

# **Leisure Female Only Swim Survey 2017**

**FINAL**

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## Document Distribution

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# **Female Only Swim Survey 2017**

## **1 Background**

Between the 13<sup>th</sup> and 24<sup>th</sup> November 2017 the Leisure Service serving both North East Derbyshire and Bolsover District Councils conducted a survey amongst their customers who attend the female only swim sessions.

## **2 Methodology**

A paper survey was distributed to all customers who attended the female only swim sessions during the period 13<sup>th</sup> – 24<sup>th</sup> November 2017 at the four leisure centres administered by the two authorities: Go Active at The Arc, Dronfield Sports Centre, Sharley Park Leisure Centre and Eckington Swimming Pool and Fitness Centre. Three centres run one female only swim session each week and Dronfield Sports Centre holds two. The questionnaire was also available online for those who wished to complete it by PC, laptop, tablet or Smart Phone. In total 65 completed questionnaires were received by the closing date of 24<sup>th</sup> November.

Figures in this report are shown in percentages as well as numbers. However, the base for these results is relatively small at 65 respondents. Particular care should be given when looking at the results by centre and making comparisons between the centres. The information included in this report therefore gives an indication of views held and provides some qualitative feedback, both of which present the internal service providers with information that can be used in any decision making process.

The percentages throughout the report may not always add up to 100% due to rounding.

### 3. Profile of respondents

	Total Respondents	Go Active @ The Arc	Dronfield Sports Centre	Sharley Park Leisure Centre	Eckington Swimming Pool and Fitness Centre
<b>Base:</b>	64	15	23	17	9
	%	%	%	%	%
<b>Age Group</b>					
16 – 24 years	5	7	4	-	11
25 – 34 years	15	50	4	-	11
35 – 44 years	7	7	9	6	-
45 – 54 years	16	14	17	6	33
55 – 59 years	16	14	13	6	44
60 – 64 years	5	-	-	19	-
65 – 74 years	31	7	44	50	-
75+	7	-	9	13	-
<b>Disability</b>					
Yes, limited a lot	3	-	-	13	-
Yes, limited a little	21	14	23	25	22
No	75	86	77	63	78
<b>Religion</b>					
No religion	32	57	29	13	33
Christian	68	43	71	87	67
Buddhist	-	-	-	-	-
Hindu	-	-	-	-	-
Jewish	-	-	-	-	-
Muslim	-	-	-	-	-
Sikh	-	-	-	-	-
Other	-	-	-	-	-
<b>Ethnicity</b>					
English/Welsh/Scottish/Northern Irish/British	100	100	100	100	100
Other	-	-	-	-	-

## 4. Executive Summary

### Total results

- Of the 65 respondents that completed a questionnaire, 15 attend the female only swim sessions at Go Active @ The Arc, 23 attend sessions at Dronfield, 17 at Sharley Park and 9 at Eckington. One person completed a form but did not specify which centre they attend.
- The majority (69%) stated that the female only session is the only swim session that they attend.
- The reasons given for this were mainly that it is a women only session (quieter, less boisterous, privacy, suitable for the less confident etc.) and that it was convenient (convenient time/place etc.). Sometimes both reasons were given.
- Just over half (59%) would not attend the session if it were a general public swimming session.
- The reasons given for not wanting to attend the session if it were changed to a general public session were mainly that they preferred the session to be female only (for the reasons above) but there was also a sizeable number of mentions of children (splashing, jumping, diving noisy etc.). There was also mention of lack of confidence regarding swimming by some respondents.

### Go Active @ The Arc

- Fifteen respondents attended the female-only swim sessions at Go Active @ The Arc.
- Two-thirds (67%) stated that the female only swim sessions was not the only swim session they attend.
- Almost half (47%) would still attend the session if it were a general public swimming session.
- Those respondents who would not attend if the session was changed to a general public one generally preferred the quietness of a female only session.

