

# Get Ireland Swimming Programme Prospectus

A menu of activities aimed at National Sports Policy priority target groups



Older Adults



Learning



Inclusion



Schools



Women & Girls



Community

**SWIM  
IRELAND**

Me and  
the water



# Intro

# Swim Ireland

# Programme Prospectus

We know that there is great inequality in the participation levels in sport among specific hard to reach groups and the National Sports Policy (2017-2021) sets out to reduce these inequalities. We also know that swimming is prioritised in the Policy as one of the sports that has the greatest potential for delivering higher levels of participation across the life course. Swim Ireland believes that **real change can and will be achieved if we all work together** and concentrate on what we call the 3 Ps: People; Programmes; and Partnerships.

Get Ireland Swimming was developed in 2017 with a view to building a swimming culture and leading to behaviour change within communities beyond one event or programme. To do this we have developed a range of programmes that are fun, sustainable and, we believe, will lead to life-long patterns of participation. We have developed this prospectus **as a call out to partners, present and future**. We want to show you the programmes that are already there for the priority target groups and invite you to talk to us about rolling them out in your area. All programmes can be adapted to suit your local needs and we are always open to suggestions on creating new ones. We can also help you in evaluating outcomes.

In the following pages you will find a menu of options for different target groups. The menu is very varied ranging from lanes and lengths to aqua aerobics, aqua fit, mini polo, mermaid tails (yes really!!) and lots of open water fun. We also provide training for staff or community leaders in programme delivery, leadership development for young people, retention programmes and much more. **Talk to us and help us build a sustainable swimming culture in your area.**

Get Ireland Swimming is supported by the Dormant Accounts Fund and Healthy Ireland through Sport Ireland.





**Calling out to partners,  
present and future**



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**SWIM  
IRELAND**





**‘real change can and  
will be achieved if we  
all work together’**

# 1.

## Community Based

### Overview:

*You will see from our options that we have a very varied programme of aquatic activity from which to choose. Our ethos is to tailor our programmes to suit the needs of individuals and groups, and you will find us accessible, and open to suggestions on how we might support you. We try to run our programmes with a view to making them sustainable over time and to provide on going opportunities to keep people engaged in swimming. For example, we will signpost our programme participants to a Swim for a Mile programme which is designed with the World Health Organisation's recommended weekly physical activity in mind and so those who follow the programme will be meeting these standards automatically. Getting Ireland Swimming is a priority of National Sports Policy and we are prepared to invest in the training and development of local activators who have the skills and knowledge to roll out programmes. If this is something that you are interested in, please contact Grainne Murphy ([grainnemurphy@swimireland.ie](mailto:grainnemurphy@swimireland.ie))*

*Links: Introduction to Sign language: [www.swimireland.ie/get-swimming/community](http://www.swimireland.ie/get-swimming/community)  
Swim for a Mile: [www.swimforamile.com](http://www.swimforamile.com)  
Learn to Swim: [www.swimireland.ie/get-swimming/learn-to-swim](http://www.swimireland.ie/get-swimming/learn-to-swim)*



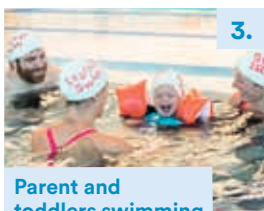
### Community Programmes General

We run bespoke programmes based on the needs of target groups including mermaid tails, swim disco etc

PROGRAMME LENGTH  
**Minimum of 6 - 10 weeks**

COSTS INVOLVED  
**Pool Hire, Swim Teacher(s) to lead the programme**

POSSIBLE FUNDING STREAMS  
Dormant Accounts/Healthy Ireland/Women in Sport/Sport Ireland (with support from Dormant Accounts funding, Swim Ireland can provide training to volunteers in order to allow them to run sustainable programmes)



### Parent and toddlers swimming lessons

Structured programme to introduce toddlers to the pool and gain confidence in the water

