



BOX 73  
ROCKPORT, TEXAS 78381  
361-727-0169

October 28, 2011

Texas Rural Communities, Inc.  
Attn: Sandra Tenorio  
168 Cimarron Park Loop  
Buda, Texas 78610

Dear Ms. Tenorio:

It is with great pleasure that we send our proposal for an Impact Grant to you from The Friends of the Pool, Incorporated, our 501(c)(3) non-profit corporation. Our mission is to make sure every child, adult and visitor in our community has the opportunity to learn to swim at our Community Aquatic Pool which is open year round.

We were proud to be a co-sponsor of the Odyssey Afterschool Grant you awarded last year for their swim programs. Building on that project gives us an opportunity to grow swimming opportunities for more children in this beautiful rural community. We hope you find that your organization and "Friends" share common goals and we can work towards them together.

We thank you for this opportunity to work with you and for the continuing fine work you do in our community.

Sincerely,

Patricia S. Hopper  
Director

"Helping All Our Children Learn How to Swim"  
at  
Community Pool...2001 Stadium Drive, Rockport, TX 78382  
361-727-9989

## **PROGRAM SUMMARY:**

### **Friends of the Pool Mission:**

#### **TO MAKE SURE THAT ALL PEOPLE IN OUR COMMUNITY HAVE THE CHANCE TO LEARN TO SWIM!!**

Friends of the Pool believe in the value of swimming for people of all ages and that it benefits them throughout life. Our community is surrounded on 3 sides with bays and faces a unique challenge. The economy in the Rockport/Fulton area focuses on fishing, boating, shrimping and water-related tourism. Our citizens especially need to know how to swim and keep ourselves safe in and on the water. As is the case in many rural communities, with our struggling economy, our pool faces a fiscal challenge to remain open year round.

In identifying the need for water safety swim programs, several conditions are contributing factors:

- Our community is on a peninsula surrounded on 3 sides with bays
- No swimming is taught in public or private schools, in school PE classes or for homeschoolers
- The cost of swim lessons is out of reach for a large percent of underserved low income families
  - 68 – 75% of Aransas County school children are on free or reduced lunch
  - residents in Aransas County with income below poverty level is 19.9% vs. Texas 15.4%
  - Aransas County is an ethnically diverse, underserved rural community with the following populations: White 71.3%; Hispanic 22.6%; Asian 2.8%; Black 1%
- We face health challenges for all ages
  - High rates of health risk:
  - Adult diabetes 10.7%
  - Adult Obesity 26.6%
  - Low income preschool obesity 23.3%

Friends of the Pool addresses those needs by proposing the following programs for a total Impact Grant request of \$12,109:

#### **YOUTH SWIM PROGRAM:**

**JUNIOR WATER SAFETY PROGRAMS**– Spring, Summer & Fall Water Safety Lessons

**MIDDLE SCHOOL 6<sup>TH</sup> GRADE PE SWIM CLASSES** – Solidify and instruct swim classes for all 6<sup>th</sup> graders

**SWIMMING LESSON SCHOLARSHIPS** – Provide 10 swim lesson scholarships to children

**SWIM PROGRAM COORDINATOR** - Plans, organizes and conducts above programs

**WATER SAFETY INSTRUCTOR TRAINING** - : 1 Water Safety Instructor Trainer is qualified and at least 2 Water Safety Instructors

**Contact:** Patricia Hopper, Director, 1100 N. Wood Street, Rockport, Texas 78382.

361-727-0169... patriciahopper29@yahoo.com

**IMPACT GRANT PROPOSAL TO:**  
Texas Rural Communities, Inc.  
From Friends of the Pool, Incorporated

Section I: Contact Information: Patricia Hopper, Director  
1100 North Wood Street  
Rockport, Texas 78382  
361-727-0169  
[patriciahopper29@yahoo.com](mailto:patriciahopper29@yahoo.com)

Friends of the Pool, Incorporated, P.O. Box 73, Rockport, Texas 78381

**Section II: Organizational Description**

Friends of the Pool came into being as a volunteer organization in the spring of 2010 when the City of Rockport announced plans to convert the Community Aquatic Pool into a "summer only" facility. In January 2011, we became a non-profit, 501 (c)(3) corporation with over 100 members to help develop youth and adult swim programs at the Community Pool for residents and visitors of Aransas County. Our mission is:

**TO MAKE SURE THAT ALL PEOPLE IN OUR COMMUNITY HAVE THE CHANCE TO LEARN TO SWIM!!**

Friends of the Pool believe in the value of swimming for people of all ages and that it benefits them throughout life. Our community is surrounded on 3 sides with bays and faces a unique challenge. The economy in the Rockport/Fulton area focuses on fishing, boating, shrimping and water-related tourism. Our citizens especially need to know how to swim and keep ourselves safe in and on the water. As is the case in many rural communities, with our struggling economy, our pool faces a fiscal challenge to remain open year round.

