



**NO MORE
UNDER**

2022

LEARN-TO-SWIM REPORT

Increasing Equitable Access to Swimming Lessons



OUR LEARN-TO-SWIM PROGRAMS

No More Under facilitates learn-to-swim programs to effectively serve children from underserved communities. We are not a swim school, rather, we connect all necessary elements to expand access to lessons. With support from donors and partners, No More Under covers the costs of the programs, including swimming materials and transportation, to remove financial barriers for participants. We believe everyone deserves to safely enjoy the wonders of the water.

An average of **900 children die** in the US from unintentional drowning each year.*

On average, in the US, one 30-minute group swimming lesson costs between \$30-\$40.*

PARTICIPATION IN FORMAL SWIM LESSONS CAN REDUCE THE LIKELIHOOD OF CHILDHOOD DROWNING DEATHS BY 88%.



COMPLETED PROGRAMS

Thanks to generous donations from the Harnish Family Foundation, Bacon Family Foundation, 100 Women Who Care, and individual donors, we were able to support five learn-to-swim programs in 2022. These programs focused primarily on youth from low-income families, in an effort to address racial and economic drowning disparities.

WATERBABIES

Number of Children Supported: 18

Duration and Frequency: 16 weeks, one lesson per week

Supported: [Bellwether Housing](#) families

Dates: March - May, 2022

SEATTLE PARKS AND REC, TANKPROOF

Number of Children Supported: 48

Duration and Frequency: Every day for the 5 days of Spring Break

Supported: [Bellwether Housing](#) families

Dates: April 11th - 15th, 2022

See the Lessons in Action: [HERE!](#)

MEREDITH MATTHEWS YMCA

Number of Children Supported: 54

Duration and Frequency: 8 weeks, one lesson per week

Supported: [Bellwether Housing](#) families

Dates: May - June, 2022

See the Lessons in Action: [HERE!](#)

TUKWILA POOL

Number of Children Supported: 46

Duration and Frequency: Every day for 4 days

Supported: [Bellwether Housing](#) and [Treehouse](#) families

Dates: August 29th - September 1st, 2022

BELLEVUE YMCA

Number of Children to be Supported: 32

Duration and Frequency: 4 weeks, two lessons per week

Supporting: [King County Housing Authority](#), [CIRC Living](#), and [Rainier Athletes](#) families

Dates: November, 2022



TOTAL SWIMMERS SUPPORTED:

196

THE DATA



OVERVIEW:

