

**YWCA Fiona Stevenson Foundation Swim
Programme Report 2012**

The 2012 Fiona Stevenson's Swim Programme which offers free Swim lessons to primary schools and a Special Needs school started in March and ended in August 2012. A total of 220 children and young adults participated in the exciting Learn to Swim from Programme.

- | | |
|--------------------------------|--------------------------------|
| 1. Central Christian | 2. Belize Friend School |
| 3. Stella Maris | 4. Trinity Methodist |
| 5. Ephesus SDA | 6. Calvary Temple |
| 7. St. Luke's Methodist | 8. St Mary's Primary |
- 9. YWCA**

Students were able to demonstrate and identify the different strokes as they were properly trained in the following areas: rhythmic breathing, different floating techniques (front float back float and jelly fish float), turning over in water, jumping into water, front and back float with kick, basic back and front crawl stroke and treading water for intermediate swimmers.

The Swim Programme allowed the YWCA to:

Provide children with the opportunity to learn to swim and or improve their swimming skills. Children from 9 schools were invited to be a part of the programme. Free transportation was provided for students. The free transportation made a great difference in the attendance at the programme as most of the schools were some distance away. During the summer the well trained volunteers and swim instructors assisted in working with over 100 children from various communities who were enrolled in the "Learn to Swim Summer Programme". The YWCA also provide free swim to various community groups.

At the end of the eight weeks of the Learn to swim programme an exciting Swim Meet was held. This was the highlight of the programme as the students and teachers gathered together and cheered on their school. Another highlight of the competition was the achievements of the students especially the students from Stella Morris School, which is a special school for students with disabilities.

Trophies and medals were awarded to outstanding students. Trophies were also awarded to the school whose students came in 1st, 2nd, and 3rd. The most outstanding male swimmer award went to Alex Young from Stella Morris and the most outstanding female swimmer went to Kerisha Welch from St. Luke's Methodist School. Calvary Temple School came in 1st, 2nd went to Friends boys School and 3rd went to trinity Methodist School.

Twenty one persons participated in the Life Guard and Swim Instructors Course. These trainings included certification from the Belize Red Cross. The participants of the course received certificates at the end of the training. The lifeguards and swim instructors volunteer their services during the summer. Many of the lifeguards and swim instructors earn an income as they are sometimes higher to perform lifeguard services by high schools, companies, banks and other groups. The payments which they received assist many to pay for their school fees.

Twenty underprivileged children from various parts of Belize City were given scholarships as part of the YWCA Learn to Swim Summer Programme. The parents were very much appreciative of this kind gesture.

25 children from the Dorothy Menzies Child Care Centre- a home for – children were given the opportunity to use the pool free of cost. The patrons of the Home express gratitude as it afforded the children the opportunity to learn to swim.

The “Learn to Swim Fiona Stevenson Programme” has become very popular among schools and already some schools are requesting that they are on our list for the next session.

The YWCA tried to get the services of an expert to conduct advanced training for our staff LifeGuard and Swim instructors. It is our hope that we can have a certify Training Of Trainers in our country. This did not materialize as the YWCA USA was unable to get a volunteer to provide the free services.

The participants of the programme received the following training:

- Familiarize themselves with 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
- Swim

Primary School Learn to Swim

They learn the importance of water safety and adjustment and all the fundamentals for them to feel safe in the water. At the end of 8 weeks nine schools participate in the swim meet competition. It was very competitive as teachers and students cheer on the swimmers. The highlight of the competition was the achievements of the students especially those from Stella Maris, a school for children with disabilities. Alex Young from Stella Maris was awarded with a trophy for most outstanding male. Most out-standing female was awarded to Kerisha Welch from St. Luke's Methodist.

Report on YWCA Fiona Stevenson Swim Meet

Friday, June 8th was a beautiful day for the the YWCA Fiona Stevenson Annual "Learn to swim" Swim Meet. All the participants were eager to show off the skills they have gained in this year's programme. All the participating schools were:

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

There were four races. Female compete against female, both the width and the length of the pool and male against male, both the width and length of the pool.

Female Champion (SHORT DISTANCE)

1st Place Monica Beaton(Central Christian)
Usher(Calvary Temple)

2nd Place Jenifer Guevera(Ephesus SDA)
Gordon(Stella Maris)

3rd Place Markeisha Fuller(Calvary Temple)
Foster(Trinity Methodist)

Female Champion (LONG

1st Place Elisha

2nd Place Ebony

3rd Place N'jemele

Male Champion (SHORT DISTANCE)

1st Place Gueller Lopez (Calvary Temple Friend School)

2nd Place Kirk Moris(Trinity Methodist Friends School)

3rd Place Tales Charleron(Belize Friend School Temple)

MALE Champion (LONG DISTANCE)

1st Place Devon Lopez(Belize

2nd Place Russell Reyes(Belize

3rd Place Axel Lopez(Calvary

All participating students received medals and the trophies were given to the most rank school over-all. Our grand champions were:

1st Place went to **Calvary Temple**, **2nd Place** went to **Friends Boys School**

3rd Place went to **Trinity Methodist**.

