

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

Course and Added Comments	Lessons	Attended Course	At start feared water	At star were only functional swimmers	Completed Course	Completed Course Objectives	Non Swimmers that learnt to swim
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
Swim meet for primary school	8	177	22	65	177	Yes	112