



RECREATION
AND PARKS



Recreation

PROGRAMMES 2024/25

PLAY. LEARN. MOVE



THE POWER OF RECREATION

The Universal Declaration of Human Rights states that “Everyone has the right to rest and leisure...”. Therefore, time spent in enjoyable recreation is a human right that all people have and are entitled to. Recreation includes the activities we do in our lives that refresh our bodies and minds and make leisure time (time that is not otherwise used for work, school, or other activities like appointments and chores) more interesting and enjoyable. Fun and enjoyment are the foundation of why we engage in recreational activities.

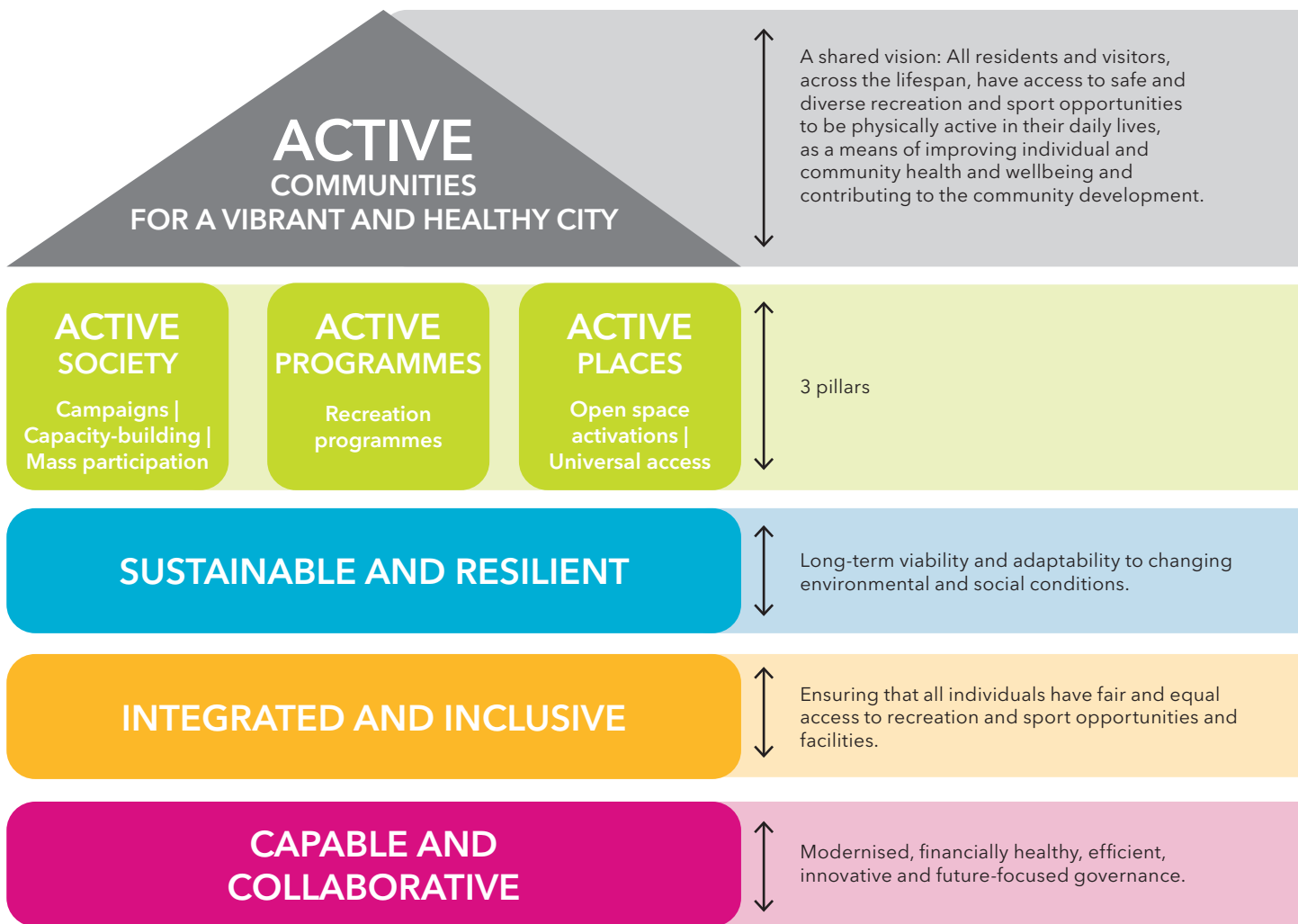
At the Recreation and Parks Department, our vision is that all people across Cape Town have equal and inclusive opportunities to participate in enjoyable recreational activities. When taking part in recreation regularly, we are mentally stimulated, more creative, energized, and relaxed. We benefit from improved physical health and wellbeing and our psychosocial health also improves. For children, play is an essential part of growth of development. The positive connections and experiences children make when they play with friends and in the care of supervising adults impacts on their future participation in recreation and sport activities. As those children grow, the next generation of playful parents emerge - those who participate in and encourage recreation.

