

'WAGS'

The Ealing 'WAGS' – Women & Girls Sports Project is a 3-year programme running from 2008-2011, which plans to target females between the ages of 16-24 in Ealing.

The 'WAGS' project aims to increase the number of females in Ealing participating in sport and physical activity. The objectives are to increase participation among those who are already active, and to encourage those who are sedentary to become active. It will create new opportunities for adults and young women to take part in leisure centre environments.

'WAGS' is one of the Ealing CSPAN Projects (Community Sports and Physical Activity Network). The CSPAN brings together a range of partners at a local level to ensure that sports and physical activity initiatives and projects are well co-ordinated. Operating in a local area, they draw on the individual strengths and priorities of member organisations and individuals.

The WAGS project is being managed and co-ordinated by Active Ealing and will look to offer a range of activities to include:

- Dance including: Cultural, Classic and Modern styles
- Aerobics / Exercise to Music
- Yoga / Pilates
- Team sports including: Badminton, Basketball, Cricket, Hockey, Football, Netball, Rugby, Table Tennis, Trampolining and Volleyball,
- Martial Arts including: Aikido, Ju-Jitsu, Karate, Tae Kwon Do and Tai Chi
- Gym based programmes
- Try something new – Cheerleading, Canoeing / Kayaking, Archery, Squash

In addition to increasing participation, we also aim to use and to train a number of female sport / activity coaches and to encourage volunteering opportunities across the range of sessions.

If you would like to learn more about the project, as a potential participant, volunteer or coach, please feel free to contact the Ealing WAGS Co-ordinator.

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