

## Diversity Report – Presidio Community YMCA

Pacific Swimming Diversity has been an ardent supporter of the Presidio Community YMCA's Waves for Change Program. The program supports 30 youth from Downtown High School in San Francisco. The Waves for Change Program provides essential swimming and water safety skills to underserved youth in the hopes of preventing drowning and diversifying the competitive sport of swimming. By partnering with the Downtown High School Wellness Office, we will be able to provide essential swimming skills necessary for youth to possibly advance to our Youth Swim Team or qualify for financial aid to continue swimming at the Presidio Y.

Our short-term project goal is to create a positive impact in the lives of underserved youth by teaching them swimming skills and introducing them to the world of competitive swimming. In the long term, we hope to impact underserved youth by creating a culturally and socio-economically diverse team and offering aquatic opportunities to youth traditionally left out of the sport.

Each 16-week semester, thirty youth will come to the Presidio Community YMCA's Letterman Pool to participate in a weekly, hour-long swim lesson. In hopes of diversifying our youth swim team, we will also introduce the concept of swimming as a sport to the youth participants, and offer financial aid for youth to become members of our Youth Swim Team.

The 30 graduates of the Waves for Change program will have a solid education in water safety, self-rescue, and will be able to swim 100 yards of freestyle, tread water for 2 minutes, and swim underwater for 15 yards. Ultimately, our goal is to develop a culturally and socio-economically diverse youth swim team.

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