

YWCA Fiona Stevenson Foundation Swim

Programme Report 2015

The support from the Fiona Stevenson's Foundation has once more provided a free swim programme to over 300 children. The successful program attracted children and youth from 12 primary schools, children from Dorothy Menzies Childcare Centre, Liberty Children's Home, YWCA Helping Early Leavers Programme (HELP), and children from low income families. This program received much recognition from the various schools that were invited to be a part of the programme, the National Sports Council, the media, and the community.

Twelve Primary Schools with a total of two hundred thirty-four students (234) participated in the 8 weeks Learn to Swim Programme. They were: Central Christian, Belize Friends Boys School, Stella Maris, Muslim Community, Trinity Methodist, St. John's Anglican, St. Luke's Methodist, Calvary Temple, Ephesus S.D.A., Buttonwood Bay Nazarene, Salvation Army, and Wesley Upper.

The Swim Meet that was held at the end of the 8 week programme was an exciting time for the Y and the schools. This activity encourages the students to work even harder on their swim skills so that they can perform well at the meet. The principals, teachers and students who gathered together and cheered on their school were a welcoming sight.

27 Young men and women participated in the training of Lifeguards and Swim Instructors. First Aid and Leadership Skills trainings are incorporated in the trainings. All participants are certified by the Belize Red Cross. These instructors play a key role in assisting the Y in the Learn to Swim Programme and during the YWCA Summer programme where they continue to teach more toddlers, children, young adults, and adults to swim. This programme attracted two youth from Belmopan who are now trained Instructors and Lifeguards. For the first time we were able to have Summer Swim Programme in Belmopan. These committed youth work with other youth groups, high schools, church groups and community groups. These trainings have provided income which has assisted many of them to stay in school as it helps to pay their school fees.

Over 30 underprivileged children from various parts of Belize City were given the opportunity to take part in the Learn to Swim Programme during the summer. Many of these children that participated did not know how to swim and at the end of the three-week programme they received certificates ranging from Goldfish, Snapper, and Intermediate. Their parents were very much appreciative of this kind gesture as they acknowledged that their children either did not know how to swim or improved on their swimming techniques.

35 children from Liberty Foundation participated in 3 sessions of the Learn to Swim Programme during the summer.

20 children from the Dorothy Menzies Childcare Center also had the opportunity to be a part of the two week swim programme.

Outcome for Learn to Swim Programme

At the end of the swim training students were be able to accomplish the following:

- 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

Outcome for Lifeguard and Swim Instructors Trainings

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

- Became stronger swimmers
- Were informed about water safety
- Acquired knowledge to teach swimming
- Acquired knowledge to be certified as lifeguards
- Were able to perform Swim Instructor and Lifeguard duties

Outcome for Water Safety Instructions in Schools

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

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 234 children from ten schools Transportation for 100 students	Training: 234 x \$40/persons Transportation 100 students x 20 trips @ \$2	9,360.00 4,000.00
2. Swim Meet for 234 Primary school students	Snacks: 234 x \$5/person Medals and Trophies	1,170.00 400.00
3. Swimming lessons for 30 disadvantaged children during the summer	Training : 30 x \$30/person	900.00
4. Three swim days for 35 children from Liberty Foundation during the summer Liberty is about 12 miles from Belize City	Training and transportation: 35 x \$10 x 3 sessions Transportation: \$100 per trip x 3 trips (to/from)	1,050.00 300.00
5. Swimming lessons for 25 children from Dorothy Menzies Childcare Center for two weeks during the summer	Swimming for 25 x \$20/person	500.00
6. Training for 27 Lifeguards and 20 Swim Instructors	Training: 27 x \$50/person	1,350.00
7. Water Safety Instructions in schools	Transportation Hand-outs	505.00
8. Extra Swim Lessons for Stella Maris (School for the handicap)	Swimming for 25 x \$20/person	500.00
Total		20,035.00