MICHAEL PHELPS FOUNDATION

Gulf of Maine Open Water Swimming Association

Boys & Girls Clubs (ME, NH, MA)

- Boys & Girls Club of Central & Northern New Hampshire
- Boys & Girls Club of Greater Waterville
- Boys & Girls Club of Lawrence
- Boys & Girls Club of Lynn
- Boys & Girls Club of Lynn - Camp Creighton
- Boys & Girls Club of Metro North
- Boys & Girls Club of Metro North - South
- Boys & Girls Club of Metro North - Stoneham
- Boys & Girls Club of Metro North - Wakefield
- Boys & Girls Club of the Berkshires
- Boys & Girls Club Southern Maine - Auburn
- Boys & Girls Clubs of Southern Maine - Portland
- Springfield Boys & Girls Club







Metrics

- 1,050 total participants (479 Boys, 563 Girls, 8 Non-Binary)
- 669 have never had a swim lesson (355 Boys, 306 Girls, 8 Non-Binary) - 64%
- Most common reason for not taking lessons - Financial
- 605 were able to complete their water safety review requirements by the end of the summer (266 Boys, 339 Girls)
- 100% reported feeling participants are better informed about mental and emotional health after completing IM Healthy lessons.
- 312 mental and emotional health lessons taught over the summer.



"The mental health awareness that this program has put forward has made my whole family better able to talk about these issues. Because my son came home talking about how he was feeling sadness and anxiety, it allowed me to share my depression issues with him and his siblings; something I had never been comfortable with before."

-Parent of BGC IM Participant

Thank you!