PROGRAMME LENGTH  
**10 weeks**

COSTS INVOLVED  
**Pool Hire and Teacher**

POSSIBLE FUNDING STREAMS  
Dormant Accounts/Healthy Ireland/Swim Ireland



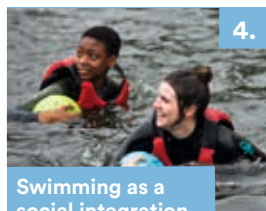
### Mini polo

A fun introduction to Water Polo. Can be done in a shallow pool or open water

PROGRAMME LENGTH  
**Can be single session but ideally 4 - 6 weeks**

COSTS INVOLVED  
**Pool Hire and Mini Polo Leader**

POSSIBLE FUNDING STREAMS  
Dormant Accounts/Healthy Ireland/Swim Ireland (Swim Ireland can provide training to local swim teachers to deliver mini polo)




### Swimming as a social integration tool

Providing trips to pools to newly arrived immigrants, ideally linked to local community visits

PROGRAMME LENGTH  
**6 weeks initially**

COSTS INVOLVED  
**Pool Hire & Teachers/ provision of togs and googles**

POSSIBLE FUNDING STREAMS  
Dept of Justice/Dormant Accounts/Healthy Ireland/Swim Ireland



**5.**


### Aqua Fit – suitable for non-swimmers

Catering for all levels of fitness, Aqua Fit is a safe, low impact way to get fit, lose weight and increase flexibility and muscle strength

**PROGRAMME LENGTH**  
Can be a single session but ideally run over 6 weeks

**COSTS INVOLVED**  
Pool Hire and Teacher

**POSSIBLE FUNDING STREAMS**  
Go for Life/Healthy Ireland/  
Dormant Accounts



**6.**

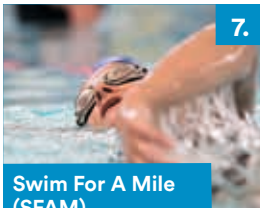
### Introduction to Irish Sign Language

Aimed at helping swim teachers and others to communicate with people who are deaf or hard of hearing

**PROGRAMME LENGTH**  
Series of videos available via the Swim Ireland Youtube channel ranging in length from 2 mins to 12 minutes

**COSTS INVOLVED**  
None, see Swim Ireland website, listed in Overview

**POSSIBLE FUNDING STREAMS**  
Not relevant



**7.**

### Swim For A Mile (SFAM)

Aimed at encouraging people to get back into the pool and become confident life-long swimmers. If you can complete at least two 25m lengths of a pool we will get you to the mile!

**PROGRAMME LENGTH**  
10 - 12 weeks commencing January

**COSTS INVOLVED**  
Registration cost €30 per person, includes training programme and entry to SFAM Event Day. Some pools and LSPs offer coached training sessions, in partnership with facilities. Visit SFAM website listed in Overview

**POSSIBLE FUNDING STREAMS**  
Healthy Ireland/Dormant Accounts/Women in Sport



**8.**


### The Swim For a Mile (SFAM) Open Water Series

Series of Open Water events, taking people from the SFAM pool challenge into the open water, during the summer months

**PROGRAMME LENGTH**  
12 weeks - June to August

**COSTS INVOLVED**  
Registration costs €30 per person. It also includes training programme; entry into the event and a SFAM goodie bag

**POSSIBLE FUNDING STREAMS**  
Sport Ireland Women in Sport/  
Dormant Accounts/Waterways Ireland/County Council Event Grants



**9.**

### Additional Support Needs Swim Teacher Training

This course will equip Level 2 Swimming Teachers with the skills to recognise associated adaptations that may be required for certain physical, sensory, intellectual and hidden impairments and to deliver integrated and ASN specific lessons within an aquatic environment

**PROGRAMME LENGTH**  
2.5 days

**COSTS INVOLVED**  
€450 (members)/€400 (non-members)

**POSSIBLE FUNDING STREAMS**  
Skills Net/Women in Sport/  
Dormant Accounts



**10.**

### Learn to Swim

The Swim Ireland LTS Programme is delivered through structured play, ensuring the lessons are well planned with clear learning outcomes delivered through fun and relevant activity

**PROGRAMME LENGTH**  
Lessons generally run in 10-week blocks. For list of accredited schools visit the Swim Ireland website

**COSTS INVOLVED**  
Pricing varies by location

**POSSIBLE FUNDING STREAMS**  
Not applicable





11.

