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# GALWAY SPORTS PARTNERSHIP

## COMHPHÁIRTÍOCHT SPÓIRT NA GAILLIMHE



## Community Sports Development Officer Report - 2023

## Highlights of 2023

### Get Galway Active

- This annual program targeted at the general population from January 5<sup>th</sup> – February 19<sup>th</sup> .
- 10 locations with over 200 participants.
- Participants registered through the GSP reg form and were then asked to submit their distance totals on a weekly basis.
- Local leaders were identified to provide community led walks and communities were assigned WhatsApp groups for communication.
- €1,000 spent
- Funding for merchandise and prizes came from Core GSP funding.
- 2 groups have continued to meet since, Kylemore and Westside.



*“I enjoyed exploring different places you can walk in the area with the encouragement of our leader”*

### Moylough Movers

- Movement/Yoga class aimed at getting older adults in the community active and socially engaged after the C-19 restrictions.
- 25 participants taking part in 8 weeks of movement/yoga in an indoor setting.
- €80 per class
- Funding from Core GSP reserves



*“This class is a great way for us to meet up again, post covid –we have not seen some people in 3 years due to restrictions and lockdowns with some people have not returned to mass.”*

*“Dalva (tutor) is brilliant – she is getting to know us aswell as knowing our ability and constantly encouraging us”*

## Marathon Kids

### January 2023

- Running programme aimed at national school aged children in 5<sup>th</sup>/6<sup>th</sup> class.
- 2<sup>nd</sup> delivery of the programme.
- Focus this term was DEIS schools in city and county.
- 10 total schools signed up with 250+ children participating.

### September 2023

- Running programme aimed at national school aged children in 5<sup>th</sup>/6<sup>th</sup> class.
- 3<sup>rd</sup> delivery of the programme.
- Focus this term was DEIS schools in city and county.
- 19 total schools signed up with 900+ children participating.



*“All of the children have improved fitness level and the teacher has remarked that their overall concentration has improved.”*

*“It was great to get pupils moving that don't usually do sport and see them improve over the weeks.”*

### Direct Provision

- Adult/Toddler swim sessions took place during March and April 2023 in Leisureland.
- Facilitating 12 sets of parents/toddlers, from both Eglington and Dominik St.
- Adult only swim lessons took place in March and April 2023 in Leisureland.
- 10 adults signed up for the programme.
- Partnered with the Bridge Project
- Fully funded by Swim Ireland

*“I'm 31 year old but I never swim in my life. Why? Because I fear the water, but the programme was such a good opportunity for me to try, and now I'm a bit confident with myself and I know if I do more lessons I will be very good, So the programme is just amazing.”*

*“ This is been a wonderful opportunity my son always wanted to swim finally his dreams came true I would like to thank the funders to keep helping each child whose unable to attend the swimming. My*

*son knows his swimming day if he misses he will be why can't you let me go by myself he loves swimming a big thank you wil our pure hearts."*

### Stand-up Paddleboarding in Loughrea Lake and Rusheen Bay

- Adult sessions, women only sessions and teen sessions
- 5 sessions in total took place.
- Also, a windsurfing program in Rusheen bay
- 99 participants took part.



### Her Outdoors week 14th-20th August

- Activator Pole Walking Taster in Portumna
- Outdoor Fitness Class with a (silent) difference at Loughrea Lake and Renville playground
- Buggy Buddies Tasters in Tuam and Ballinasloe
- Outdoor Yoga in Merlin Woods
- Social Bike Ride in Gort
- 43 women took part.