

Monaghan Sports Partnership Active Women - Aqua Aerobics



WHY?

As part of Monaghan LSPs 'Women in Sport' programme, they consulted with women in local communities in Monaghan to identify suitable activities which would encourage physical activity by women aged 50+. The resulting Aqua Aerobics programme came directly as a suggestion from the women themselves.

AIMS

1. To address a need identified by Women aged 50+
2. To provide Women aged 50+ in Monaghan, the opportunity to participate in Aqua Aerobics on a regular basis for health benefits
3. To encourage a new population group to use the public leisure centre

IMPLEMENTATION

- Following consultation specifically with women aged 50+, Monaghan LSP were aware that there was a desire to try water-based activity programme where none currently existed for this age-group
- Monaghan Sports Partnership, in conjunction with Monaghan Leisure Centre, piloted an 8-week aqua aerobics programme with 24 women registering for it
- As a result of the success of this initial programme, MSP and Coral Leisure Centre have continued to provide aqua aerobics for his target group, with 146 women participating in total during this period
- The programme has continued to be delivered over 8 week blocks, with the majority of activity operating at maximum capacity with 30 people per class
- The Aqua Aerobics programme has provided participants not only with the health benefits associated with aerobic exercise but has supported the promotion of social interaction on weekly basis, especially for those from rural areas
- The programme is self-sustaining and does not require funding intervention and Monaghan LSP and Monaghan leisure centre continue to work in partnership to provide this activity while introducing new clientele all the time.

NEXT STEPS

The programme has continued annually and continues to provide opportunities for women aged 50+. It is self-sustaining and does not require external funding intervention.

The Aqua Aerobics programme has transformed my life, 'I have made many friends and acquaintances...has made me realise how important it is to keep active as I get older.

-Participant in the Aqua Aerobics Programme

OUTCOMES

The aqua aerobics programme has provided 146 Women the opportunity to participate in an aqua aerobics class delivered specifically to suit their abilities.

The programme led to several Women attending the Leisure Centres independent aqua classes. As a result of participating in the programme, some Women developed more confidence in the water which resulted in expression of interest in a 'Learn to Swim' programme for the same target group, which has been organised between Monaghan Sports Partnership and Coral Leisure.

In 2018, Monaghan LSP conducted a short survey to gather information from the participants (50 respondents) and the main findings were as follows:

- 94% of respondents reported noticing and feeling health benefits
- 74% of respondents said they have recommended programme to others (who have since attended the programme)
- 52% of respondents had never used the public leisure facility before starting this Aqua Aerobics programme
- 52% of respondents have attended other activities in Monaghan Leisure Centre as result of participating in this programme.

I found it very beneficial following foot surgery, lovely to have a chat with other participants and go for coffee afterwards.

-Participant in the Aqua Aerobics Programme