

## SwimJa going well

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The Amateur Swimming Association of Jamaica's (ASAJ) SwimJamaica programme continues to make waves as they conducted their first lessons outside of the Corporate Area, in Discovery Bay, St. Ann.

Launched in January 2005, the objective of the programme has been to facilitate the development of the sport from the grass roots by making it more accessible to the general public.

When the programme began there were only 50 swimmers on board, but now there are over 350 which are registered during the school term, half of whom are sponsored from inner-city communities, with over 14 instructors employed within five pools across Kingston.

Two of the instructors who graduated from the recent summer programme, Joyce White and Damion Dowie, recieved trainee instructor qualifications and began a pilot franchise of the Children's Programme at Seacrest Housing Development, Bridge Water Gardens, Discovery Bay.

lot of excitement

"It's been going really well so far, they have really small numbers so far but they have generated a lot of excitement with regards to the programme," said SwimJamaica technical adviser Catherine Moore.

"We have also continue to see a lot of progress here in Kingston, we have 14 instructors who have qualified from the top training course and quite a number of swimmers who are almost at the highest level, so things have been coming along nicely," she added.

The structure of the programme sees three courses of lessons being offered, with each course comprising 10 one-hour lessons that work through a level of the SwimJamaica Children's Programme. The programme is structured and also teaches water safety and lifesaving.

A small group of six students recently passed level 1 of the Children's Programme and received certificates. Summer lessons continue until August 25 and will resume with the new school term.