

Dauphin and Area Public Swims

Project Target Risk Factors:

Physical Activity

Mental Wellbeing

Target Population:

All age groups

Project Leads:

Thelma Moar and Pam Chetyrbuk

Community: Dauphin

RHA: Parkland

Project Partners:

The Healthy Together Now Committee - includes representatives from Dauphin Friendship Centre, Dauphin Recreation Services, Canadian Diabetes Association, Dauphin Neighbourhood Renewal Corporation, Parkland Regional Health Authority, Canadian Cancer Society, Manitoba Agriculture Food and Rural Initiatives

Project Details:

A multiple event / ongoing project

Description:

The Public Swims Project began in 2006 as the committee was looking for an avenue to promote healthy living and increase physical activity to a wide target audience. By introducing a free indoor public swim activity to the community we were able to also improve access to local facilities for all ages. The committee worked with Dauphin Recreation Services to arrange the dates, times and costs that would work for both users and the facility. Public service announcements and posters were distributed throughout the community at a minimal cost to promote the program. The project has grown and additional sponsors are now offering free public swims.

Time:

This was one of the first programs that the local Chronic Disease Prevention Initiative (currently the Healthy Together Now Committee) offered in 2006 and it still operates after 6 years. With additional sponsors coming on board the pool is now open for free public swims on average once per week.

Objectives:

The committee wanted to increase the opportunity for people of all ages to attend an activity that provided physical activity and utilizes a community recreation facility in a safe environment year round.

Planning Supports:

The Healthy Together Now committee members provide input from a number of community organizations and groups. By talking with community members, we saw that there was a need for

a program that was accessible to all and felt that an activity such as swimming captured those needs.

Results:

Initially, the program offered free swimming passes to the public and they accessed the passes monthly from the Dauphin Friendship Centre. Due to increases in the pool price over time, the committee revamped the program so they could promote the public swims to a wider audience. The number of participants varies depending on dates and time of year but the program averages between 150-200 in attendance per session. There have been occasions where some have had to be turned away as the pool has reached capacity.

Families have commented that they look forward to using the pool and that it is a great family outing.

What worked:

Over the 6 years we noted that if swim dates are offered at consistent times like: the first Friday of the month or during a break such as Easter or Christmas, the attendance increases and people can easily remember dates and time with little work for the committee.

What didn't work and any changes made:

Due to the fact that pool prices increased, individual passes were discontinued. Instead the pool was rented.

We had to make sure that there were enough lifeguards on duty to accommodate the participants.

Unexpected Outcomes:

We now have people that are attending from neighbouring communities.

There are other organizations that are offering free swims to the public such as Dauphin Neighbourhood Renewal Corporation and Parkland Healthy Child Coalition.

Resources:

At the beginning of the program we provided bathing suits (free of charge) to youth and adults that needed one. Not having a bathing suit was known to be a barrier for some to participate.

Facilities:

Dauphin Friendship Centre

Kinsmen Aquatic Centre at the Parkland Recreation Complex

Total Costs:

One 2-hour public swim costs \$255.00. This includes the rental fee for the pool and lifeguards. The total Healthy Together Now grant for the Public Swims in 2010/2011 was \$5303.

Materials developed for your program:

[Poster – Free Swim](#)

Contact Information:

Community: Dauphin

Region: Parkland

Contact person: Thelma Moar

Email address: dfcprograms@mymts.net

An alternate contact or for information on other Healthy Together Now programs in this area please contact Carol Schnittjer - cschnittjer@prha.mb.ca