

## SPARC Survey Results Favour Swimming

The 2007/8 Active New Zealand Survey - *Sport, Recreation and Physical Activity Participation Among New Zealand Adults* highlights the popularity of swimming.

### Some of the key findings over 12-months for swimming:

- High participation levels were found for a mixture of sport and recreation activities, with walking, gardening and **swimming** being the most popular activities in which adults participated each year.
  - Swimming was the third most popular activity among both men and women
  - 34.8 percent of adults participated in swimming - that is 1,139,812 New Zealanders
- **Swimming is popular across all age groups:**
  - 16-24yrs most popular activity (47.3%)
  - 25-34yrs second most popular (44%)
  - 35-49yrs third most popular (40.9%)
  - 50-64yrs third most popular (24.4%)
  - >65 yrs third most popular (15.3%)
- **Swimming is also popular across ethnicities:**
  - Maori – second most popular (38.5%)
  - Pacific - third most popular (23.8%)
  - NZ European - third most popular (35.4%)
  - Asian - second most popular (32.7%)
  - Other - third most popular (39.7%)

### Trends

Between 2000/01 and 2007/08 levels of participation in sport and recreation among adults (aged 18 years and over) have remained stable in the following areas:

- Participating in at least one sport and recreation activity over 12-months
- Volunteering in sport and recreation over 12-months
- Being a member of a club or centre to participate in a sport or recreation activity per month
- Compared to 2000/01 (97.9) , in 2007/8 less adults participated in at least one sport or recreation activity over 12-months (95.8)
- Compared to 2000/01 (27.2) , in 2007/8 volunteering levels decreased (24.9)
- Compared to 2000/01 (35.1) , in 2007/8 less adults were members of a club (33.7)

For your information, [the complete document of key results from this survey is available by clicking here](#).