## After Schools Aquatics

Partnering with after-schools clubs to deliver lessons to children who do not learn to swim through their schools

### PROGRAMME LENGTH

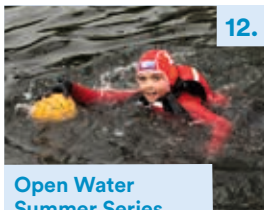
6 - 12 weeks

### COSTS INVOLVED

Pool hire, Swim teachers, and Transport (if required). Swim Ireland can provide some financial support

### POSSIBLE FUNDING STREAMS

Dormant Accounts/Healthy Ireland



12.

## Open Water Summer Series

An open water activity summer programme, to keep people swimming over the summer and to take advantage of the abundant free facilities available around our coast

### PROGRAMME LENGTH

June to August

### COSTS INVOLVED

Equipment, Lifeguards, Swim teachers

### POSSIBLE FUNDING STREAMS

Waterways Ireland/Dormant Accounts/Healthy Ireland



13.

## Swim Safe Programme in partnership with the RNLI

A programme that gives children an opportunity to learn how to be safe in and around open water, and develop an awareness of cold water shock within a pool environment. WITH A programme that teaches people how to be safe in and around water

### PROGRAMME LENGTH

Lessons can be delivered in 30, 45 or 60 minutes sessions

### COSTS INVOLVED

Training costs for Swim Teachers (may be delivered free of charge for Programme Partners)

### POSSIBLE FUNDING STREAMS

Not applicable



# 2.

## Schools Based

### Overview:

*It is very important for children to learn to swim and be safe in the water when they are young, but many do not get the chance to do so. Our Schools Learn To Swim Programme, funded through Healthy Ireland, specifically targets DEIS schools who have not previously run swimming lessons. Our goal is not just to teach children to swim but to keep them swimming, the follow-on programmes and challenges are designed to keep them active. Swim for a Mile, Active Schools Challenge and such programmes are great ways to keep up their interest, so please talk to us if you think you are interested in getting a programme up and running in your area. Contact our National Coordinator @ grainnemurphy@swimireland.ie*



1.

### Schools Learn to Swim Programme

Developed specifically for schools, we provide training to swim teachers in the challenges of delivering LTS to mixed ability groups

**PROGRAMME LENGTH**  
Ideally a minimum of 10 weeks

**COSTS INVOLVED**  
Pool Hire; Swim Teachers; Transport (if required). Swim Ireland can provide some financial support with Healthy Ireland funds in order to establish a swimming programme in a school. Talk to our national co-ordinator grainnemurphy@swimireland.ie

**POSSIBLE FUNDING STREAMS**  
Healthy Ireland/Dormant Accounts/Swim Ireland/Sponsorship



2.

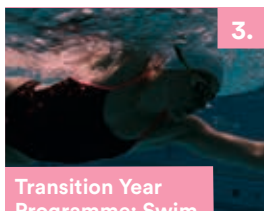
### Active Schools Challenges

Swim Ireland, in partnership with Ireland Active supports Active Schools Week through the Swim for a Mile Challenge. Students are encouraged to challenge their class to complete the mile individually or as a relay

**PROGRAMME LENGTH**  
Flexible

**COSTS INVOLVED**  
Pool Hire. Certificates provided FOC. Medals and hats can be provided at a small cost

**POSSIBLE FUNDING STREAMS**  
Healthy Ireland/Women in Sport/Dormant Accounts



3.

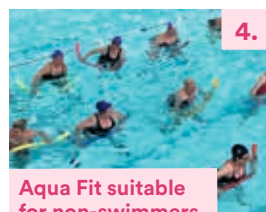
### Transition Year Programme: Swim for a Mile (SFAM)

A great way to get fit in TY. Swim as an individual or join up as a relay team to swim the mile!