In 2024/25, the Department will offer seven ‘Active Communities’ programmes designed to ‘activate and captivate’ all ages. Progressing from childhood into adulthood, our programmes are developmental for children and youth and progress to focusing on health and wellbeing in adults and seniors. Fun and social engagement are at the centre of each programme.

This document provides a recreation programmes basket of services that the Department offers and provides guidance to Councillors on what services can be supported to ensure effective service delivery. Firstly, we provide an overview of the Department’s strategic direction in relation to recreation programmes and then detail each programme. Should more information on the basket of services be needed, the Programmes, Events and Partnerships office can be contacted at RecreationandParks.
ProgrammesandEvents@capetown.gov.za.

OUR RECREATION PROGRAMMES STRATEGY

Getting communities active to create a vibrant and healthy city is our main goal! With Active Communities at the centre of our focus, our priority projects, programmes and initiatives are geared towards achieving this goal. Aligned with the IDP, strong and capable governance, interventions that are integrated and inclusive, and close collaboration and partnerships to achieve the reach and impact we envision form the foundation.



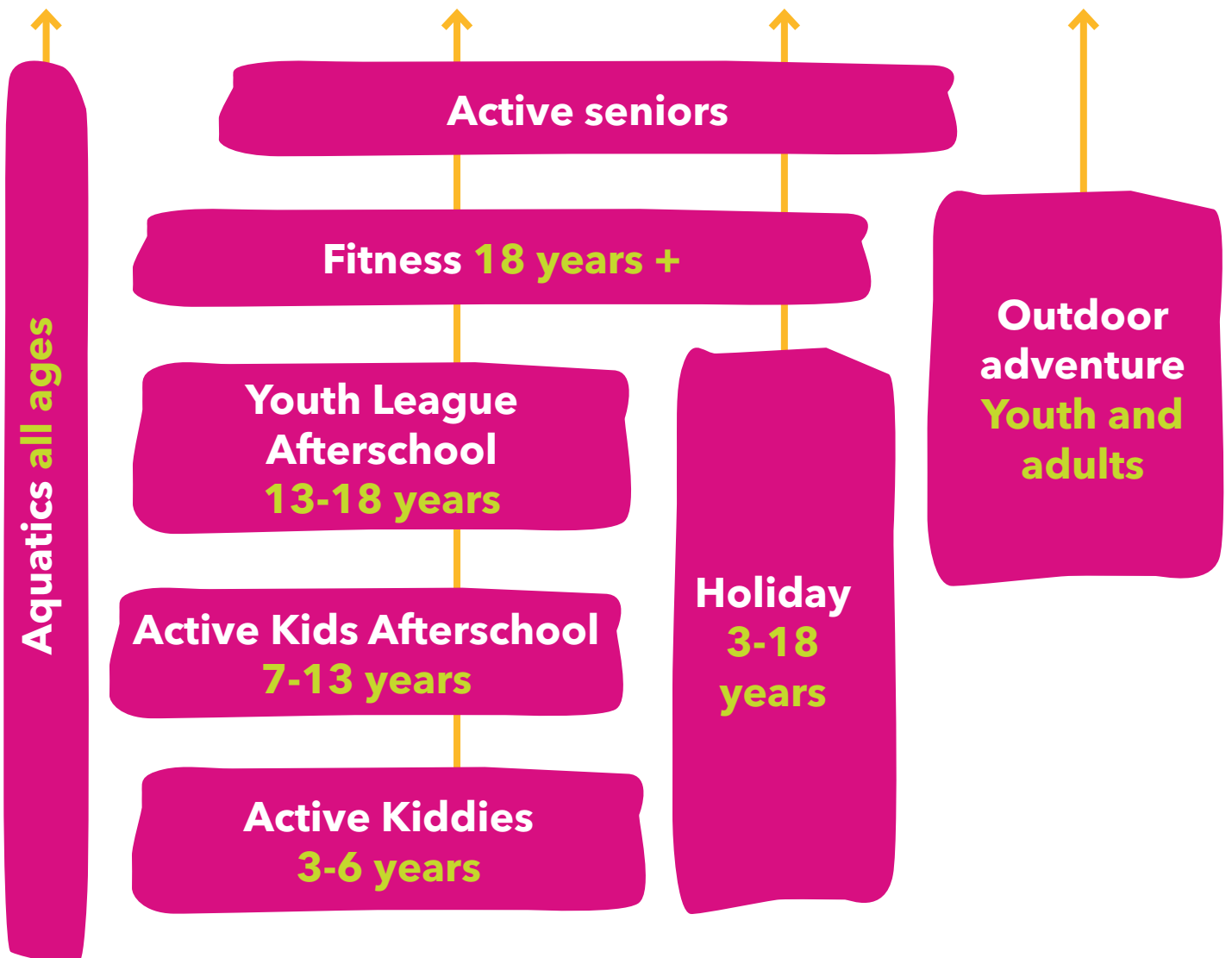
In 2024/25 and beyond, Recreation and Parks will offer seven Active Communities programmes to the public. The overarching theme of the Active Communities Programme is “Active for Life”. With this in mind, our programmes progress from childhood into adult and are designed to ensure that recreation is accessible to all - of all ages, abilities and cultures - to encourage lifelong participation in recreation.

