



The Drown Free Philippines
2nd Muntinlupa City Learn To Swim Program

Date of Launching and Orientation	March 15, 2024
Venue	Muntinlupa Aquatic Center
Time	8:00 am (Opening Program)
Total No. Participants and Age requirements	<p>132 students (from public Elementary, Junior High School and Senior High School in Muntinlupa) and</p> <p>68 students from private schools (in and outside Muntinlupa) but residing in Muntinlupa. <i>(Note: Participants coming from the private schools will be accommodated via online registration.)</i> It will be posted thru YASDO Official Facebook page.</p> <p>8- 9 yrs old (elementary) 10-12 yrs old (elementary) 13-14 yrs old (junior high school)- 15- 16 yrs old (junior high School) 17 yrs old (senior high school)</p>
Training Session Dates and Time (Off session- 9-11am and 1-3pm)	March 15, 22, 2024 (1 st and 2 nd Sessions) April 5, 12, 19, 26, 2024 (3 rd – 6 th Sessions) May 3, 10, 17, 2024 (7 th – 9 th Sessions)
Assessment and Closing Ceremony	May 24, 2024 (Last session)

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	<p>Target Number based on the Age Brackets:</p> <p>20 public elem schools x 4 students (age 8-12 yrs.old) = 80 students</p> <p><i>(note: age required must be well represented)</i></p>
Junior High School Poblacion National High School Tunasan National High School (JHS) Pedro E. Diaz High School Muntinlupa Business High School Main Muntinlupa Business High School Sucat Annex Muntinlupa Science High School (JHS) Muntinlupa National High School (JHS) Lakeview Integrated School (JHS)	<p>8 public schools with Junior HS x 4 students (age 13-16 yrs.old) = 32 students</p> <p><i>(note: age required must be well represented)</i></p>



Senior High School Cupang Senior High School (SHS) Muntinlupa Science High School (SHS) Muntinlupa National High School (SHS) Tunasan National High School (SHS) Lakeview Integrated School (SHS)	5 public schools with Senior HS x 4 students (age 17 yrs.old) = 20 students Note: Strictly follow the age requirement
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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.

CONFIRMATION

- Submission of confirmation with the list of student participants **on or before Feb. 29,2024**, kindly email to yasdomuntinlupa2022@gmail.com . Please follow the format below:
- Attachment ***Waiver and Medical Clearance/Certificate***



The Drown Free Philippines 2nd 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 Marso 15, Marso 22, Abril 5, Abril 12, Abril 19, Abril 26, Mayo 3, Mayo 10, Mayo 17 at Mayo 24, 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. _____



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

Office of the Schools Division
Superintendent

FEB 06 2024

MEMORANDUM

2nd MUNTINLUPA CITY LEARN TO SWIM PROGRAM

To: Assistant Schools Division Superintendent/
Chief Education Supervisor, Curriculum Implementation Division
Education Program Supervisor, School Governance and Operations Division
Public and Private 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 January 31, 2024, 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 2nd Muntinlupa City Learn to Swim Program, the allotted number of participants per school, and the 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/2ND MUNTINLUPA CITY LEARN TO SWIM PROGRAM

034 February 5, 2024

UN-2024-34 UN-037



Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,
Muntinlupa City

(02) 805-9935, (02) 805 - 9940

sdomuntinlupa@gmail.com



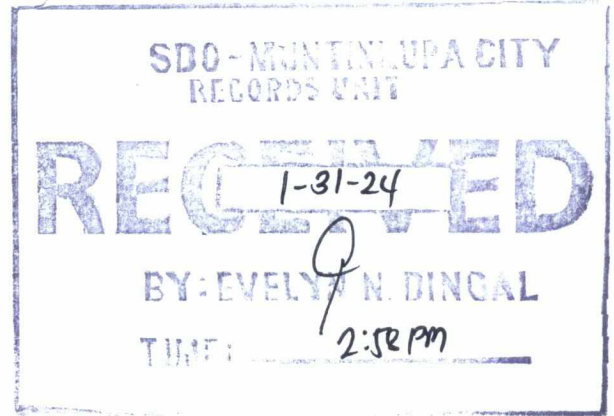


Republic of the Philippines
CITY GOVERNMENT OF MUNTINLUPA
Youth Affairs and Sports Development Office



January 31, 2024

EVANGELINE LADINES, CESO V
Schools Division Superintendent
SCHOOLS DIVISION OFFICE
Centennial Avenue, Laguerta, Tunasan, Muntinlupa City



Dear Ma'am Ladines,

The City Government of Muntinlupa, through the Youth Affairs and Sports Development Office, is initiating the "Drown Free Philippines" program, with the launch of the "2nd Muntinlupa City Learn to Swim Program" scheduled for March 15, 2024. The primary goal of this program is to impart basic survival swimming skills to our youth, enhancing their ability to respond effectively to the risk of drowning. Additionally, the project aims to identify and recruit talented swimmers for potential inclusion in our pool of athletes in the discipline of swimming.

In connection with this, we seek your support and kind approval for the issuance of a Schools Division Memorandum to facilitate the active participation of public elementary, junior high school, and senior high school students. All qualifications and requirements are attached to this letter for your reference.

We sincerely appreciate your continuous support for youth and sports programs. Thank you very much.

Sincerely,


CYNTHIA B. VIACRUSIS
City Government Department Head II, YASDO

Muntinlupa Sports Center, Buendia St. Tunasan, Muntinlupa City, Philippines 1773

