austin Association was formed in 1914, and since then, though operating with limited means, it has done and is now doing a most valuable and beneficent work. . . The activities of the department have consisted of classes in gymnastics, dancing, volleyball, basketball, tennis, swimming, life-saving, and croquet, hikes, and camping trips, one summer camp at New Braunfels, and one at Bluff Springs, health talks, health examinations, special individual exercises for health building. . .Swimming classes under the direction of the YWCA began in the YMCA pool, and have been held there each summer since. [sic] Classes have also been held in Deep Eddy pool. . . The greatest need for further development in this department is more space and better equipment. The dressing rooms, lockers and showers are far too few for the present demand, more space for classes and spectators in the gymnasium is needed, and there is quite a demand for swimming classes all the year round, which could be supplied by a modern pool owned and operated by the YWCA.<sup>11</sup>

Health education and physical activities were strongly emphasized by the YWCA of Austin. Subjective evaluations such as the one mentioned above were made of the program and facilities in order to see where improvements could be made. The gymnastics were not done with

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<sup>11</sup>"Work of YWCA Praised by Former Governor Sayers," Austin American, approximately 1923.

apparatus, but consisted merely of exercises and floor patterns.

The exact date of origin of the camp in Fort Worth cannot be determined from available records in the Fort Worth YWCA. It is evident that a camp was in existence before 1926, for request to use the facilities was made by Mrs. G. W. James, McKinney, Texas. In response to this request, the following procedures were given by the Executive Secretary, Frances Bothwell, of the Fort Worth YWCA. "Please call at our headquarters at the above address for the camp key on your arrival July 12th [sic] that seems the surest arrangement."<sup>12</sup>

Competition in the YWCA was not limited to team sports. In Waco the YWCA was involved in a city-wide tennis tournament in 1927.<sup>13</sup> Although the YWCA lacked the facilities and equipment to teach tennis, the activity was encouraged by many associations throughout the state.

Although the Houston YWCA did not have a stable

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<sup>12</sup>Letter to Mrs. G. W. James, McKinney, Texas, from Frances Bothwell, Executive Secretary, Fort Worth YWCA, June 25, 1926.

<sup>13</sup>Interview with Mrs. Carter Eubank, Jr., Executive Director, Waco YWCA, December 30, 1969.

or other such facilities for horseback riding, a club called the Stirrup Club was sponsored by the association in 1928.<sup>14</sup> This was the first equestrian group referred to in YWCA history in Texas.

The YWCA activities program of San Antonio was self-supporting by 1929. According to the financial report of the year, receipts were equal to expenditures within the department of health, physical education, and recreation.<sup>15</sup>

With the onset of the great Depression of the 1930's, physical activities programs were not recorded in the YWCA's of Texas with the exception of San Antonio, where records were maintained. The lack of records in the YWCA's does not necessarily indicate that this was a period of inactivity, only that history was unrecorded.

An advertisement folder of San Antonio indicated that volleyball, hiking, camping, horseback riding, and tennis were offered on Saturday afternoons in 1930 and 1931.<sup>16</sup>

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<sup>14</sup>Local historical records (1928), Houston YWCA.

<sup>15</sup>Report of Subcommittee: Relationship of Program to Income, Minutes of San Antonio YWCA, November, 1929.

<sup>16</sup>San Antonio YWCA advertisement folder, Ideal Scrap Book, San Antonio YWCA, 1930-1931.

In 1931, individual gymnastics were offered in San Antonio at various times. "Individual gymnastics at 9:30 a.m. Tuesday and Friday for \$10. per term or at 4 p.m. Tuesday and Friday for \$4. per term."<sup>17</sup> In light of the fact that San Antonio did not have gymnastics apparatus in 1931, apparently this was individual instruction in the gymnasium, probably emphasizing only a phase of present-day gymnastics.

According to the Health Education Committee Report of 1931, tap dance, gymnastics, and swimming were activities carried on in the San Antonio YWCA. This is the first recorded instance of tap dance as an activity within the YWCA's of Texas.<sup>18</sup>

The San Antonio association remained active in 1932:

Schedule of the gymnasium classes to be conducted under direction of the health education department of the YWCA were announced Tuesday by Mrs. Ontee B. Robertson, director. . . It was explained that the class in individual exercises [sic] have been designed to aid those with faulty health habits, for round shoulders, relaxed abdomen, foot difficulties, and for those wanting regular exercise. Half of the sport gym period will be devoted to games, such as hit pit baseball, indoor baseball,

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<sup>17</sup> Ibid.

<sup>18</sup> Health Education Committee Report, San Antonio YWCA, 1931.

volleyball, and captain ball, Mrs. Robertson said.<sup>19</sup>

In 1937, the San Antonio YWCA offered the following activities: badminton, ping pong, volleyball, bowling, and dance club. Seven hundred and eleven persons participated.<sup>20</sup>

Camping was popular with the Fort Worth YWCA in 1938. A picture article in the Fort Worth Star-Telegram indicated that archery, tumbling, tennis, golf, and riding were part of the camp program. "They do this in the gymnasium, on the tennis courts, in swimming pools, on the bridle path and at their weekend outings at the new Lake Worth camp," read the caption of the picture.<sup>21</sup>

In Houston, folk dancing was sponsored by the YWCA in 1939, as is evidenced from this announcement in the press: "Folk dance night, an all association activity will be held at 7:30 p.m. Thursday at the YWCA."<sup>22</sup>

A badminton club was organized in Houston in April.

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<sup>19</sup>"YWCA Gym Class Schedule Announced," San Antonio Express, January 13, 1932, p. 22.

<sup>20</sup>Local historical records (1937), San Antonio YWCA.

<sup>21</sup>"They Practice What They Preach," Fort Worth Star-Telegram, November 13, 1938.

<sup>22</sup>"Folk Dancing Party Will Be Given at Y.W.," Houston Post, January 22, 1939, Sec. 3, p. 5.

1939. "Badminton players interested in joining a club are invited to meet at 7 p.m. at the YWCA gym, Miss Dorothy Bollard, secretary of health education department, said today," reads an article in the Houston Press.<sup>23</sup>

Archery was taught to Houston YWCA campers in May of that same year. According to a feature story in the Houston Press, "The ancient sport of archery which develops poise as well as muscles, an accurate eye and steady hand, proves popular with Casa Del Mar campers."<sup>24</sup> Day camp was available to girls of junior high school age, and archery was a part of the program. The Houston Chronicle reports: "Miss Juanita Luck, assistant Girl Reserve secretary of the YWCA will direct the annual YWCA Day Camp for junior high school girls to be held June 2 to 23 at the activities building, 1320 Rush." Swimming was also part of the day's routine during the day-camp session.<sup>25</sup>

The 1930's closed with a wide variety of activities available to women in Texas through the YWCA.

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<sup>23</sup>"Badminton Club to Meet Tonight at Y," Houston Press, April 12, 1939, p. 15.

<sup>24</sup>"Swimming and Archery Just Two of Many Activities Enjoyed at Casa Del Mar," Houston Press, May 20, 1939, p. 6.

<sup>25</sup>"Juanita Luck," Houston Chronicle, June 8, 1939, p. 11.