**PROGRAMME LENGTH**  
10 - 12 weeks commencing January

**COSTS INVOLVED**  
Pool Hire, Swim Teacher or Coach. (Training programme & Certificates provided by Swim Ireland)

**POSSIBLE FUNDING STREAMS**  
Women in Sport/Healthy Ireland



4.

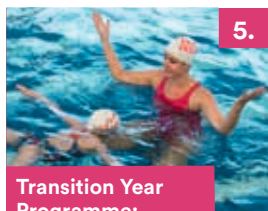
### Aqua Fit suitable for non-swimmers

Catering for all levels of fitness, Aqua Fit is a safe, low impact way to get fit, lose weight, increase flexibility and muscle strength

**PROGRAMME LENGTH**  
Can be a single session but ideally run over 6 week

**COSTS INVOLVED**  
Pool Hire & Teacher

**POSSIBLE FUNDING STREAMS**  
Women in Sport/Healthy Ireland. (Swim Ireland can provide training to local swim teachers to deliver the programme)



5.

### Transition Year Programme: Assistant Swim Teachers

A great use of TY, providing fully accredited Level 1 Asst. Swim Teachers Qualification

PROGRAMME LENGTH  
1-2 School Terms

COSTS INVOLVED  
**€350 per student, Swim Ireland can provide some financial support through Dormant Accounts Funding**

POSSIBLE FUNDING STREAMS  
Skills Net/Dormant Accounts



6.

### Schools Out-Tides In

A follow-on programme for schools who have engaged in lessons to encourage them to try Open Water swimming

PROGRAMME LENGTH  
**June to August**

COSTS INVOLVED  
**Equipment, lifeguards, swim teachers**

POSSIBLE FUNDING STREAMS  
Waterways Ireland/Dormant Accounts/Healthy Ireland



7.

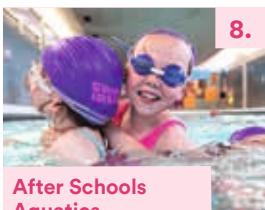
### Mini polo

A fun introduction to Water Polo. Can be done in a shallow pool or open water

PROGRAMME LENGTH  
Can be single session but ideally 4 - 6 weeks

COSTS INVOLVED  
**Pool Hire and Mini Polo Leader**

POSSIBLE FUNDING STREAMS  
Dormant Accounts/Healthy Ireland/Swim Ireland (Swim Ireland can provide training to local swim teachers to deliver mini polo)



8.

### After Schools Aquatics

Not all schools can accommodate swimming, so we will partner with after school clubs to deliver lessons as part of their activities

PROGRAMME LENGTH  
**6 -12 weeks**

COSTS INVOLVED  
**Pool Hire; Swim Teachers; Transport (if required). Swim Ireland can provide some financial support**

POSSIBLE FUNDING STREAMS  
Dormant Accounts/Healthy Ireland




# 3.

## Women & Girls

### Overview:

*Women are one of the key target groups of National Sports Policy and we know that where opportunities are put in place there is substantial uptake on the programmes. Our programmes offer options across the spectrum and cater to all levels of fitness and ability, non-swimmers included. Contact our National Coordinator @ grainnemurphy@swimireland.ie*

*Links: Swim for a Mile:  
[www.swimforamile.com](http://www.swimforamile.com)*



**1.**


### Swimmin' Women

For women who can swim at least 2 lengths of a pool confidently and wish to improve their technique and increase swimming distance but are not ready for SFAM

**PROGRAMME LENGTH**  
**6 weeks**

**COSTS INVOLVED**  
**Pool hire and Coach**

**POSSIBLE FUNDING STREAMS**  
Healthy Ireland/Dormant Accounts



**2.**


### Swimming 50s

Support females during the menopausal transition, by providing an exercise plan, educational workshops and information all within a weekly social gathering