**In our first year, we made a strong impact on the swim programs at the Community Pool. New swimming opportunities were introduced to our citizens, both youth and adult. We also reinstated PE swim classes in the public Middle School when funds were not available through the school budget process. This first year has set up a driving momentum for continued unique program success.**

**YOUTH SWIM PROGRAMS**

1. **Odyssey Junior Water Safety Program** (FOP grant co-sponsor) 24 students participated spring and fall 2011 (funded by TRC Grant)
2. **Odyssey Open Swim Program** – 200 children participated spring and fall (funded by TRC Grant)
3. **P E Swim Classes for Rockport/Fulton Middle School-** Reinstated swim classes for twenty-eight 6<sup>th</sup> grade students in Middle School in Fall 2011. Classes ran for 6 weeks, 4 days each week.
4. **1700 Swim Lesson Flyers** – printed/distributed to all children in local public & private elementary schools. Assisted in coordinating and instructing summer swim lessons.

**RESULT: Summer Swim Lessons: 2011: 250 students  
2010: 160**

**5. PROMOTION:**

- \* 500 color brochures designed/ printed
- \* 1000 flyers – printed/distributed in 2010 to RV parks, restaurants, businesses

**RESULT: Passes sold Summer 2011: 97  
Summer 2010 : 46**

**6. With Friends' efforts, for the first time in recent history the pool is in the black after the 3<sup>rd</sup> Quarter**

<u>3<sup>rd</sup> qtr. 2011</u>	<u>3<sup>rd</sup> qtr. 2010</u>
\$16,711	(\$15,084)

**7. LOW IMPACT AEROBICS** - designed especially for those not able to participate in our existing Deep Water Aerobics class due to joint pain, sports injuries, orthopedic injuries, weight problems, movement limitations, lower-back pain diseases including diabetes, muscular dystrophy, Parkinson's Disease.

**8. SWIM PROGRAM COORDINATOR: Provided and funded by FOP.**

"Friends" has recruited a Swim Program Coordinator to teach, organize and monitor this and other Youth Swim Programs at the Community Aquatic Pool.

**SECTION III: Program Description**

In identifying the need for water safety swim programs, several conditions are contributing factors:

- Our community is surrounded on 3 sides with bays
- No swimming is taught in public or private schools, in school PE classes or for homeschoolers
- The cost of swim lessons is out of reach for a large percent of underserved low income families
  - 68 – 75% of Aransas County school children are on free or reduced lunch
  - residents in Aransas County with income below poverty level is 19.9% vs. Texas 15.4%
  - Aransas County is an ethnically diverse, underserved rural community with the following populations: White 71.3%; Hispanic 22.6%; Asian 2.8%; Black 1%
- Nearly six out of 10 Hispanic & African American children are unable to swim, nearly twice as many as their Caucasian counterparts. The key indicator in this was not race, but family. Parental fear is a major contributor to a child's swimming ability.
- We face health challenges for all ages
  - High rates of health risk:
    - Adult diabetes 10.7%
    - Adult Obesity 26.6%

Low income preschool obesity 23.3%

Rockport community boasts large population of retired and elderly adults who face all the challenges of aging bodies

Friends of the Pool addresses those needs by proposing the following programs:

### **1. YOUTH SWIM PROGRAMS:**

Friends of the Pool Youth Swim Programs target the following groups in our community:

- Private School Children including Child Day Care Programs
- Homeschoolers
- Children ages 3 – 5
- Public Schoolers - 1<sup>st</sup> – High School

Components of Youth Swim Programs: **JUNIOR WATER SAFETY PROGRAM** and **MIDDLE SCHOOL PE CLASSES FOR 6<sup>TH</sup> GRADES** and **SWIMMING LESSON SCHOLARSHIPS**

**A. JUNIOR WATER SAFETY PROGRAM:** is a 6 part course, for groups of 12 students, designed to teach basic pool safety, water rescue skills and emergency protocol. Lessons are grouped into five main areas: Prevention, Swimming Skills, Response, Leadership and Rescue. The program will be offered in the spring, fall and summer of 2012 and is taught by qualified Red Cross Water Safety Instructors. In addition to the safety instruction, regular water exercise routines are performed each session, increasing strength, stroke techniques and swim skills.

Friends of the Pool Youth Swim Programs will achieve the following goals:

1. Promote healthy lifestyle habits by engaging children in physical activity, improving cardiovascular and physical fitness, increasing strength and reducing weight
2. Provide children with instruction to develop the skills to be strong, capable swimmers. We will work with parents to address the problem of parental fear of swimming
3. Provide children with opportunities to develop leadership skills, confidence, and respect for themselves and others
4. Increase children's potential to enjoy water recreation, including swimming and boating, on local bays and waters throughout their lives

**B. MIDDLE SCHOOL PE SWIM CLASSES FOR 6<sup>TH</sup> GRADE (1)** Solidify swim program for twenty-eight 6<sup>th</sup> grade students in Middle School. Incorporating swimming into school physical education enables students to swim every day. We targeted Middle School students as the first project. These particular students are comprised of 6<sup>th</sup> graders who have not chosen to participate in any sport and wouldn't do much athletic at all if not in class. Many of them have poor successful role models and are at an age when they may soon be counted by many as future failures. We know swimming accomplishes so much more than learning strokes. It teaches team work, cooperation, following instructions, strengthens social interaction, confidence, and helps fight the current problems of

obesity and childhood diabetes. Our first session this fall was a great success and we hope to build on it next year.

