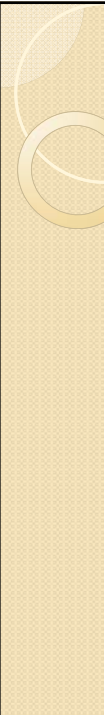





Learn to Swim

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Goals and Expected Outcome(s)



- Thrive! Direction # 2 - Skills and Knowledge:
 - *To increase physical education and physical literacy.*
- Thrive! action page 38:
 - *Promote efforts to develop physical literacy in sport and recreation programs. ... **We will develop plans to provide every child with an opportunity to learn to bike and swim.***

Swim to Survive



- Partnership with the Lifesaving Society NS to offer **Swim to Survive**
- Targeted to **Grade 3's** during school year
- Three pool sessions to learn three skills:
 - ROLL into deep water
 - TREAD water (1 min.)
 - SWIM (propel) 50 m
- Three classroom sessions:
 - Swim with a Buddy
 - Check the Ice
 - Wear a PFD

Lifesaving Society of NS

- We provide LSS with a grant to administer the program.
- LSS coordinates **ALL** aspects of the program
- LSS makes contact with:
 - individual schools,
 - aquatic facilities and instructors,
 - and arrange bussing.
- They have hired a program coordinator in the LSS office



Costs

- All costs associated with offering this program are covered by Thrive!
 - Sometimes a pool will donate time or provide at a reduced cost
 - Sometimes a school board will donate/match the bus cost or provide a reduced cost
 - Sometimes volunteers are used



How is it going?



- There are nearly 8,000 Grade 3 students
- 800 students from Grade 2 or 4 (in split classes)
- 274 schools across 7 School Boards (including CSAP)
- In 2013-14 school year, reached nearly 70% of Grade 3's
- In 2014-15 school year we hope to reach 80%
- LSS has the capacity to provide this program to every school, which is the long term goal



Challenges

- Not all schools wish to participate
- Some schools do not wish to continue from year to year
- There are rural areas of the province where a school and pool are not in close proximity
- Spring is most popular season
- School year and fiscal year do not line up



Key Messages

- This is NOT a public grant program
- It is a partnership with an outside agency (Lifesaving Society of NS) to deliver a program
- The target is to reach 100% of Grade 3's in NS, each year
- The overall goal is to expose children to swimming at an early age to increase the chance that they might use swimming throughout their lives to be physically active

Questions?



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