TABLE II

LIST OF ACTIVITIES AS TO CHRONOLOGICAL ORIGIN, 1920-1939

<u>Activity</u>	<u>Date</u>	<u>Place</u>
Tennis	1920	San Antonio
Basketball	1921	San Antonio
Camping	1921	San Antonio
Folk Dance	1921	San Antonio
Hiking	1921	San Antonio
Horseback Riding	1921	San Antonio
Basketball Team	1923	Austin
Basketball Team	1923	Fort Worth
Basketball Team	1923	Waco
Volleyball Team	1923	Austin
Volleyball Team	1923	Fort Worth
Softball	1924	Fort Worth
Exercises	1926	Beaumont
Volleyball Team	1927	Abilene
Camping	1927	Abilene
Softball	1927	Abilene
Tennis Team	1927	Waco
Horseback Riding Club	1928	Houston
Camping	1930	Waco
Dance	1930	El Paso
Tap Dance	1931	San Antonio
Badminton	1937	San Antonio
Bowling	1937	Fort Worth
Bowling	1937	San Antonio
Ping Pong	1937	San Antonio
Volleyball	1937	San Antonio
Archery	1938	Fort Worth
Archery	1938	Houston

## Table II Continued

Badminton	1938	Fort Worth
Golf		Fort Worth
Horseback Riding		Fort Worth
Softball		Houston
Swimming		Fort Worth
Tennis		Fort Worth
Tumbling		Fort Worth
Badminton		Houston
Day Camp		Houston
Folk Dance		Houston

CHAPTER VI  
THE YWCA, 1940-1959

War, preparation for war, and military life occupied the minds of the American public as the decade of the forties began. Lonely women turned to the YWCA, for beaux and husbands were occupied in activities of defending and combatting. At this time, the YWCA of Texas began a new emphasis--upon co-educational activities.

Swimming for men and women was sponsored by the Houston YWCA in April, 1940.<sup>1</sup> Bridge was also offered as part of the program. Folk dancing was a favorite recreational pursuit, co-educational in nature, yet sometimes done when men were not available as partners.<sup>2</sup>

San Antonio encouraged men to come to the YWCA by sponsoring badminton teams.<sup>3</sup> Country and square dances

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<sup>1</sup>"Co-Ed Night Scheduled at YWCA Pool," Houston Chronicle, April 7, 1940, Sec. D., p. 5.

<sup>2</sup>Local historical records (1940), Houston YWCA.

<sup>3</sup>Local historical records (1940), San Antonio YWCA.

were also popular. Dances for men in uniform were included in the Waco program during the decade of the forties.<sup>4</sup>

Participation in the San Antonio association during 1940 was as follows:

Dancing . . . . .	5,453
Country and Tap	
Swimming	
Lessons . . . . .	1,643
Plunges . . . . .	2,060
Parties . . . . .	259
Badminton	
Lessons . . . . .	318
Rentals . . . . .	1,350
Other . . . . .	457
Bowling	
Bicycle Club	
Volleyball	
Teacher Council	
Total . . . . .	14,091 <sup>5</sup>

The San Antonio YWCA was active, and numerous opportunities were available to women. Archery received special emphasis in the program in 1941.<sup>6</sup>

The work of the YWCA was not limited to any particular race, color, or creed. Negroes had special branch locations in many cities in Texas during the 1940's.

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<sup>4</sup>Interview with Mrs. Carter Eubank, Jr., Executive Director, Waco YWCA, December 30, 1969.

<sup>5</sup>Annual Report, 1941, San Antonio YWCA.

<sup>6</sup>Local historical records (1941), San Antonio YWCA.

Such was the case in Fort Worth, and a day camp was sponsored at the branch in 1942. According to the advertisement, the camp offered one hour of physical education per day during the three-week session. The activities included hiking, dancing, and swimming.<sup>7</sup>

In 1942, a day camp was sponsored in San Antonio. One hundred and forty-three persons attended. One hundred and twenty attended the residence camp of the San Antonio association in that same year.<sup>8</sup> From the available records, the duration of the camps cannot be determined.

Day camps were popular throughout the state in the 1940's. An Austin newspaper recorded, " 'the stay-at-home camp' of the girls reserve program will begin Monday. . . .The program will last six weeks from June 7 to July 16. All teen girls are invited to participate in the activities."<sup>9</sup>

That fitness was emphasized in Austin, also, is evidenced from the following announcement:

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<sup>7</sup>Local historical records (1942), Fort Worth YWCA.

<sup>8</sup>Local historical records (1942), San Antonio YWCA.

<sup>9</sup>" 'Y' Vacation Starts Monday," American-Statesman, June 6, 1943, Society, p. 2.

A 'keep fit' class for young employed women will be held this spring under the auspices of the business and industrial committee, of which Mrs. Virginia Sharbrough is chairman, of the YWCA, it was announced Saturday. Members who wish to enroll in the class will meet at the 'Y' April 5 for final registration and a physical examination.<sup>10</sup>

Since the fitness class was conducted with the health of the individuals as a primary concern, a physical examination was mandatory.

Co-educational activities continued as an important phase of the Austin YWCA program during the years. "Another 'co-ed' activity is the Saturday night dance, for wives and their uniformed husbands," said an announcement.<sup>11</sup> Other events in Austin included luncheons, bowling, and bridge. "There are social functions--luncheons, bridge parties, bowling tournaments--to keep the wives occupied during the long week-days when husbands don't come in from camp."<sup>12</sup> Dances frequently were sponsored at many of the YWCA units throughout the state at that time. The Houston YWCA had square dancing and recreational

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<sup>10</sup>"Keep Fit Class Opens," American-Statesman, March 28, 1943, Society, p. 7.

<sup>11</sup>"Army Wives Have Diversion," American-Statesman, February 14, 1943, Society, p. 11.

<sup>12</sup>Ibid.

dancing in 1945.<sup>13</sup>

A wide variety of activities was available to young women in Fort Worth in 1947:

Health education classes, body conditioning, bowling, volleyball, basketball, badminton, folk and square dance, swimming, horseback riding were participated in by 848 women and girls, with an aggregate attendance of 10,120.<sup>14</sup>

Ping pong was also part of the Fort Worth program.

The camp during that year was held for 142 days with 2,099 individuals participating.<sup>15</sup>

Although the Fort Worth YWCA did not have a golf course, a tennis court, or a bowling alley, these activities were sponsored by the association, using facilities located elsewhere in the city. In 1949, the San Antonio program included golf, gym, tennis, bowling, dancing, and badminton, with 17,536 persons participating.<sup>16</sup>

The YWCA throughout the state began to keep more accurate historical records by means of scrap

<sup>13</sup>Local historical records (1945), Houston YWCA.

<sup>14</sup>Local historical records (1947), Fort Worth YWCA.

<sup>15</sup>Ibid.

<sup>16</sup>Annual Report, 1949, San Antonio YWCA.

books during the 1950's; therefore, more data were available from the beginning of this decade to the present.

The San Antonio camp attendance increased in 1950. Six hundred and fifty-two persons attended the camp, as compared to 143 persons in 1942. Camp craft, tennis, archery, and dancing were offered to the campers.<sup>17</sup>

Co-educational activities continued. "Co-ed sports night, Thursday, 7 p.m. to 10 p.m." was held in San Antonio. Other activities in that locality in 1950 were volleyball, fencing, tumbling, swimming, table games, and dancing. Although the reference did not clearly indicate who participated in the above-listed activities, it inferred that many were co-educational.<sup>18</sup> In Austin, swimming and dancing continued as part of the co-educational program.<sup>19</sup>

The YWCA in Texas began widening its programs to

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<sup>17</sup>Monthly Reports and Annual Reports to Board of Directors, January, 1948, to December, 1950, San Antonio YWCA.

<sup>18</sup>Local historical records (1950), San Antonio YWCA.

