



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

OCT 26 2023

MEMORANDUM

MUNTINLUPA CITY LEARN TO SWIM PROGRAM

To: OIC – Assistant Schools Division Superintendent/
Chief Education Supervisor, School Governance and Operations Division
Chief Education Supervisor, Curriculum Implementation Division
Public Elementary and Secondary School Heads/OICs
Administrative Officer V
All Others Concerned

1. Attached is a letter from MS. CYNTHIA B. VIACRUSIS, Department Head II, Youth Affairs and Sports Development Office (YASDO), dated October 9, 2023, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Particular attention is invited to the attached Drown Free Philippines Muntinlupa City Learn to Swim Program and schedule of activities for your reference.
3. The learner participants are required to submit parental consent or waiver.
4. All schools are encouraged to send the required number of learner participants and support the LGU sports program.
5. Immediate and wide dissemination of this Memorandum is desired.


EVANGELINE P. LADINES, CESO V
Schools Division Superintendent

Encl: As stated

Reference:

To be indicated in the Perpetual Index
under the following subjects

/GAMES SCHOOLS LEARNERS TRAINING
ECE/ MUNTINLUPA CITY LEARN TO SWIM PROGRAM
October 17, 2023/354

UN-2023-354



 Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,
Muntinlupa City
 (02) 805-9935, (02) 805 - 9940
 sdomuntinlupa@gmail.com



354

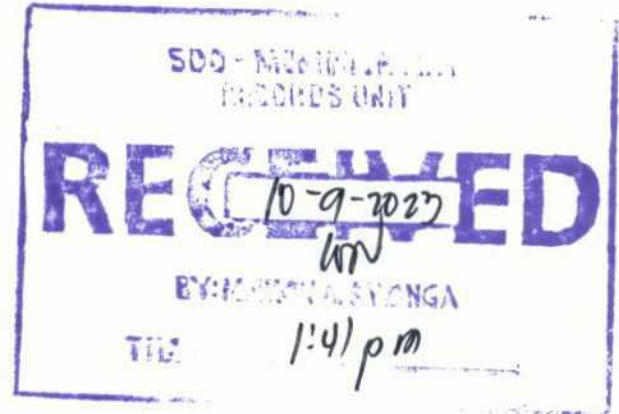


Republic of the Philippines
CITY GOVERNMENT OF MUNTINLUPA
Youth Affairs and Sports Development Office



Ref No. YSD-Adm 2023-079
October 9, 2023

Ms. EVANGELINE LADINES, CESO V
Schools Division Superintendent
Schools Division Office
Muntinlupa City



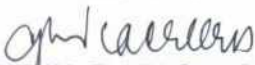
Dear SDS Sedilla,

The City Government of Muntinlupa through the initiative of Youth Affairs and Sports Development Office will have its starting program for "Drown Free Philippines" in which we will be launching the **"Muntinlupa City Learn to Swim Program"** on November 10, 2023. The main objective of the program is to teach our youth the basic survival skills of swimming and make them keen and quicker to respond to the risk of drowning. This project also serve as the swimmers talent identification and recruitment in which we will be selecting pool of athletes in swimming.

Relative to this, we would like to ask your support and kind approval for the release of School Division memorandum for the active participation of public elementary, junior high school and senior high school following all the qualifications and requirements attached to this letter.

Thank you very much for your unwavering support to youth and sports programs.

Respectfully yours,


CYNTHIA B. VIACRUSIS
Department Head
Youth Affairs and Sports Development Offices



The Drown Free Philippines Muntinlupa City Learn To Swim Program

Date of Launching and Orientation	November 17, 2023
Venue	Muntinlupa Aquatic Center
Time	8am
Total No. Participants and age requirements	200 students (from Elementary, Junior High School and Senior High School) 8- 9 yrs old (elementary) – 20 students 10-12 yrs old (elementary) – 60 students 13-14 yrs old (junior high school)- 15- 16 yrs old (junior high School) 17 yrs old (senior high school
Training Session Dates and Time (Off session- 9-11am and 1-3pm)	November 24, 2023 January 12, 2024 January 13, 2024 January 19, 2024
Assessment and Closing Ceremony	January 20, 2024

Participating Schools	No. of Participants
Elementary Schools Tunasan Elementary Schools Victoria Heights Elementary School Putatan Elementary School Poblacion Elementary School Muntinlupa Elementary School Itaas Elementary School Soldiers Hills Elementary School F. De Mesa Elementary School Lakeview Integrated School- Elem Bayanan Elementary School Main Bayanan Elementary School Unit 1 Alabang Elementary School Filinvest Alabang Elementary School Cupang Elementary School Main Cupang Elementary School Annex Buli Elementary School Bagong Silang Elementary School Sucat Elementary School Main Sitio Pagkakaisa Zone 3 Sitio Pagkakaisa Zone 4	1 student ages 8 or 9 yrs old and 3 students 10 to 12-years old <i>(note: age required must be well represented)</i>
Junior High School Poblacion National High School Tunasan National High School (JHS) Pedro E. Diaz High School	8 students ages 13-16 yrs old 8 students ages 13-16 yrs old 8 students ages 13-16 yrs old



