

## **YWCA Fiona Stevenson Foundation Swim**

### **Programme Report 2011**

The Fiona Stevenson's Swim Programme started in February and ended in July 2011 with a total of 208 children and youths participating in the Learn to Swim Programme. The targeted schools had many children coming from low income families; hence transportation was provided to students free costs.

#### **Primary and Secondary Schools Learn to Swim**

Nine Belize City Primary Schools participated in the one hour session for 9 weeks swim training. They were Stella Maris, Trinity Methodist, Queen Street Baptist, James Garbutt Seven day Adventist, Belize Friends Boys, Salvation Army Primary, All Saints and Ephesus S.D.A. YWCA Helping Early Leavers Programme also participated. The free transportation allowed many from distant schools to take part in the programme.

The teachers and students enjoyed attending sessions and many return on weekends to practice their skills. They learnt the importance of water safety and adjustments and all the fundamentals for them to feel safe in the water. At the end of the 9 weeks they were able to demonstrate and identify the different strokes as they were properly trained in the following areas: rhythmic breathing, different floating techniques (front, back and jellyfish float), turning over in water, jumping into the water, front and back float with kick, basic front crawl stroke and treading of water for intermediate swimmers.

At the end of eight weeks, 8 of the nine schools participated in the best ever swim meet held. It was very competitive as teachers and students cheered on the swimmers. The highlight of the competition was the achievements of the students especially those from Stella Morris, a School for children with disabilities. The children were divided into beginner, functional swimmers and intermediate group. The final swim was consisted of two types of races horizontal (across the pool) and vertical (the full length of the pool).

#### **Children's Home Swim Programme**

Thirty one children from Liberty Children's Home and Dorothy Menzies Childcare Center also participated in the Learn to swim Programme. Attending the Y Swim Programme was a welcome activity for these two institutions due to the fact that it was held during the summer. The children participated well and were eager to learn the basic skills that were taught.

#### **Life Guard and Swim Instructors Course**

Thirteen Swim Instructors were trained by the Chief YWCA lifeguard and the Belize Red Cross to be certified in CPR. They were given written and a practical test. All participants were excited and worked hard in class. They were awarded certificates at the end of the training. Most of the participants of this programme volunteered their services during the summer.

## Report on YWCA Fiona Stevenson Swim Meet

Wednesday, May 25th was a beautiful day for The YWCA Fiona Stevenson Annual “Learn to Swim” Swim Meet. Over 200 people turned out to cheer on the competitors making this year one of the largest and most successful meets in the Learn to Swim Programme. All the participants were eager to show off the skills they have gained in this year’s programme. The participating schools were:

- |                           |                      |
|---------------------------|----------------------|
| 1. Central Christian      | 2. Belize Friends    |
| 3. Stella Maris           | 4. Trinity Methodist |
| 5. Queen Street Baptist   | 6. James Garbutt     |
| 7. Salvation Army Primary | 8. Ephesus S.D.A.    |

The swimmers who started their classes as beginners competed in the short distance race and those who already had some skills competed in the long distance race which was the full length of the pool.

### Short Distance:

The females were divided into two races followed by the males. After three exciting races, the winners received medals.

In the first heat, for the women, **Shaqueda Ellis** from Trinity Methodist School took first place with **Keliss Alvarado** from James Garbutt S.D.A. School coming in second and **Ebony Gordon** from Stella Maris School at third.

In the second heat, for the women, **Karla Recinos** from Salvation Army School was in first place while **Keldra Woodye** from Central Christian School came in second and **Chyna Smith** from Queen Street Baptist School was third.

For the males, **Marcel Lucas** from Stella Maris School took the first place, **Troy Wade** from Friends Boys School was second and **Alexander Smith** from Queen Street Baptist School was third.

### Long Distance:

There were three races in the semi-final round and the following students received medals:

- |           |   |
|-----------|---|
| 1st Place | Jason Ellis (Trinity Methodist School)  |
| 2nd Place | Marion Young (Trinity Methodist School) |
| 1st Place | Paul McFoy (Friends Boys School)        |
| 2nd Place | Joshua Flowers (Central Christian)      |

1st Place Denmark Gill (Queen Street Baptist)  
2nd Place Shaquel Patnett (Salvation Army School)

All of the semi-finalist then competed in the final race for the trophies. Both the individual students and their school received trophies. Our grand champions were:

**1st Place Paul McFoy (Friends Boys School)**  
**2nd Place Denmark Gill (Queen Street Baptist)**  
**3rd Place Shaquel Patnett (Salvation Army School)**

The YWCA would like to thank Fiona Stevenson Foundation for the kind donation which has allowed the YWCA to continue its Swim Programme. This programme which is the only such programme has gained recognition from the community as it allows the underprivileged children to be a part of the Learn to Swim programme. Once again we got extensive media coverage which profiled the swimmers and gave recognition to Fiona Stevenson.