<sup>19</sup>Local historical records (1950), Austin YWCA.

include more activities for younger children and teenagers. The hula dance was taught to young elementary school girls in Wichita Falls in 1951.<sup>20</sup> A playground was constructed in Houston for children at the Magnolia Branch:

A big thrill was the fitting climax for Magnolia Center civic workers when R. J. Watts, managing editor of the Houston Chronicle, presented them with a check for \$200, the first prize in the paper's Houston Beautiful contest for clubs. The center, a YWCA branch, won for converting a dumping ground into a playground.<sup>21</sup>

Diving facilities were available in some localities at the beginning of the 1950's. In Houston, says a news item, "Diving champ, Jo Beth Holcomb used Y pool in Winter."<sup>22</sup> Some of the associations formed diving teams shortly thereafter.

The participation increased, and the expenditures likewise kept pace in most of the YWCA units throughout Texas. In 1953, Camp Idlewilde in San Antonio had a

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<sup>20</sup>Local historical records (1951), Wichita Falls YWCA.

<sup>21</sup>Picture article, Houston Chronicle, April 24, 1951, Sec. A., p. 15.

<sup>22</sup>Unidentified Houston newspaper, February 3, 1951.

budget expenditure total of \$15,849.91.<sup>23</sup>

The YWCA carried on many challenging activities. The handicapped were not omitted from the program. In 1953, in Beaumont, therapeutic swimming was taught. "This is part of the post-polio training being offered polio patients Tuesday and Thursday afternoon at the YWCA," says a news story from that city.<sup>24</sup> That Houston YWCA also had a part of the program designed for the handicapped is indicated by this item: "A recreational swim for handicapped also is scheduled."<sup>25</sup>

Various events were sponsored by the Houston association. "The Health Education department will offer instruction in South American ballroom dancing, keep fit exercises, fencing, golf, riding, roller skating, and tennis."<sup>26</sup>

Figure control, later called "slimnastics," was emphasized in numerous localities. The Beaumont press

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<sup>23</sup>Local historical records (1953), San Antonio YWCA.

<sup>24</sup>"YWCA Ballroom Class," Beaumont Enterprise, January 9, 1953, p. 14.

<sup>25</sup>"YWCA Will Open Classes on March 23," Houston Post, March 15, 1953, Sec. 5, p. 9.

<sup>26</sup>Ibid.

stated: "Classes in figure control are scheduled to begin next week."<sup>28</sup> Square dance was popular, and a club was formed, as this announcement indicates: "Do-si-do square dance club will meet at 8 o'clock Thursday in the YWCA."<sup>29</sup> The Beaumont YWCA was active in 1953, with events such as the "informal evening of dancing, card games, and entertainment."<sup>30</sup>

Day camps remained popular in the 1950's. In 1953, sixty-five enrolled in the Beaumont YWCA camp by May.<sup>31</sup> This number does not indicate the final enrollment of the day camp, only the initial May enlistment.

The Galveston YWCA had the first indoor swimming pool in the history of that city. This pool was built in 1954; but, because of poor architectural design, the roof collapsed a few years later. No injuries were sustained, although much loss was incurred.<sup>32</sup>

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<sup>28</sup>"Classes in Figure Control to Begin Next Week at YWCA," Beaumont Enterprise, January 7, 1953, p. 6.

<sup>29</sup>"Do-Si-Do To Meet," Beaumont Enterprise, January 8, 1953, p. 16.

<sup>30</sup>"Coed Club Meets at YWCA at 8 Tonight," Beaumont Enterprise, March 3, 1953, p. 12.

<sup>31</sup>"65 Enroll in YWCA Camp," Beaumont Enterprise, May 22, 1953, p. 5.

<sup>32</sup>interview with Miss Carolyn Cox, HPER Director, Galveston YWCA, January 19, 1970.

The Health and Recreation Report of 1955 of Fort Worth YWCA itemized participation as follows:

Winter	
Two exercise classes	
Two dancing classes	
Swimming classes	
Total . . . . .	.72
Spring	
Swimming	
Tennis	
Two exercise classes	
Golf-for housewives	
Dancing	
Total . . . . .	126
Fall	
Swimming	
Exercise	
Dancing	
Total . . . . .	.60 <sup>33</sup>

This report did not contain a separate entry for summer. One can note a variety of activities, with participation during the spring having the highest total.

In Beaumont, the teaching of various dances continued in 1955. Tumbling for young boys was also a part of the program. According to a feature story in the Beaumont Enterprise, "In addition to swimming, there are slimnastics classes, tap, ballroom South American and acrobatic dancing classes, tennis classes, and a tumbling class for boys 5 through 7 years old."<sup>34</sup>

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<sup>33</sup>Health and Recreation Report, 1955, Fort Worth YWCA.

<sup>34</sup>"Swimming Is YWCA Feature," Beaumont Enterprise, April 10, 1955, p. 12-C.

Play days were sponsored occasionally at the YWCA units throughout the state. In Wichita Falls in 1956, it was announced, "Girls between the ages of six and twelve will participate in their final pre-Christmas 'play day' at the YWCA, 801 Burnett, Saturday from 10 a.m. until 2 p.m."<sup>35</sup> These play days included a number of physical activities. "Christmas crafts, games, singing, ping pong, and swimming in the heated pool will be included in the day's program," says one announcement.<sup>36</sup>

Baton twirling became popular in the latter part of the 1950's. Waco, Wichita Falls, Beaumont, and other YWCA units sponsored baton twirling drill teams. Girls of elementary school age through high school participated in the training. "Classes in sewing, ballroom dancing, tumbling, and baton twirling for youngsters of public school age will begin this week at the YWCA," says an announcement in 1957.<sup>37</sup> The teams performed at various

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<sup>35</sup>"Girls 'Play Day' Slated at YWCA," Wichita Falls Times, December 20, 1956, p. 12A.

<sup>36</sup>Ibid.

<sup>37</sup>"Various YWCA Classes Slated," Unidentified newspaper, January 13, 1957.

events, such as the Waco Christmas parade ( a city-sponsored activity in which the Waco drill team participated.)<sup>38</sup>

Indoor tennis was part of the program in Beaumont and Wichita Falls. "Indoor Tennis Players" was the caption of the picture whose accompanying article read: "These women are among many who take advantage of classes offered through the health department of the YWCA. . . ." <sup>39</sup>

The Wichita Falls association purchased numerous machines and set up a health-club in 1958:

Among the swimming classes are those for beginners, intermediates, swimmers, diving classes, Girl Scout swimming lessons, and water safety instruction. . . Other features of the health education program are the 'exercycle,' an electric exercising machine for firming tissues; a golden tan sun-lamp, tumbling classes, tennis, and other special classes.<sup>40</sup>

More machines were purchases in subsequent years; thus a very elaborate health-club facility was developed.

The year of 1959 was marked by the introduction of

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<sup>38</sup>Interview with Mrs. Carter Eubank, Jr., Executive Director, Waco YWCA, December 30, 1969.

<sup>39</sup>Picture article, unidentified Beaumont newspaper, 1958.

<sup>40</sup>"Swimming Pool One of Most Popular Sports at YWCA," unidentified Wichita Falls newspaper, April 18, 1958.

new activities within the YWCA. Ballet, fencing, bicycling, and other events appeared in the various localities. In Wichita Falls, the following note occurred: ". . .the ballet class, just one of the many activities offered to teenagers at the 'Y' . . .Cha-cha, rhumba, samba, fox trot basic steps are among those which will be taught in the ballroom dancing classes at the YWCA."<sup>41</sup>

Worth Baugh, husband of the Executive Director of the Abilene YWCA, instructed in the skill of fencing. "Fencing classes at the Young Women's Christian Association will be held on Tuesday and Thursday nights, Worth Baugh, instructor announced."<sup>42</sup>

In March, the "Daisy Belles" bicycle club was formed in Wichita Falls.<sup>43</sup> Other localities sponsored bicycle clubs at various times during the history of the organization.