Within the framework of the National Sport and Recreation Plan’s vision to build “an Active and Winning Nation”, the Recreation and Parks Department gears its programmes towards two main outcomes: 1) preparing a foundation to participate in sport (Winning Nation) and 2) to improve health and wellbeing of the nation (Active Nation). To achieve this, we must strive for all people across the city to have access to opportunities to participate in recreation and play sport.

PLAY. LEARN. MOVE 2024/25 AND BEYOND

Active Nation

Active recreation for all to encourage and support lifelong participation in recreation



This image provides information on the Active Communities overarching Programme that includes seven programmes offered to communities.

ACTIVE COMMUNITIES

ACTIVE KIDDIES PROGRAMME

Description and objectives: The Active Kiddies programme is an early childhood recreation development programme for children of pre-school age (3-6 years). The programme aims to develop physical literacy (teaching the body how to move). Activities aim to develop gross and fine motor skills, focusing particularly on recreation, play and sport literacy. Developmental outcomes are linked to locomotor (e.g. jumping, hopping, skipping etc.), physical fitness (e.g. cardiovascular endurance and muscle strength etc.), skill-related physical fitness (e.g. balance and agility), and other skills such as hand-eye coordination and spatial awareness.

Programme delivery: To deliver this programme, the Department collaborates with ECD centres, crèches or pre-schools in close proximity to a City recreational facility. The programme takes place during school hours on week days.

Activities: The activities are linked to the developmental outcomes set out for the programme. Age-appropriate activities include, but are not limited to, games and play, gross and fine motor skills, age-appropriate mind games and board games, indigenous games, recreational arts and crafts.

