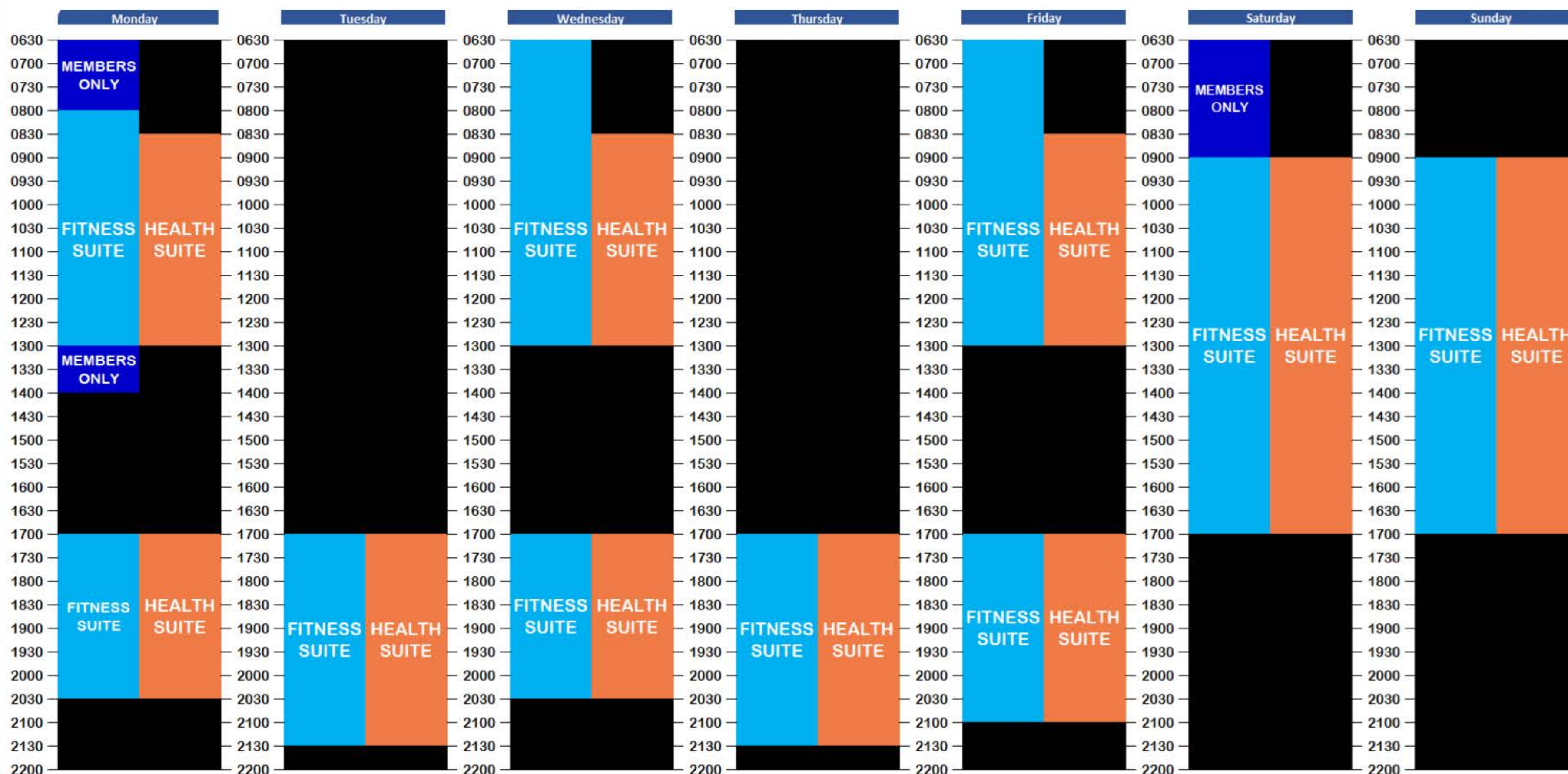


SSP Health Suite & Fitness Centre



ORKNEY
ISLANDS COUNCIL

18th August - 9th October 2026



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

Stromness Swimming Pool



ORKNEY
ISLANDS COUNCIL

18th August - 9th October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0630 SWIM CLUB	0630 POOL BACK WASH AND CLEANING	0630 SWIM CLUB	0630 SCHOOL SWIMMING	0630 SWIM CLUB	0630 SWIM CLUB	0630 PICKAQUOY CENTRE SWIMMING LESSONS
0700 LANE SWIMMING	0700 POOL BACK WASH AND CLEANING	0700 LANE SWIMMING	0700 SCHOOL SWIMMING	0700 LANE SWIMMING	0700 SWIM CLUB	0700 PICKAQUOY CENTRE SWIMMING LESSONS
0730 AQUA AEROBICS	0730 POOL BACK WASH AND CLEANING	0730 LANE SWIMMING	0730 SCHOOL SWIMMING	0730 LANE SWIMMING	0730 SWIM CLUB	0730 PICKAQUOY CENTRE SWIMMING LESSONS
0800 WELLNESS SESSION	0800 POOL BACK WASH AND CLEANING	0800 WELLNESS SESSION	0800 SCHOOL SWIMMING	0800 WELLNESS SESSION	0800 LEARN TO SWIM	0800 PICKAQUOY CENTRE SWIMMING LESSONS
0830 PUBLIC SESSION	0830 POOL BACK WASH AND CLEANING	0830 LANE SWIMMING	0830 SCHOOL SWIMMING	0830 LANE SWIMMING	0830 LEARN TO SWIM	0830 PICKAQUOY CENTRE SWIMMING LESSONS
0900 PARENTS & TODDLERS	0900 POOL BACK WASH AND CLEANING	0900 LANE SWIMMING	0900 SCHOOL SWIMMING	0900 LANE SWIMMING	0900 LEARN TO SWIM	0900 PICKAQUOY CENTRE SWIMMING LESSONS
0930 LANE SWIMMING	0930 POOL BACK WASH AND CLEANING	0930 LANE SWIMMING	0930 SCHOOL SWIMMING	0930 LANE SWIMMING	0930 LEARN TO SWIM	0930 PICKAQUOY CENTRE SWIMMING LESSONS
1000 PUBLIC SESSION	1000 POOL BACK WASH AND CLEANING	1000 LANE SWIMMING	1000 SCHOOL SWIMMING	1000 LANE SWIMMING	1000 LEARN TO SWIM	1000 PICKAQUOY CENTRE SWIMMING LESSONS
1030 WELLNESS SESSION	1030 POOL BACK WASH AND CLEANING	1030 WELLNESS SESSION	1030 SCHOOL SWIMMING	1030 WELLNESS SESSION	1030 LEARN TO SWIM	1030 PICKAQUOY CENTRE SWIMMING LESSONS
