

Stromness Swimming Pool and Fitness Centre

Monday 16 April – Monday 2 July 2018

Please Note: Due to our Steam Room being upgraded the times during April for the Health Suite may be subject to change. Please contact us to check.

Monday

Session type	Time
Public Swimming (Only the deep-end will be available 09:15 – 10:00).	08:30 - 10:30. 17:00 - 19:30.
Exercise in Water (Shallow end, no booking needed, suitable for all abilities).	09:15 - 10:00.
Lane Swimming (2 lanes during the public session).	17:30 - 19:30.
Fitness and Health Suites.	08:30 - 12:00. 16:00 - 20:00.

Tuesday

Session type	Time
Public Swimming.	17:30 - 19:30.
Lane Swimming (2 lanes during the public session).	17:30 - 18:30.
Fitness Suite.	10:00 - 12:00.
Fitness and Health Suites.	16:00 - 19:30.

Wednesday

Session type	Time
Public Swimming.	08:30 - 10:30.
Fitness and Health Suites.	08:30 - 12:00. 16:00 - 20:00.

Thursday

Session type	Time
Public Swimming (Only the deep-end will be available 16:00 – 16:45).	14:00 - 19:30.
Aqua Dance Exercise Class (No booking).	16:00 - 16:45.
Lane Swimming (2 lanes during the public session).	17:30 - 18:30.
Fitness and Health Suites.	10:00 - 12:00. 14:00 - 19:30.

Friday

Session type	Time
Public Swimming.	08:30 - 10:30. 17:30 - 19:30.

Session type	Time
Lane Swimming (2 lanes during the public session).	17:30 - 18:30.
Fitness and Health Suites.	08:30 - 12:00. 16:00 - 19:30.

Saturday

Session type	Time
Public Swimming.	14:00 - 15:30.
Junior Waterpolo (booking only).	12:15 - 13:00.
Aquafun (small part of shallow end, booking only).	14:15 - 14:45.
Health and Fitness Suites.	09:00 - 15:30.

Sunday

Session type	Time
Public Swimming.	10:00 - 13:00.
Pool available for party/private hire.	13:00 - 15:00.
Children's Fun Session.	15:00 - 16:00.
Fitness and Health Suites.	10:00 - 16:00.

- **Please note; this timetable may change without prior notice, please phone, or check our Facebook page for any updates.**
- The times shown above are Water, Health and Fitness Suite times - We allow an extra 20 minutes for showering and changing.
- Children under 8 years must be accompanied into the water, and changing rooms by an adult.
- Children over 8 years can use the Health Suite (Sauna, Steam Room and Spa at the weekends when accompanied by an adult at all times during their visit (Ratio 1 Adult to 2 Children).
- Swimwear must be worn at all times when using the Health Suite.
- Before using the Fitness Suite you must have completed an induction course within Orkney (over 16 years only).

Stromness Squash / Racketball Court

Please contact the pool for further information.

Contact Us

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Phone: 01856850552.

Web: <http://www.orkney.gov.uk/>

Facebook: Stromness Swimming Pool, Fitness Centre and Squash Court.