*“Quieter and prefer women only.”*

*“Too busy if a general swim and kids in.”*

## Dronfield Sports Centre

- Twenty three respondents attended the female-only swim sessions at Dronfield Sports Centre.
- Just over three-quarters (78%) of these respondents stated that the female only swim sessions is the only swim session they attend.
- The reasons they only attend the female only swim session were mainly those associated with it being a gentle, more peaceful, session:

*“No men. No children. Calm and peaceful.”*

*“The pool is less busy and I’m self-conscious at other times.”*

*“Find it more relaxing. Generally everyone swims up and down i.e. like lane swimming. No one thrashes up and down through the water.”*

- The same proportion (78%) would not attend the session if it were a general public swimming session.
- Those respondents who would not attend if the session was changed to a general public one generally preferred the calmness of a female only session. There were also indications that some attendees were less confident swimmers.

*I lack confidence in the water. I feel safer with a few other ladies. More space, more relaxed.”*

*“Because I do not feel confident when people are racing up and down the pool.”*

*“Because of other commitments and confidence so I would lose my fitness hour.”*

## Sharley Park Leisure Centre

- Seventeen respondents attended the female-only swim sessions at Sharley Park Leisure Centre. There was a higher proportion of respondents stating that they have a disability at this centre.

- Three-quarters (77%) stated that the female only swim sessions was the only swim session they attend.
- The reasons they only attend the female only swim session were mainly those associated with it being women only and quieter/safer. There was also some mention of the social aspect of it being women only.

*"I am not a confident swimmer and find the female only sessions less boisterous."*

*"Disability."*

*"To meet friends and socialise with other people and because it's a nice relaxed atmosphere."*

- Over half (59%) would not attend the session if it were a general public swimming session.
- Those respondents who would not attend if the session was changed to a general public one generally preferred the quietness of a female only session.

*"I could attend other sessions but appreciate the ladies session for its beneficial relaxing, social and health benefit and sense of well-being."*

*"On a general swimming session it is noisy and when men are in the pool the water is choppy. Feel more confident when at the ladies session and there are no men or children around."*

### Eckington Swimming Pool and Fitness Centre

- Only nine respondents attended the female-only swim sessions at Eckington Swimming Pool and Fitness Centre.
- Nine in ten (89%) stated that the female only swim sessions was the only swim session they attend. The reasons given were mainly relating to it being a women only session or to convenience.

*"As it's ladies only and convenient time."*

*“Only like ladies swim evening session.”*

*“No more time to swim.”*

- Two thirds (67%) would not attend the session if it were a general public swimming session.
- Those respondents who would not attend if the session was changed to a general public one generally preferred the fact that it is a female only session.

*“I come specifically for ladies night.”*

*“Like women only swim.”*



## 5. Results – Total Responses

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**Q Do you attend a female-only swim session at any of the following locations?**

	No.	%
Go Active @ The Arc	15	35
Dronfield Sports Centre	23	28
Eckington Swimming Pool	9	14
Sharley Park Leisure Centre	17	26
No centre specified	1	2

**Q Is this the only session you attend?**

	Yes	No
	% (No)	% (No)
	69 (44)	31 (20)

**Q Would you still attend this session if it was a general public swimming session?**

	Yes	No	Don't know
	% (No)	% (No)	% (No)
	25 (16)	59 (38)	16 (10)

## 6. Results – Results by Centre

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The results have been analysed by Q1 which asks where the respondent is based in order to identify any differences in attitude by location. However, it must be remembered that the base for individual locations is very small.

### Q Is this the only session you attend?

	Yes	No
	% (No)	% (No)
Total	<b>69</b> (44)	<b>31</b> (20)
Go Active @ The Arc	<b>33</b> (5)	<b>67</b> (10)
Dronfield Sports Centre	<b>78</b> (18)	<b>22</b> (5)
Eckington Swimming Pool	<b>89</b> (8)	<b>11</b> (1)
Sharley Park Leisure Centre	<b>77</b> (130)	<b>24</b> (4)

### Q Would you still attend this session if it was a general public swimming session?

	Yes	No	Don't know
	% (No)	% (No)	% (No)
Total	<b>25</b> (16)	<b>59</b> (38)	<b>16</b> (10)
Go Active @ The Arc	<b>47</b> (7)	<b>27</b> (4)	<b>27</b> (4)
Dronfield Sports Centre	<b>4</b> (1)	<b>78</b> (18)	<b>17</b> (4)
Eckington Swimming Pool	<b>33</b> (3)	<b>67</b> (6)	-
Sharley Park Leisure Centre	<b>29</b> (5)	<b>59</b> (10)	<b>12</b> (2)

## 7. Responses to open ended questions

### Q3. If you answered 'Yes' please tell us why you only attend this session? (44 comments)

#### Go Active @The Arc

I really like ladies only swim

Only just started

Family commitments

Close to home. Not much time to go anywhere else.

