

Stromness Gym & Health Suite Sessions

23 February - 3 April 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 Gym Only (Active Life Members 23rd Feb - 3rd Mar ONLY) No access to changing rooms

1230 - 1500 Gym Only (Active Life Members 23rd Feb - 31st Mar ONLY) No access to changing rooms

1700 - 2100 (EXTRA UNTIL 2030 - 2100)

Wednesday

0630 - 0730 Gym Only (Active Life Members ONLY)

0730 - 1300

1700 - 2030

Thursday

1600- 2200 (EXTRA UNTIL 1600 - 1700, 2030 - 2200)

Friday

0630 - 0730 Gym Only (Active Life Members ONLY)

0730 - 1300

1700 - 2030

Saturday

0630 - 0900 Gym Only (Active Life Members)

0900 - 1800 (EXTRA UNTIL 1300 - 1800)

Sunday

1200 - 1830 (EXTRA 1200 - 1400, 1700 - 1830)

Gym Guidelines

- All users must have completed a gym induction at an OIC gym or at The Pickaquooy 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 Pickaquooy 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. Under 16s can only attend with an adult using the session. No toys, balls or floats will be allowed during these sessions.
- **Aqua Aerobics** - Fun and engaging way to exercise in the water. Instructor led. Booking required
- **Public Swimming** – Open to all.
- **Fun Session** - Stepping stones, inflatable boats or toys and floats available