

Summer 2021—Bunclody Outdoor Swimming Pool

Overview

Sports Active Wexford linked in with Swim Ireland & Bunclody Outdoor Swimming Pool during Covid 19, to utilise the outdoor pool and encourage midlife women to get involved in aqua activities.

Aims

- To encourage and empower women to participate in aquatic sports
- To help them experience how swimming, aqua aerobics and other aquatic activities can support females throughout the life cycle

Implementation

- Sports Active Wexford and Swim Ireland chose Bunclody Outdoor Swimming Pool for this programme aimed at mid life women
- An initial six week programme to introduce women to aquatic activities was organised
- A local qualified instructor, Kate Markey led the programme
- It was advertised on social media and in local papers with an online registration to ensure numbers were kept within Covid guidelines
- In addition, to swimming & aqua aerobics, Women's health pamphlets were included and support from local physiotherapist Eithne Fitzpatrick providing a Q&A session relating to women's health was organised.

Next Steps

We are currently planning to run a similar programme in the Apex Swimming Pool in New Ross

15 Participants took part, ranging in age from 35—64



Outcomes

Extremely positive feedback from this programme for the tutor and the venue. The programme was extended until the pool was due to close for the Winter as the ladies wanted to continue.

Some participants also joined the "Swim for a Mile" group in Bunclody. The group very much became a community and friends, sharing tips on swimming gear and supporting each other every week.

All aims of the programme were met.