It is the only one I attend on my own. I come at weekends with my children. I attend this one as I don't feel any pressure and it is the right time for me once children are in bed.

#### Dronfield Sports Centre

No men. No children. Calm and peaceful.

Dronfield is within travel distance and I can catch the 43 bus. I used to attend Eckington but the inconvenience of arranging transport meant I eventually stopped.

It's my first one.

Work 8 – 5. Avoid swimming lessons and swim school (adult swim).

Time is convenient, more relaxed swim knowing that there won't be a lot of fast and furious swimmers, splashing and diving in.

This is the only time I can get.

Because it's the only ladies only session.

Freedom to swim lengths at my own pace.

I've had surgery on my leg and like the quieter ladies only session as I don't want children or men dive bombing or kicking me.

I meet up with friends and enjoy this pool. This is convenient for me. It is ladies only.

Because I want to safely swim lengths for my health and the time fits in with work and grandparent duties and you can swim with like-minded people without being splashed, bombed or crashed into.

Women only. Depends on my work commitments.

Appreciate ladies only session as it is much quieter.

The pool is less busy and I'm self-conscious at other times.

Find it more relaxing. Generally everyone swims up and down ie like lane swimming.

No on thrashes up and down through the water.

I'm staying at the Manor House Hotel every other Wednesday.

#### Sharley Park Leisure Centre

I am not a confident swimmer and find the female only sessions less boisterous.

I like only women.

Meet friends

Convenient time/place. Like the pool and general atmosphere.

Prefer to come when no children and the ladies session is better for me and socialising along with exercise.

Disability

Local – ladies only.

It suits the days I get off from work. The pool is calm and the water is calm. During

other sessions there are people jumping in and causing waves. I am not a confident swimmer and this suits me.

To meet friends and socialise with other people and because it's a nice relaxed atmosphere.

To have a quiet swim away from men and children.

I am a carer to my husband which means I cannot leave him unless he has care in place. I have not been able to enjoy the female-only sessions that I enjoyed in the past until recently. Luckily for us both my husband attends Clay Cross Day Centre on Thursdays now so I can resume my lovely swimming session.

I do other things on different days.

Convenient time and day. Pool is warm and calm. Other ladies are considerate of others. Quiet so no echo. Familiarity.

I do come other days but prefer Thursday ladies only best.

### **Eckington Swimming Pool and Fitness Centre**

Ladies only

Only like ladies swim evening session.

As its ladies only and a convenient time.

Ladies only and convenient time.

Only time I have available to come

No more time to swim

Only time I can fit it in.

I live in Eckington

### **Centre not specified**

Because my friends suggested I come with them to this pool and its ladies only.

## **Q5. If you answered 'No' please tell us why you would not attend this session? (37 comments)**

### **Go Active @ The Arc**

Quieter and prefer women only

Like the privacy of ladies only

It is good to have an opportunity once a week to swim ladies only no pressure, no chaps in the changing room etc!

Busier when general public are in.

Too busy if a general swim and kids in.

### **Dronfield Sports Centre**

I'd verge more toward no. I'd be just as likely to attend an adult only swim or even lane swimming. What puts me off general public swimming is children wanting to play and not respecting or leaving room for lone swimmers. That being said I enjoy the general swim when I am going with children as its more leisurely for them to learn and have fun.

Like the fact it is female only and no children.

Nice to be able to swim in a calm, relaxed atmosphere. Too noisy – not enough space to swim in lengths – when full of children/families. Tried early morning swim – full of

'formation' OAPs – who swim in groups of 3 – talking for England – about the stuff they discussed the day before!! Then stand in shallow end and talk again.

