

YWCA Learn to Swim Proposal 2017

Organization: **YWCA Belize**

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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 remains the only community pool in the entire country of Belize. 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, in its on-going efforts to provide the opportunities for children and youths to learn to swim, has made a great contribution to reduce the incidences of drowning in Belize. "The Fiona Stevenson Programme", continues 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.

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 these trainings has resulted in the youths earning an 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 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 200 children from 10 primary schools, 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.
- The schools will be: **All Saints Anglican School, Buttonwood Bay Nazarene, Central Christian, Grace Primary, James Garbutt SDA School, Saint Ignatius Catholic, Saint John's Vianney RC School, Saint Joseph RC School, Stella Maris 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 allowed to send a maximum of 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 200 students from the Learn-to-Swim Programme.

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

3. Swimming Lessons for 15 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 disadvantaged children from the community and church groups cannot afford to pay. We will provide 15 swim scholarships under the Fiona Stevenson Foundation.

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

- 15 children will be invited to 2 sessions of the Learn-to-Swim Programme during the summer.

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

- 15 children will be invited to 2 sessions of the Learn-to-Swim Programme during the summer.

6. Training for 15 Lifeguards/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: 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 Lifeguard / 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 200 children from ten (10) primary schools Transportation for 100 students (to/from)	Training: 200 x \$40/person Transportation: 100 students x 20 trips @ \$2	8,000.00 4,000.00
2. Swim Meet for 200 Primary School students	Snacks: 200 x \$5/person Medals and Trophies	1,000.00 600.00
3. Swimming lesson for 15 disadvantage children from the community.	Training: 15 x \$20/person	300.00
4. Swimming lessons for 15 disadvantaged children during the summer from Dorothy Menzies Childcare Center	Training : 15 x \$10 x 2 session	300.00
5. Two swim days for 15 children from Liberty Foundation Liberty is about 12 miles from Belize City	Training: 15 x \$10 x 2 sessions Transportation: \$60 per trip x 2 trips (to/from)	300.00 120.00
6. Training for 15 Lifeguards and Swim Instructors	Training: 15 x \$40/person	600.00
Total		BZ \$15,220.00