

YWCA Learn to Swim 2018 Report

Period Covered: June 2018 – January 2019

A. Background

With financial support from the Fiona Stevenson Foundation, YWCA was once again able to provide vital life skills to over young persons from primary schools and high schools. “The Fiona Stevenson Programme” continues to attract much attention and appreciation 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 continue to provide many young men and women with skills to be certified as lifeguards and swim instructors.

B. Programme Visibility Plan :

Media covered Fiona Stevenson programme in 2018; YWCA made appearances on the local morning/evening radio/TV programs “Mek Wave and Lik Road” and “Open Your Eyes”; YWCA posted updated on our FB page.



C. Project Activities

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

Name of School	Number of Lessons	Number of students who attended the Course	Students at the start who feared water and could not swim	Students at the start who did not fear water but could not swim	Students at the start who could swim a little	Number of students who completed the course	Non swimmers who learned to swim	Number of students at the end who can swim
*Special Needs School								
St. Joseph (Cadet)	8	1	1	0	0	1	1	1
Unity Presbyterian Primary School (Cadet)	8	12	8	0	4	12	12	12
St. John Vianney (Cadet)	8	12	6	0	6	12	12	12
Grace Primary (Cadet)	8	2	2	0	0	2	2	2
YWCA HELP girls	8	17	8	9	0	17	17	17
Muslim Community Primary School (Cadet)	8	15	15	0	0	15	15	15
St. Catherine Academy	8	21	0	17	4	21	21	21
Friends Boys School	8	14	0	8	6	14	14	14
Queen Square Anglican Primary School (Cadet)	8	9	9	0	0	9	9	9
Total	72	103	49	34	20	103	103	103



SWIM INSTRUCTORS: Noah Usher, Jeovannie Collins, Chiharru Yuki, Lawnie Leslie

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

Note: High Schools are scheduled for the first quarter of 2019. They will be completed by end of March 2019.

3. Water safety sessions was conducted for 15 teenage mothers, who are enrolled in an alternative program/community outreach program in Belize City.

Ms. Jeovannie Collins conducting Water Safety sessions for teenage mothers from Youth Apprenticeship Program.



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

Note: Will be done in March/April 2019.

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 provided, 15 swim scholarships under the Fiona Stevenson Foundation.



6. Swimming Lessons for 15 children of Dorothy Menzies Childcare Center and 15 children from Liberty Foundation, during the summer.

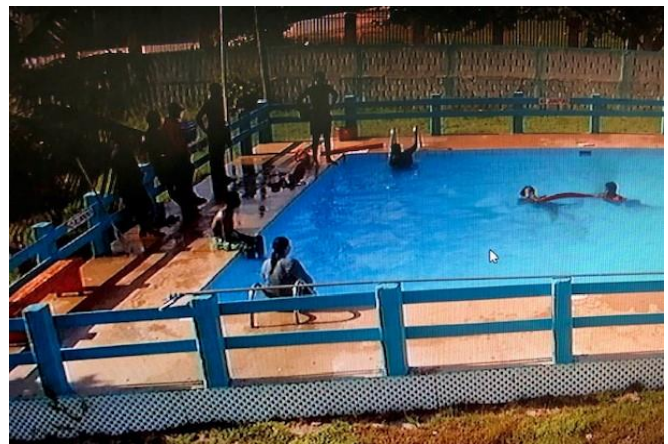
The 30 children were invited to 2 sessions of the Learn-to-Swim Programme during the summer.



7. Training for 15 Lifeguards/Swim Instructors

This training was done in two parts, as follows: Training on swimming skills & techniques, water entries, passive and active saves back-boarding and spinal injuries; and Special training for the participants to include best practices for teaching.

Personnel from the Belize Red Cross conducted the First Aid Training Course for the instructors and lifeguards. Theory and practical exams were given at the end of the training. Certificates were issued to successful participants.



8. Training of 10 high school teachers as lifeguards

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

This training is scheduled for week of February 4, 2019 !

D. Programme Outcomes

Expected Outcomes for Learn-to-Swim Programme:

At the end of the Learn-to-swim training, all participants learnt: Rhythmic breathing, Front, back and jellyfish float, to turnover in the water, to jump into the water, front and back float with kick , were introduced to front crawl stroke, learnt to tread water (intermediate swimmers) , water safety awareness ; to swim.

Expected Outcome for Lifeguard / Swim Instructors Training:

At the end of the Lifeguard training all participants: Acquired knowledge necessary to be certified as lifeguards and perform lifeguard duties.

At the end of the swim instructor training all participants: Become stronger swimmers and were informed about water safety. Acquired knowledge needed to teach swimming.

E. BUDGET

Activity	Description	Request
1. Swimming lessons for 100 children from five (5) primary schools Completed	Training: 100 x \$40/persons	4,000.00
1b. Transportation for 100 students from primary and high schools (this is an estimate) 20 Trips completed	Transportation: 100students @ \$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. In progress	Training: 100 x \$40/student	4,000.00
3. Water safety session for 15 teenage mothers Completed	Training: 15x\$10x2 sessions	300.00
4. Swim Meet for 200 students: Primary School & High School students Pending	Snacks: 200 Certificates/ribbons Trophy(1)	880.00 300.00 180.00
5. Swimming lesson for 15 disadvantage children from the community. Completed	Training: 15 x \$20/person	300.00
6. Swimming lessons for 15 disadvantaged children during the summer from Dorothy Menzies Childcare Center Completed	Training : 15x\$10x2 sessions	300.00
7. Two swim days for 15 children from Liberty Foundation. Liberty is about 12 miles from Belize City Completed	Training: 15x\$10x2 sessions Transportation: \$60 per trip x 2 trips (to/from)	300.00 120.00
8. Training for 15 Lifeguards and Swim Instructors Completed	Training: 15 x \$40/person	600.00
9. Training of 10 teachers as Lifeguards Scheduled to start February 4, 2019	Training: 10 x \$40/person	400.00
Total		BZ \$16,600.00