



Sport and Leisure Timetables

For:

Stromness Swimming Pool.

KGS Sports Centre.

Dounby Centre.

Hope Healthy Living Centre.

25 October to 21 December 2021.



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



<https://www.facebook.com/oicsportandleisure/>



Use the iScuba app to book.

General Customer Guidelines

- Please do not enter any of our facilities if you are currently experiencing COVID-19 symptoms or have been in a contact with another symptomatic person.
- Booking is recommended although not essential for all activities and services.
- Please arrive on time and leave the facility immediately after your activity/workout. If you arrive late to your session access may be refused.
- We ask customers to give people space in our facilities and we are implementing maximum capacity numbers on all activities for the safety of all.
- Please utilise the hand sanitising points throughout our facilities.
- Please follow signage within facilities.
- It is a mandatory requirement to wear a face covering when entering and moving around our facilities.
- Make yourself aware of the guidelines in place within each facility.

Pool and Health Suite Guidelines

- Where possible please arrive pool ready.
- Over 14 year olds only for unaccompanied lane swimming and must be a competent lane swimmer.
- Children aged under 8 years must be accompanied into the water by an adult (Ratio 1 adult to 2 young swimmers).
- Access to the changing rooms, or poolside is not permitted. Areas available to change and shower are within the health suite.
- Over 8s are allowed into the health suite, but must be accompanied at all times.
- Only one bubble will be allowed to use the health suite per session.
- Please remember to stay hydrated and safe within the health suite.

Fitness Suite Guidelines

- Each gym session has a maximum capacity of 5 users, each session will last 55 minutes.
- Please ensure you arrive on time for your session and leave the facility promptly to allow cleaning to take place prior to next session.
- Changing rooms will be available, but users are encouraged to arrive and leave in workout attire where possible to avoid congestion.
- Do not bring in your own towel. Use the cleaning sprays and blue roll provided to wipe equipment or area before and after use.
- Please utilise the hand sanitising points provided.
- We encourage you to bring your own water bottles.
- Please be respectful of other gym users.

Group Exercise Class Guidelines

- Changing rooms will be available, but users are encouraged to arrive and leave in workout attire where possible to avoid congestion.
- Do not bring your own towel. Use the cleaning sprays and blue roll provided to wipe equipment or area before and after use.

- The following equipment will not be available at present: bands, pilates balls, yoga and exercise mats.
- Please utilise the hand sanitising points provided.

Things to Remember

- Face coverings are mandatory when entering our facilities for 12 year olds and over.
- Please give other users and staff members space.
- We operate a 6-hour cancellation policy. If you do not notify us of a cancellation, at least 6 hours in advance, then you will be charged the full Pay 'n' Play fee at your next visit.

Stromness Fitness Suite Sessions

Day.	Time.
Monday.	07:30 – 14:00. 17:30 – 19:30.
Tuesday.	16:00 – 19:00.
Wednesday.	07:30 – 14:00. 16:30 – 19:30.
Thursday.	16:30 – 19:30.
Friday.	07:30 – 14:00. 17:30 – 19:30.
Saturday.	09:00 – 10:00 (Ladies Gym Session). 10:00 – 12:30.
Sunday.	11:00 – 12:00. 12:00 – 13:00 (Ladies Gym Session).

Dounby Centre

Day.	Time.
Monday to Friday.	17:45 – 20:45.

KGS Sports Centre

Fitness Suite Sessions

Day.	Time.
Monday to Friday.	17:30 – 20:30.
Saturday.	10:00 – 13:00.
Sunday.	10:00 – 14:00.

Hope Healthy Living Centre

Day.	Time.
Monday, Wednesday and Thursday.	18:00 – 18:55. 19:00 – 19:55.
Friday and Saturday.	10:00 – 10:55.

For all other Healthy Living Centres please check directly with them for opening times.

Stromness Swimming Pool

Monday

Time.	Session.
07:30 – 09:10.	Lane Swimming.
09:15 – 10:00.	AquaFit and Deep End.
10:00 – 11:00.	Wellness Session.
11:00 – 11:45.	Parents and Tots.
12:00 – 14:00.	Lane Swimming.
17:30 – 18:15.	Powerswim (2 Lanes).
17:30 – 19:30.	Lane Swimming (2 Lanes).
18:15 – 19:30.	Family Session (2 Lanes).
08:00 – 13:30.	Health Suite Sessions.
18:00 – 19:00.	Health Suite.

Tuesday

Time.	Session.
16:00 – 19:00.	Learn 2 Swim Lessons (Enrolled customers only).
16:30 – 18:30.	Health Suite Sessions.

