

YWCA Learn to Swim Proposal 2014

Organization: **YWCA Belize**

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Title/function: **General Secretary**

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Background

Since 1996 the Young Women's Christian Association of Belize (YWCA) has been conducting swim lessons through the Fiona Stevenson Swim programme. Over 1500, children have benefited from this programme. YWCA Pool is the only community pool in the country.

The YWCA in its ongoing efforts to provide the opportunities for children and youth to learn to swim has made great contribution to reduce the incidences of drowning in Belize. "The Fiona Stevenson Programme", has attracted much attention as it advocates the importance of learning to swim and safety while swimming. This programme has allowed over 250 children to receive free swimming lessons annually. Many young men and women trained as lifeguards and swim instructors are invited by schools, companies and individual groups to perform lifeguard services. This programme has also attracted the support of the National Sports Council of Belize who assists us in promoting the event.

Project Outline:

The YWCA will provide free swimming lessons for the following:

1. The YWCA will provide swimming lessons for 225 children from 9 primary schools; one special needs school and the students of YWCA.

- 13 school will be chosen from Belize City.
- The Students targeted are ages 9-15 years.
- The YWCA will offer classes, one session per week for 8 weeks. The sessions will run from March to May.
- 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 225 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.
7. Water Safety Instructions in schools.
 - YWCA will visit an additional 6 schools and make presentations on Water Safety.
8. Classes for children with special needs.
 - Stella Morris School will be invited to do extra classes for their students. This will enable them to add swimming as part of their special Olympics activities.

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 225 children from ten five schools	Training: 225 x \$40/persons	9000.00
Transportation for	Transportation: 100 students x 20 trips @ \$2	4000.00
2. Swim Meet for 225 Primary school students	Snacks: 225 x \$5/person Medals and Trophies	1,125.00 600.00
3. Swimming lessons for 20 disadvantaged children during the summer	Training : 20 x \$35/persons	700.00
4. Two swim days for children from Liberty Foundation Liberty is about 12miles from Belize City	Training and transportation: 25x \$10 x 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
7. Water Safety Instructions in schools.		-
8. Extra Swim Lessons for Stella Morris (School for the handicap)		725.00
Total		18,020.00