



Press Release

April 23, 2007

For immediate release

SwimJamaica commences lessons in the sea with students passing level three

SwimJamaica is expanding learn to swim classes on the north coast with lessons taking place at Puerto Saco Beach, Discovery Bay. Since last summer SwimJamaica Instructors Joyce White and Damian Dowie have been leading swimming lessons in a pool at Sea Crest Housing Scheme. Over 40 children have joined classes and taken levels one and two of the SwimJamaica Children's Programme. The focus of these initial levels is on gaining water confidence and learning basic swimming skills.

As the students progressed so quickly through the initial levels, the swimming pool soon became too small and shallow for the swimmers. As a result this year, Joyce and Damian started teaching level 3 of the Children's Programme in the sea at Puerto Seco Beach.

At the end of term Cath Moore (SwimJamaica's Technical Director) tested ten children for level 3 of the SwimJamaica Children's Programme at the Beach. To pass the test and move to level four children have to

- Swim 25 meters freestyle
- Breaststroke kick for 10 meters
- Perform a sitting dive
- Perform a reaching and throwing lifesaving rescue
- Swim 10 meters backstroke
- Butterfly kick for 5 meters
- Tread water for 30 seconds
- Swim underwater

All children performed outstandingly and seven will go onto level four. Joyce and Damian were thrilled with the progress the children had made through the term, Joyce says, "It's been hard work finding a suitable space in the sea, marking out a swimming lane and floating a diving platform but to see the children perform so well in the water is a great reward. I am looking forward to taking children right through to level 7 [SwimJamaica's top level]."

SwimJamaica was launched in January 2005 with a vision to 'get Jamaica swimming'. One of the goals to make 'swimming accessible to all.' Peter Moore, SwimJamaica's Business Co-ordinator comments, "I am so pleased that SwimJamaica lessons are successfully taking place in the sea. I hope that the model in Discovery Bay can be used in other coastal areas around Jamaica."

As the SwimJamaica programme enters the third year, 1,200 persons are registered for lessons within the Adult, Children and Toddler Learn to Swim Programme and over 21 instructors are employed after receiving training through the Career Development Programme.

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Photographs and captions

(Photographs available as higher resolution JPEG's)



Children receiving SwimJamaica certificates from Joyce White & Damian Dowie in at the pool, Discovery Bay



Students performing a sitting dive for the Level 3 test at Puerto Seco beach



Joyce White, Damian Dowie & Cath Moore with some of the swimmers at Puerto Seco beach