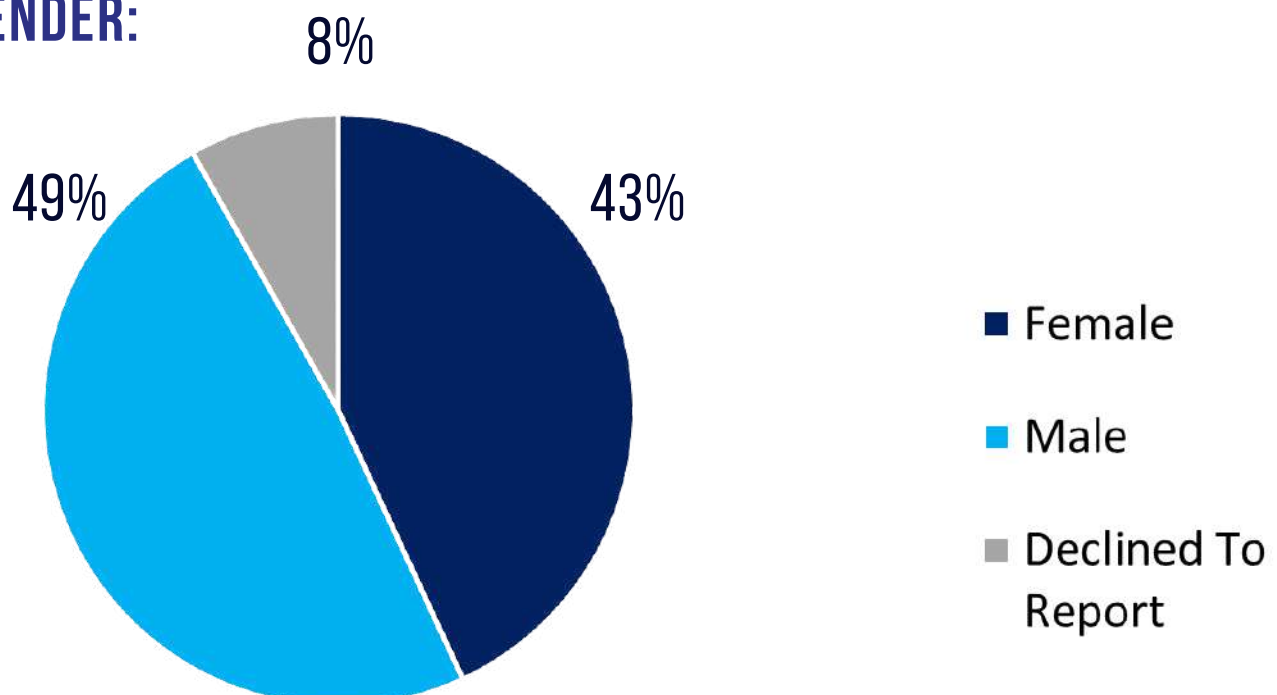
Nearly 60% of participants were between ages 5 and 10 years old

82% of participants were residence in low income or affordable housing

72% had no prior experience in formal swim lessons

Over 50% of participants identified as Black and/or African American

GENDER:



BACKGROUND:

