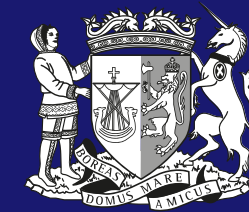
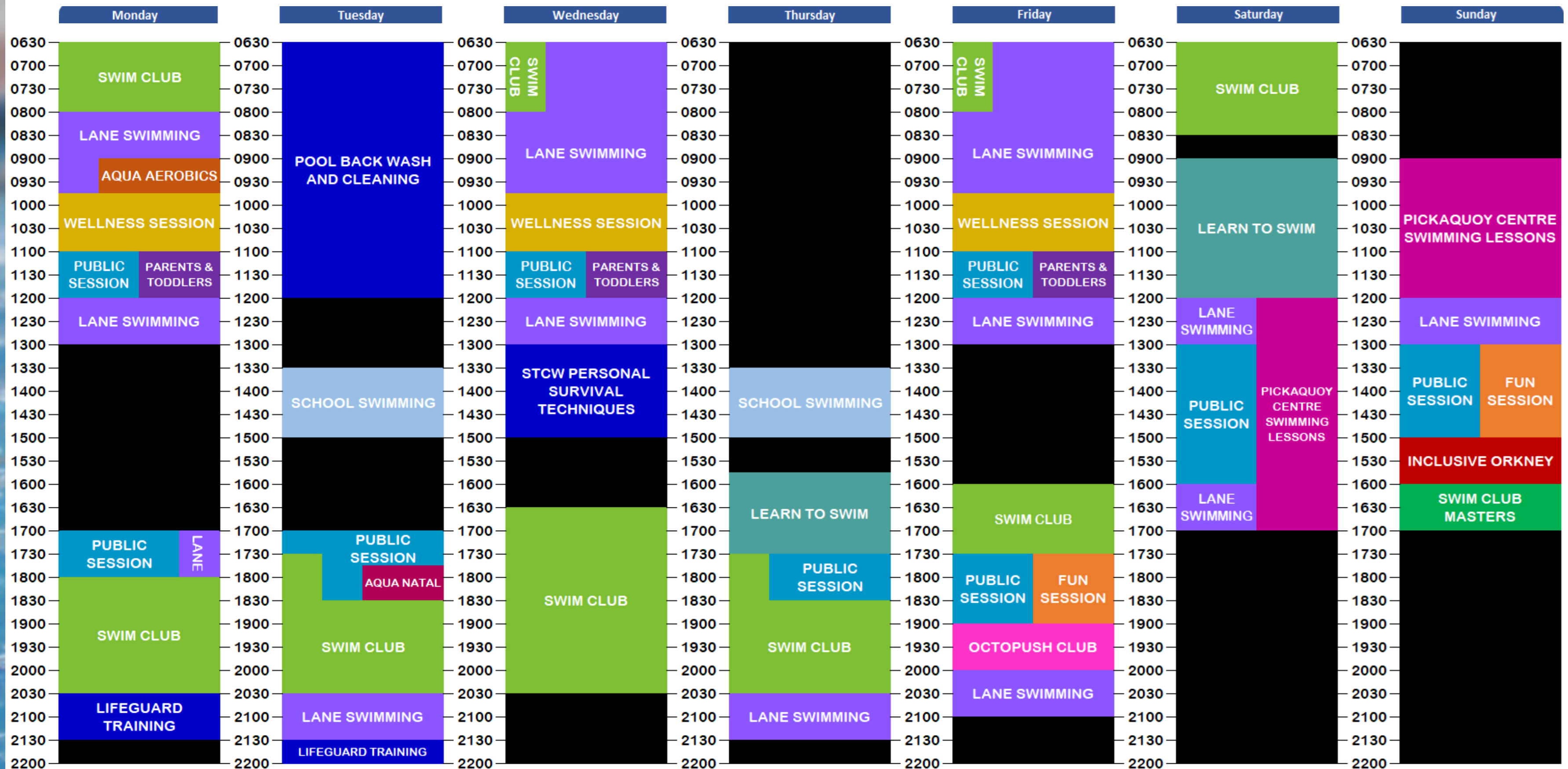


Stromness Swimming Pool



ORKNEY
ISLANDS COUNCIL

8th June - 2nd July 2026



PUBLIC SESSION

Swimming sessions open to everyone

WELLNESS SESSION

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

FUN SESSION

Sessions with toys, floats and fun.

