



SportRCT Case Study

Getting adults more active – Aqua Aerobics

The Aqua Aerobics project was developed from a weekly SuperAgers Chair Aerobics session we were delivering in Maerdy Community centre with The Fern Partnership. Those attending the session told us that they wanted to challenge themselves more and wanted to try Aqua Aerobics. The group were proactive and created a list of 20 people within the local area who would be interested to try the activity. We worked with Ferndale Swimming Pool to secure a suitable timeslot and as the group developed a relationship with the chair aerobics instructor, they wanted them to deliver the Aqua Aerobics sessions also. We took the opportunity to upskill the instructor and other leisure operational staff with an Aqua Aerobics qualification.

The sessions had a great start and since April 1st 2023, 23 female older adults from the Ferndale area have attended. The numbers now average 17 attending each week. The sessions are low impact and allow each person to go at their own pace. The sessions are not only an opportunity to be active but also a social opportunity. Many attendees said that since the pandemic they haven't been going out and doing things like they were before, and this session has given them the confidence to start socialising more. They have

created a friendship group, and this has become just as important as the physical activity. They are a great support network, and everyone checks in on each other and encourages each other.

We recently asked the group for feedback. They all thought that the sessions were excellent and they requested an extra session a week. We are now working with the Fern Partnership and Leisure Services to establish a second session.



“I had a knee operation 18 months ago. I find it helps and I feel better meeting people. I enjoy the hot shower”

“It’s a great way to exercise as I have had 2 hip replacements and 2 spinal operations. I really enjoy the sessions and find them beneficial”

“It’s good fun and a good way to exercise”

“I feel more confident in the water, and I feel better after the session with less aches and pains”