**(2) A "PRE-ATHLETIC PROGRAM" will be offered which provides swim training to all 200 Middle School students for 2 weeks during the school year.**

### **C. SWIMMING LESSON SCHOLARSHIPS**

Provide scholarships for half the cost of swim lessons to qualified students and families during spring holidays and summer vacation

### **D. SWIM PROGRAM COORDINATOR**

Plans, organizes and conducts above programs which meet stated outcomes

## **2. WATER SAFETY INSTRUCTOR TRAINING**

GOAL: Provide Red Cross Certified Water Safety Instructor- Trainer and additional Water Safety Instructors to support increased swim programs and increase number of trained lifeguards.

Water Safety Instructor (WSI) - Qualified to:

1. Train lifeguards providing work opportunities to teens
2. Teach classes

Water Safety Instructor – Trainer (WSI-T) – Qualified to:

1. Train and Certify Water Safety Instructors
2. Obligated for at least 2 years to be available for teaching lessons at our pool

There are no Water Safety Instructor –Trainers or Red Cross Water Safety Instructor - Trainer Classes available in Aransas County. Trainees must obtain this 32 hour certification in Corpus Christi. We propose to provide this instruction through the Corpus Christi Red Cross to an individual over 18 from our pool. Once trained and certified, this individual will be qualified to train additional Water Safety Instructors in Aransas County to support new swim programs planned for our Community Aquatic Park and other water parks in the area. Programs utilizing WSI Instructors are:

Children and Adult Swim Classes, PE and School Swim Instruction, Lifeguard Training; Aerobic Classes, Special Olympics Classes

### **PROPOSED OUTCOMES:**

#### **1. YOUTH SWIM PROGRAMS:**

##### **JUNIOR WATER SAFETY PROGRAM:**

1. At least 3 under-served community groups enroll students in spring, fall and summer Junior Water Safety Sessions
2. After completing the 6 week courses, 24 children demonstrate water safety skills including basic pool safety, water rescue skills and emergency protocol

**MIDDLE SCHOOL PE SWIM CLASSES FOR 6<sup>TH</sup> GRADE:** Solidify and instruct swim classes for twenty-eight 6<sup>th</sup> grade students in Middle School for one 6 week session as part of their PE classes and a "pre-athletics swim program" for all 6<sup>th</sup> Graders

**SWIMMING LESSON SCHOLARSHIPS:** provide 10 swim lesson scholarships to children who complete 8 lesson sessions

**SWIM PROGRAM COORDINATOR:** Plans, organizes and conducts above programs which meet stated outcomes.

**WATER SAFETY INSTRUCTOR TRAINING:** 1 Water Safety Instructor Trainer is qualified and at least 2 Water Safety Instructors

**BUDGETS**

**JUNIOR WATER SAFETY PROGRAM**

This program is a six part course for 12 students designed to be held during the school year, and is also appropriate for summer.

The budget is designed around a program that:

Serves 3 groups of 12 students

Each group meets for 1 class per week for 1 hour (can be held during School hours)

Spring, summer and fall courses: 6 sessions each

	<b>COST</b>	
<ul style="list-style-type: none"> <li>• 36 children @ \$3 daily per child for 1 day per week for 18 Sessions</li> </ul>	1,944	
Instructor: 3 groups for 18 sessions @\$25 per session	1,350	
Bus Transportation to Community Aquatic Park (24 trips @ \$20 per trip; assume only for 2 sessions)	, 480	
<b><u>TOTAL</u></b>		<b>3,774</b>

**MIDDLE SCHOOL 6<sup>TH</sup> GRADE PE SWIM CLASSES**

One 6 Week Session: 28 6<sup>th</sup> Grade Students – 1 Class per day

Cost: 25 days x \$2.00 Pool Entry x 28 students	1,400	
25 days x \$25/day for Swim Instructors	<u>625</u>	
<b>COST FOR ONE SESSION</b>		<b>\$ 2,025</b>

Pre-athletics 6<sup>th</sup> Grade Program for 200 students

200 students x \$2.00 Pool Entry x 8 days

16 days x \$25/day for Swim Instructors

**COST FOR 200 PRE-ATHL. STUDENTS** **\$ 3,600**

**TOTAL COST FOR MIDDLE SCHOOL PROGRAM** **5,625**

**SWIMMING LESSON SCHOLARSHIPS – 10 @ \$25** **250**

**SWIM PROGRAM COORDINATOR** **2,000**

**WATER SAFETY INSTRUCTOR TRAINING**

WSI-Trainer Certification assistance (Course cost = \$300)

32 hours/2 weekend training course

Mileage to Corpus Christi training site = (4 trips)

WSI Certification assistance for 2 instructors

**TOTAL** **460**

**TOTAL GRANT PROGRAM COST** **\$12,109**