

South Dublin County Sports Partnership Glow Girls - Glow Dance Fitness



sdensp.ie
South Dublin County
Sports Partnership

SPORT IRELAND

WHY?

To engage girls between the ages of 10–18 in physical activity.

AIMS

To have girls physically active 1-2 evenings a week for 1 hour. To show teenage girls that physical exercise can be fun, as well as being physically and socially rewarding.

IMPLEMENTATION

- Purchasing LED black flood lights with stands, body paint, make up, clothing, sports equipment (basketballs, volleyballs, dodgeballs), glow sticks, glow tape, glow lighting, disco lights and sound system
- Source dance/fitness instructor or coach for relevant sport
- Participants filled out online Health screening registration
- Source venue for 2 hours, either a dark room or outside at night
- Social media posts and posters to be designed & advertised in the local community & schools

NEXT STEPS

- South Dublin LSP have linked in with NGB's such as Volleyball Ireland, Basketball Ireland and Cricket Ireland to run glow events in the 2 Community Sports Hub areas
- To run a 80s/90s Glow Dance Fitness events for adults to participate in.



I have so much fun putting the glow make up and clothes on before the class and it gives me the confidence to get involved because it is in the dark and it's not about being the best dancer.

– Participant in Collinstown Sport Hub

OUTCOMES

The programme was launched in November 2018. Pilot events were held in 4 venues with weekly events now taking place in the two South Dublin LSP Community Sports Hubs with up to 30 teenage girls participating at each session.

Glow exercise for young people with disabilities is also being rolled out once a week in the North Clondalkin area, again with approx. 30 children participating.

369

PARTICIPANTS
IN GLOW
DANCE/FITNESS

67%

HAD NOT PREVIOUSLY
PARTICIPATED IN SPORT/
PHYSICAL ACTIVITY IN ANY
LOCAL COMMUNITY FACILITY

