

Stromness Swimming Pool and Fitness Centre

Monday 7 January – Friday 5 April 2019

Monday

Session type	Time
Public Swimming (only the deep-end will be available 09:15 – 10:00).	08:30 - 10:30. 17:00 - 18:30.
Exercise in Water (shallow end, no booking needed, all abilities).	09:15 - 10:00.
Lane Swimming (2 lanes during the public session).	17:30 - 18:30.
Health and Fitness Suites.	08:30 - 12:00. 16:00 - 19:30.

Tuesday

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

Wednesday

Session type	Time
Public Swimming.	08:30 - 10:30.
Health and Fitness 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 - 16:45. 17:30 - 19:30.
Aqua Dance Exercise Class (no booking needed).	16:00 - 16:45.
Lane Swimming (2 lanes during the public session).	17:30 - 18:30.
Health and Fitness Suites.	10:00 - 12:00. 14:00 - 19:30.

Friday

Session type	Time
Public Swimming.	08:30 - 10:30. 17:30 - 19:30.
Lane Swimming (2 lanes during the public session).	17:30 - 18:30.
Health and Fitness Suites.	08:30 - 12:00. 16:00 - 19:30.

Saturday

Session type	Time
Swimming Lessons (booking only).	09:15 - 11:30.
Water Polo (phone for details).	12:00 - 12:45.
Health and Fitness Suites.	09:00 - 13:00.

Sunday

Session type	Time
Public Swimming.	10:00 - 12:00.
Family Fun Session.	14:00 - 16:00.
Health and Fitness 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 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

Email: stromness.pool@glow.orkneyschools.org.uk

Phone: 01856850552.

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

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