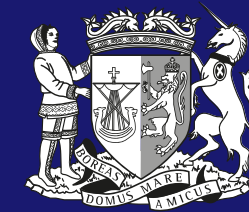
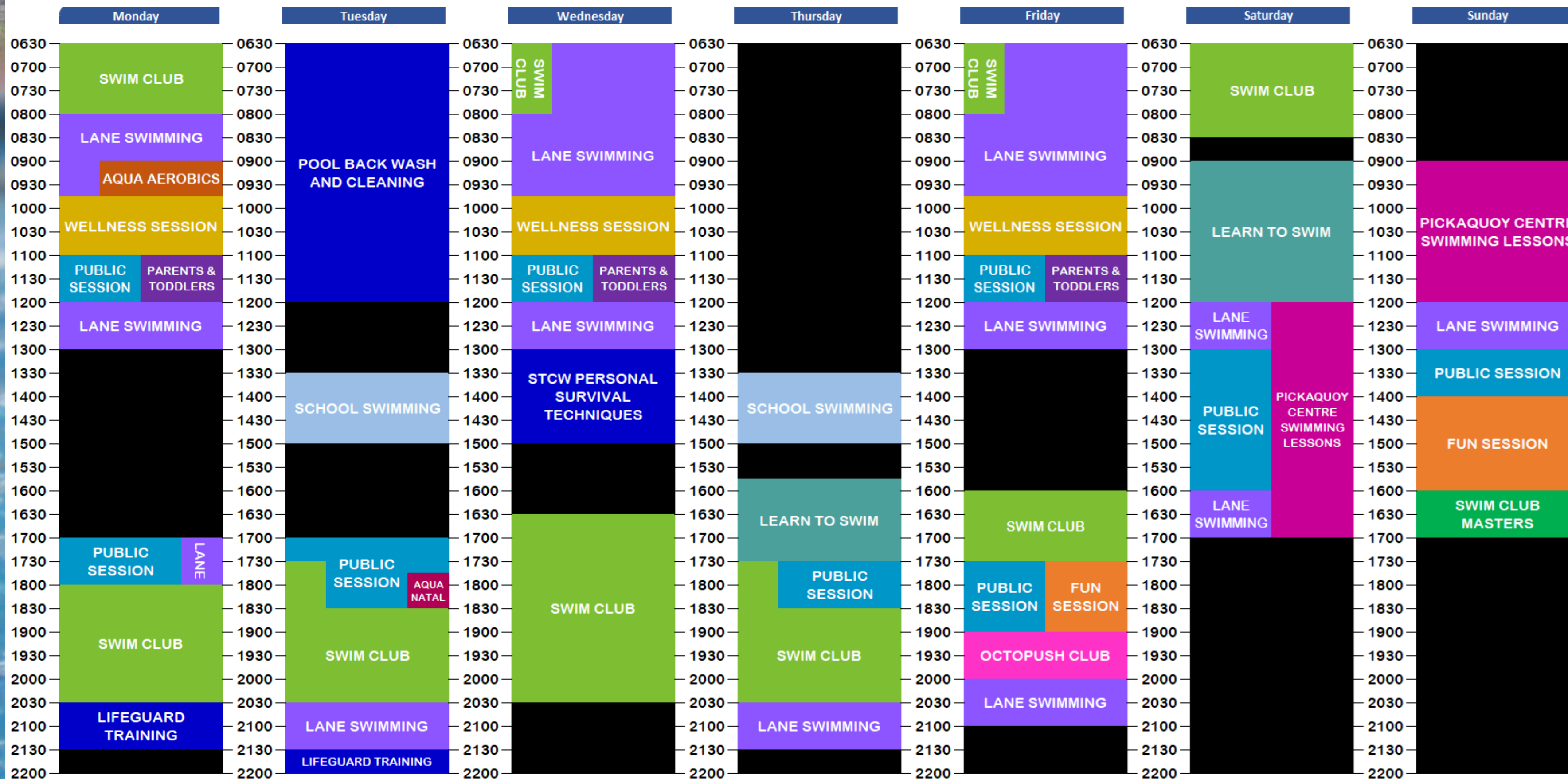


Stromness Swimming Pool



ORKNEY
ISLANDS COUNCIL

20th April - 2nd July 2026



PUBLIC SESSION
Swimming sessions open to everyone

FUN SESSION
Sessions with toys, floats and fun.

SWIM CLUB
Sessions for Orkney Amateur Swimming Association

AQUA NATAL
Safe, low-impact exercise for pregnant individuals. Midwife led classes

PARENTS & TODDLERS
Dedicated session for parents and little ones

WELLNESS SESSION
A session for injury and illness recovery. Under 16s must be accompanied by an adult.

AQUA AEROBICS
Fun and engaging way to exercise in water. Instructor led. Booking required

SWIM CLUB MASTERS
Session reserved for Swimming club masters

LEARN TO SWIM
Guided lessons. Enrollment only

LANE SWIMMING
Dedicated lanes for different paces. 13 yrs+ or 11yrs+ for practiced lane swimmers .