Archery was part of the program in Abilene in 1959. The YWCA teenage camp, Sleepy Oaks, provided opportunities

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<sup>41</sup>Local historical records (1959), Wichita Falls YWCA.

<sup>42</sup>"Fencing Classes Slated at YWCA," Abilene Reporter-News, February 10, 1959.

<sup>43</sup>Local historical records (1959), Wichita Falls YWCA.

for the practice of archery. "At the right three of the 100 girls planning to attend the Y Teen Camp Sleepy Oaks at Buffalo Gap this summer check out the archery equipment. . ." says the caption under a picture in the Abilene Reporter-News.<sup>44</sup>

Judo became a popular activity in many of the YWCA units throughout the state, beginning in Beaumont in 1959. According to an announcement, "A class in judo, the Japanese art of self-defense, will be taught in the YWCA by Jay Mach, now of Beaumont, a former judo instructor in the Air Force."<sup>45</sup> Some of the executive directors did not desire this particular activity in the program of their localities, but many of the YWCA's began offering judo instruction.

As the decade of the fifties closed with a wide range of new and novel events, the YWCA provided an active program of varied opportunities for women to improve their health and physical well-being. Instruction was generally given by specialists, rather than by

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<sup>44</sup>"Y Time Is Anytime," Abilene Reporter-News, April 19, 1959, Sec. C., p. 1.

<sup>45</sup>"Judo For Women," Beaumont Journal, April 7, 1959, p. 5.

staff members trained in the general area of physical education.

**TABLE III**  
**LIST OF ACTIVITIES AS TO CHRONOLOGICAL ORIGIN, 1940-1959**

<u>Activity</u>	<u>Date</u>	<u>Place</u>
Archery	1940	Beaumont
Badminton	1940	Beaumont
Bicycle Club	1940	San Antonio
Camping	1940	Beaumont
Fencing	1940	Houston
Archery	1941	San Antonio
Day Camp	1942	Fort Worth
Hiking	1942	Fort Worth
Croquet	1943	Waco
Fitness Classes	1943	Austin
Softball	1943	Waco
Volleyball	1943	Waco
Golf	1947	Houston
Bowling	1948	Houston
Roller Skating	1948	Houston
Golf	1949	San Antonio
Canoeing	1950	San Antonio
Golf	1950	Austin
Fencing	1950	San Antonio
Tumbling	1950	San Antonio
Hula	1951	Wichita Falls
Roller Skating	1951	Abilene
Swimming	1951	Abilene
Fencing	1952	Abilene
Dance	1953	Beaumont
Fox Trot	1953	Beaumont

Table III Continued

Rhumba	1953	Beaumont
Samba	1953	Beaumont
South American	1953	Beaumont
Square Dance Club	1953	Beaumont
Tango	1953	Beaumont
Waltz	1953	Beaumont
Handicapped Persons Swim	1953	Houston
Therapeutic Swim	1953	Beaumont
Swimming	1954	Galveston
Tumbling	1954	Waco
Acrobatics	1955	Beaumont
Hiking	1955	Abilene
Roller Skating	1955	Beaumont
Swimming	1955	Wichita Falls
Tap Dance	1955	Beaumont
Tennis	1955	Beaumont
Tumbling	1955	Beaumont
Volleyball	1955	Beaumont
Ping Pong	1956	Wichita Falls
Badminton	1957	Waco
Baton Twirling	1957	Beaumont
Dance	1957	Lubbock
Exercises	1957	Lubbock
Horseback Riding	1957	Abilene
Softball	1957	Lubbock
Swimming	1957	Lubbock
Diving Class	1958	Wichita Falls
Exercise Machines	1958	Wichita Falls
Golf	1958	Lubbock
Judo	1958	Houston
Tennis	1958	Wichita Falls
Tennis	1958	Lubbock
Yoga	1958	Houston
Archery	1959	Abilene
Baton Twirling	1959	Waco
Bicycle Club	1959	Abilene
Bowling	1959	Wichita Falls

## Table III Continued

Dance	1959	Wichita Falls
Cha cha	1959	Wichita Falls
Ballet	1959	Wichita Falls
Fox Trot	1959	Wichita Falls
Rhumba	1959	Wichita Falls
Judo	1959	Beaumont
Ping Pong	1959	Waco

CHAPTER VII  
THE YWCA, 1960-1969

As the decade of the sixties began, one could observe a practice which prevailed in all of the YWCA's in Texas throughout the following ten years. The instruction of physical activities was done by a person with a degree of expertise (such as a golf "pro"), with persons professionally trained in physical education and/or recreation responsible for the administration and supervision of the program. The expert was paid a percentage of the tuition, with the association receiving the remainder. Although many localities had physical educators as the administrator-supervisors acting in directing positions, there were still some unable to employ professionally trained persons. Such was the case in Dallas:

For some years now we have been unable to hire a Health and Physical Education person because they were not available and also because our salary was \$5,000 for 12 months. Therefore we have used people from other

fields and limited our program to primarily swimming and slimnastics.<sup>1</sup>

Nevertheless, a program of activities continued to exist during the era of the sixties. Although the YWCA did not own bowling facilities, bowling was a popular activity in Wichita Falls. According to a news report, "Bowling classes for teenagers, sponsored by the YWCA are scheduled to begin October 13."<sup>2</sup> Various other localities sponsored bowling with the co-operation of an established bowling lane, for few had any equipment for such instruction within the YWCA building.

Teams for competitive swimming meets were developed in Waco, Wichita Falls, Beaumont, and other cities. The Flying Dolphin Team of Waco consisted of 63 people. This team acquired numerous trophies from meets in the United States and Mexico. The Waco association sponsored four swimming meets, called the Huaco Invitational Swim Meets. The YWCA of Wichita Falls sponsored a swimming team, and an invitational meet was held there in 1961. "The Wichita

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<sup>1</sup>Letter to Mrs. Sam P. Wilson from Lucille Douglass, March 11, 1970. (See Appendix.)

<sup>2</sup>"YWCA Schedules Bowling Classes," Wichita Falls Record-News, October 8, 1960, p. 12.

Falls Mermaids swept the YWCA Invitational Swimming Meet held at the local YWCA. . . .Ardmore, Oklahoma, placed second with thirty-eight points."<sup>3</sup>

Fitness classes continued throughout the state. In Abilene, "Beginning February 13 and continuing for six weeks the Young Women's Christian Association will offer exercise classes to promote a good figure, better posture, and improved circulation and relaxation."<sup>4</sup>

Various kinds of tournaments were now part of the YWCA program in Texas. In Abilene, a fencing tournament was held at the YWCA in 1962:

The North Texas division of the Amateur Fencer's League of America will begin a fencing tournament Saturday at 1 p.m. in the YWCA, N. 10th and Orange Sts. . . .Worth Baugh, YWCA fencing instructor, teaches classes in fencing at the 'Y' every Tuesday night.<sup>5</sup>

Bala Krishna, a yoga expert from India, taught classes in yoga in the YWCA's of Abilene, Austin, Beaumont, Wichita Falls, and other localities during the

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<sup>3</sup>"Mermaids Take Swim Victory," Wichita Falls Record-News, February 9, 1961.

<sup>4</sup>"Exercise Class Slated at YWCA," Abilene Reporter-News, February 15, 1961.

