



# MEDIA RELEASE

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*For Immediate Release - Thursday, January 25, 2024*

## Women and Girls Only Swim

Lethbridge Sport Council, in collaboration with Recreation Excellence Lethbridge and Lethbridge Family Services- Immigrant Services, is pleased to introduce a Women and Girls Only swim program. This initiative is possible in part through a grant from Makadiff Sports. This grant funding will support part of Lethbridge Sport Council's greater campaign, Sport For All. The Sport For All campaign is striving to create more inclusive, accessible, welcoming, and safe sport experiences for all members of our community.

The Women and Girls Only Swim program will provide a safe and designated space for Women and Girls who are unable to participate in traditional or mixed-gender activities because of culture, religion, beliefs, trauma, insecurities, etc. to swim without the presence of men or boys. As part of this program there will be an option for participants to participate in a 'Learn to Float' water safety lesson for those who do not feel confident or comfortable swimming. As well, the program will offer various swimming sampler games (for example; water Zumba and underwater hockey) for the participants.

The Women and Girls Only Swim will kick off on February 23, 2024, at Stan Siwik Family Swimming Pool. For the first session, Recreation Excellence will host an orientation to show participants the facility, discuss pool safety, and answer any questions. The orientation will take place at 2:30 PM with the swim starting at 3:00 PM until 4:30 PM.

The Women and Girls Swim program will take place on the last Friday of each month from 3:00 - 4:30 PM. Thanks to the funding received, the first 35 participants at each session will be able to attend for free. Beyond the first 35 participants, the cost will be \$4 for participants to attend with kids 3 and under being free. Of note, boys 5 and under can attend the swim program.

Lethbridge Sport Council, Recreation Excellence Lethbridge, and Lethbridge Family Services- Immigrant Services are so excited to bring this programming back to Lethbridge and to create more recreation opportunities for Women and Girls within our community. We would like to thank and acknowledge Makadiff Sports for helping this project come to fruition.

If you have questions regarding the Women and Girls Only Swim Program, please email [keegan@lethbridgesportcouncil.ca](mailto:keegan@lethbridgesportcouncil.ca) or [sbelle@recreationexcellence.com](mailto:sbelle@recreationexcellence.com).

## For further information, please contact:

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