

## **YWCA Fiona Stevenson Foundation Swim**

### **Programme Report 2013**

The YWCA of Belize with the support of the Fiona Stevenson's Foundation conducted another successful Swim Programme. The 2013 Learn to Swim Programme attracted over 300 children. This programme which aimed at teaching swim lessons and safety instructions to primary school children, trained lifeguards and swims instructors and provide other trainings to disadvantage youth and young adults has been very much appreciated by the entire nation of Belize. The success of the programme has been shown by the enthusiasm and positive comments of the participants, their parents and community groups. The schools in particular expressed their gratitude and many of them are calling the YWCA to enquire out when is the next training.

The following are the schools that participated in the 8 weeks of training.

- |                                |                                |                          |
|--------------------------------|--------------------------------|--------------------------|
| <b>1. Central Christian</b>    | <b>2. Belize Friend School</b> | <b>3. Stella Maris</b>   |
| <b>4. Trinity Methodist</b>    | <b>5. Ephesus SDA</b>          | <b>6. Calvary Temple</b> |
| <b>7. St. Luke's Methodist</b> | <b>8. St. Martins</b>          | <b>9. YWCA</b>           |
| <b>10. Ebenezer</b>            | <b>11. St. Joseph</b>          | <b>12. Holy Redeemer</b> |
| <b>13. Muslim</b>              |                                |                          |

13 primary schools participated in this year's programme. Many children would not have had the opportunity to learn to swim if they did not participate in the Fiona Stevenson Learn to Swim Programme. The free transportation which the programme provided also played a key role in reaching out to these students especially those on the south side of Belize City.

The Swim Meet is an exciting time for the Y and the schools. This activity encourages the students to work even harder on their swim skills so that they can perform well at the meet. Seeing teachers and students gathered together and cheered on their school is a welcoming sight. Another highlight of the competition was the achievements of the students from Stella Morris (School for persons with Disabilities) excel in the competition continues to impress those to are their teachers.

The training of Lifeguards and Swim Instructors provided young men and women with the skills to works with students and also to enhance leadership and personal development skills. These trainings continued to be certified by the Belize Red Cross. These instructors play a key role in assisting the Y in the Lean to Swim Programme and during the summer where they continue to teach more than 200 toddlers, children young adults and adults to swim. These committed youth also work with other youth groups, high schools, church groups and community groups

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 as they would not have had the opportunity to learn to swim.

Children from the Dorothy Menzies Child Care Centre- and Liberty Foundation also participated in this programme.

The “Fiona Stevenson Swim Programme has allowed the Y to receive great publicity due to the impact it has made on the children of Belize.

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

## **Report of 2013 Fiona Stevenson Swim meet**

12<sup>th</sup> June, 2013

The YWCA hosted its 6<sup>th</sup> Annual Fiona Stevenson Learn to Swim Meet at the YWCA Swimming Pool on St. Thomas Street. Today over 250 students from 13 different schools (Central Christian Assembly, Holy Redeemer, Ebenezer, St Joseph, St. Martin De Porres, Muslim Community, Trinity Methodist, Ephesus SDA, Friends Boys School, Stella Morris, Calvary Temple, YWCA and St. Luke). Annually, the YWCA hosts an eight week training program in which they teach the students 8 different swimming techniques: front crawl, back crawl, dog paddle, breast stroke, under water swimming (dive), front float, back float and jelly fish float. During this eight week period, the YWCA provides transportation and refreshments for all the student athletes so as to accommodate the schools with minimal to no expenses.

The Meet was focused on one of the eight techniques that were taught during the training program; the front crawl. There were four categories; Female Short Distance and Male Short Distance, which was done using the width of the pool and the Female Long Distance and Male Long Distance which used the length of the pool.

