

Stromness Swimming Pool



ORKNEY
ISLANDS COUNCIL

3rd July - 19th July 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
0630		0630		0630		0630		0630		0630		0630	
0700	SWIM CLUB			SWIM CLUB				SWIM CLUB		SWIM CLUB			
0730													
0800	LANE SWIMMING												
0830				LANE SWIMMING				LANE SWIMMING					
0900	AQUA AEROBICS	POOL BACK WASH AND CLEANING											
0930				LANE SWIMMING				LANE SWIMMING					
1000	WELLNESS SESSION			WELLNESS SESSION				WELLNESS SESSION					
1030													
1100	PUBLIC SESSION			PUBLIC SESSION				PUBLIC SESSION		PUBLIC SESSION			
1130	PARENTS & TODDLERS			PARENTS & TODDLERS				PARENTS & TODDLERS					
1200													
1230	LANE SWIMMING			LANE SWIMMING				LANE SWIMMING		LANE SWIMMING		LANE SWIMMING	
1300													
1330				STCW PERSONAL SURVIVAL TECHNIQUES									
1400										INFLATABLES SESSION		PUBLIC SESSION	FUN SESSION
1430													
1500													
1530													
1600										PUBLIC SESSION	LANE SWIMMING		INCLUSIVE ORKNEY
1630												SWIM CLUB MASTERS	
1700													
1730	PUBLIC SESSION		PUBLIC SESSION	PUBLIC SESSION	FUN SESSION		PUBLIC SESSION	PUBLIC SESSION	FUN SESSION				
1800													
1830													
1900	INFLATABLE SESSION			SWIM CLUB									
1930		SWIM CLUB		SWIM CLUB				OCTOPUSH CLUB					
2000													
2030													
2100	LIFEGUARD TRAINING	LANE SWIMMING					LANE SWIMMING						
2130		LIFEGUARD TRAINING											
2200													

<p>PUBLIC SESSION</p> <p>Swimming sessions open to everyone</p>	<p>FUN SESSION</p> <p>Sessions with toys, floats and fun.</p>	<p>AQUA NATAL</p> <p>Safe, low-impact exercise for pregnant individuals. Midwife led classes</p>	<p>PARENTS & TODDLERS</p> <p>Dedicated session for parents and little ones</p>	<p>SWIM CLUB</p> <p>Sessions for Orkney Amateur Swimming Association</p>	<p>OCTOPUSH</p> <p>Private Booking for the octopus club</p>
<p>WELLNESS SESSION</p> <p>A session for injury and illness recovery. Under 16s must be accompanied by an adult.</p>	<p>AQUA AEROBICS</p> <p>Fun and engaging way to exercise in water. Instructor led. Booking required</p>	<p>LEARN TO SWIM</p> <p>Guided lessons. Enrollment only</p>	<p>LANE SWIMMING</p> <p>Dedicated lanes for different paces. 13 yrs+ or 11yrs+ for practiced lane swimmers .</p>	<p>SWIM CLUB MASTERS</p> <p>Session reserved for Swimming club masters</p>	<p>INCLUSIVE ORKNEY</p> <p>Contact Inclusive Orkney for availability.</p>

Stromness Swimming Pool



ORKNEY
ISLANDS COUNCIL

20th July - 9th August 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
0630		0630		0630		0630		0630		0630		0630	
0700	SWIM CLUB												
0730				SWIM CLUB				SWIM CLUB		SWIM CLUB			
0800	LANE SWIMMING												
0830				LANE SWIMMING				LANE SWIMMING					
0900	AQUA AEROBICS	POOL BACK WASH AND CLEANING											
0930				LANE SWIMMING				LANE SWIMMING					
1000	WELLNESS SESSION			WELLNESS SESSION				WELLNESS SESSION					
1030													
1100	PUBLIC SESSION			PUBLIC SESSION				PUBLIC SESSION		PUBLIC SESSION			
1130	PARENTS & TODDLERS			PARENTS & TODDLERS				PARENTS & TODDLERS					
1200													
1230	LANE SWIMMING			LANE SWIMMING				LANE SWIMMING		LANE SWIMMING		LANE SWIMMING	
1300													
1330				STCW PERSONAL SURVIVAL TECHNIQUES									
1400										INFLATABLES SESSION		PUBLIC SESSION	FUN SESSION
1430													
1500													
1530												INCLUSIVE ORKNEY	
1600	LEARN TO SWIM WEEK 27TH - 31ST JULY	LEARN TO SWIM WEEK 27TH - 31ST JULY		LEARN TO SWIM WEEK 27TH - 31ST JULY		LEARN TO SWIM WEEK 27TH - 31ST JULY		LEARN TO SWIM WEEK 27TH - 31ST JULY		PUBLIC SESSION	LANE SWIMMING		SWIM CLUB MASTERS
1630													
1700	PUBLIC SESSION			PUBLIC SESSION				PUBLIC SESSION					
1730	LANE												
1800		PUBLIC SESSION											
1830				PUBLIC SESSION	FUN SESSION			PUBLIC SESSION	FUN SESSION				
1900	INFLATABLE SESSION												
1930		FUN SESSION											
2000													
2030		LANE SWIMMING											
2100	LIFEGUARD TRAINING												
2130		LIFEGUARD TRAINING											
2200													

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.

