

PERFORMANCE REPORT

Swimming Team

October - March 2019



Enhancing the lives of people in Salford

Performance Report for the Swimming Team October – March 2019

Key highlights include:

- Over 4,000 children and young people learning to swim each week
- The Swim Activators have attended 15 community events, engaging with nearly 300 non swimmers
- Over 64,000 people have attended either the Lane or Swim for All sessions in the last 6 months
- The single gender swimming sessions remain popular across the city
- Over 600 attendances were recorded at Aqua Relax sessions which are designed for people with lifelong illnesses
- Refreshed the vanity area at Worsley Leisure Centre with the Swim Local Pilot funding
- A sold out themed Pirates pool party was held at Clarendon Leisure Centre with over 90 people attending
- Final report and presentation to Sport England on the Swim Local Pilot

Positive Impact of Swimming

The Swim Activator recently attended the Onwards and Upwards group that supports ladies who suffer from some form of depression or anxiety. The Activator attended the group to talk about physical activity and how this could help them feel better.

The feedback below demonstrates the positive impact swimming had on these participants;

Sam:

Before: Very Nervous didn't know what to expect and very low in confidence.

After attending: Loved the session, laughed and felt confident to attend again.

Maureen:

Before: Didn't want to attend, self-conscious about her weight, had an injury.

After attending: Her confidence was lifted a little, been in a large group, wouldn't come again if she didn't have the support system in place.

Helen:

Before: Suffers with COPD, so worried about breathing and her chest.

After: Her chest and breathing was fine, really enjoyed the session and will come back.

All the ladies that attended the session really enjoyed the social element of the group and felt that it was the main reason they would return.

Forthcoming events and activities:

- Summer Holiday programme across 6 pools
- Themed Pool Party at Clarendon and Eccles Leisure Centre in July / August
- Increase swimming lessons across the city at all levels
- Swim Safe to be delivered in July / August
- New open water Courses to be delivered at the Quays

For more information please see:

<http://www.salfordcommunityleisure.co.uk>