Thirteen 1<sup>st</sup> places medals, thirteen 2<sup>nd</sup> place medals, twelve 3<sup>rd</sup> place medals, two individual trophies and three school trophies were given out. The results are as follows:

### **Championships**

#### **Female Short Distance**

- 1<sup>st</sup> – Shemeka Cal (Central)
- 2<sup>nd</sup> – Hanna Kay Williams (Holy Redeemer)
- 3<sup>rd</sup> – Briani Trapp (Calvary Temple)

#### **Male Short Distance**

- 1<sup>st</sup> – Venencio Derras (Friends)
- 2<sup>nd</sup> – Alex Jex (Holy Redeemer)
- 3<sup>rd</sup> – Clenton (Trinity)

#### **Female Long Distance**

- 1<sup>st</sup> – Essenie Vernon (Muslim – 14.56 secs)
- 2<sup>nd</sup> – Deandra Parham (St. Luke – 17.19 secs)
- 3<sup>rd</sup> – Juliannie Hoare (Holy Redeemer – 18.61 secs)

#### **Male Long Distance**

- 1<sup>st</sup> – Aaron Cruz (Central – 13.56 secs)
- 2<sup>nd</sup> – Devon Arzu (Stella Morris – 14.88 secs)
- 3<sup>rd</sup> – Aidan Villanueva (Holy Redeemer – 17.28 secs)

#### **Outstanding Swimmers Award**

**Female** – Essenie Vernon (Muslim)

**Male** – Aaron Cruz (Central)

#### **Overall School Awards**

- 1<sup>st</sup> – Muslim Community
- 2<sup>nd</sup> – Central Christian Assembly
- 3<sup>rd</sup> – Holy Redeemer

The YWCA would like to thank Fiona Stevens Foundation for donating the trophies, Mr. Patrick Henry from the National Sports Council for donating the medals, Deron and volunteers from the YWCA for training the kids, Mr. Fareed for assisting us with the time keeping and closing ceremonies, Ms. Kaya Cattouse from the National Sports Council for recording the statistics and giving out the medals and trophies during the closing ceremony and to all the time keepers, volunteers and life guards who assisted in any way.

Special Thanks to the Fiona Stevenson Foundation for their contribution in providing the opportunity to provide free swimming lessons

### **Swim Lessons 2013**

<b>Course and Added Comments</b>	<b>Lessons</b>	<b>Attended Course</b>	<b>At start feared water</b>	<b>At start were only functional swimmers</b>	<b>Completed Course</b>	<b>Completed Course Objectives</b>	<b>Non Swimmers that learnt to swim</b>
Swim Lessons Muslim	8	26	5	10	23	23	7
Swim Lessons St. Martin	8	25	8	5	22	22	11
Swim Lessons St. Luke	8	26	5	8	23	23	11
Swim Lessons Calvary Temple	8	24	4	7	20	20	10
Swim Lessons Stella Maris	8	20	5	8	15	15	9
Swim Lessons Central Christian	8	26	6	9	24	24	15
Swim Lessons Holy Redeemer	8	28	2	21	28	28	2
Swim Lessons St. Joseph	8	24	9	8	21	21	6
Swim Lessons Ebenezer	8	25	4	3	22	22	12
Swim Lessons Belize Friends	8	9	3	5	6	6	3
Swim Lessons Trinity Methodist	8	25	5	10	21	21	2
Swim Lessons Ephesus	8	30	5	12	27	27	15
Swim Lessons H.E.L.P	8	22	7	4	22	22	12
<b>Total Swim meet for primary school</b>	<b>8</b>	<b>310</b>	<b>68</b>	<b>110</b>	<b>274</b>	<b>274</b>	<b>115</b>





**Stella Maris School**  
**Belize Academy for the Deaf**  
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October 18, 2013

Ms. Sonia Linarez  
General Secretary  
Y.W.C.A.  
St. Thomas Street  
Belize City

Dear Ms. Linarez,

Stella Maris School takes this opportunity to express our utmost gratitude to your organization for your support throughout the years.

