

# Stromness Gym & Health Suite Sessions

**9 February - 22 February 2026**

## Monday

**0630 - 0800 Gym Only (Active Life Members)**

**0800 - 1200**

**1200 - 1400 Gym Only (Active Life Members)**

**1700 - 2030 (1900-2030 16yrs+ ONLY)**

## Tuesday

**0900 - 1230 (Active Life Members 6<sup>th</sup> Jan - 3<sup>rd</sup> Mar**

**ONLY) No access to changing rooms**

**1700 - 2100 (EXTRA UNTIL 2030 - 2100)**

## Wednesday

**0730 - 1300**

**1700 - 2030**

## Thursday

**1700- 2100 (EXTRA UNTIL 2030 - 2100)**

## Friday

**0730 - 1300**

**1700 - 2030**

## Saturday

**0630 - 0900 Gym Only (Active Life Members)**

**0900 - 1300**

## Sunday

**1200 - 1700 (EXTRA 1200 - 1400)**

## **Gym Guidelines**

- All users must have completed a gym induction at an OIC gym or at The Pickaquoy Centre or sign a waiver if regularly using another gym
- 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 Swimming** – Open to all.
- **Fun Session** - Stepping stones, inflatable boats or toys and floats available

# Stromness Swimming Pool Timetable

**9 February - 22 February 2026**

## Monday

0630 - 0800 Swim Club  
**0800 - 0945 Lane Swimming**  
**0945 - 1100 Wellness Session**  
**1100 - 1200 Parents & Toddlers**  
**1100 - 1200 Public Swimming**  
1730 - 2000 Swim Club  
**1730 - 1845 Public Swimming (16/02 ONLY)**  
**1845 - 2000 Lane Swimming (16/02 ONLY)**

## Tuesday

0900 - 1230 School Swimming  
**1700 - 1830 Public Swimming (1 lane OASC)**  
**1830 - 1930 Lane Swimming (1 lane OASC)**  
1930 - 2030 Swim Club  
2030 - 2200 Private Booking

## Wednesday

**0730 - 0945 Lane Swimming**  
**0945 - 1100 Wellness Session**  
**1100 - 1200 Parents & Toddlers**  
**1100 - 1200 Public Swimming**  
**1200 - 1300 Lane Swimming**  
1630 - 2030 Swim Club

## Thursday

1330 - 1500 School Swimming  
**1545 - 1730 Learn to Swim (NOT ON 12/02)**  
**1730 - 1830 Public Swimming (1 lane OASC)**

## Thursday

**1830 - 1930 Lane Swimming (1 lane OASC)**  
**1930 - 2030 Swim Club**  
**2030 - 2200 Private Booking**

## Friday

**0730 - 0945 Lane Swimming**  
**0945 - 1100 Wellness Session**  
**1100 - 1200 Parents & Toddlers**  
**1100 - 1200 Public Swimming**  
**1200 - 1300 Lane Swimming**  
1600 - 1730 Swim Club  
**1730 - 1900 Public Swimming/Fun Session (1 lane OASC)**  
**1900 - 2030 Lane Swimming (1 lane OASC until 19:30)**

## Saturday

0630 - 0830 Swim Club  
**0900 - 1200 Learn to Swim (NOT ON 14/02)**  
**0830 - 1000 Lane Swimming (14/02 ONLY)**  
**1000 - 1200 Fun Session (14/02 ONLY)**  
**1200 - 1300 Public Swimming + 2 Lanes**

## Sunday

**1200 - 1300 Lane Swimming**  
**1300 - 1400 Public Swimming**  
**1400 - 1600 Fun Session (22/02 ONLY)**  
**1415 - 1530 Inflatable Session (15/02 ONLY)**  
1600 - 1700 Swim Club Masters

Sessions in **bold** are available to the public.

Learn To Swim Lessons require booking and placement  
on a waiting list - Please contact reception on:

01856 850552 or  
[stromness.pool@glow.orkneyschools.org.uk](mailto:stromness.pool@glow.orkneyschools.org.uk)