Events: Events are linked to the programme and is a culmination of what the children have learnt. For example, if the children learnt ball skills over the past quarter, then an event will be linked to those ball skills learnt, e.g. soccer, netball mini sport tournament. Or if the children learnt new board games, then a mind-games event can be held.



Costing: An Active Kiddies programme may cost approximately R20 000, depending on the needs of programme itself, how frequently the programme is offered, the number of events hosted and the number of children who participate in each event.

AFTERSCHOOL PROGRAMME

The Afterschool programme has two target groups: primary school aged children and high school youth. The programme incorporates inclusive recreation, meaning that children of all physical abilities are welcome to attend the programme. This means that programme activities are adapted to suit the needs of all physical abilities. There is also a special focus on girls because of the generally lower participation in recreation when compared to boys.



1. ACTIVE KIDS AFTERSCHOOL PROGRAMME

The Active Kids Afterschool programme is a developmental recreation programme for 7-13 years (grade 1-7) offered during after school hours on weekdays (approximately 13:30-17:00).

Programme objectives: The aim of the programme is a continuation of recreation and play literacy, sport literacy, and gross and fine motor skills development. The programme aims to expose children to a variety of recreational activities to grow an interest and love for recreation.

Activities: Activities include an introduction to a variety of sport and sport play, age-appropriate

mind and board games, recreational arts and crafts and indigenous games.

Costing: Generally, afterschool programmes are the most costly to the Department because of the frequency it's offered (usually 4-5 days per week throughout the year) and the high number of children and youth the programme attracts. Out of all programmes offered in the Department, the Active Kids afterschool programme for primary school children attracts the highest number of participants.

This programme may cost up to R50 000 per facility, depending

on the equipment needs of programme, how frequently the programme is offered e.g. daily, and the number of events hosted by the sub-Area and facility.

Typical events linked to this programme include sport and games (such as board games and e-games) tournaments. These are held throughout the year. Events are typically held at the facility but may require transport to facilities if hosted elsewhere, e.g. hiking. The key items required in this programme include equipment (capital and operational) and event costs such as transport (bus hire, mileage), snacks and refreshments and equipment.

2. - YOUTH LEAGUE AFTERSCHOOL PROGRAMME

The Youth League Afterschool programme for 13-18 years (grade 8-12) is offered after school hours on weekdays (approximately 15:00-18:00).



Description and objectives: The aim of the programme is to continue to expose youth to a variety of recreational and sport activities. The programme promotes lifelong participation and enjoyment in recreation and sport, ultimately to promote living an active and healthy lifestyle in this age group. The programmes also aims to develop life and leadership skills using recreation and sport as a tool.

Activities: A variety of sport, recreation and game activities are provided. Activities include sport, action sport and street league, mind and board games; e-games, recreational arts; recreational crafts, indigenous games; aquatics (water sport), martial arts; age-appropriate fitness. Fun tournaments may be held to encourage participation of youth in the programme.

Events: The programme culminates in the Cape Town Games held in Quarter 4 of each year. Annually, activities for the Games are selected and a Games Rule Book developed and distributed. Recreation staff host tournaments at facility level then sub-Area and Area level, which culminate in department Cape Town Games.

Costing: Generally, afterschool programmes

are the most costly to the Department because of the frequency it is offered (usually 4-5 days per week throughout the year) and the high number of children and youth the programme attracts.

This programme may cost between R30 000 and R40 000 per facility per annum, depending on the equipment needs of programme, how frequently the programme is offered e.g. daily, and the number of events hosted by the sub-Area and facility.

Typical events linked to this programme include sport and games (such as board games and e-games) tournaments (that feed into Cape Town Games). Events are typically held at the facility but may require transport to facilities if hosted elsewhere, e.g. sport tournaments. The key items required in this programme include equipment (capital and operational) and event costs such as transport (bus hire, mileage), snacks and refreshments and event equipment.