**PROGRAMME LENGTH**  
**8 weeks**

**COSTS INVOLVED**  
**Pool hire**

**POSSIBLE FUNDING STREAMS**  
Women in Sport/Dormant Accounts/Healthy Ireland



**3.**


### Mini polo

A fun introduction to Water Polo. Can be done in a shallow pool, regular pool or open water

**PROGRAMME LENGTH**  
**Can be single taster session but ideally 4 to 6 weeks**

**COSTS INVOLVED**  
**Pool Hire and Mini Polo Leader**

**POSSIBLE FUNDING STREAMS**  
Dormant Accounts/Healthy Ireland/Swim Ireland (Swim Ireland can provide training to local swim teachers to deliver mini polo)



**4.**

### Active Schools Challenge

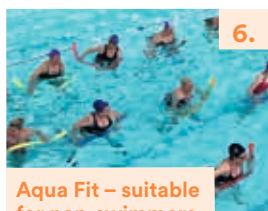
Swim Ireland, in partnership with Ireland Active supports Active Schools Week through the Swim for a Mile Challenge. Students are encouraged to challenge their class to complete the mile individually or as a relay

**PROGRAMME LENGTH**  
**Flexible**

**COSTS INVOLVED**  
**Pool Hire. Certificates provided FOC. Medals and hats can be provided at a small cost**

**POSSIBLE FUNDING STREAMS**  
Healthy Ireland/Women in Sport/Dormant Accounts





6.

### Aqua Fit – suitable for non-swimmers

Catering for all levels of fitness, Aqua Fit is a safe, low impact way to get fit, lose weight and increase flexibility and muscle strength.

#### PROGRAMME LENGTH

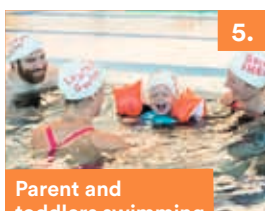
Can be a single session but ideally run over 6 weeks

#### COSTS INVOLVED

Pool Hire and Teacher

#### POSSIBLE FUNDING STREAMS

Go for Life/Healthy Ireland/ Dormant Accounts



5.

### Parent and toddlers swimming lessons

Structured programme to introduce toddlers to the pool and gain confidence in the water

#### PROGRAMME LENGTH

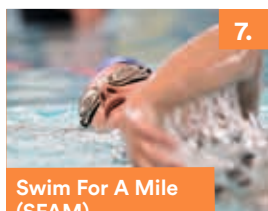
10 weeks

#### COSTS INVOLVED

Pool Hire and Teacher

#### POSSIBLE FUNDING STREAMS

Dormant Accounts/Healthy Ireland/Swim Ireland



7.

### Swim For A Mile (SFAM)

Aimed at encouraging people to get back into the pool and become confident life-long swimmers. If you can complete at least two 25m lengths of a pool we will get you to the mile!

#### PROGRAMME LENGTH

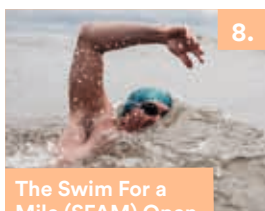
10 - 12 weeks commencing January

#### COSTS INVOLVED

Registration cost €30 per person, includes training programme and entry to SFAM Event Day. Some pools and LSPs offer coach led training in partnership with facilities. Visit Swim for a Mile website, listed in Overview

#### POSSIBLE FUNDING STREAMS

Healthy Ireland/Dormant Accounts/Women in Sport



8.

### The Swim For a Mile (SFAM) Open Water Series

Series of Open Water events, taking people from the SFAM pool challenge into the open water, during the summer months

#### PROGRAMME LENGTH

12 weeks - June to August

#### COSTS INVOLVED

Registration costs €30 per person. It also includes training programme; and entry to event day

#### POSSIBLE FUNDING STREAMS

Sport Ireland Women in Sport/ Dormant Accounts/Waterways Ireland/County Council Event



