

Community Sports Development Officer Report - 2023

Highlights of 2023

Get Galway Active

- This annual program targeted at the general population from January 5th February 19th.
- 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 5th/6th class.
- 2nd 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 5th/6th class.
- 3rd 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

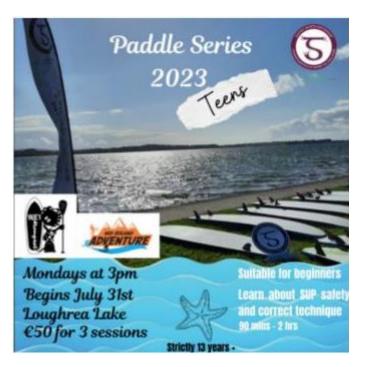
"I'm 31 year old but I never swim in my life. Why? Because I fear the water, but the programme was such a good opportunity for me to try, and now I'm a bit confident with myself and i know if I do more lessons i will be very good, So the programme is just amazing."

"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 wil 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

- \cdot 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.