1100 PUBLIC SESSION	1100 POOL BACK WASH AND CLEANING	1100 PUBLIC SESSION	1100 SCHOOL SWIMMING	1100 PUBLIC SESSION	1100 LEARN TO SWIM	1100 PICKAQUOY CENTRE SWIMMING LESSONS
1130 PARENTS & TODDLERS	1130 POOL BACK WASH AND CLEANING	1130 PARENTS & TODDLERS	1130 SCHOOL SWIMMING	1130 PARENTS & TODDLERS	1130 LEARN TO SWIM	1130 PICKAQUOY CENTRE SWIMMING LESSONS
1200 LANE SWIMMING	1200 POOL BACK WASH AND CLEANING	1200 LANE SWIMMING	1200 SCHOOL SWIMMING	1200 LANE SWIMMING	1200 LANE SWIMMING	1200 LANE SWIMMING
1230 PUBLIC SESSION	1230 POOL BACK WASH AND CLEANING	1230 LANE SWIMMING	1230 SCHOOL SWIMMING	1230 LANE SWIMMING	1230 LANE SWIMMING	1230 LANE SWIMMING
1300 WELLNESS SESSION	1300 POOL BACK WASH AND CLEANING	1300 WELLNESS SESSION	1300 SCHOOL SWIMMING	1300 WELLNESS SESSION	1300 LANE SWIMMING	1300 LANE SWIMMING
1330 PUBLIC SESSION	1330 POOL BACK WASH AND CLEANING	1330 WELLNESS SESSION	1330 SCHOOL SWIMMING	1330 WELLNESS SESSION	1330 LANE SWIMMING	1330 LANE SWIMMING
1400 PARENTS & TODDLERS	1400 POOL BACK WASH AND CLEANING	1400 WELLNESS SESSION	1400 SCHOOL SWIMMING	1400 WELLNESS SESSION	1400 LANE SWIMMING	1400 LANE SWIMMING
1430 LANE SWIMMING	1430 POOL BACK WASH AND CLEANING	1430 WELLNESS SESSION	1430 SCHOOL SWIMMING	1430 WELLNESS SESSION	1430 LANE SWIMMING	1430 LANE SWIMMING
1500 PUBLIC SESSION	1500 POOL BACK WASH AND CLEANING	1500 WELLNESS SESSION	1500 SCHOOL SWIMMING	1500 WELLNESS SESSION	1500 LANE SWIMMING	1500 LANE SWIMMING
1530 WELLNESS SESSION	1530 POOL BACK WASH AND CLEANING	1530 WELLNESS SESSION	1530 SCHOOL SWIMMING	1530 WELLNESS SESSION	1530 LANE SWIMMING	1530 LANE SWIMMING
1600 PUBLIC SESSION	1600 POOL BACK WASH AND CLEANING	1600 WELLNESS SESSION	1600 SCHOOL SWIMMING	1600 WELLNESS SESSION	1600 LANE SWIMMING	1600 LANE SWIMMING
1630 PARENTS & TODDLERS	1630 POOL BACK WASH AND CLEANING	1630 WELLNESS SESSION	1630 SCHOOL SWIMMING	1630 WELLNESS SESSION	1630 LANE SWIMMING	1630 LANE SWIMMING
