Case Studies

Getting children more active – Crash course swimming lessons

Every school holiday (apart from Christmas), crash course swimming lessons take place at our 8 swimming pools. Children aged 7-11 years have a 30-minute lesson every day for a week. In 2022, following the Coronavirus pandemic, we wanted to provide more opportunities for children to access swimming lessons, since so many lessons had been missed. There was and continues to be a great demand for swimming lessons, so providing crash course lessons during school holidays offers children another opportunity to practice and progress their swimming outside of the Junior Learn to Swim programme.

The crash courses are available to the general public, but some crash course lessons are specifically for non/weak swimmers that are identified during our school swimming lessons. Data shows that approximately 40% of children leave primary school unable swim 25 metres. We want to change this statistic, so we hand out Golden tickets to non/weak swimmers during their school swimming lessons and parents/guardians can use them to book crash course lessons for their child.

Last October Half term, 113 participants completed our crash course swimming lessons, with over a third of these booking with golden tickets. In February 151 children completed the course, with just under half coming via the school swimming referrals.

Many parents have reported that attending the crash course swimming lessons helped their child's confidence. Children have enjoyed the lessons and been able to work at their own pace, with some building their confidence and others working towards swimming distance badges.

"My child is now more motivated to attend swimming lessons and attending the crash course lessons have given him more confidence."

"My child is now more confident in the pool and we are going to book Junior Learn to Swim lessons so she can continue to progress."

8 swimming pools

100% feel more confident

264 participants

100% have increased motivation to swim

100% enjoyed attending the lessons

100% would attend again in future

RHONDDA CYNON TAF