82%

12%

7%

- Other
- Foster Care
- Low-income or Affordable Housing

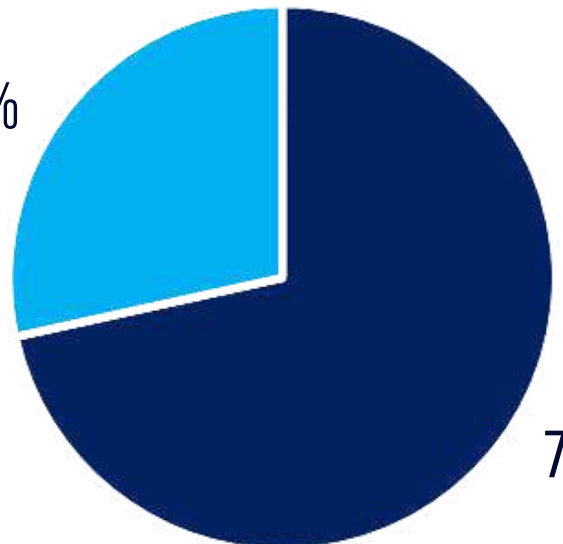


EXPERIENCE IN FORMAL SWIMMING LESSONS*

**Of the data reported (123 participants)*

- Never had formal lessons
- Had formal lessons

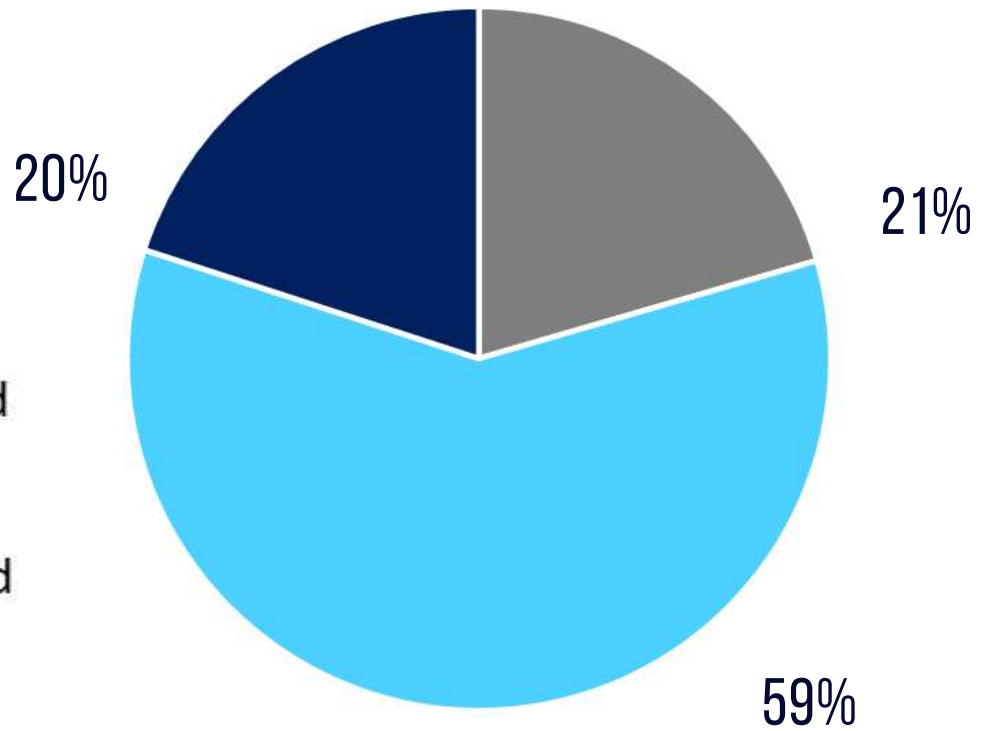
28%



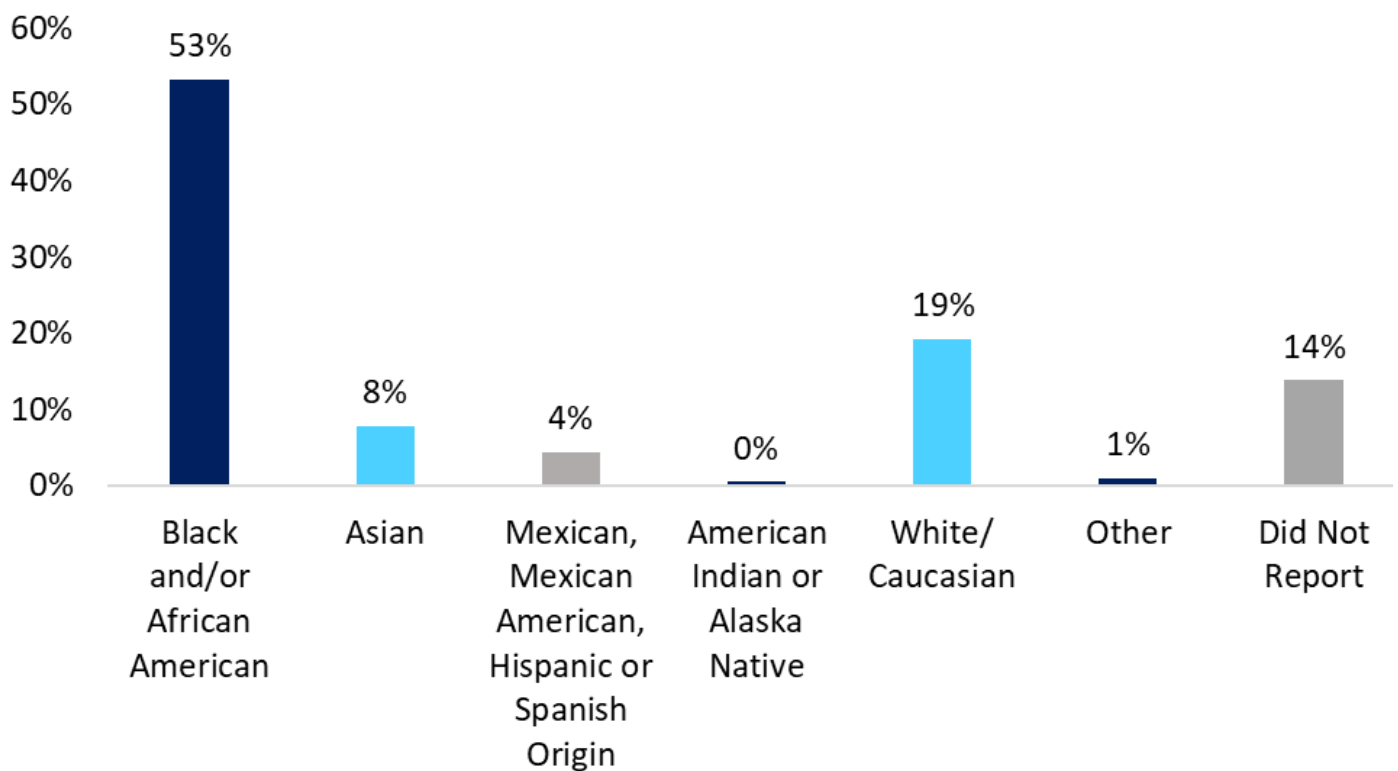
72%

AGE (IN YEARS):

- Below 5 years old
- 5 to 10 years old
- 11 to 16 years old



ETHNICITY



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*The demographics are as reported by the parents/guardians of the participants.

COSTS

	Cost per Lesson /Swimmer	Number of Lessons	Total Cost/ Swimmer (lessons, swimsuits, gas vouchers)	Number of Swimmers Supported	Program Cost
Waterbabies	\$30	16	\$560	18	\$10,080
Rainier Beach + Tankproof	\$30	5	\$215	48	\$13,420
MM YMCA	\$15.50	8	\$190	54	\$11,000
Tukwila	\$12	4	\$135	46	\$6,600
Bellevue YMCA	\$18	8	\$190	30	\$6,000
Total				196	\$47,100

COST BREAKDOWN

The costs involved with participating in swimming lessons extend beyond the costs of the actual lessons. Participants also receive free swimming materials (swim suits, goggles, caps), transportation aid (fuel cards or public transport vouchers), along with their swimming lessons. Below is a breakdown of the average costs to support a single child through one of our programs.

Direct swimming lessons	Swimsuit	Goggles	Gas Voucher	Total
\$155	\$25	\$15	\$25	\$220

2023 GOAL: SUPPORT 400 YOUTH THOROUGH SWIM LESSONS

