

Update



September 2005

Welcome to the second SwimJamaica update. Having completed our first summer programme we are now preparing for the start of our third term.

The Vision of SwimJamaica is to provide opportunities for every Jamaican to learn to swim.

The Programmes we aim to achieve this vision through the continued development of three programmes

1. Children's Programme
2. Adult Programme
3. Career Development Programme

You can read about each of the programmes below.

1. SwimJamaica Children's Programme

The emphasis is on a high quality learn to swim programme that is safe, fun and accessible to all. Students (in groups of eight) are taught the basics of competitive swimming, first aid, lifesaving, synchronised swimming & water polo.

Structure of the programme

The programme has seven levels. A level has 20 lessons over ten weeks. At the start of a level students are given a SwimJamaica t-shirt. On passing the test at the end of a level, students are awarded a certificate.

News

The new term commences on Monday September 19. We are looking forward to seeing our regular schools and welcoming new schools. All our school places are full, however there are spaces still available in our new private lessons (starting at 2.10pm and 3.15pm).



Two of the four level posters for the Children's Programme developed since the last Update

2. SwimJamaica Adult Programme

As with the Children's programme, the emphasis is on a high quality learn to swim programme that is safe, fun and accessible to all.

Structure of the programme

Each student receives a skills record card with 70 skills listed, for example, starfloat with an aid for 5secs, perform a feet first scull for 10m, swim 100m freestyle in less than two

minutes. The style of the lessons are suitable for complete beginners and more advanced swimmers.

News

Following the successful pilot of the programme and launch over the summer, we are offering three classes this coming term (6-7am, 1-2pm & 6-7pm on Wednesday). We currently have spaces available.

3. SwimJamaica Career Development Programme

One of the goals of SwimJamaica is to provide career development and training for the instructional team.

Structure of the programme

There are three Instructor training courses

- Assistant (*qualified to assist an instructor*)
- Trainee Instructor (*qualified to instruct levels 1 & 2 of the Children's programme*)
- Instructor (*qualified to instruct both learn to swim programmes*)

News

To date we have run one Assistant, four Trainee Instructor and one Instructor Course. We will be running each of the courses within the coming term.



Sponsorship

Inner city

A goal of SwimJamaica is to enable swimming to be accessible to all by sponsoring those within the inner city. SwimJamaica has been sponsoring 60 students to attend from Trench Town. To enable more students to have this opportunity we are seeking sponsorship.

News

- We thank Sun Island for their ongoing donation of children's t-shirts and staff uniforms
- In November, one of our international supporters, Dr. Brad McRae is visiting Jamaica to give a two-day seminar on the Seven Strategies of Master Negotiators. We are very grateful to Brad for offering to donate all proceeds to SwimJamaica.

SwimJamaica, National Stadium Pool
Independence Park, Kingston 6
Tel: (876) 926-1514 (876) 881-5334
Email: info@swimjamaica.com www.swimjamaica.com

SwimJamaica is the official learn to swim programme of the Swimming Association (ASAJ)