

Stromness Gym & Health Suite Sessions

8 January - 29 March 2024

Monday

0630-0800 **GYM ONLY** (Active Life Members Only)

0800 - 1230

1230 - 15:00 **GYM ONLY** (Active Life Members Only)

1700 - 1930

Tuesday

1600 - 1830

Wednesday

0730 - 1300

1630 - 2030

Thursday

1630- 1830

Friday

0730 - 1300

1600 - 1830

Saturday

0630-0830 **GYM ONLY** (Active Life Members Only)

0830 - 0930 (Ladies only)

0930 - 1300

Sunday

1400 - 1700

Gym Guidelines

- All users must have completed a gym induction at an OIC gym or at The Pickaquoy Centre.
- 14-15 year olds may attend the gym if they have completed an induction at OIC or The Pickaquoy Centre and are accompanied by a responsible adult over the age of 18 years who has also received a gym induction.
- Please wipe down equipment after you have used it.
- Bring your own water bottle.
- Wear suitable clothing and footwear for exercising.
- Be respectful of other gym users.

Pool & Health Suite Guidelines

- All Children aged under 8 years must be accompanied in the water by an adult (Ratio 1 adult : 2 under 8's).
- Please remember to stay hydrated and safe within the health suite.
- **Lane Swimming** – Pool is split into lanes and swimmers are asked to follow one direction. Children aged 13 years or over may attend lane swimming unaccompanied if they are a competent lane swimmer.
- **Health Suite Family Session** – During these sessions over 8's can use the Health Suite with an accompanying adult at a ratio of 1 adult : 2 children. Available Saturday and Sundays.
- **Wellness Session** – A session for more gentle exercise and swimming for those with mobility issues or those in recovery from injury.
- **Public Session** – Open to all.
- **Fun Session** - Stepping stones, inflatable boats or toys and floats available