<sup>5</sup>"Fencing Tourney at YWCA Saturday," Abilene Reporter-News, April 6, 1962, p. 14B.

1960's. "Yoga expert Bala Krishna, a native of India, demonstrates one of the 'simple' exercises called 'locust'" is the caption on a picture in an Abilene paper.<sup>6</sup>

From 1963 until 1965 Swedish massages were given in Waco by Mrs. Charles Witherhold, masseuse.<sup>7</sup> Although most of the associations were now turning the emphasis from team sports to novel offerings such as yoga and Swedish massages, the area of team play was not entirely overlooked. In Wichita Falls, softball for elementary school-age girls was offered by the YWCA. "Girls who are interested in playing softball this summer and are in the fifth or sixth grades should contact Mrs. Karen Gagen at the YWCA," reads a notice in a Wichita Falls paper.<sup>8</sup>

In San Antonio, the fall program in 1963 included slimnastics, judo, and volleyball.<sup>9</sup> Again the emphasis

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<sup>6</sup>"Feel Dull, Depressed? Try Yoga--," Abilene Reporter-News, May 25, 1962.

<sup>7</sup>"YWCA Activity Program Grows," waco Times-Herald, April 21, 1963, Sec. C., p. 1.

<sup>8</sup>"YWCA Offers Variety of Activities For Summer," wichita Falls Record-News, May 29, 1963.

<sup>9</sup>Fall Report, 1963, San Antonio YWCA, p. 4.

was on novel individual types of activity, without forsaking the traditional team sport.

The swimming team of the Beaumont YWCA participated in a competitive meet in April, 1964. "Beaumont Team in Festival Swim Meet" was the caption of a picture in the local press.<sup>10</sup> Diving competition was also part of the YWCA program in various localities.

Fencing instruction was given at the YWCA in Waco for one season during 1964, but thereafter discontinued because of lack of interest and participation.<sup>11</sup>

Judo instruction was given in 1964 at Wichita Falls, aimed to help women learn the art of self-defense. [The instructor] "will be teaching a judo class beginning Monday at the YWCA to help women learn how to protect themselves and fall with less chance of injury. The course will last six weeks," is a notice on file in the records of the Wichita Falls YWCA in 1964.<sup>12</sup>

The emphasis in 1965 throughout the state was a

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<sup>10</sup>"Beaumont Team in Festival Swim Meet," Beaumont Enterprise, April 15, 1964, p. 23.

<sup>11</sup>Interview with Mrs. Carter Eubank, Jr., Executive Director, Waco YWCA, December 30, 1969.

<sup>12</sup>"Judo Course to be Offered at YWCA Starting Monday," Wichita Falls Record-News, January 10, 1964.

program at the YWCA which would include everyone. "There's something at the 'Y' to interest the teenage all year long, including program to develop skill in sports, dancing, arts and crafts," according to a feature in the Waco Times-Herald.<sup>13</sup> This theme appeared in Wichita Falls, also. "Something for Everyone Classes Offered by YWCA" was the title of an October, 1965, article.<sup>14</sup> Reference was made to golf classes, stating: "Energy will be the only thing needed in the golf sessions with Frank Stagner, a class A PGA member, as instructor. Lessons will be held indoors at the Y in case of bad weather. Clubs and balls will be furnished."<sup>15</sup>

Day camp continued in some localities. Galveston sponsored a camp in 1965, but the total attendance was only 57 persons for three sessions, each of which lasted two weeks.<sup>16</sup> The Galveston association encountered many problems because of the lack of participation during

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<sup>13</sup>"Rewarding Investment With YWCA," Waco Times-Herald, February 28, 1965, Sec. C., P. 1.

<sup>14</sup>"Something for Everyone Classes Offered by YWCA," Wichita Falls Record-News, October 31, 1965.

<sup>15</sup>Ibid.

<sup>16</sup>Interview with Miss Carolyn Cox, HPER Director, Galveston YWCA, January 19, 1970.

this time. The organization even considered closing the building and disbanding, according to the HPER Director, Miss Carolyn Cox. Nevertheless, a program continued.<sup>17</sup>

Water-ballet emerged from the emphasis placed on the swimming program in Wichita Falls. " 'Around the World in 80 Days' is the theme of a water ballet to be presented by the Y's 'Mermaids' at the Chili supper Thursday evening," says a news item in a Wichita Falls paper.<sup>18</sup>

In 1966, diving was part of the program sponsored by the Waco YWCA. Mike Palmer, All-Southwest Conference Swimmer of Texas A & M University, coached the YWCA team, using the Methodist Home swimming pool and diving facilities for team practice.<sup>19</sup> Slimnastics were popular in 1966 in Wichita Falls, where the following announcement appeared: "Mrs. Kenneth Potts will be the instructor for eight sessions of slimnastics in the YWCA gym."<sup>20</sup>

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<sup>17</sup>Ibid.

<sup>18</sup>Unidentified Wichita Falls newspaper, November 14, 1965.

<sup>19</sup>Article, The Waco News-Tribune, Tuesday, August 2, 1966, p. 1 & 3.

<sup>20</sup>Local historical records (1966), Wichita Falls YWCA.

Fencing continued in the Abilene program and also became popular in Fort Worth. "Fencing is one of the many athletic activities offered at the YWCA," read the August 28, 1967, Fort Worth Star-Telegram.<sup>21</sup>

Modern dance instruction in the Fort Worth YWCA began in 1967. "I've taught this way lots of times, explained the mother who teaches weekly classes in modern dance at the YWCA," was a comment in a feature story in the Fort Worth paper.<sup>22</sup>

Summer camps remained popular in the 1960's. In 1967, the Fort Worth association sponsored Camp Yo-Wo-Chia. "The YWCA sponsored camp is open to girls 8 - 17 and registrations are for two weeks all summer," states the notice.<sup>23</sup> In 1968, Fort Worth had an active program ranging from beginning a Health Club to sponsoring a drill team:

On the lighter side, classes have been set up for charm and modeling, tennis, horse-back riding, bowling and swimming. . .

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<sup>21</sup>"Art to Armlocks Offered in YWCA Program," Fort Worth Star-Telegram, August 28, 1966, Sec. 5, p. 1.

<sup>22</sup>"Teacher Likes Free Modern Dance," Fort Worth Star-Telegram, April 7, 1967, Sec. B, p. 1.

<sup>23</sup>"Camp Yo-Wo-Chia," Fort Worth Star-Telegram, May 18, 1967, p. 6.

Miss Neighbours says that the most popular program for homemakers during the summer, for baby sitting is available for youngsters whose mothers use the Y's exercise equipment and steam baths. . .

The Cowgirls, a YWCA sponsored drill team of sixth to 10th grade girls who perform at conventions, in parades, and sports events. . .<sup>24</sup>

Judo was also included in the activity of the YWCA of Fort Worth. "YWCA programs for July range from charming to the defensive."<sup>25</sup>

After one year of operation, the cost for belonging to the YWCA Health Club of Wichita Falls in 1968 is indicated by the following:

Because the Health Club is now one year old, we are celebrating by offering for a limited time only special reduced rates on one year memberships and a special six month membership. One year--\$85. including YWCA membership. One-half year--\$65. including YWCA membership.<sup>26</sup>

In comparison to fees charged by other health clubs across the nation, this rate could be considered rather nominal.

As mentioned previously, the Galveston pool was

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<sup>24</sup>"YW Shifts Emphasis," Fort Worth Star-Telegram, April 22, 1968.