1700 LANE SWIMMING	1700 POOL BACK WASH AND CLEANING	1700 WELLNESS SESSION	1700 SCHOOL SWIMMING	1700 WELLNESS SESSION	1700 LANE SWIMMING	1700 LANE SWIMMING
1730 PUBLIC SESSION	1730 POOL BACK WASH AND CLEANING	1730 WELLNESS SESSION	1730 SCHOOL SWIMMING	1730 WELLNESS SESSION	1730 LANE SWIMMING	1730 LANE SWIMMING
1800 WELLNESS SESSION	1800 POOL BACK WASH AND CLEANING	1800 WELLNESS SESSION	1800 SCHOOL SWIMMING	1800 WELLNESS SESSION	1800 LANE SWIMMING	1800 LANE SWIMMING
1830 PUBLIC SESSION	1830 POOL BACK WASH AND CLEANING	1830 WELLNESS SESSION	1830 SCHOOL SWIMMING	1830 WELLNESS SESSION	1830 LANE SWIMMING	1830 LANE SWIMMING
1900 PARENTS & TODDLERS	1900 POOL BACK WASH AND CLEANING	1900 WELLNESS SESSION	1900 SCHOOL SWIMMING	1900 WELLNESS SESSION	1900 LANE SWIMMING	1900 LANE SWIMMING
1930 LANE SWIMMING	1930 POOL BACK WASH AND CLEANING	1930 WELLNESS SESSION	1930 SCHOOL SWIMMING	1930 WELLNESS SESSION	1930 LANE SWIMMING	1930 LANE SWIMMING
2000 PUBLIC SESSION	2000 POOL BACK WASH AND CLEANING	2000 WELLNESS SESSION	2000 SCHOOL SWIMMING	2000 WELLNESS SESSION	2000 LANE SWIMMING	2000 LANE SWIMMING
2030 WELLNESS SESSION	2030 POOL BACK WASH AND CLEANING	2030 WELLNESS SESSION	2030 SCHOOL SWIMMING	2030 WELLNESS SESSION	2030 LANE SWIMMING	2030 LANE SWIMMING
2100 PUBLIC SESSION	2100 POOL BACK WASH AND CLEANING	2100 WELLNESS SESSION	2100 SCHOOL SWIMMING	2100 WELLNESS SESSION	2100 LANE SWIMMING	2100 LANE SWIMMING
2130 PARENTS & TODDLERS	2130 POOL BACK WASH AND CLEANING	2130 WELLNESS SESSION	2130 SCHOOL SWIMMING	2130 WELLNESS SESSION	2130 LANE SWIMMING	2130 LANE SWIMMING
2200 LANE SWIMMING	2200 POOL BACK WASH AND CLEANING	2200 WELLNESS SESSION	2200 SCHOOL SWIMMING	2200 WELLNESS SESSION	2200 LANE SWIMMING	2200 LANE SWIMMING

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.