

Tipperary Sports Partnership Swimmin' Women



WHY?

The overall purpose of this programme is to get adult women who can swim back into the pool. The 6 week swimming programme consists of two swims a week, one coached and one self-guided session, and aims to improve swimming technique, build confidence in the water and increase distance. There is also a social aspect to the programme which is meeting other women from the community who are at the same level of swimming as each other.

AIMS

The aim of the programme is to encourage women to continue their swimming after the programme finishes. It also aims to progress participants to have the confidence to partake in a follow on programme of Swim for a Mile.

IMPLEMENTATION

- The programme involves linking with Swim Ireland for a specifically designed training programme that will build confidence and improve swimming technique gradually.
- Participants are recruited through posters put up in local communities and through social media marketing
- Participants receive a laminated booklet with all sessions within to allow them to bring it on deck to ask questions about sessions and complete their self-guided session with ease
- The programme was first piloted in Thurles Leisure Centre in 2017 with 12 participants
- Swimmin' Women was developed further in 2018 and delivered in two pools in Clonmel and Thurles with 36 participants
- Upon completion of the programme participants received a certificate of achievement and a Swim Ireland goody bag with a swim hat and goggles to encourage them to continue with their swimming.

OUTCOMES

Feedback from the programme determined that a large number of participants have continued to swim since completing the programme whether it is weekly, fortnightly or monthly. Many of the participants felt they were more confident in the water following the programme. From further evaluation Tipperary LSP determined that 46% of Swimmin' Women participants have or are taking part currently in the swim for a mile programme.

100%
of survey respondents indicated that they have continued swimming at least once a month after the programme ended.

70%
of survey respondents have engaged in another swimming programme since the swimmin' women programme finished

100%
of respondents indicated that they are a more confident swimmer post programme

NEXT STEPS

- In 2019, Tipperary LSP hope to develop the programme further with feedback from participants suggesting a slightly longer course.
- It is also hoped to introduce the programme to other locations in Tipperary and to roll out a similar style programme to other target groups such as men and older adults.



This programme brought back my interest in swimming and the teacher was excellent.
– Programme Participant

Great, patient instructors. The book we got was excellent, very good for bringing into the self guided session and great explanations. Fun instructors make it interesting by adding extra fun elements to the programme. I also enjoyed the group of ladies all helping each other.
– Programme Participant