

Stromness Swimming Pool and Fitness Centre

Opening Times

Tuesday 21 August – Saturday 13 October 2018

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, suitable for all abilities).	09:15 – 10:00.
Lane Swimming (2 lanes during the public session).	17:30 - 18:30.
Fitness and Health Suites.	08:30 - 12:00. 16:00 - 19:30.

Tuesday

Session type	Time
Learn-to-Swim (Booking Only)	15:50 – 17:30.
Public Swimming.	17:30 - 19:30.
Lane Swimming (2 lanes during the public session).	17:30 – 18:30.
Fitness and Health Suites.	10:00 - 12:00 (Gym Only). 16:00 - 19:30.

Wednesday

Session type	Time
Public Swimming.	08:30 – 10:30.
Learn-to-Swim (Booking Only)	15:50 – 16:30.
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 – 16:45. 17:30 – 19:30
Aqua Dance Exercise Class (No booking).	16:00 – 16:45.

Session type	Time
Learn-to-Swim (Booking Only).	16:50 – 17:30.
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.
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
Learn-to-Swim (Booking Only).	09:00 – 11:30.
Mini Waterpolo (Phone for details).	12:00 – 12:45.
Fitness and Health Suites.	09:00 – 13:00.

Sunday

Session type	Time
Public Swimming.	10:00 – 13:00.
Children's Fun Session.	13:00 – 14:00.
Fitness and Health Suites.	10:00 – 14:00.

- **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:

Email: graham.hill@orkney.gov.uk

Phone: 01856 850552.

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

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