<sup>25</sup>"YWCA Plans Classes in Judo and Modeling," Fort Worth Star-Telegram, Sunday, June 16, 1968, p. 8A.

<sup>26</sup>"YWCA Health Club First Birthday Special," Wichita Falls Times, September 19, 1968, p. 3B.

reconstructed after the collapsing of the roof.<sup>27</sup> In June, 1968, the roof was removed, and a semi-outdoor area was used for the YWCA swimming program. Activities in the camping program of Galveston in 1968 are indicated by the following: "This is the program for girls from 7 to 12 years of age. It is a fun-filled summer camp which includes swimming instruction, arts and crafts, archery, folk-dancing, gymnastics, games, stories, and singing."<sup>28</sup>

Yoga was taught by Bala Krishna in Wichita Falls during 1969. His skill had been presented in the Abilene YWCA in 1962. "Bala Krishna, an internationally known Yoga expert from India will introduce the exercise next week at the YWCA," read the notice.<sup>29</sup>

Although waning in popularity in many of the YWCA units across the state, team sports continued in Wichita Falls. Elementary school age girls were encouraged to participate in softball in 1969. The Times of that year

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<sup>27</sup>"Dip-In To Celebrate Y's Renovated Pool and Patio," Galveston Daily News, June 6, 1968, p. 5B.

<sup>28</sup>"Y Camp to Open Monday," Galveston Daily News, June 16, 1968, p. 1C.

<sup>29</sup>"Yoga Expert to Give Lesson Series at YWCA," Wichita Falls Times, May 2, 1969, p. 8A.

stated, "Ann Whitmire is softball director and Miss Judith Henderson is Health, Physical Education, and Recreation director at the YWCA."<sup>30</sup> Qualified leadership was sought in Wichita Falls in order to promote a better, well-rounded program. Basketball games, likewise, were part of the program. "The YWCA basketball program is underway and girls from elementary and junior high schools in the city are participating," read a notice in November.<sup>31</sup> These youngsters played with the basketball nets at regulation height for the junior high school age, a fact which made competition a little difficult for the elementary-level participant; nevertheless, the program received wide acceptance within the community. Roller skating for elementary and junior high school age girls was also included in the Wichita Falls program. Novel events found a place in Wichita Falls, and a "fishing rodeo" was sponsored. The event was held on the lake near the city, and prizes were awarded to the person who caught the biggest fish, the

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<sup>30</sup>"Girls' Softball Is Fun," Wichita Falls Times, June 30, 1969, p. 10A.

<sup>31</sup>"YW Basketball Program Under Way," Wichita Falls Times, November 26, 1969, p. 12.

smallest fish, and various other classifications of fish. The YWCA physical activities director stated that novel activities were offered on a demand basis in Wichita Falls, and that it was undetermined if the "fishing rodeo" would again be an event sponsored by the YWCA, although the one in 1969 was a successful project.<sup>32</sup>

The program in Waco in 1969 included softball and team sports at the Blue Triangle Branch, which was located in a predominantly Black neighborhood. The other branch in Waco did not have softball as part of the program, however, because of lack of adequate playing facilities.<sup>33</sup>

The Houston YWCA organized a boys' department to reach more participants with the varied activities. The Magnolia Park Branch of Houston included volleyball, basketball, weight lifting, boxing, and other gym activities for boys in the 1969 program. Classes in ballet, modern jazz, and self-defence were available for women

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<sup>32</sup>Interview with Miss Judith Henderson, HPER Director, Wichita Falls YWCA, March 24, 1970.

<sup>33</sup>Interview with Mrs. Carter Eubank, Jr., Executive Director, Waco YWCA, December 31, 1969.

in the Houston program at that same time.<sup>34</sup> The downtown YWCA in Houston sponsored weekend camp-outs, bridge, and golf as part of the program.

Camping remained a popular summer activity in Abilene. The Abilene Reporter-News stated, ". . .of great interest to all the girls is the Y-Camp each summer."<sup>35</sup>

Although numerous activities were offered in San Antonio, the participation varied from one activity to the next. Some events had large numbers attending daily, as was the case with swimming. Other events, such as trampoline, included only two or three people in the class for a three-or six-week period. The variation of participation depended upon factors such as novelty, time, and personnel involved in instruction. The program in 1969 in San Antonio included the following: slim-swim, bowling, tennis, karate, modern dance, trampoline, golf, scuba diving, folk dancing, fencing, tumbling, ballet, hula dancing, baton-twirling, diving, and volleyball.<sup>36</sup>

The decade of the 1960's closed with a wide variety

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<sup>34</sup>Program of Magnolia Park Branch, 1969, Houston YWCA.

<sup>35</sup>"What Facet of a Girl's Life Do You Leave Out?"  
Abilene Reporter-News, November 24, 1969, p. 1B.

<sup>36</sup>Program Activities Bulletin, 1969, San Antonio YWCA.

of activities available to Texas women through the sponsorship of the YWCA. Although adequate leadership was sometimes unobtainable, the YWCA units conducted a varied program with the health of the woman as a primary concern.

TABLE IV

LIST OF ACTIVITIES AS TO CHRONOLOGICAL ORIGIN, 1960-1969

<u>Activity</u>	<u>Date</u>	<u>Place</u>
Fencing	1960	El Paso
Golf	1960	El Paso
Trampoline	1960	Beaumont
Trampoline	1960	El Paso
Archery	1961	El Paso
Roller Skating	1961	Lubbock
Swimming Team	1961	Waco
Swimming Team	1961	Wichita Falls
Fencing	1962	Fort Worth
Fencing Tournament	1962	Abilene
Tennis	1962	El Paso
Yoga	1962	Abilene
Horseback Riding	1963	Waco
Judo	1963	San Antonio
Softball for Elementary Age	1963	Wichita Falls
Swedish Massages	1963	Waco
Fencing	1964	Waco
Judo	1964	Wichita Falls
Roller Skating	1964	El Paso
Sailing	1964	Waco
Swimming	1964	Beaumont
Baton Twirling	1965	Fort Worth
Day Camp	1965	Galveston
Golf	1965	Abilene
Golf	1965	Wichita Falls
Water Ballet	1965	Wichita Falls
Yoga	1965	Wichita Falls
Yoga	1965	Waco
Diving Team	1966	Waco
Exercise Machines	1966	Abilene
Golf	1966	Galveston

Table IV Continued

Judo	1966	Fort Worth
Karate	1966	Fort Worth
Tumbling	1966	Galveston
Yoga	1966	Fort Worth
Fencing	1967	Beaumont
Golf	1967	Waco
Health Club	1967	Wichita Falls
Judo	1967	Beaumont
Modern Dance	1967	Fort Worth
Trampoline	1967	Waco
Yoga	1967	Beaumont
Archery	1968	Galveston
Horseback Riding	1968	Fort Worth
Hula	1968	Abilene
Softball	1968	El Paso
Ballet	1969	Houston
Basketball for Elementary Age	1969	Wichita Falls
Baton Twirling	1969	San Antonio
Boys Boxing	1969	Houston
Boys Weight-lifting	1969	Houston
Diving	1969	San Antonio
"Fishing Rodeo"	1969	Wichita Falls
Golf	1969	Beaumont
Horseback Riding	1969	El Paso
Hula	1969	San Antonio
Judo	1969	Abilene
Jogging	1969	Houston
Karate	1969	San Antonio
Modern Jazz	1969	Houston
Roller Skating	1969	Wichita Falls
Self-defense	1969	Beaumont
Scuba Diving	1969	San Antonio
Trampoline	1969	Galveston
Trampoline	1969	San Antonio
Weight-lifting by Swimming Team	1969	Waco

## CHAPTER VIII

### SUMMARY, RECOMMENDATIONS, AND CONCLUSION

This study has supplemented the existing history of the YWCA by describing in detail the various physical activities for women sponsored by the organization. Every type of activity available has been offered to women in Texas since 1906 through the YWCA. Progress has been made from a limited number of physical opportunities to a wide range. The YWCA has advanced with the time, encouraging women to participate in physical events. Numerous changes can be observed in the personnel, in the financing, in the facilities and equipment, and in the program of the YWCA from the beginning to the present.

