

# Stromness Swimming Pool and Fitness Centre Opening Times

Until Sunday 15 August 2021

## Admission is by prior booking only.

Bookings can be made online at [www.orkney.gov.uk/slbookings](http://www.orkney.gov.uk/slbookings) or by downloading the iScuba app (Android and Apple) or by calling the pool on 01856850552.

- Over 15 years only for lane swimming.
- Face coverings are mandatory when entering the building.
- Please follow instructions from staff.
- Swimming sessions are 45 minutes, gym sessions are 50 minutes, parent and toddler sessions are 30 minutes.
- Changing rooms are unisex, only one will be in use during each session.
- Please come with your swimwear on, and take all your belongings onto the poolside. This is to limit the length of time spent in the changing room.
- Showers are available for a quick rinse only.
- Children under 15 years must be accompanied into the water by an adult (Ratio 1 adult to 2 under 8's).
- Before using the Fitness Suite you must have completed an induction course within Orkney (over 16 years only).
- No personal towels in the gym, please wipe down the equipment after use with sanitiser provided.
- Please arrive on time for your session, as 'no-shows' will be charged, or let us know if you wish you cancel your booking (inside 6 hours you will be charged).

## Monday (Level 3 until 16 May)

Session type	Time
Lane Swimming.	08:00 – 08:45. 12:30 – 13:15.
Gentle Length Swimming.	09:00 – 09:45. 18:00 – 18:45.
Wellness Session.	10:00 – 10:45.
Parents and Toddlers (maximum of 3 from same household).	11:00 – 12:15.
Fun Session (8 to 11 years).	17:00 – 17:45.
Fitness Suite.	07:30 – 14:25. 16:30 – 20:25.

## Monday (Level 2 from 17 May)

Session type	Time
Lane Swimming.	08:00 – 08:45. 12:45 – 13:15.
Exercise in Water Class (Booking only).	09:15 – 10:00.
Gentle Length Swimming.	18:00 – 18:45.
Wellness Session.	10:15 – 11:00.
Parents and Toddlers (maximum of 3 from same household).	11:15 – 12:30.
Fun Session (8 to 11 years).	17:00 – 17:45.
Fitness Suite.	07:30 – 14:25. 16:30 – 20:25.

## Tuesday

Session type	Time
Learn to Swim Classes.	16:00 – 18:45.
Fitness Suite.	08:30 – 10:25. 12:30 – 13:25. 15:30 – 19:25.

## Wednesday

Session type	Time
Lane Swimming.	08:00 – 08:45. 13:00 – 13:45.
Gentle Length Swimming.	09:00 – 09:45.
Wellness Session.	10:00 – 10:45.
Fitness Suite.	07:30 – 15:25. 17:30 – 20:25.

## Thursday

Session type	Time
Learn to Swim Classes.	16:30 – 18:15.
Lane Swimming.	18:30 – 19:15.
Fitness Suite.	08:30 – 10:25. 15:30 – 19:25.

## Friday

Session type	Time
Lane Swimming.	08:00 – 08:45. 13:15 – 14:00.
Gentle Length Swimming.	09:00 – 09:45. 18:00 – 19:15.
Wellness Session.	10:00 – 10:45.
Parents and Toddlers (maximum of 3 from same household).	11:00 – 13:00.
Fitness Suite.	08:30 – 15:25. 16:00 – 19:25.

## Saturday

Session type	Time
Learn to Swim Classes.	09:00 – 09:45.
Family Session (maximum of 6 from same household).	09:00 – 12:45.
Fun Session (8 to 11 years).	13:00 – 13:45.
Fitness Suite.	08:30 – 14:25.

## Sunday

Session type	Time
Family Session (maximum of 6 from same household).	11:00 – 12:45.
Fun Session (8 to 11 years).	13:00 – 13:45.
Fitness Suite.	10:30 – 14:25.

**Please note:** This timetable may change without prior notice, please phone or check our Facebook page for any updates.

## Contact Us

**Phone:** 01856850552.

**Email:** [stromness.pool@glow.orkneyschools.org.uk](mailto:stromness.pool@glow.orkneyschools.org.uk)

**Web:** <https://www.orkney.gov.uk>

**Facebook:** [Stromness Swimming Pool, Fitness Centre and Squash Court.](#)