Recreation Leadership Development (RLD):

RLD is embedded in this afterschool programme. RLD is a three-phased youth development programme for youth aged 13-18 years where recreation is both the end goal (to increase participation in recreation) and the tool used for development. The first phase is youth development at facility-level where youth with leadership potential is identified and developed. Opportunities to volunteer, receive mentorship, coaching and training is offered to these youth at the facility. Phase two is selection into the annual Camp Cape Town, a recreation leadership camp to further develop and refine leadership skills. The third phase is selection into a three-year leadership development programme to re-enforce learnings from the Camp, and where specialised mentorship, coaching and training is received.

A key feature and highlight of this programme is Camp Cape Town. This is a week-long recreation leadership camp held during school holidays for selection into the 3-year programme. Prior to Camp Cape Town, each sub-Area and Area hosts camps for selection from facility level, to sub-Area level, then Area level. Youth selected from the Area camp qualify to participate in the departmental Camp Cape Town. After selection, numerous camps are held during the holiday period over the course of the 3 years. Each camp has a specific focus and outcome related to leadership skills.

RLD Costing: A one-week RLDP camp at sub-Area or Area level for 30 youth and 20 facilitators / staff will cost in the region of R65 000. This includes mainly food and beverages. Camp Cape Town, which is hosted for one week for approximately 120 youth and 30 facilitators / staff will cost in the region of R250 000. This includes food, beverages and catering, kitchen supplies (cleaning agents etc.), first aid supplies and equipment needed to host activities.



HOLIDAY PROGRAMME



The Holiday programme is a structured recreation programme for pre-school and primary school children and high school youth offered during the four school holiday periods.

Programme objectives: The programme aims to occupy and expose children and youth to a variety of sport and recreation activities during the school holiday periods. The Holiday programme may be a continuation of activities from the term programme into the holiday period or may be a stand-alone Holiday programme. The programme focuses on fun and positive engagement but may have a friendly but competitive component, e.g. if a tournament is hosted.

Activities: The activities offered at this programme ranges extensively, from playing various sport, sport tournaments, board, games, recreational arts and crafts, beach games, hikes and outdoor adventure activities.

Costing: Unlike afterschool programmes, a holiday programme may be offered throughout the day. The programme attracts a large

number of children and youth, with some facilities attracting a total attendance of over 3 000 in a one-week period. Due to the large number of children to cater for, this programme requests larger budget in comparison to other programmes.

On average, the request for budget to offer 4 holiday programmes (per annum) is R55 000, but ranges from R10 000 to ±R100 000. This depends if the facility utilises existing equipment and resources or procures new equipment for the programme. It also depends on the planned activities, for example, if transport is needed if the programme is hosted at a different venue, e.g. an outdoor adventure activity such as a hike or if events are hosted, such as sport tournaments. The budget also depends if snacks are arranged for participants for the programme period.

The key items required in this programme include equipment (capital and operational) and transport (bus hire, mileage). If a friendly tournament is held, costs are associated with equipment, and snacks and refreshments.

AQUATICS PROGRAMME



The Aquatics programme is a structured and progressive aquatics programme for all ages but targeted at children (3-13 years) and youth (13-35 years). The programme is offered by trained recreation staff together with City lifeguards at public swimming pools, tidal pools and beaches during the spring, summer and early autumn season (September to April).

The programme focuses on water awareness and learn-to-swim. Participants can enter into the programme at the appropriate phase and then progress through the two phases. Taking advantage of the City's resources for swimming, and in light of the City's Drowning Prevention programme, two aims underpin this Aquatics programme: 1) to reduce the number of drowning incidents at City swimming pools and beaches and 2) increase the opportunities for youth to participate in aquatic activities.

Programme objectives: The aim of the programme is to develop water and swim safety as well as teach children of this age group how to swim independently.

Costing: A water safety and learn-to-swim programme takes approximately 3-months

to complete depending on the swimming maturity level of the group.

The equipment resources required to offer this programme is low. Equipment items available on the tender include:

- Kick board
- Armbands
- Dive sticks and dive rings
- Pool noodle

The equipment costs to implement the programmes varies depending on the number of participants attending. Additional costs may include hiring of fleet to transport children to and from the swimming pool from the recreation centre and event costs, including snacks and refreshments.