# 4.

## Disability

### Overview:

*In Swim Ireland we believe everyone has a connection with the water and we are determined that there will be no barriers in place for anyone who wants to swim. If you are aware of a group that wants to swim, talk to us and we will see what support we can provide. You might consider upskilling your local facility by running our Additional Support Needs Teacher Training. This will equip Level 2 Swimming Teachers with the skills to recognise associated adaptations that may be required for certain physical, sensory, intellectual and hidden impairments and to deliver integrated and ASN specific lessons within an aquatic environment. For more information contact our National Coordinator @grainnemurphy@swimireland.ie*

Links: Introduction to Sign language: [www.swimireland.ie/get-swimming/community](http://www.swimireland.ie/get-swimming/community)

Swim for a Mile: [www.swimforamile.com](http://www.swimforamile.com)




### Disability Group Supports

We work with groups on an individual basis to ensure that members who have different support needs can become involved in the aquatics. We can also provide training for leaders to deliver programmes

PROGRAMME LENGTH  
**Varies**

COSTS INVOLVED  
**Varies**

POSSIBLE FUNDING STREAMS  
Dormant Accounts/Healthy Ireland/Swim Ireland with support from Dormant Accounts funding, Swim Ireland can provide training to volunteers in order to allow them to run sustainable programmes



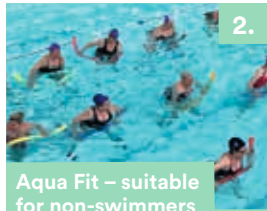
### Introduction to Irish Sign Language

We have partnered with the Irish Deaf Society to create a series of videos including information videos for the deaf swimming community who wish to participate in open water swims to aid their understanding of the rules and safety elements of the swims

PROGRAMME LENGTH  
**Series of videos available via the Swim Ireland Youtube channel ranging in length from 2 mins to 12 minutes**

COSTS INVOLVED  
**None, see Swim Ireland website, listed in Overview**

POSSIBLE FUNDING STREAMS  
Not applicable



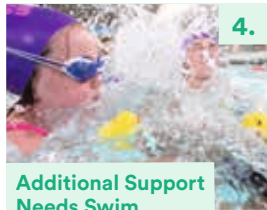
### Aqua Fit – suitable for non-swimmers

Catering for all levels of fitness, Aqua Fit is a safe, low impact way to get fit, lose weight and increase flexibility and muscle strength

PROGRAMME LENGTH  
**Can be a single session but ideally run over 6 weeks**

COSTS INVOLVED  
**Pool Hire and Teacher**

POSSIBLE FUNDING STREAMS  
Go for Life/Healthy Ireland/ Dormant Accounts



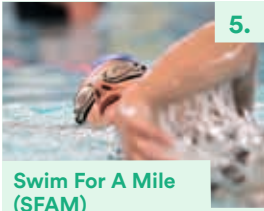
### Additional Support Needs Swim Teacher Training

This course will equip Level 2 Swimming Teachers with the skills to recognise associated adaptations that may be required for certain physical, sensory, intellectual and hidden impairments and to deliver integrated and ASN specific lessons within an aquatic environment

PROGRAMME LENGTH  
**2.5 days**

COSTS INVOLVED  
**€450 (members)/€400 (non-members)**

POSSIBLE FUNDING STREAMS  
Skills Net/Women in Sport/ Dormant Accounts



## Swim For A Mile (SFAM)

Aimed at encouraging people to get back into the pool and become confident life-long swimmers. We can and do run dedicated training sessions for groups with specific needs. If you can complete at least two 25m lengths of a pool we will get you to the mile

### PROGRAMME LENGTH

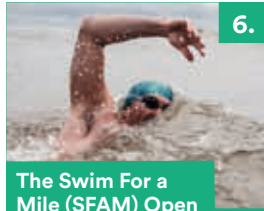
**10 - 12 weeks commencing January**

### COSTS INVOLVED

Registration cost €30 per person, includes training programme and entry to SFAM Event Day. Some pools and LSPs offer coach led training in partnership with facilities. Visit Swim for a Mile website, listed in Overview

### POSSIBLE FUNDING STREAMS

Healthy Ireland/Dormant Accounts/Women in Sport



## The Swim For a Mile (SFAM) Open Water Series

Series of Open Water events, taking people from the SFAM pool challenge into the open water, during the summer months