## Swim Lessons 2011

<u>Course and Added Comments</u>	<u>Lessons</u>	<u>Attended Course</u>	<u>At start feared water</u>	<u>At star were only functional swimmers</u>	<u>Completed Course</u>	<u>Completed Course Objectives</u>	<u>Non Swimmers that learnt to swim</u>
swim lessons - Central Christian School	8	15	4	3	15	15	12
swim lessons - Trinity Primary School	8	21	0	14	21	21	7
swim lessons - Stella Morris	8	20	7	5	20	20	15
swim lessons - James Garbutt S.D.A School	8	15	4	4	15	15	11
swim lessons - Queen St. Baptist	8	17	0	3	17	17	14
swim lessons - Salvation Army Primary School	8	18	4	9	18	18	9
swim lessons - Belize Friends school	8	13	0	3	13	13	10
swim lessons- All Saints Primary School	8	21	1	4	21	21	17
swim lessons - Ephesus S.D.A Primary School	8	24	2	7	24	24	17
Student swim Instructor/ Lifeguard	4	13	0	13	13	Yes/13	0
<b>Swim meet for primary school</b>	8	177	22	65	177	Yes	112



**Students and teachers prepare for Competition**



**Teachers eagerly watching the competition**



Students were very competitive and were eager to show off their skills



**Two popular Television and Radio covered the Swim Meet and interviewed Students, Staff and Teachers**



**Top students, Most Improved students and Top Schools received medals and trophies**

**Marking on the trophies and medals: "YWCA Fiona Stevenson Swim Meet"**







All of the Students who participated in the “Learn to Swim Programme” received Certificates.



James Garbutt S.D.A School



Ephesus S.D.A School



Queen Street Baptist School



**Central Christian School**



**Salvation Army School**



**Stella Maris School**



**Teachers of Friends Boys School**



Trinity Methodist School

**Lifeguards and Swimming Instructors received CPR Training conducted by the Belize Red Cross 2011**





### Letters of Thanks

Dear Sir,

Life guard/ swim instructor training June 2011

First and foremost I would like to thank the Y.W.C.A and of Corse the sponsor of the program the Fiona Stevenson foundation for this wonderful and beneficial opportunity. I must say that I have learnt and acquired many skills in this course. Also, I can honestly say that I do not have any regrets for taking this course because it did not only help me to accomplish the goal of being a certified life guard and swim instructor but it had a great impact of the development of skills for our Belizean youth. I must certainly say it was not an easy task but a task that I am proud to say that I successfully accomplished. Over all it was a great experience and I look forward to embarking on a journey with the Y.W.C.A swimming course as I am well equipped with the skills to instruct good swimming techniques in our Belizean individuals.

Thank you once again

Ronalee McKenzie

Kena Carino

Std 6

Swimming class 2010

The swimming class 2010 was extraordinary and I really like it a lot. Swimming lessons were kind of hard. I did not learn every step very well but I tried cause I can. There were a few times water went into my mouth and I swallowed it, and a few times I almost drown. I felt very athletic when I was taking this swimming class because I love all sports including swimming. Swimming is apart of my life because I just love it. When I first went to swim at the 6 feet I felt scared but I new God was there to protect me. I liked the swimming teacher Mr. Bush and Mr. Gentle. Mr. Bush will not give up if I can learn one of the step and he teach until you learn. I can swim without a lifejacket but I'll learn. I had so much fun taking swimming lessons At Y.W.C.A and I would like to again. I really want to learn how to swim. I was so happy when our school came in 2<sup>nd</sup> for the swimming competition. I am so proud. Thank you Y.W.C.A for teaching me how to swim. I really enjoyed it.

**Ephesus S.D.A. Primary School**  
**#1 Wilson Street, Belize City Belize**  
**Tel 203-0487**

April 13, 2011

To Whom It May Concern:

Dear Sir/Madam,

Greetings to you in the name of our soon coming Lord and Saviour Jesus Christ.


The Staff and Students of the above school expresses their sincere thanks to the Staff of the Y.W.C.A who has facilitated our children this year's Swimming Lessons. We had a group of twenty five (25) students in the swimming program, which was held every Friday from 10 o'clock a.m. to 12 noon..

I must say that the Twenty-five (25) children who attended the 'Swimming classes' really enjoyed the courses and expressed their desire to continue improve themselves in the art in Swimming.

We look forward to our continued working together for the up coming School.

Thanks for considering us.

Yours truly

  
Marva Bennett Awardo (Mrs)

Principal Social

