

GeauxStrong 2019

Volunteer

**Do you love to swim?
Would you like to make
a difference in the
lives of children?**



Geaux Strong is a program for children ages 2-18 with decreased strength, endurance and motor skills. Our goal is to improve each participant's ability to swim safely or move in a pool and provide education for the family.

How can I help?

We are recruiting volunteers to “shadow” children in the pool. Eight Geaux Strong class sessions will be held from 3:45-5:00 PM and 5:15-6:15 PM on Tuesdays in June and July in the indoor pools at Woman's Center for Wellness. Volunteers must be age 16+, strong swimmers and comfortable in a pool 3-6 feet deep.

What is required?

Volunteers are required to attend one 1½-hour training session. You will learn techniques to improve a child's independence in the water along with fun ways to build strength, coordination, endurance and breath support. Because many participants cannot swim without assistance, volunteers are required to attend all eight Geaux Strong class sessions. If your schedule does not allow this, we encourage you to find a friend and become a volunteer “pair” with one person present for each session.

How do I volunteer?

To volunteer, email Sheree McAllister, PTA at sheree.mcallister@womans.org. Volunteer training will be held May 7 and May 23 from 4:00-5:30 PM. Classes begin June 4 through July 30 (no class July 2). During the last session on July 30, children will display their new skills and an awards ceremony will follow!