#### Changes in Personnel

There are three major changes in the personnel of the YWCA in relationship to the physical activities program. In the early 1900's, there was no person employed for the specific purpose of directing activities, for the need was not apparent. The practice of employing

professionally-trained personnel to direct the program first occurred in 1920. From this practice, another change came about, necessitated by the lack of financial resources--the change from employing professionally-trained personnel to employing persons with a degree of expertise in a given area (such as a golf "pro"). Limited finances have prevented the employment of persons well-trained in physical education for instructional purposes in numerous YWCA units. This fact has resulted in various weaknesses in the program--principally in inadequate teaching methods, and poor record keeping. The YWCA of Wichita Falls has employed a person professionally trained, and here more well-rounded programs have followed. Other YWCA's within the state, such as that in Galveston, encountered severe crises. One contributing factor to crisis within any YWCA is employment of untrained individuals. There is a need for persons professionally trained in health, physical education, and recreation to be used in leadership and instructional capacities in more of the YWCA units of Texas.

#### Changes in Finances

The YWCA began on limited resources and has continued in a similar state since the beginning. The

organization is presently a member of the United Fund, with each locality being autonomous and financially independent, receiving only suggestions from the National Board of the YWCA. Prior to 1953, when the United Fund was organized, contributions came from the Community Chest fund. Two major changes can be noted concerning the relationship of finances to physical activities. There was no provision in the budget for physical activities in the beginning years. This was later changed so that a substantial salary was paid a professional activities director in the decade of the 1920's. From the payment of a substantial salary in the twenties, the YWCA has failed to adjust salaries to keep pace with the rising costs of living (as in Dallas), thus inhibiting the employment of professionally trained personnel in most localities. The program and purchasing have likewise been adversely affected due to limited resources. Long-range financial planning has been missing, thus random purchasing of equipment has resulted.

#### Changes in Equipment and Facilities

Major changes can be observed in the equipment and facilities of the YWCA physical activities program. In the beginning only a bare floor was used for physical

exercises. This changed gradually to include the use of outdoor play areas and appropriate equipment, as team, individual, and dual sports were introduced. The second major transition was from using only the facilities and equipment owned and operated by the YWCA to incorporating into the program the facilities and equipment found elsewhere in the locality (such as bowling lanes and golf courses). Some YWCA's have recently purchased expensive machines and formed health clubs within the property owned by the organization.

#### Changes in Program

The program has changed in approximately seven major ways and numerous minor ones. In the early 1900's, the emphasis was upon a formal type of exercise program. This gradually changed to include team sports by the year 1920. The team-sports emphasis was superseded by an emphasis upon individual and dual sports activities in the 1940's. The third notable evolution was from a sports-centered program to one with more novel attractions. As the program progressed, none of the earlier activities were entirely eliminated, but rather were placed in a relatively minor position. As novel events were the major part of the program (1960's), most associations included exercise

classes, team sports, dual activities, and individual sports. The fourth observable change was from activities based upon only a health objective to those based upon both health and recreational objectives. The need for recreation became apparent as early as 1920 and continued to be noted in the following decades. Another change followed, including competition as an objective. Between 1940 and 1960 the emphasis reverted from competition to individual and dual activities, sponsored to meet the recreational and health needs of young women. Nevertheless, some competition, such as swimming and fencing, has continued to be included in the program until the present. The seventh notable change in the program was from activities geared mainly to young working women (1900) to those which included all ages with co-educational opportunities (1940's), and events for elementary-age children (1960's).

#### Changes Within the YWCA Compared to Changes Within the Schools of the USA

Numerous comparisons can be made concerning the changes within the YWCA as compared to changes within the schools. The question remains as to whether the following events appeared first in the school program or initially in the YWCA. It is not within the scope

of this paper to determine which influenced the other, but merely to note that parallel changes have occurred. Primarily, a change in emphasis from exercises to team sports can be observed in both schools and YWCA's. The involvement to individual and dual sports also occurred in both places. The activities program in the beginning of the twentieth century provided opportunities only for older students and young working women, but presently instruction in physical activities includes many ages, beginning with elementary school children or even younger. The fourth notable transition was from not having any competition for women to having competitive events in both schools and YWCA's. In both schools and in YWCA's, a change from having no professionally trained person in a leadership role to recognizing the need for professional leadership can be observed. The sixth comparison pertains to the budget, for previously there was no provision for women's physical activities in either school or YWCA budgets; there is now such a provision in both cases. A progressive increase in the purchasing of equipment and facilities is observable in both the YWCA's and the schools. The practice of using only the facilities and equipment found upon the

property owned by the organization changed and the use of equipment and facilities found in various places in the community came about as an expansion of the programs of the schools and YWCA's occurred.

**Similarities in the Young Men's Christian Association of Texas and the YWCA of Texas**

Formed for the same purpose and with the same objectives, the Young Men's Christian Association has much in common with the YWCA. Although the YWCA is a younger organization than the Young Men's Christian Association, there are major similarities. Parallels can be observed in the content of the program, in the lack of adequate facilities, and in the need for leadership personnel. According to James J. Garland, the Young Men's Christian Association in Texas has a "lack of outdoor play space available."<sup>1</sup> The same is true in the YWCA. Garland recommends that "qualified leaders. . .be placed in charge of the YMCA departments."<sup>2</sup> The need for adequate leadership can also be noted in the YWCA. Although criticized for similar weaknesses, both organizations should likewise be praised for similar achievements.

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<sup>1</sup>Garland, op.cit., p. 159.

<sup>2</sup>Ibid., p. 164.

### Recommendations

In order to make the best use of available finances, a long-range plan is necessary. To develop the program systematically and to purchase equipment and facilities intelligently, a professional person trained in health, physical education, and recreation should be employed. The available funds should not be used for the purchasing of expensive machines and the establishment of health clubs, but for the employment of well-trained persons to serve on the staff in the capacity of HPER director and activities instructor. Although a highly trained person is less effective without equipment and facilities, facilities and equipment can be dangerous without the direction of professionally trained persons. The use of equipment and facilities found elsewhere in the community is recommended to all YWCA's as an excellent way in which to expand the program of physical activities. It is also recommended that more accurate records be kept by physical educators. Periodic evaluations on a standard scale would also be helpful in improving the program in all YWCA's. Research is needed in the activities of YWCA's in other states, and a comparison of results discovered with those found in the present study could prove to be useful. A study comparing the historical development of

activities within the schools to the chronological appearance of activities within the YWCA likewise would be meaningful. Numerous improvements could be made through the provision of adequately trained persons, dedicated to the work of the YWCA, serving as a part of the staff, in preserving and recording records of its activities.

