

YWCA Learn to Swim Proposal 2015

Organization: **YWCA Belize**

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Background

Since 1996 the Young Women's Christian Association of Belize (YWCA) is the only community pool in Belize City. With the support of the Fiona Stevenson Foundation Funds we were able to provide Swim Programme, where over 1500 children have benefited from this programme. The 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", continue to attract much attention as it advocates the importance of learn to swim and safety. It also provides for children from low income families and children with disabilities to learn to swim.

Life guard and Swim Instructors Training have provided many young men and women with skills to be certified as lifeguards and swim instructors. These trainings have provided income which has assisted many of them to stay in school as it helps to pay their school fees. Over 15 schools, companies and individual groups used the services of the Y Lifeguards when having field trips to places with water. 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.

- 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 Methodist, Friends Boy's School, Stella Morris, Central Christian, Calvary Temple, St. Mary's, St. John's, All Saint's, Sister Clara Muhammad, St Joseph, Salvation Army, Bethel, Buttonwood Bay.**
- 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 20 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 250 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 20 Lifeguards and 20 Swim Instructors

- The training will be two sets of training
 - 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.
- Personnel from the Belize Red Cross will to conduct the First Aid training Course for the instructors and Life Guards.
- Theory and practical exams at the end of the training.
- Certificates will be issue to successful participants

7. Water Safety Instructions in schools.

- YWCA will make presentations on Water Safety to schools.

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 for Learn to Swim Programme

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

Anticipated Outcome for Lifeguard and Swim Instructors Trainings

At the end of the Swim Instructors and Lifeguard training, young men and women will

- Become strong swimmers
- Be informed about water safety
- Acquire knowledge to teach swimming
- Acquire knowledge to be certify as lifeguards
- Be able to perform Swim Instructor and Lifeguard duties.

Anticipated Outcome for Water Safety Instructions in Schools

- Preschools and Primary Schools
- Make presentation on How to be safe in water.
- Prepare and present hand out to children

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 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	1,125.00
	Medals and Trophies	400.00
3. Swimming lessons for 20 disadvantaged children during the summer	Training : 20 x \$30/persons	600.00
4. Two swim days for children from Liberty Foundation Liberty is about 12miles from Belize City	Training and transportation: 25x \$10 x 2 sessions	500.00
	Transportation: \$60 per trip x 2 trips (to/from)	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 20 Lifeguards and 20 Swim Instructors	Training: 15 x \$50/persons	750.00
7. Water Safety Instructions in schools.	Transportation Handouts	505.00
8. Extra Swim Lessons for Stella Morris (School for the handicap)	Swimming for 25 x \$20	500.00
Total		18,000.00