

Water Confidence & Learn to Swim Pilot

Project objective: statistics released by Swim England show that 80 per cent of black children do not swim. Worryingly, this figure skyrockets to **95 per cent** in adulthood.

In partnership with **Better** (Barnet's leisure operator), Fit & Active Barnet are piloting an eight-week project to support **Black and Asian people aged 16+** with improving their water confidence before progressing into regular swimming.

Project commencement date: Saturday 12th October 2024

Project conclusion date: Saturday 30th November 2024

Time: 16:00 – 17:00

Location: Barnet Cophall Leisure Centre, NW4 1PX

Age: 16 years and over (open to males and females of Black and Asian ethnicity)

Cost: free of charge – all we ask is that you commit to attending the eight-week course (weekly sessions).

Pre project commencement: all participants will receive a welcome email from **Better** containing information about the project and what they will need to bring with them to their visit, recognising that for most, this may be their first visit to a leisure centre.

Schedule:

Each swimming session will be led by a qualified and experienced **Better** swimming instructor.

The below sets out a schedule of what participants can expect from the project weeks 1 through to 8 with example exercises.

Week 1

- Welcome to leisure center and understand the aquatic/pool environment
- Safe entry and exit from the pool
- Floating and breathing in the pool
- What to do if you get into trouble.

Week 2

- Week 1 recap
- Move through the water confidently in different ways – walk, hop, jump, skip.
- Push and glide on the front and back



- Use a woggle or float to swim front paddle and back paddle for 10 metres

Week 3

- Week 2 recap
- Push and glide on the front and back
- Perform a treading water action with legs using a woggle (sea horses), or floats

Week 4

- Week 3 recap
- Use a woggle or float to swim front paddle for 15 metres
- Swim 5 metres of front paddle with instructor support

Week 5

- Week 4 recap
- Swim 10 metres of front paddle without instructor support unaided

Week 6

- Week 5 recap
- Swim 15 metres of front paddle without instructor support unaided

Week 7

- Week 6 recap
- Swim 20 metres of front paddle without instructor support unaided

Week 8

- Week 7 recap
- Swim 25 metres unaided
- Submerge under water and retrieve an object
- Provided with information on how to progress and continuing with swimming e.g. swimming lessons, group swimming sessions.

To secure a place or for more information please contact Andrew.Gilbert@GLL.ORG. Spaces are limited to 8 people and will be allocated on a first come first served basis.