

## **MIAMI-DADE COUNTY PUBLIC SCHOOLS, FL**

### **Project:**

#### **Sailing into New Horizons**

### **Type:**

- Physical activity program
- School/community health education
- Information/event for parents/guardians
- Media campaign/event
- Professional development

### **Setting:**

- School-based
- Community-based

### **Partners:**

- Other state government agency: Florida Department of Education
- Local parks/recreation department: City of Miami/Community Watersports Center
- Colleges/universities: Florida International University

### **Goal:**

- To provide physical activity opportunities for 9- to 13-year-olds through a marine environment.

### **Description:**

Sailing into New Horizons is an after-school sailing program for students between the ages of 9 and 13 conducted by Miami-Dade County Public Schools in collaboration with a community-based organization. Biscayne Bay is the classroom, and able-bodied and disabled students work together to learn sailing and kayaking skills. Parents and guardians are invited to participate with their children during this after-school program

### **Successes:**

- The program was a success in terms of the number of students served, the qualitative feedback from both parents and students, and the continuity of services with school and community leadership support.
- For many students, this was the first time they were enabled to perform physical activity programs in a marine environment.
- This program received coverage in the *Miami Herald* and on the cover of *Time for Kids*, September 2002.



**Challenges:**

- Providing transportation for students through the vast demographics of Miami-Dade County was challenging.

**Strategies for sustainability:**

- Based on the success of the program, additional grant monies were secured to continue the program with a mentoring component.

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