

YWCA Learn to Swim Proposal 2013

Organization: **YWCA Belize**

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Background

The Young Women's Christian Association of Belize (YWCA) has been conducting Swim lessons through the Fiona Stevenson since 2006. This programme has enabled many children of Belize to acquire swimming skills and to be comfortable in the water. This programme is of vital importance because of the abundance of water that line our coast line and is found throughout our beautiful country. Many children in Belize City do not have the opportunity to learn to swim. "The Fiona Stevenson Programme", has attracted much attention as it advocates the importance of learning to swim. This programme has allowed over 250 children to receive free swimming lessons annually. It also provides Basic Water Safety Instructions to teachers and swim instructors, and Lifeguard training to many young men and women.

The end of programme Swim Meet has also become very popular. Both teachers and students look forward to this event as the participating students display the skills learnt at the programme.

Project Outline:

The YWCA will provide free swimming lessons for the following:

1. The YWCA will provide swimming lessons for over 350 children from 11 primary schools; one special needs school and the students of YWCA. Total 13 schools.

- School chosen are schools in Belize City.
- The Students targeted are ages 9-18 years.
- The YWCA will offer classes, one session per week for 8 weeks. The sessions will run from March to May.
- The schools are St. Luke, Friends Boy's School, Stella Morris, Ebenezer, Ephesus School, Central Christian, Calvary Temple, Holy Redeemer, Sister Clara Muhammad, Trinity, St. Joseph, St. Martins and YWCA
- 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. Each school

will be able to send up to 25 students. 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.

2. Swim Meet for 350 students from the programme.

- At the end of the programme, a swim meet will be organized where the students will meet to showcase their skills.
- Trophies and medals will be presented to schools and individuals for outstanding performances.

3. Swimming lessons for 20 disadvantaged children during the summer

- During the summer, the YWCA conducts Swim Classes for over 150 children (including toddlers) at a low cost. However, many children and church groups cannot afford to pay. We will provide swim scholarships under the Fiona Stevenson Foundation.

4. 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 during the summer

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

6. Training for 10 Lifeguards and 15 Swim Instructors

- The training will be a four day training of swim skills/techniques, water entries, passive and active saves, back boarding and spinal injuries. There will be a special training for the swim instructors to include best practices for teaching.
- The YWCA hires personnel from the Belize Red Cross to conduct the First Aid training Course for the instructors and Life Guards.
- A theory and practical exam is given at the end of the training.

Anticipated Outcome

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

- 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

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 325 children from thirteen schools	Training: 325 x \$40/persons	13,000.00
Transportation for	Transportation: 125 students x 20 trips @ \$2	5,000.00
2. Swim Meet for 325 Primary school students	Snacks: 325 x \$5/person Medals and Trophies	1,625.00 800.00
3. Swimming lessons for 20 disadvantaged children during the summer	Training : 20 x \$40/persons	800.00
4. Two swim days for children from Liberty Foundation Liberty is about 12miles from Belize City	Training: 25x \$10x 2 sessions Transportation: \$60 per trip x 2 trips (to/from)	500.00 120.00
5. Swimming lessons for 25 children from Dorothy Menzies Childcare Center for two weeks during the summer.	Swimming for 25 x \$20	500.00
6.. Training for 15 Lifeguards and Swim Instructors	Training: 15 x \$50/persons	750.00
Belize Red Cross CPR Training	CPR Training 15 x 40	600.00
Total		23,695.00

Please note that the utilities, maintenance and the staff salary was not mention in YWCA contributions.

Over the past few years the Belize Red Cross has been conducting the training to certify Swim Instructors and Lifeguard in CPR. We have been covering that fee.