

SUMMER SWIMMING 2023

September 2023



**The Hangleton
& Knoll Project**
Working for a better community

Summary of project

In the summer holidays of 2023 we took advantage of the council’s Free Swimming offer at St Luke’s Pool and supported a group of young women to access swimming every week.

The group was solely open to young women to allow them a space to feel confident and free. To build their swimming skills whilst having fun and relaxing in an environment without members of the public in a closed group.

Young people often ask for Swimming as part of the holiday programme at HKP and this is the first time we have been able to offer multiple sessions and opportunity to build confidence and water skills.

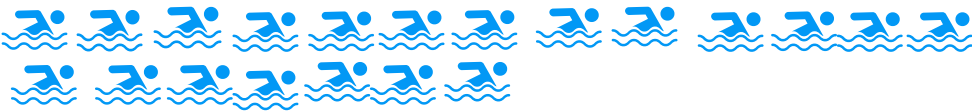
Project objectives

Supporting access for young women within our targeted area to to be more physically active through swimming.

Addressing the need to develop their self confidence and support their emotional well being through weekly opportunities to make friends, get fit and be active.

Supporting young swimmers who live locally to the seaside but have little or no swimming ability to gain confidence in diving under, holding their breath, swimming skills and being in water.

Outputs table



21 swimmers



5 summer sessions



50 swims total

Impacts and outcomes

The Swimming Sessions have had an extremely positive impact on the young women who joined sessions. Several members had low swimming ability and confidence before the start of the sessions but after attending almost every session one said they felt increasingly confident in the water and would felt inspired to pick up some swimming lessons.

Other members made friends, exercised and said they would otherwise be sitting at home or still in bed during the holidays.

All members said that swimming every week was really fun and they would look out for more swimming sessions in term time after school.

What our members said....

"The only reason I get out of bed on a Monday is to come swimming"

"It's been really fun"

"We want to come everyweek and do more after school swimming now"

"I'm not very confident in the water and I haven't been in a pool for years but it's given me confidence just ot get in."

