

YWCA Fiona Stevenson Foundation Swim

Programme Report 2014

The YWCA of Belize with the support of the Fiona Stevenson's Foundation conducted another successful Swim Programme. The 2014 Learn to Swim Programme attracted over 350 children and youth. 283 participated in the 8 weeks swim programme and over 100 participated in short swim course and swim and lifeguard trainings.

The success of the programme has been shown by the enthusiasm and positive comments of the participants, their parents and community groups. The principals of the various schools in particular expressed their gratitude for the opportunity to participate in the programme..

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

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| 1. Central Assembly | 2. Belize Friend School |
| 3. Stella Maris | 4. Button Wood Nazarene |
| 5. Ebenezer | 6. Wesley Upper |
| 7. St. Luke's Methodist | 8. Queen Square |
| 9. YWCA | 10. Bethel |
| 11. Salvation Army | 12. Holy Redeemer |
| 13. Muslim | |

Thirteen primary schools participated in the 2014 Swim Programme. This popular programme received much publicity and support from the schools and the community. It is a known fact that 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 which is held at the end of the 8 weeks swim program is always 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. Teachers and students gathered together and cheered on their school and encouraged their students to excel in their swim skills. The media is always present to interview the teachers and students for them to give their impression on the impact of the swim programme.

The programme has allowed the Y to continue the training of Lifeguards and Swim Instructors. It doing so it foster and enhance leadership skills in the young men and women in the programme. These trainings continued to be certified by the Belize Red Cross. These instructors play a key role in assisting the Y in the Learn 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

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.

From the letters one will observe that some of the children were very young and many from underprivileged homes..

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 Lessons 2014

Course and Added Comments	Lessons	Attended Course	At start feared water	At start were only functional swimmers	Completed Course	Completed Course Objectives	Non Swimmers that learnt to swim
Swim Lessons Stella Marris	8	25	19	6	20	10	5
Swim Lessons St. Luke	8	25	16	9	20	10	8
Swim Lessons Central Christian	8	26	8	17	26	21	15
Swim Lessons Holy Redeemer	8	24	4	20	24	21	9
Swim Lessons Ebenezer	8	25	15	10	25	14	7
Swim Lessons Belize Friends	8	16	6	10	15	10	6
Swim Lessons Ephesus	8	26	19	7	23	9	5
Swim Lessons H.E.L.P	8	16	10	6	10	5	5
Swim Lessons Button Wood Bay Nazarene	8	25	12	13	25	20	15
Swim Lessons Wesley Upper	8	22	8	14	22	19	10
Swim Lessons Queen Square	8	21	17	4	19	10	5
Swim Lessons Bethel	8	14	9	5	9	5	5
Swim Lessons Salvation Army	8	20	10	10	15	8	6
Total Swim Meet for Primary School	8	284	153	131	253	162	101

Notes on the above table.

- 1) All attendees received Water Safety Instruction.
- 2) Of the 91 attendees who did not complete the course objectives:
 - a) 10 from Stella Morris were handicapped but most were later able to complete the objectives.
 - b) Most of those not achieving all the objectives had lost their fear of water and were able to float and/or glide. This left them far better positioned for later completing the objectives later.
 - c) The YWCA are providing more instructors this year to try to raise the proportion who complete all objectives by the end of the course.
- 3) Of the 31 attendees who did not complete the course:
 - a) 5 were from Stella Morris who had disabilities that prevented them excelling on some days.
 - b) Some were absent on the days when swimming was held.
 - c) Others forgot to bring their swimming attire.

BUDGET

Activity	Description	Request	YWCA Contribution	Total
1.Swimming lesson for 225 children from ten five schools	Training: 225 x \$40/persons	9,000.00	4,000.00	13,000.00
Transportation for	Transportation: 100 students x 20 trips @ \$2	4,000.00	2,600.00	6,600.00
2. Swim Meet for 225 Primary school students	Snacks: 225 x \$5/person	1,125.00	500.00	1,625.00
3. Swimming lessons for 20 disadvantaged children during the summer	Training : 20 x \$35/persons	700.00	350.00	1,050.00
	Medals and Trophies	600.00		600.00
4. Two swim days for children from Liberty Foundation	Training for 25 persons including transportation	720.00	220.00	840.00
5. Swimming lessons for 25 children from Dorothy Menzies Childcare Center for two weeks during the summer.	Swimming for 25 x \$20	500.00		500.00
6.. Training for 15 Lifeguards and Swim Instructor	Training: 15 x \$50/persons	750.00		750.00
8 Extra swim lesson for Stella Morris		725.00		725.00
Total		18020.00	7,670.00	25,690.00