Stromness Swimming Pool



ORKNEY
ISLANDS COUNCIL

10th August - 17th August 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
0630		0630		0630		0630		0630		0630		0630	
0700	SWIM CLUB			SWIM CLUB				SWIM CLUB		SWIM CLUB			
0730													
0800	LANE SWIMMING			LANE SWIMMING				LANE SWIMMING					
0830													
0900	AQUA AEROBICS	POOL BACK WASH AND CLEANING		LANE SWIMMING				LANE SWIMMING					
0930													
1000	WELLNESS SESSION			WELLNESS SESSION				WELLNESS SESSION					
1030													
1100	PUBLIC SESSION			PUBLIC SESSION				PUBLIC SESSION		PUBLIC SESSION			
1130	PARENTS & TODDLERS			PARENTS & TODDLERS				PARENTS & TODDLERS					
1200													
1230	LANE SWIMMING			LANE SWIMMING				LANE SWIMMING		LANE SWIMMING		LANE SWIMMING	
1300													
1330				STCW PERSONAL SURVIVAL TECHNIQUES									
1400										INFLATABLES SESSION		PUBLIC SESSION	FUN SESSION
1430													
1500													
1530												INCLUSIVE ORKNEY	
1600										PUBLIC SESSION	LANE SWIMMING		
1630												SWIM CLUB MASTERS	
1700													
1730	PUBLIC SESSION		PUBLIC SESSION	PUBLIC SESSION	FUN SESSION		PUBLIC SESSION	PUBLIC SESSION	FUN SESSION				
1800	LANE												
1830													
1900	INFLATABLE SESSION		SWIM CLUB	SWIM CLUB			SWIM CLUB	OCTOPUSH CLUB					
1930													
2000													
2030								LANE SWIMMING					
2100	LIFEGUARD TRAINING	LANE SWIMMING					LANE SWIMMING						
2130		LIFEGUARD TRAINING											
2200													

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INCLUSIVE ORKNEY

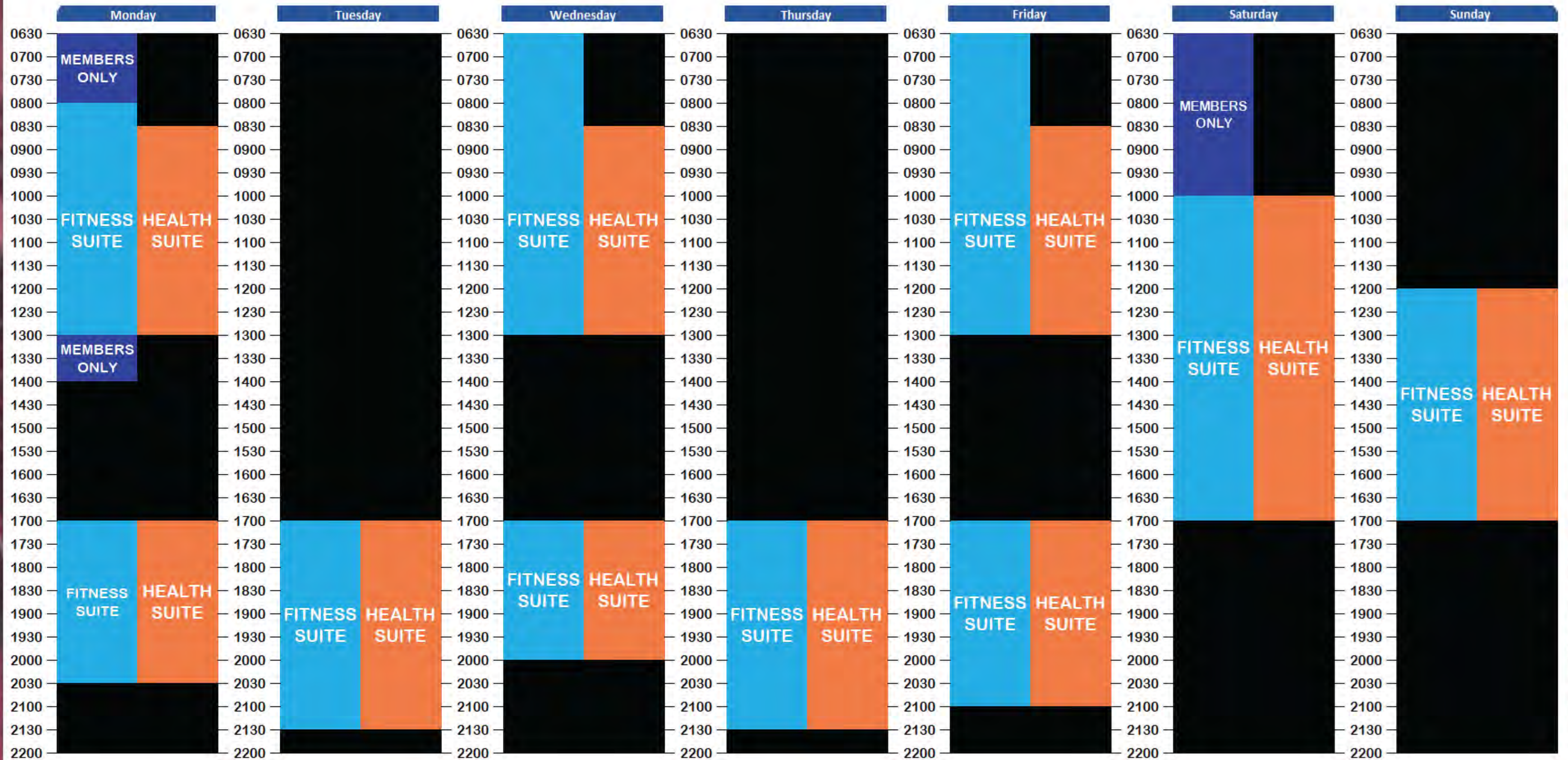
Contact Inclusive Orkney for availability.

SSP Health Suite & Fitness Centre



ORKNEY
ISLANDS COUNCIL

3rd July - 17th August 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