

# Stromness Swimming Pool

4<sup>th</sup> April - 19<sup>th</sup> April 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													
0830	LANE SWIMMING			LANE SWIMMING				LANE SWIMMING					
0900	AQUA AEROBICS			LANE SWIMMING				LANE SWIMMING					
0930													
1000	WELLNESS SESSION			WELLNESS SESSION				WELLNESS SESSION					
1030													
1100													
1130	PUBLIC SWIMMING	PARENTS & TODDLERS		PUBLIC SWIMMING	PARENTS & TODDLERS			PUBLIC SWIMMING	PARENTS & TODDLERS				
1200													
1230				LANE SWIMMING				LANE SWIMMING		PUBLIC SWIMMING		LANE SWIMMING	
1300													
1330										LANE SWIMMING		PUBLIC SESSION	
1400													
1430													
1500										FUN SESSION		FUN SESSION	
1530													
1600	LEARN TO SWIM	LEARN TO SWIM		LEARN TO SWIM		LEARN TO SWIM		LEARN TO SWIM		LANE SWIMMING		SWIM CLUB MASTERS	
1630													
1700	PUBLIC SESSION	FUN SESSION											
1730		PUBLIC SWIMMING		INFLATABLE SESSION		PUBLIC SWIMMING		PUBLIC SWIMMING	FUN SESSION				
1800	LANE SWIMMING												
1830													
1900		SWIM CLUB		SWIM CLUB		SWIM CLUB							
1930								OCTOPUSH CLUB					
2000		LANE SWIMMING				LANE SWIMMING		LANE SWIMMING					
2030													
2100													
2130													
2200													

**AQUA AEROBICS**

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

**PUBLIC SESSION**

Swimming sessions open to everyone

**FUN SESSION**

Sessions with toys, floats and fun.

**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.

**SWIM CLUB**

Sessions for Orkney Amateur Swimming Association

**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.

