

Learn to Swim: Lessons for School Children in Belize City

Prepared by: Young Women's Christian Association of Belize

Submitted to: Fiona Stevenson memorial Fund

December 13.12.2011

Summary

The Young Women's Christian Association of Belize (YWCA) proposes to continue to organize and offer swimming lessons for 125 children from 6 primary schools, lessons for 100 students from 4 High schools (low income), Swim Meet for 125 Primary school students, Swim Meet for 100 High school students, two swim days for 20 children from Liberty Foundation during the summer, lessons for 25 students from Dorothy Menzies Childcare Center, training for 50 teachers in Water Safety and training for 15 Lifeguards and Swim Instructors.

Most of these children would not otherwise have the opportunity to learn swim. The lesson will begin in February 2010 and continue through the end of the school year in June 2010.

Background

Belize has an abundant source for water activities; however, swimming is not a common sport in the country. Few Belizeans have taken lessons; those who do know how to swim have generally learned through experience rather than swimming classes that teach techniques for floating, swimming, and personal water safety.

Over the last four years the YWCA has had the opportunity to offer free swimming lessons to over 250 children and provide Basic Water Safety Instructions to some 40 teachers, and Swim Instructor and Lifeguard training to 25 young men and women. The classes have made the Learn to Swim Programme even more popular! The programme has attracted vast media coverage, many positive reports from students teachers and parents.

Group lessons are scheduled during our popular summer programmes-enrolling some 200 children as well as toddlers and adults and are offered on demand throughout the year as well. Private, one-on-one lessons are also available for individual instruction.

The YWCA continues to offer Water Safety courses to schools which informs students and their teachers how to maintain personal safety as well as how to provide first-line assistance to other swimmers in danger.

Project Outline:

The YWCA will provide swimming lessons for the following:

1. The YWCA will provide swimming lessons for 125 children from five primary schools

Schools chosen are schools in Belize City from February-June 2011. Students in standard II-standard V1 classes (ages 9-12) will be targeted.

- The YWCA will offer the classes of one session per week for 8 weeks with nine schools involved. The sessions will run from January-June.
The schools are All Saints, Trinity, Salvation Army, Ephesus School, Central Christian, Baptist, and Stella Morris

2. The YWCA will provide swimming lesson for 100 students from four High schools,

Schools chosen are schools which have a high population of disadvantaged students in Belize City, from February-June 2010. Students that will be targeted are from First through Third Forms.

- The YWCA will offer the classes in one session per week for 8 weeks each with two schools involved in each session.
The schools are Sadie Vernon, ACC, Nazarene, Gwen Lizaraga,

3. Swim Meet for 125 Primary school students

- At the end of the programme, all the primary schools will meet to showcase their skills.
Trophies will be given to outstanding performance in each school and one for over all outstanding performance.

4. Swim Meet for 100 High school students

- A swim meet will be conducted at the end of the programme for the four high schools will meet to showcase their skills.
Trophies will be given to outstanding performance in each school and one for over all outstanding performance
- **Each school will have class once per week; in an hour long session that will be held at a time arranged to meet the schedule of individual schools. Schools will be able to send up to 25 students each. Students will be required to have a complete *Learn to Swim* application on file at the YWCA, which indicates consent from the parent/guardian for the lessons.**

5. The YWCA will provide Swimming lessons for 20 children from Liberty Foundation during the summer.

- 20 children will be invited to 2 sessions of the Learn to Swim Programme.

6. Training for 15 Lifeguards and Swim Instructors

- Lifeguard training will be done based on the American Red Cross Lifeguard course. The training will be a four day training of swim skills/techniques, water entries, passive and active saves, backboarding and spinal injuries. The course will also cover first aid for all types of situations and a 50 question exam as well as practical exam to complete the course. The swim instructor training will include best practices for teaching all ages of swimming lessons as well as detailed instructions on how to put skills taught into steps and build on that.

7. The YWCA will provide Swimming lessons for 25 children from Dorothy Menzies Childcare Center for two weeks during the summer.

- 25 children will receive swim 8 lessons of the Learn to Swim Programme during the summer.

Anticipated Outcome

At the end of the swim training students will be able to:

- Familiarity with and adjustment to the water
- Rhythmic breathing
- Front, back and jellyfish float
- Turning over in the water
- Jumping into the water
- Front and back float with kick
- Introduction to front crawl stroke
- Tread water (intermediate swimmers)
- Water safety awareness

Insurance & Liability

The YWCA's is insured and has a Public Liability Insurance policy with Insurance Corporation of Belize Ltd for BZ \$100,000. Coverage includes legal liability for accidental bodily injury (including death or disease) to any person.

BUDGET

Activity	Description	Request
1. Swimming lesson for 125 children from five schools	Training: 125 x \$40/persons	5000.00
Transportation for	Transportation: 125 students x 16 trips @ \$1	2000.00
2. Swimming lessons for 100 students from four High schools	Training: 100 x \$40/persons.	4000.00
	Transportation: 75 students x 16 trips x \$2.	2400.00
3. Swimming lessons for 20 disadvantaged children during the summer	Training : 20 x \$40/persons	800.00
4. Training for 15 Lifeguards and Swim Instructors	Training: 25 x \$50/persons	1250.00
5. Two swim days for children from Liberty Foundation Liberty is about 12miles from Belize City	Training: 25x \$30/person	250.00
	Transportation: \$60 per trip x 2 trips (to/from)	120.00
6. Swim Meet for 125 Primary school students and 100 High School students	Snacks: 225 x \$5/person Medals and Trophies	1,125.00
7. Water Safety Instructions for teachers	Training: 25 person x \$40.00 3 sessions	1,000.00
		\$17,945.00