Wednesday

Time.	Session.
07:30 – 09:55.	Lane Swimming.
10:00 – 11:00.	Wellness Session.
11:00 – 11:45.	Aqua Aerobics and Deep End.
12:00 – 14:00.	Lane Swimming.
08:00 – 13:30.	Health Suite Sessions.

Thursday

Time.	Session.
16:30 – 17:30.	Learn 2 Swim Lessons (Enrolled Students Only).
17:30 – 18:15.	Family Session.
18:30 – 19:30.	Skills and Drills.
17:00 – 19:00.	Health Suite Sessions.

Friday

Time.	Session.
07:30 – 09:55.	Lane Swimming.
10:00 – 11:00.	Wellness Session.
11:00 – 11:45.	Parents and Tots.
12:00 – 14:00.	Lane Swimming.
17:30 – 18:15.	PowerSwim (2 Lanes Only).
17:30 – 18:15.	Lane Swimming.
18:15 – 19:30.	Family Session.
08:00 – 13:00.	Health Suite Sessions.
18:00 – 19:00.	Health Suite Session.

Saturday

Time.	Session.
09:00 – 11:15.	Learn 2 Swim Lessons (Enrolled Students Only).
11:15 – 12:30.	Family Session.
09:30 – 12:00.	Health Suite.

Sunday

Time.	Session.
11:00 – 13:00.	Family Sessions.
11:30 – 12:30.	Health Suite Sessions.

Group Exercise Timetable

Monday

Time.	Class.	Session Type.	Location.
09:15 – 10:00.	AquaFit.	Aqua.	Stromness Pool.
17:30 – 18:00.	FatBurn Extreme.	Cardio.	KGS Sports Centre.
17:45 – 18:15.	Studio Cycle.	Cardio.	Dounby Centre.
19:30 – 20:15.	Pound.	Cardio.	KGS Sports Centre.

Tuesday

Time.	Class.	Session Type.	Location.
11:00 – 11:30.	Dance Fit.	Cardio.	Stromness Community Centre.
12:00 – 12:30.	Fit 'N' Flexible.	Mind and Body.	Stromness Community Centre.
17:30 – 18:00.	FatBurn Extreme.	Cardio.	Stromness Community Centre.
17:45 – 18:15.	DW Fitness (trial).	Cardio.	Hope School Hall.
17:45 – 18:15.	Studio Cycle.	Cardio.	KGS Sports Centre.
18:45 – 19:30.	Clubbercise.	Cardio.	Dounby Centre.

Wednesday

Time.	Class.	Session Type.	Location.
11:00 – 11:45.	Aqua Aerobics.	Aqua.	Stromness Pool.
17:45 – 18:15.	Studio Cycle.	Cardio.	KGS Sports Centre.
18:00 – 18:30.	FatBurn Extreme.	Cardio.	Dounby Centre.
18:45 – 19:15.	Fit 'N' Flexible.	Mind and Body.	KGS Sports Centre.
19:00 – 19:45.	Pound.	Cardio.	Hope School Hall.

Thursday

Time.	Class.	Session Type.	Location.
17:30 – 18:00.	Penalty Box Fit.	Cardio.	KGS Sports Centre.
18:00 – 18:30.	FatBurn Extreme.	Cardio.	Stromness Community Centre.
18:30 – 19:15.	Zumba.	Cardio.	Dounby Centre.
19:30 – 20:15.	Floor-Barre.	Mind and Body.	Dounby Centre.

Friday

Time.	Class.	Session Type.	Location.
17:45 – 18:15.	Studio Cycle.	Cardio.	KGS Sports Centre.
18:00 – 18:30.	FatBurn Extreme.	Cardio.	Dounby Centre.
18:45 – 19:15.	Fit 'N' Flexible (trial).	Mind and Body.	Hope School Hall.

Saturday

Time.	Class.	Session Type.	Location.
09:30 – 10:00.	FatBurn Extreme.	Cardio.	KGS Sports Centre.
10:30 – 11:00.	Studio Cycle.	Cardio.	KGS Sports Centre.

How to Book

Booking in advance is recommended for classes.

Bookings can be made online at www.orkney.gov.uk/slbookings or using the iScuba App.

For more information or alternatively to book a class please contact:

KGS Sports Centre

Telephone: 01856873535 Monday to Friday, 09:00 to 17:00 or 01856872364 during evenings and weekends.

Email: kirkwallsportscentre@glow.orkneyschools.org.uk.

Dounby Centre

Telephone: 01856771280 in the evenings during opening hours.

Email: dounby.centre@glow.orkneyschools.org.uk.

Stromness Community Centre

Telephone: 01856850712.

Email: leisure.culture@orkney.gov.uk.

Stromness Swimming Pool and Fitness Centre

Telephone: 01856850552 during opening hours.

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