

BEST PRACTICES



Sample of swimming programs and water activities for the elderly in the district of Coimbra (Good practices)



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Lady, do you want to swim in Coimbra (A menina nada?)

Aquafitness integrated in the four swimming pools of the city. The classes integrate the programme “Lady, Do you want to Swim” (A menina nada?), despite of the name is not a gender focused programme. The classes are all days in the week, for 45 minutes in the time period from mid-morning. All the seniors have a discount in the price of 10%.

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Cantanhede:

Programme “Senior swimming” – A guided physical activity program with the goal of improving aerobic endurance, flexibility and strength within the capacity of the elderly population. The participants can choose two classes per week of swimming or aquafitness. The classes are offered all days in the week, in the time period from mid-morning, the maximum of participants are twelve. At this time they have 152 participants. The participants have a discount in the price, if they choose Mondays or Thursdays. The top aims of this project are: prevent physical inactivity and also create some dynamics in the infrastructure in a time of day where they have fewer adherents.

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Pombal:

Sport for all programme – The aging of the population in the interior of Portugal holds the attention of the local authorities. In Pombal the programme “Sport for all” provides leisure activities for this age group, promoting the physical activity, taking into consideration social and health benefits. The programme includes classes three times a week, combining activities in a pavilion, two classes of 50 minutes and water activities, only one is in the swimming pool for 30 minutes.

The originality of this programme is be free of charges, the seniors citizens only have to pay the anual insurance of three euros. The municipality is in charge of the costs.

At the same time they promote many social activities such as a dinner during Christmas period and a walk every three months.