We especially want to reflect on your Swimming Program which we anticipate each year. Through this program, our students with special needs were included thus building their self-esteem in the recognition that they are given equal opportunities like children from other schools. With the skills gained, they have been able to compete and excel thus proving they have much potential.

In addition, the swimming exercises have benefited those children who are physically challenged; they have developed both fine and gross motor skills.

We are indeed grateful for your service and look forward to this annual activity for our children with special needs. May God continue to bless you in all your endeavours.

Sincerely,

  
Joy Westby (Ms.)  
Principal

Dear Sir/Madam,

13/6/2013

My name is Teesha Singh. I am a student of the Holy Redeemer School. The swimming programme at the YWCA is a success. Although I didn't learn all the swimming steps, it was still very helpful. At first when I went to the swimming classes, I didn't know a thing about swimming. Now I know almost everything. Thanks to Mr. Andre, I learn how to hold my breath and swim calm. I really want to reward him for his guidance among me and my classmates. I also want to thank Mr. Gentle for teaching the females for the first week. He really did a good job. We also want to congratulate Ms. Fiona Stevenson foundation for this programme. At the first week, I felt a little nervous but Mr. Gentle taught me how to relax. Thank you for the eight weeks of the swimming programme. I really appreciate it.

Respectfully,  
Teesha Singh  
*T. Singh*

Dear Sir/Madam,

My name is Gianna Price, I really enjoyed the swimming program. I am a student of Holy Redeemer Primary School. I am 13 years old. The program was a really great experience. I learned how to glide & kick, doggy paddle etc. The swimming instructors were very patient & really, really great teachers. I wish to attend the YWCA swimming classes in the future. Thanks. Gianna Price

Sincerely Yours,  
~~Gianna Price~~  
Gianna Price



Dear Sir/Madam,

My name is Shaolan Castillo. I am a student of Holy Redeemer Primary School. I really enjoy the Swimming Programme. I learned a lot of things from this programme.

We learned how to doggy paddle, realising dive breast stroke and so much more. We even learn what we should and should not do in the pool. I would really like to thank you.

Thank you,  
Shaolan Castillo

**EBENEZER METHODIST SCHOOL**  
**117 Barrack Road**  
**224-4558**  
**"Only the Best is Good Enough"**

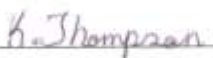
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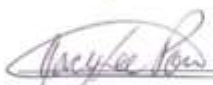
It is with great appreciation that we, the participants of Ebenezer Methodist School, express our heartfelt gratitude to the YWCA Swimming Programme 2013. This experience has surely made a great impact on our attitude towards swimming and also water safety.

In Belize, drowning is one of the leading causes of death for people between the ages of 5 and 24. By teaching children to swim, they will not only become a stronger swimmer, but also gain valuable experience in the water. The students really enjoyed their sessions in the pool. One of their favorite skills was learning to float on their backs. Another practice shared by one student was learning the front glide and the dog paddle. This will surely be an experience they will not forget.

On behalf of the principal, vice principal, staff and students of Ebenezer Methodist School, we would like to thank all those who made this year's YWCA swimming program such a success. We look forward to participate once again in next year's program.

Yours in Education,

  
Kejauna Thompson  
Student (Participant)  
Ebenezer Methodist School

  
Jacy-Lee Pou  
Teacher (Representative)  
Ebenezer Methodist School

**EBENEZER METHODIST SCHOOL**  
**117 BARRACK ROAD**  
**BELIZE CITY, BELIZE**

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17<sup>th</sup> June, 2013

Dear Mrs. Linores,

It was my greatest pleasure coming to the YWCA Swimming Classes along with my class mates. I was even more excited when we won Medals and trophies for our school.

We are glad that you picked our School, Central Christian to be a part of the program.

We learned a lot from Mr. Gentle and Mr. Godoy, when our class went on a trip to Bacab, we were able to handle our selves well in the water. Our teacher was very impressed.

Thanks again for the great experience at the "Y."

Shemika Cpl  
Std 10 student