#### Conclusion

The acceptance and demand for activities in the YWCA depends largely upon the individual locality, the customs of the people, the life-style of the community, and numerous other influences. However, it was found that programs which were effective in one locality received acceptance in many other localities within the state. The YWCA has offered numerous events for women during the last sixty-four years. As the organization changed from year to year, the physical activities program evolved into a recreation program based upon the needs, interests, and demands of the women in each community. Therefore, it was necessary for the YWCA to have promotional campaigns appealing to the leisure-time interests of women. The program developed into individual and dual activities in most of the associations throughout

the state. Overcoming many financial obstacles, the organization has progressed significantly from decade to decade. In light of this progress, it appears that the YWCA can approach the future with varied opportunities for service through the continued provision of programs applicable to the needs of its members.

TABLE V  
LIST OF CHRONOLOGICAL ORIGIN BY ACTIVITY GROUPING

<u>Year</u>	<u>Activity</u>	<u>Place</u>
<b>Archery</b>		
1938		Fort Worth
1938		Houston
1940		Beaumont
1941		San Antonio
1959		Abilene
1961		El Paso
1968		Galveston
<b>Badminton</b>		
1937		San Antonio
1938		Fort Worth
1939		Houston
1940		Beaumont
1957		Waco
<b>Basketball</b>		
1915		Austin
1917		Houston
1921		San Antonio
1923		Fort Worth
1923		Waco
1966		Galveston
1969		Wichita Falls
<b>Baton Twirling</b>		
1957		Beaumont

Table V Continued

1959	Waco
1969	Galveston
1969	San Antonio

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## Bowling

1937	Fort Worth
1937	San Antonio
1948	Houston
1959	Wichita Falls
1966	Beaumont
1966	Galveston

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## Camping

1915	Austin
1917	Houston
1921	San Antonio
1927	Abilene
1930	Waco
1940	Beaumont

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## Dance

1914	Austin
1916	Houston
1916	Waco
1921	San Antonio
1930	El Paso
1957	Lubbock

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## Fencing

1940	Houston
1950	San Antonio
1950	Austin
1952	Abilene
1960	El Paso
1962	Fort Worth

Table V Continued

1964	Waco
1967	Beaumont

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## Golf

1938	Fort Worth
1947	Houston
1949	San Antonio
1950	Austin
1958	Lubbock
1960	El Paso
1965	Abilene
1965	Wichita Falls
1966	Galveston
1967	Waco
1969	Beaumont

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## Hula

1951	Wichita Falls
1968	Abilene
1969	San Antonio

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## Hiking

1914	Austin
1917	Houston
1921	San Antonio
1942	Fort Worth
1955	Abilene

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## Judo

1958	Houston
1959	Beaumont
1963	San Antonio
1964	Wichita Falls
1966	Fort Worth
1967	Beaumont
1969	Abilene

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Table V Continued

Exercise	
1906	Fort Worth
1910	San Antonio
1914	Austin
1915	Galveston
1915	Houston
1916	Waco
1929	Beaumont
1957	Lubbock
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Horseback Riding	
1921	San Antonio
1928	Houston
1938	Fort Worth
1957	Abilene
1963	Waco
1969	El Paso
<hr/>	
Roller Skating	
1948	Houston
1951	Abilene
1955	Beaumont
1961	Lubbock
1964	El Paso
<hr/>	
Softball	
1924	Fort Worth
1927	Abilene
1938	Houston
1943	Waco
1957	Lubbock
1968	El Paso
<hr/>	
Swimming	
1914	Austin
1915	San Antonio

Table V Continued

1916	Waco
1918	Beaumont
1918	Houston
1930	El Paso
1938	Fort Worth
1951	Abilene
1954	Galveston
1955	Wichita Falls
1957	Lubbock

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## Tennis

1915	Austin
1917	Houston
1920	San Antonio
1927	Waco
1938	Fort Worth
1955	Beaumont
1958	Lubbock
1958	Wichita Falls
1962	El Paso

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## Trampoline

1960	Beaumont
1960	El Paso
1967	Waco
1969	Galveston
1969	San Antonio

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## Tumbling

1938	Fort Worth
1950	San Antonio
1954	Waco
1955	Beaumont
1966	Galveston

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## Volleyball

1915	Austin
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Table V Continued

1917	Houston
1923	Fort Worth
1927	Abilene
1937	San Antonio
1943	Waco
1955	Beaumont
1956	Galveston

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## Yoga

1958	Houston
1962	Abilene
1965	Waco
1965	Wichita Falls
1966	Fort Worth
1967	Beaumont

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**APPENDIX**

**CHECK LIST**

PHYSICAL ACTIVITY OF THE Y W C A	PRESENTLY DONE	PREVIOUSLY DONE	YEAR STARTED	YEAR TERMINATED	INITIATOR OR 1st INSTRUCTOR	MATERIAL AVAILABLE FOR XEROXING--SUCH AS PICTURES, ETC.
ARCHERY						
BADMINTON						
BASKETBALL						
BOWLING						
CAMPING						
CANOEING						
DANCE						

## Check List Continued

FENCING						
GOLF						
GYMNASTICS						
HANDBALL						
HIKING						
INDIAN CLUBS						
JUMP ROPE						
PHYSICAL FITNESS EXERCISE						
RIDING						
SKATING						

## Check List Continued

<b>SOFTBALL</b>						
<b>SWIMMING</b>						
<b>TENNIS</b>						
<b>TRAMPOLINE</b>						
<b>VOLLEYBALL</b>						
<b>OTHER</b>						

# Young Women's Christian Association



DALLAS and DALLAS COUNTY, TEXAS

March 11, 1970

METROPOLITAN OFFICES  
1709 Jackson St. 75201  
742-6494

DOWNTOWN BRANCH  
1709 Jackson Street 75201  
742-6494

IRVING CENTER  
131 W. Irving Blvd  
Irving, Texas 75060  
254-9916

PARK NORTH BRANCH  
10630 Preston Road 75230  
309-3209

FARMERS BRANCH -  
CARROLLTON CENTER  
110 Valwood Village 75224  
247-4590

RICHLAND PARK BRANCH  
107 North McKinney  
Richardson, Texas 75080  
231-5914

GARLAND BRANCH  
413 School Street  
Garland, Texas 75040  
872-3504

MARIA MORGAN BRANCH  
3525 State Street 75204  
821-9101

SOUTH DALLAS CENTER  
5614 Forest Avenue 75215  
421-3595

LELAH B WIDNER  
OAK CLIFF BRANCH  
1811 S Hampton Rd. 75206  
339-5181

PROCTOR HALL (Residence)  
1206 N Haskell Avenue 75204  
823-4391

CAMP TRES RIOS  
1709 Jackson Street  
Dallas, Texas 75201  
742-6494

Mrs. Sam P. Wilson  
1010 Sycamore  
San Marcus, Texas 78666

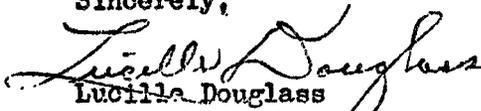
Dear Mrs. Wilson:

Thank you for your letter of March 7. For some years now we have been unable to hire a Health and Physical Education person because they were not available and also because our salary was \$5,000 for 12 months. Therefore we have used people from other fields and limited our program to primarily swimming and some slimmastics. This type of person also does not keep good records and in checking out the department I find they have practically nothing but brochures which we mail out.

I frankly feel that since looking at your questionnaire, it would be a waste of your time to use our organization as a part of your study. We could not give you the year established or the year terminated and in all probability could only give recent instructors. I may be out of town on March 27 and the only persons for you to talk to would be a branch-new Branch Executive and the person who teaches swimming. I don't mean to be discouraging, but I think you could spend your time more wisely with some other YWCA.

Thank you for your letter and best wishes to you in your study.

Sincerely,

  
Lucilla Douglass  
Metropolitan Executive

LD:np



GROWING WITH DALLAS

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