I like that it is just females. Don't have to be body conscious.

I feel happier swimming with ladies only – I don't like people jumping in around me – don't like all the splashing when men are in!

Because I do not feel confident when people are racing up and down the pool.

Prefer females only, don't like swimming with men.

I would look for a quieter time

I lack confidence in the water. I feel safer with a few other ladies. More space, more relaxed.

Because of other commitments and confidence so I would lose my fitness hour.

Less crowded. Women only.

Do not like mixed swimming. Don't like men barging up and down the baths.

Not as enjoyable when the pool is very busy and I wouldn't feel as comfortable with men in the pool.

Probably not. See Q3.

It's nice to have one session without trying to get out of the way of men!

The ladies session is quieter and the water is less "churned up" so it makes for a much more enjoyable swim than the mixed sessions.

Think session would be far too busy and if this would include children would not attend. Good to have separate sessions especially female only.

### **Sharley Park Leisure Centre**

Same answer as above.

No men.

I could attend other sessions but appreciate the ladies session for its beneficial-relaxing, social and health benefit, and sense of well-being.

It gets very busy when open to public. Lots of children and splashing. You cannot swim properly.

Embarrassment.

Prefer ladies only – pleasant swim.

On a general swimming session it is noisy and when men are in the pool the water is choppy. Feel more confident when at the ladies session and there are no men or children around.

Because children playing about and men thinking they own the pool. Women are more considerate of others and plus its only 1 hour a week. Surely the Council can give us that.

See above

I would rather attend this session at this particular day and time but would hesitate if it was overcrowded.

I enjoy the calmness, quiet, consideration, lack of splashing, jumping in, diving etc.

This would be unpredictable in a public session. Also I travel a distance so could use a nearer pool – but like SPLC.

You don't get the children in splashing you. But I know children have to learn to swim as well.

### **Eckington Swimming Pool and Fitness Centre**

Not ladies only

Because it's not ladies only

Annoying children

Annoying children

Like women only swim.

I come specifically for ladies night.

**Centre not specified**

Because its ladies only.

## Female Only Swim Sessions 2017

As a user of the female-only swimming sessions at our leisure centres we would like your feedback on these sessions. Please spare a few minutes to answer this short customer satisfaction survey.

**Q1** Do you attend a female-only swim session at any of the following locations? *(Please choose as many as apply)*

- The Arc, Clowne*
- Eckington Swimming Pool and Fitness Centre*
- Dronfield Sports Centre*
- Sharley Park Leisure Centre*
- None of these*

**Q2** Is this the only swim session you attend?

- Yes*
- No*

**Q3** If you answered 'Yes' please tell us why you only attend this session?

**Q4** Would you still attend this session if it was a general public swimming session?  
*(Please choose one answer only)*

- Yes*
- No*
- Don't know*

**Q5** If you answered 'No' please tell us why would you not attend this session?

## About You

To help us evaluate the results for this survey we would like to know a little more about you. We only ask for information that we intend to analyse



All personal information provided to North East Derbyshire District Council will be held and treated in confidence in accordance with the Data Protection Act 1998. We will only use anonymised information for reporting purposes.

**Q6 How old are you?**

- 16 - 24       55 - 59  
 25 - 34       60 - 64  
 35 - 44       65 - 74  
 45 - 54       75+

**Q7 Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months?**

- Yes, limited a lot  
 Yes, limited a little  
 No

**Q8 What is your religion?**

- No religion  
 Christian (including Church of England, Catholic, Protestant and all other Christian denominations)  
 Buddhist  
 Hindu  
 Jewish  
 Muslim  
 Sikh  
 Any other religion

**Q9 How would you describe your ethnic background?**

- English  
/Welsh/Scottish/Northern  
Irish/British  
 Mixed/multiple ethnic groups  
 Asian/Asian British  
 Black  
/African/Caribbean/Black  
British  
 Other ethnic group

**Thank you for completing the questionnaire.  
Please return the completed questionnaire to reception.**