



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

Office of the Schools Division
Superintendent

JAN 24 2025

MEMORANDUM

"DROWN FREE PHILIPPINES"
3.0 MUNTINLUPA CITY LEARN TO SWIM PROGRAM

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

1. Attached is a letter from Ms. Cynthia B. Viacrusis, Department Head, Youth Affairs and Sports Development Office, dated January 17, 2025, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Special attention is invited to the second paragraph of the said letter and the attachments, relative to the schedule of activities and guidelines.
3. Moreover, the participation of public schools shall be subject to the no disruption of classes policy stipulated in DepEd Order No. 9, s. 2005 titled, Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.
4. Immediate and wide dissemination of this Memorandum is desired.


VIOLETA M. GONZALES

Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

Enclosure: As stated
References: None
To be indicated in the Perpetual Index
under the following subjects:
LEARNERS PROGRAMS

KSJT / DROWN FREE PHILIPPINES
034 / JANUARY 22, 2025

UN-2025-034

034



Student Center for Life Skills Bldg., Centennial Ave, Brgy. Tunasan, Muntinlupa City
8805-9935, 8805-9940
sdo.muntinlupa@gmail.com
deped-muntinlupa.com



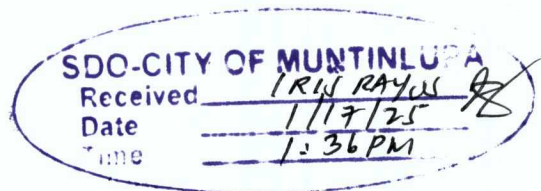
Republic of the Philippines
CITY GOVERNMENT OF MUNTINLUPA
Youth Affairs and Sports Development Office



January 17 2025

DR. VIOLETA M. GONZALES

Asst. Schools Division Superintendent
OIC – Office of the Schools Superintendent
SCHOOLS DIVISION OFFICE - MUNTINLUPA
Centennial Avenue, Laguerta, Tunasan, Muntinlupa City



Dear Ma'am Gonzales,

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 "3.0 Muntinlupa City Learn to Swim Program" scheduled for March 22, 2025. 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





The Drown Free Philippines
3.0 Muntinlupa City LearnTo Swim Program

Date of Launching and Orientation	March 22, 2025
Venue	Muntinlupa Aquatic Center
Time	8:00 am (Opening Program)
Total No. Participants and Age requirements	122 students (from public Elementary, Junior High School and Senior High School in Muntinlupa) and 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)
Training Session Dates and Time (Off session- 9-11am and 1-3pm)	March 22, 28, 2025 (1 st and 2 nd Sessions) April 4, 11, 25, 2025 (3 rd – 5 th Sessions) May 2, 9, 16, 23, (6 th – 9 th Sessions)
Assessment and Closing Ceremony	May 30, 2025 (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	Target Number based on the Age Brackets: 20 public elem schools x 4 students (age 8-12 yrs.old) = 80 students <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 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)	8 public schools with Junior HS x 3 students (age 13-16 yrs.old) = 24 students <i>(note: age required must be well represented)</i>



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) Sucat Senior High School (SHS)	6 public schools with Senior HS x 3 students (age 17 yrs.old) = 18 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. 28,2024**, kindly email to yasdomuntinlupa2022@gmail.com. Please follow the format below:
- Attachment ***Waiver and Medical Clearance/Certificate***



The Drown Free Philippines
3.0 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
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Date Signed

Noted by: _____
School Head and Signature



The Drown Free Philippines 3.0 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 22, Marso 28, Abril 4 , Abril 11, Abril 25, Mayo 2, Mayo 9, Mayo 16 Mayo 23 at Mayo 30, 2025 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

Lagyan ng check kung anong oras na pwede umattend ng training.

- ☐ 9:00 am to 11:00 am (morning session)
- ☐ 1:00 pm to 3:00 pm (afternoon session)

Pangalan at Pirma ng Magulang

Contact no. _____