AQUA AEROBICS

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

AQUA NATAL

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

LEARN TO SWIM

Guided lessons. Enrollment only

PARENTS & TODDLERS

Dedicated session for parents and little ones

LANE SWIMMING

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

SWIM CLUB

Sessions for Orkney Amateur Swimming Association

SWIM CLUB MASTERS

Session reserved for Swimming club masters

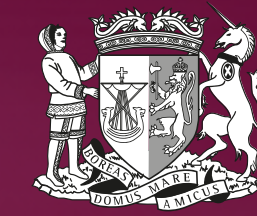
OCTOPUSH

Private Booking for the octopush club

INCLUSIVE ORKNEY

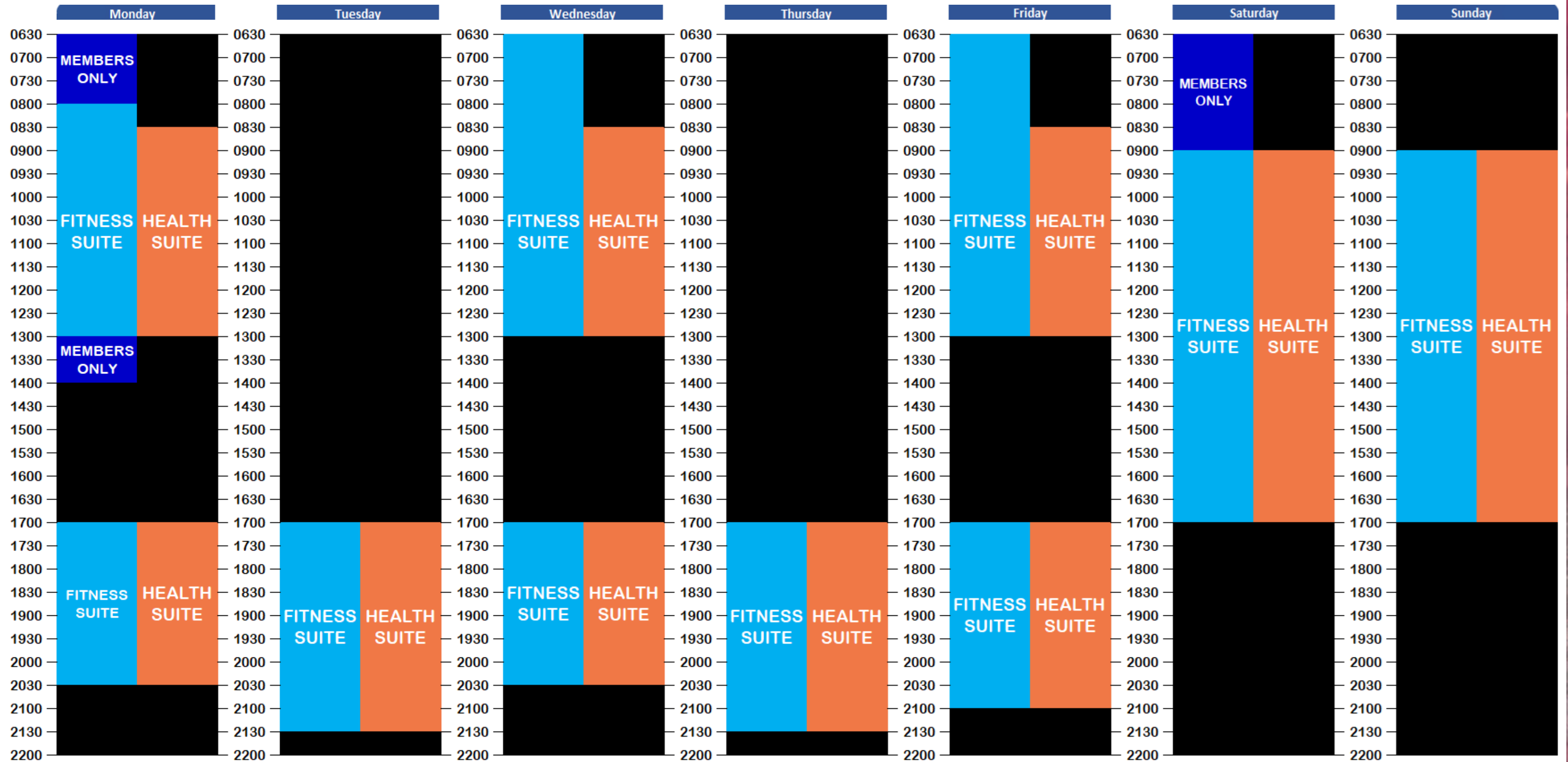
Contact Inclusive Orkney for availability.

SSP Health Suite & Fitness Centre



ORKNEY
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All users must have completed a gym induction at an OIC gym or the Pickaquoy Centre or sign a waiver if regularly using another gym.

14-15 yr old may use the gym if inducted and accompanied by an adult with an induction.

- Please wipe down equipment after use.
- Bring your own water bottle.
- Wear suitable clothing
- No outdoor footwear inside.
- Be respectful of other gym users.

During weekends children over 8 may enter the health suite if accompanied by an adult at a ratio of no more than 2:1