

EXAMPLE PROJECTS (*in brief*)

Organisation: Adelaide Hills War Memorial Swimming Centre

Target Group: Inactive women in the Woodside area

Partnerships: Adelaide Hills Council, Adelaide Hills Community Health Services

Barriers: Transport
Scheduling
Cost
Environment

Grant: \$20,000 in 2006-07 and \$14,000 in 2007-08 (2 years of funding)

Program: **Active Women's Fitness and Lifestyle Program**
The aim of this program is to assist predominately inactive and insufficiently active women in the greater Woodside area to become more physically active encouraging women of all ages and activity levels to become active in exercise and lifestyle activities including walking groups, 'Pushers & Pram' sessions, aquaerobics, pilates, yoga, adult learn to swim, swim for fitness and lifestyle information sessions.

Barriers Addressed: ***Transport***

Providing a local program which is easily accessible and utilising the Adelaide Hills Council Community Bus Service.

Scheduling

Scheduling sessions at varying times to take into account school, employment and other lifestyle influences. Activities offered all year round.

Cost

Reduced costs for group members and providing some sessions for free to encourage women to come along and try.

Environment

Women only activities in a non-competitive environment. Sessions encourage a supportive community network for women.

Items Funded: Exercise equipment
Part time Program Coordinator/Instructor
Advertising and promotion
Venue hire