The cost per annum to offer this programme may range from R0 (if all resources are sourced in-house and transport is not required) to R20 000 (if equipment, transport and event costs are required).

OUTDOOR ADVENTURE



The Outdoor Adventure programme is offered to all youth aged 13-35 years, with a separate focus on high-school aged youth and out of school youth. The aim of the programme is to provide outdoor recreation adventure opportunities that may not be readily available at the recreation centre. On many occasions, a City-hosted outdoor adventure activity is the first time that a youth participates in such an activity, for example, hiking.

Programme objectives: To enable a recreationally active lifestyle through providing and exposing youth to opportunities to fun and enjoyable adventure recreation activities. The programme also aims to provide both an educational and developmental aspect.

Activities: Activities can include hiking, nature and beach walks, skateboarding, surfing and other water sport, kayaking, sandboarding, biking etc.

Costing: The cost per annum to offer this programme may range from R10 000 to R60 000. Programme costs vary depending on the frequency of the outings, the number of youth and equipment required for each activity.

Equipment items available on the tender include:

- Kayak, paddles and padded seat
- Fishing rod
- Camping goods: saucepan, plate, mug, spoon, cooler box, table, water container, tent

Additional costs may include:

- Hiring of fleet to transport youth to and from the venue from the recreation centre as participants would need to be transported to the venue for adventure recreation to take place.
- Snacks and refreshments
- Safety equipment, e.g. first aid kit

FITNESS

The Fitness programme is offered to all youth and adults over the age of 18 years but has special emphasis on youth aged 19-35 years (out-of-school youth).

strength, muscle endurance and flexibility, as well as skill-related physical fitness such as agility, balance, coordination, reaction time, speed and power.

Programme objectives: The programme offers a variety of fitness activities with the aim of enhancing health-related physical fitness: cardiovascular endurance (aerobic fitness), muscle

Activities: The 3 focus areas for the fitness programme includes 1) aerobics, 2) dance and 3) walking/running.

Aerobics

Boxing/kickboxing
Stepping, High-intensity interval training (HIIT)
Functional training
Aqua aerobics

Dance

Line dancing
Ballroom dancing
Hip Hop
Break dancing

Walk and run

Road walking & running
Parkrun
Trail walking & running



In Communities, walking programmes are established at a facility level, where walking routes are identified and planned to ensure participant safety.

Equipment items available on the tender is attached.

Costing: The cost per annum to offer this programme may range from R5 000 to R35 000. Programme costs vary depending on the number of participants and equipment required.

Additional costs for fitness events may include:

- Hiring of fleet to transport participants to and from the venue
- Snacks and refreshments

ACTIVE SENIORS

The Active Seniors Premier League programme provides a variety of recreational games and activities for adults older than 60 years. The programme is underpinned by regular fun competitive challenges and activities and culminates in competitive recreational activities such as Golden Games.

Programme objectives: Falling is a major risk factor for injury in this age group. Additionally, many seniors experience poor health and suffer from chronic disease such as type 2 diabetes and high blood pressure. The programme aims to provide activities that improve health-related physical fitness, such as aerobic capacity, muscle strength and endurance, and flexibility. This aims to reduce the risk of falls and help manage

health and chronic disease, but also increase independence.

Activities: Activities can include board and other recreational games, a variety of adapted and non-adapted sport, fitness activities, a variety of board and mind games, E-Games, and recreational arts and crafts.

Costing: The programme cost may vary between R5 000 and R35 000 depending on the number of participants, equipment required and the number of events held. Events may require additional budget, such as transport and snack and refreshments.



OPEN SPACE ACTIVATIONS



Activations are offered in public open spaces including community and district parks and beaches that provide periodical activities, i.e. weekly or monthly.

Open space activations aim to 'bring that space to life' through regular outdoor activities. It serve as a place-making initiative for the community.

Open space activations can include netball, fitness and aerobics, other recreational games in community parks and beach activities.



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