

## Community Swimming - Participants Video Audio Description Transcript

Upbeat, instrumental music starts

[Shot of a young girl doing backstroke in a swimming pool]

[Shot of a woman in a swimming pool]

[Close up shot of a sign 'Hydrotherapy Pool']

[Rabia appears onscreen talking]

**Rabia:** The swimming session, obviously, we do that on a Saturday. Regular, every week, 3 to 4 p.m. at the Strood Sports Centre. It's just to get the families together, women, especially these women who don't go out and swim.

[Shot of a girl swimming in the pool]

[Wide shot of the pool with women and children swimming and playing]

[Close up shot of a young boy floating on a float in the swimming pool]

Rabia appears onscreen talking]

**Rabia:** This is the first time I'm a lifeguard. So we've got four other lifeguards and these are women in our community becoming a lifeguard. So that's a big thing for them.

[Close up shot of a lifebuoy at the side of the pool]

[Shot children and women in the swimming pool]

[Shot of Rabia swimming in the swimming pool]

[Rabia appears onscreen talking]

**Rabia:** For me, it's socialising with my own family, my children. As you've seen in the poolside, it's, it's amazing just seeing their smile and developing. And then my young three year old, she's one of the youngest members.

[Close up shot of a young girl swimming and then looking up at the camera and smiling]

[Shot of a toddler swimming with armbands and smiling and laughing]

[Rabia appears onscreen talking]

**Rabia:** She enjoys it from the moment when she first started to where she is today. Such a confident little girl. It just gives me such reassurance to build these young ones for the next generation.

*Titles appear onscreen 'Search for: 'Active Kent and Medway tackling inequalities''*

*Logos appear onscreen Active Kent & Medway, Together Fund and Sport England logos*