

YWCA Learn-to-Swim Proposal 2016

Organization: **YWCA Belize**

Address: **119 Cor. Saint Thomas Street and
Freetown Road, Belize City, Belize.**

Phone: **501-203-4971 or 501-622-6775**

Fax: **501-223-5685**

Email: **bzeywca@yahoo.com**

Representative of organization: **Mrs. Sonia Lenares**

Title/Function: **General Secretary**

Background

Since 1996, the pool at the Young Women's Christian Association of Belize (YWCA) has been and still continues to be the only community pool in the entire country of Belize. With the support of the Fiona Stevenson Foundation Funds that began in 2007, we have been able to provide Learn-to-Swim and Lifeguard Programmes for more than 2,000 children from 28 primary schools and 110 young men and women from various high schools.

In its on-going efforts to provide the opportunities for children and youths to learn to swim and develop lifeguarding techniques, the YWCA has made a great contribution to reducing the incidences of drowning in Belize. "The Fiona Stevenson Programme" continues to attract much attention, as it advocates the importance of learning to swim and water safety. It also provides for children from low income families and children with disabilities to learn how to swim.

The Lifeguard and Swim Instructor Trainings have provided many young men and women with skills to be certified as lifeguards and swim instructors. The successful completion of the lifeguard and swim instructor trainings, has resulted in the 110 youths earning a stipend and/or an income which has assisted them to stay in school, as it helps to pay their school fees and/or other incidental expenses. Of note, over 28 schools, companies and individual groups have used the services of the "Y" Lifeguards for field trips to places with water. The Fiona Stevenson Programme has also attracted the support of the National Sports Council of Belize that assists us in promoting the event.

Project Outline:

The YWCA will provide free swimming lessons for the following:

1. Learn-to-Swim Programme for 250 children from 10 primary schools, including one special-needs school and the students of YWCA.

- Schools 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 2016.
- These are the schools that will be considered for participation in the programme: **Buttonwood Bay Nazarene, Central Christian, Ebenezer Methodist, Ephesus Seventh Day Adventist, Gateway Youth Center, Grace Primary, Holy Redeemer Catholic, Queen's Square Anglican, Queen's Street Baptist, Saint Ignatius Catholic, Sister Clara Muhammad Muslim, and Stella Maris.**
- 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 Learn-to-Swim 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. Special Olympics Swim Programme for Children with Special Needs.

- Stella Maris School will be invited to do extra classes for approximately 10 specially-selected special needs children. This will enable the school to choose exceptional students to prepare for and compete in the National, Regional, and International Special Olympics Swim Competitions.

4. Swim Lessons for 15 children of Dorothy Menzies Childcare Center during the summer.

- 15 children from Dorothy Menzies Childcare Center in Belize City will be invited to 2 sessions of the Learn-to-Swim Programme during the summer.

5. Swim Lessons for 15 children of Liberty Foundation during the summer.

- 15 children from Liberty Foundation in Ladyville will be invited to 2 sessions of the Learn-to-Swim Programme during the summer.

6. Swim Lessons for 20 disadvantaged children from the community during the summer.

- During the summer, the YWCA conducts swim classes for over 150 children, including toddlers, at a low cost. However, many disadvantaged children from the community and church groups cannot afford to pay for swimming lessons. We will provide swim scholarships under the Fiona Stevenson Foundation for 20 disadvantaged children from the community.

7. Training for 20 Lifeguards and 20 Swim Instructors.

- Ten-day training will be two sets of training as follows:
 - Training on swim skills/techniques, water entries, passive and active saves back-boarding and spinal injuries.
 - Special training for the participants to include best practices for teaching.
- Personnel from the Belize Red Cross will conduct the First Aid Training Course for the instructors and lifeguards.
- Theory and practical exams will be given at the end of the training.
- Certificates will be issued to successful participants.

NOTE: The YWCA will make presentations on how to be safe in the water and show videos on Water Safety to all participants of the above-mentioned programmes.

Anticipated Outcome for Learn-to-Swim Programme:

At the end of the swim training, students will familiarize themselves with the water and accomplish the following:

- Rhythmic breathing
- Front, back and jellyfish float
- Turn over in the water
- Jump 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 children's participation in Special Olympics Swim Programme:

At the end of the swim training students will:

- Become strong swimmers
- Be informed about water safety
- Acquire the skills/techniques to participate in the Olympic Competition

Anticipated Outcome for Lifeguard and Swim Instructors Training:

At the end of the Lifeguard and Swim Instructor 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.

Insurance & Liability

The YWCA 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 lessons for 250 children from ten (10) primary schools	Training: 250 x \$40/person	10,000.00
Transportation for 100 students (to/from)	Transportation: 100 students x 20 trips @\$2	4,000.00
2. Swim Meet for 250 Primary School students	Snacks: 250 x \$5/person	1,250.00
	Medals and Trophies	600.00
3. Extra swim lessons for 10 specially-selected Stella Maris students to train for the Special Olympics (School for children with special needs)	Training: 10 x \$35/person	350.00
4. Swimming lessons during the summer for 20 children from Dorothy Menzies Child Care Center	Training : 20 x \$20/person	400.00

<p>5. Two days of swimming lessons during the summer for 20 children from Liberty Foundation</p> <p>Liberty is about 12 miles from Belize City</p>	<p>Training: 20 x \$10 x 2 sessions</p> <p>Transportation: \$60 per trip x 2 trips (to/from)</p>	<p>400.00</p> <p>120.00</p>
<p>6. Swimming lessons during the summer for 20 disadvantaged children from the community</p>	<p>Training : 20 x \$20/person</p>	<p>400.00</p>
<p>7. Training for 20 Lifeguards and 20 Swim Instructors</p>	<p>Training: 40 x \$20/person</p>	<p>800.00</p>
<p>Total</p>		<p>BZ \$18,320.00</p>

NOTE: The YWCA will cover the additional costs for the 2016 swim programme.

Feedback to YWCA on accepting the proposal (We are contributing BZ \$17,000.)

Your Proposal was very well put together and your statement:

“ Of The Lifeguard and Swim Instructor Trainings have provided many young men and women with skills to be certified as lifeguards and swim instructors. The successful completion of the lifeguard and swim instructor trainings, has resulted in the 110 youths earning a stipend and/or an income which has assisted them to stay in school, as it helps to pay their school fees and/or other incidental expenses. Of note, over 28 schools, companies and individual groups have used the services of the “Y” Lifeguards for field trips to places with water.”

was like music to my ears and brought a tear to my eyes. It is the first significant indication that, what the YWCA started 7 years ago, has made it round the full circle and I see it as a major achievement for Sonia, her helpers and the participating schools. I am only sorry that this is in a year when we are having to start reducing funding.