

YWCA Learn to Swim Proposal 2018

Organization: **YWCA Belize**

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

Phone: **501-223-4971 or 501-223-5685**

Email: **bzeywca@gmail.com**

Representative of organization: **Ms. Deanna Gomez Peyrefitte**

Title/Function: **General Secretary**

A. 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. As a result, YWCA plays a vital role and is an authority in the Belizean community with regard to promoting water safety and providing learn-to-swim classes and lifeguard training.

With financial support from the Fiona Stevenson Foundation, YWCA has been able to provide these vital life skills to over 1650 young persons to date. "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. YWCA gets the support of the National Sports Council of Belize in promoting these opportunities.

The training provided to our instructors and lifeguards equips them with marketable skills - a source of income for those in need - and helps to introduce the value of self-sufficiency while developing their self-confidence and leadership skills.

The service of YWCA lifeguards are requested by schools, for private and public functions and by eco-tourism businesses, church groups, municipal governments, to name a few. Even the media looks to YWCA to do water safety tips as a community broad service. This programme has attracted the support of the National Sports Council of Belize that assists in promoting the event.

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.*

B. Programme Visibility Plan

- Media will be invited to swim meets to see the products of Fiona Stevenson programme 2018
- Appearances on the local morning radio/TV programs to publicize programme and give credit to Fiona Stevenson Foundation
- Pictures will be posted on YWCA's FB page and website weekly, monthly as applicable to ensure visibility of programme

C. Project Activities

NOTE: YWCA will make presentations on how to be safe in the water and show videos on water safety to all participants.

The YWCA will provide free swimming lessons for the following:

1. Learn-to-Swim Programme for 100 children from 5 primary schools, one special-needs school, and the students of YWCA.

- Schools chosen are schools in Belize City.
- The Students targeted are ages 9-15 years.
- One session per week for 8 weeks. The sessions will run from May to June or September to October (*From experience we know that there needs to be flexibility with schedules to accommodate for competing activities that schools are must also participate in as part of their education calendar.*)
- Transportation will be provided for students.
- 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 complete a *Learn-to-Swim* application, which will be kept on file at the YWCA, to indicate consent from the parent/guardian for the lessons.
- YWCA will meet with the Ministry of Education to discuss the new restrictions placed on schools to ensure the ministry's policies does not deprive/or restrict the access of our young people to a much needed life skill.

2. Learn-to-Swim Programme for 100 students from 4 high schools within a three-mile radius of YWCA.

- Schools chosen are in Belize City.
- The students are between the ages of 12 – 18 years.
- Classes will be scheduled at one session per week per school, for 8 weeks. May to June / March to April

- Only schools in a 3 mile radius from YWCA will participate. This will reduce cost and logistics issues.
- This includes any four of these schools: Caanan High School, Pallotti High School, Nazareen High School, E.P.Yorke High School, St. John's High School, St. Catherine Academy
- Students will be required to complete a Learn-to-Swim application, which will serve as a consent form signed by parents/ guardian and kept on file at YWCA.
- Transportation will be provided for students. A maximum of 25 from each school

3. Water safety sessions for 15 teenage mothers, who are enrolled in an alternative program/community outreach program in Belize City. Participants would have to be actively enrolled in organizations such as Youth Enhancement Service (YES), Port Loyola Organization of Women (PLOW) or be active participants with the Women's Department or the YWCA Adult Skills Training courses.

They will fill out consent forms and register with YWCA for the lessons. They will learn water safety and if they show interest in learning to swim, YWCA would look at organizing a separate learn to swim session for these teenage mothers.

4. Swim Meet for 80 students from both the primary and high school Learn-to-Swim Programmes.

- At the end of the programme, a swim meet will be organized where the students will compete to showcase their skills. There will be a primary and a high school meet.
- Trophy will be presented to the first place school and certificates and ribbons will be presented to schools and individuals for participation and outstanding performances.
- The trophy will pass from school to school based on how the schools perform from year to year. The motive is to develop healthy swimming competition between schools in Belize. The same way there are basketball and volleyball inter-school competition, YWCA wants to promote swimming as a competitive sport in schools.

5. Swimming Lessons for 15 disadvantaged children during the summer.

- Many disadvantaged children from the community and church groups cannot afford to pay for swimming lessons. YWCA will provide, as it has in past years, 15 swim scholarships under the Fiona Stevenson Foundation.

6. 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.

7. 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.

8. Training for 15 Lifeguards/Swim Instructors

- This is a ten-day training that will be done in two parts, as follows:
 1. Training on swimming skills & techniques, water entries, passive and active saves back-boarding and spinal injuries.
 2. 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.

9. Training of 10 high school teachers as lifeguards

YWCA believes that schools should have a lifeguard on their staff. There was a most unfortunate and fairly recent incident where a high school student at a private school/class function drowned and there was no lifeguard at the event.

YWCA believes if schools have certified lifeguards on their staff, they can more readily engage their services for functions organized by students or by the schools.

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D. Programme Outcomes

Expected Outcomes for Learn-to-Swim Programme:

At the end of the Learn-to-swim training, participants will be knowledgeable about and would have accomplished the following:

- Rhythmic breathing
- Front, back and jellyfish float
- Turnover 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

Expected Outcome for Lifeguard / Swim Instructors Training:

At the end of the Lifeguard and Swim Instructor training, young men and women and teachers will:

- Become strong swimmers
- Be informed/versed about water safety

- Acquire knowledge needed to teach swimming
- Acquire knowledge necessary to be certified as lifeguards
- Be able to perform Swim Instructor and Lifeguard duties.

E. BUDGET

Activity	Description	Request
1. Swimming lessons for 100 children from five (5) primary schools	Training: 100 x \$40/persons	4,000.00
1b. Transportation for 100 students from primary and high schools (this is an estimate)	Transportation: 100 students @ \$2 x 25 trips	5,000.00
2. Swimming lessons for 100 students from 4 high schools Keeping the schools within a 3 mile radius will reduce transportation cost and still reach a wide cross section of schools.	Training: 100 x \$40/student	4,000.00
3. Water safety session for 15 teenage mothers	Training: 15 x \$10 x 2 sessions	300.00
4. Swim Meet for 200 students: Primary School & High School students	Snacks: 200 Certificates/ribbons Trophy(1)	800.00 300.00 180.00
5. Swimming lesson for 15 disadvantage children from the community.	Training: 15 x \$20/person	300.00
6. Swimming lessons for 15 disadvantaged children during the	Training :	

summer from Dorothy Menzies Childcare Center	15 x \$10 x 2 session	300.00
7. 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
8. Training for 15 Lifeguards and Swim Instructors	Training: 15 x \$40/person	600.00
9. Training of 10 teachers as Lifeguards	Training: 10 x \$40/person	400.00
Total		BZ \$16,600.00