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.

Life Guard and Swim Instructor Course

Twenty-one 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.

Swim Lessons

<u>Course and Added Comments</u>	<u>Lessons</u>	<u>Attended Course</u>	<u>At start feared water</u>	<u>At start were only functional swimmers</u>	<u>Completed Course</u>	<u>Completed Course Objectives</u>	<u>Non Swimmers that learnt to swim</u>
Central Christian	8	21	3	3	21	21	18
Trinity Methodist	8	17	4	5	17	17	15
Stella Maris	8	28	6	4	18	18	10
Calvary Temple	8	25	5	4	25	25	20
Ephesus SDA	8	28	4	4	28	28	19
St Mary's Primary	8	15	2	7	15	15	15
Belize friend school	8	17	1	4	15	15	17
St. Luke's Methodist	8	19	5	4	19	19	16
YWCA HELP	8	25	5	10	22	22	10
Swim Meet	72	188	32	42	176	YES	142
Swim Instructor/LifeGuard	8	25	0	21	21	YES	0

Christa Bevans
Std IV

Ephesus

SDA SCH
26/Oct/2010

discipline

My experience at swimming class.

My name is Christa Bevans 10 years of age and I attend Ephesus SDA school.

Thanks to the teachers at YWCA I now know to swim. They taught us how to doggie paddle, bobs, back float, front glide with kick and different other swimming techniques.

was so good. When I first got in swimming classes I did not know how to anything and every one laughed at me but now I am very good at swimming, I may not be the best but I am swimming better than before.

Sometimes I would make mistakes but the teacher made us do it over and over. Now I love swimming and every day I want to swim. Thank you for teaching me to swim.

Sender
9/1/14

30/10/2012

My name is ~~Sender~~ Guevara. I had a fun experience when I went to swim class. All the fun things the instructor showed us the ways to swim. I already now how to swim so it was a bit easy because I know the water a little. I am not a greater swimmer but I love the water. My swimming was and I had a lot of fun and we had a competition very I came in very well.

October 31, 2012

To Fiona Stevenson Sponsors,

My name is Andre Godoy. I received my official training as a lifeguard at the YWCA in June 2012, under the Fiona Stevenson. And now I am employed at the YWCA as Lifeguard and Instructor.

We completed two weeks of intensive Life Guard training and First Aid Training and still continue to train in order to strengthen my skills and ability and be certified.

As an instructor of the program now, I am grateful when I see the joy in the number of children and youth that I have taught how to swim. I think this an excellent program and should continue as it makes a difference in many young people lives. It has allowed me to earn an income

I hope that you continue to support the YWCA and provide the funds that make this program a success.

Thanks to the Fiona Stevenson for supporting the YWCA Swim Program.


Andre Godoy

TRINITY METHODIST
5G STREET KINGS PARK

Edwin Hernandez

October 30th, 2012

Swimming is not very important to many, but it is something that everyone needs to learn. You may need it someday. People love to have fun so they go to pool parties or the beach. If you want to go into the water, you better know how to swim, but some people don't know how to swim, like me. Well! That was before I learned how to swim at Y.W.C.A. I was a rookie in the water, while I was taking swimming lessons at Y.W.C.A, my swimming improved very much. So now I can "show off" my moves to my friends. Thanks to the Y.W.C.A swimming instructors.

Yours truly,



Edwin Hernandez

Standard VI

Ayanna Leslie

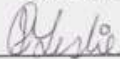
Trinity Methodist School

5 G Street- Kings Park

October 30th, 2012

At about 2:30-3:30pm each Tuesday, for a time span of approximately 7-8 weeks, we (the students of Trinity Methodist School in Standard 4, 5 and 6) attended swimming classes at the Y.W.C.A swimming pool. During that period of time a variety of diverse swimming techniques were taught to us by the instructor, such as: the back and front floats, bobbing, diving, doggy paddling and many other things. I personally, am one of the students that were incapable of swimming, but now that I have taken the swimming classes for those few weeks I am somewhat able to swim. This is one of the many reasons why I believe this program is successful and is here to enhance this youthful generation, not only to those who are unable to swim but also to those who can to better their swimming skills. For this I say, 'thank you' to the Y.W.C.A.

Yours truly,



Ayanna Leslie

Standard VI

Trinity Methodist School