### PROGRAMME LENGTH

**12 weeks - June to August**

### COSTS INVOLVED

**Registration costs €30 per person. It also includes training programme; and entry to event day**

### POSSIBLE FUNDING STREAMS

Sport Ireland Women in Sport/Dormant Accounts/Waterways Ireland/County Council Event Grants



# 5.

## Older Adults

### Introduction:

*We know our population is aging and how important it is to keep healthy for as long as we can. Swimming and water-based activity is particularly suited to older adults. Our programmes are delivered with a wide variety of partners including Men on the Move and Age & Opportunity. There is a strong social aspect to the programmes and the cup of tea afterwards is a key part of the activity!*

*Link: Swim for a Mile:  
[www.swimforamile.com](http://www.swimforamile.com)*



### Aqua Fit – suitable for non-swimmers

Particularly suited for older adults and catering for all levels of fitness. This is a safe, low impact way to get fit, lose weight and increase flexibility and muscle strength.

#### PROGRAMME LENGTH

**Can be a single session but ideally run over 6 weeks**

#### COSTS INVOLVED

**Pool Hire and Teacher**

#### POSSIBLE FUNDING STREAMS

**Go for Life/Healthy Ireland/ Dormant Accounts**



### Swimmin' Women

For women who can swim at least 2 lengths of a pool confidently and wish to improve their technique and increase swimming distance but are not ready for SFAM

#### PROGRAMME LENGTH

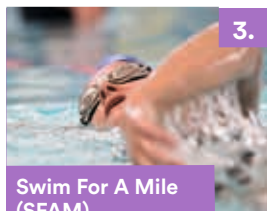
**6 weeks**

#### COSTS INVOLVED

**Pool hire and coach**

#### POSSIBLE FUNDING STREAMS

**Healthy Ireland/Dormant Accounts**



### Swim For A Mile (SFAM)

A great programme for getting lapsed swimmers back into the pool, designed so that those following the programme are meeting World Health Organisation weekly activity standards. If you can complete at least two 25m lengths of a pool we will get you to the mile!

#### PROGRAMME LENGTH

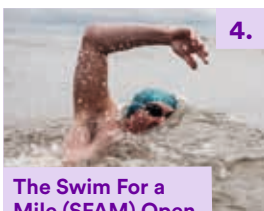
**10 - 12 weeks commencing January**

#### COSTS INVOLVED

**Registration cost €30 person, includes training programme and entry to SFAM Event Day. Some pools and LSPs offer coach led training in partnership with facilities, in which case pool hire and coach costs are relevant. Visit Swim for a Mile website, listed in Overview**

#### POSSIBLE FUNDING STREAMS

**Healthy Ireland/Dormant Accounts/Women in Sport**



### The Swim For a Mile (SFAM) Open Water Series

A supported introduction to Open Water swimming for those who have completed the pool challenge

#### PROGRAMME LENGTH

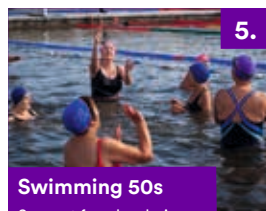
**12 weeks - June to August**

#### COSTS INVOLVED

**Registration cost €30 per person. It also includes training programme and entry to event days.**

#### POSSIBLE FUNDING STREAMS

**Sport Ireland Women in Sport/ Dormant Accounts/Waterways Ireland/County Council Event Grant**



### Swimming 50s

Support females during the menopausal transition, by providing an exercise plan, educational workshops and information all within a weekly social gathering

#### PROGRAMME LENGTH

**8 weeks**

#### COSTS INVOLVED

**Pool hire**

#### POSSIBLE FUNDING STREAMS

**Women in Sport/Dormant Accounts/Healthy Ireland**



Toe in the water.  
Face in the water.  
Staying afloat.  
Touching the  
bottom. One length  
without stopping.  
Fifty lengths  
without stopping.

—

Me and the water.

**SWIM  
IRELAND**



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