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Muntinlupa Business High School Main	8 students ages 13-16 yrs old
Muntinlupa Business High School Sucat Annex	7 students ages 13-16 yrs old
Muntinlupa Science High School (JHS)	7 students ages 13-16 yrs old
Muntinlupa National High School (JHS)	7 students ages 13-16 yrs old
Lakeview Integrated School (JHS)	7 students ages 13-16 yrs old
<i>(note: age required must be well represented)</i>	
Senior High School	
Cupang Senior High School (SHS)	12 students ages 17 yrs old
Muntinlupa Science High School (SHS)	12 students ages 17 yrs old
Muntinlupa National High School (SHS)	12 students ages 17 yrs old
Tunasan National High School (SHS)	12 students ages 17 yrs old
Lakeview Integrated School (SHS)	12 students ages 17 yrs old
Note: Strictly follow the age requirement	

THINGS REQUIRED TO BRING DURING THE TRAINING

- **SWIMSUIT**
No matter what your age, it's important to have a swimsuit (non-absorbent) that fits properly.
- **GOGGLES AND SWIM CAP**
Not only do goggles keep the chlorine out of your eyes, but they also encourage better technique, especially if you are new to swimming. If you have longer hair, a hair band or swim cap will help keep the hair out your face.
- **SHOWER SUPPLIES**
The chlorine in the pool often leaves your skin dry. Remember to bring shower essentials with you including shampoo, conditioner, body wash, moisturizer and a wet brush.
- **WATER**
Remember that swimming is a form of exercise. Bring a water bottle to prevent you from becoming dehydrated.
- **TOWEL**
Bring a towel to the pool deck. It will help keep you warm when finished your lesson. In addition, it prevents water puddles, which are a slip-and-fall hazard.
- **SNACK**
If you get hungry, especially after a swim lesson. Pack a healthy treat snack to enjoy.*

*Remember: snacks are prohibited in the pool areas of the MAC (Muntinlupa Aquatic Center)

- **FLIP FLOPS**
Footwear that is easy to slide on and off is encouraged when walking from the locker room area to the pool deck. A proper pair of flip-flops or water shoes will prevent slipping.
- **GYM BAG**
A proper bag to place all of your items in is a must. Pack a comfortable outfit for you to change into after you lesson. Plastic bags - for your wet swimsuit and towel. Use of them will help keep your bag dry.



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Confirmation

- Submission of confirmation with the list of student participants on or before October 27, 2023, kindly email to yasdomuntinlupa2022@gmail.com. Please follow the format below:
- Attachment **Waiver and Medical Clearance/Certificate**

**The Drown Free Philippines
Muntinlupa City Learn To Swim Program**

CONFIRMATION FORM						
School:						
Teacher Coordinator:			Contact Number:		FB Name / Account	
List of Participants						
Student Name	Age	Sex	Grade Level	Time of School Class	Contact Number	
Date Signed	Noted by: _____ School Head and Signature					



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**The Drown Free Philippines
Muntinlupa City Learn To Swim Program**

ASSENT AND CONSENT FORM

Ako si _____ ay namamayagan na mapabilang ang
aking anak na si _____ na nag-aaral sa _____
para isasagawang Muntinlupa City Learn To Swim Program na isasagawa mula November 10, November 12,
November 17, November 24, January 12-13, 2024 sa Muntinlupa Aquatic Center na pinamumunuan ng Youth
Affairs and Sports Development Office. Batid ko rin na ang programang ito ay mahabang pagsasanay na kung
saan ay nauunawaan ko ang layunin at benepisyo nito para sa aking anak. Ako ay makikipagtulungan upang
matapos ng aking anak ang nasabing programa.

Ipinababatid din sa mga magulang/guardian na ang mga litrato o video ay maaaring ibahagi sa
iba't ibang lugar o departamento upang magbigay inspirasyon na maging bahagi sa mga adbokasiya ng
pamahalaang lungsod. Ito rin po ay maaring i-post ito sa aming social media pages. Sisiguraduhin namin ang
iyong pagkakakilanlan at mga impormasyon ng inyong mga anak ay nasa ligtas at pribadong lugar

Pangalan at Pirma ng Magulang

Contact no. _____