We are excited to repeat many of the programs we successfully implemented in 2022, while also creating new programs and expanding beyond Seattle, WA. Along with increasing the number of youth we support, we are working to optimize each program's impact by providing additional ancillary items, such as towels and backpacks for participants. We will also be offering pathways for families to continue developing swimming skills including junior and professional life guard programs, and access to aquatic facilities after the programs end.

While our 2023 program list will continue to grow, below are the programs which have been confirmed:

RAINIER BEACH POOL, SEATTLE PARKS AND REC

Number of Children to be Supported: 40

Duration and Frequency: Every day for the 5 days of Spring Break

Supporting: King County Housing Authority and Bellwether Housing families

Dates: April, 2023

BELLEVUE AQUATIC CENTRE

Number of Children to be Supported: 40

Duration and Frequency: Every day for the 5 days of Spring Break

Supporting: King County Housing Authority and Rainier Athletes families

Dates: April, 2023

DOWNTOWN SEATTLE YMCA

Number of Children to be Supported: 40

Duration and Frequency: Every day for 5 days during a summer camp

Supporting: Student and Family Support Program

Dates: July, 2023

TUKWILA POOL

Number of Children to be Supported: 50

Duration and Frequency: 4-day program repeated four times throughout the year

Supporting: Bellwether Housing, Urban League of Metropolitan Seattle, King County Housing

Dates: March, July, September, and December 2023

These programs are only possible through your donations, sponsorships and partnerships. Please contact us today to see how you can give the gift of swimming!

