



# Celebrate Gold

Elizabeth Martin  
Grain Valley, MO



## Accessible Swim Lessons

Elizabeth Martin has been a girl member for 12 years in Troop 744 in Service Unit 647. Elizabeth currently attends Grain Valley High School and recently finished her junior year. She plans to study a STEM field in college, as well as compete on a swim team.

Elizabeth's project focused on providing free swimming resources to parents and community members eager to learn the skill. Through research, she discovered the drowning is a leading cause of accidental death among young children, yet swim lessons remain financially out of reach for many families, with the average lessons costing \$360 per session cycle. To tackle this issue, she created an online database that included videos, drills, test assessment sheets, and lesson structure plans.

By providing and advertising these free resources, Elizabeth is making this important skill accessible to anyone – regardless of economic status. Her program offers an affordable alternative by guiding parents to teach fundamental swim skills in a supportive, familiar environment.

**“Because of Girl Scouts, I have been given leadership opportunities to lead peers and younger scouts which I enjoy.”**