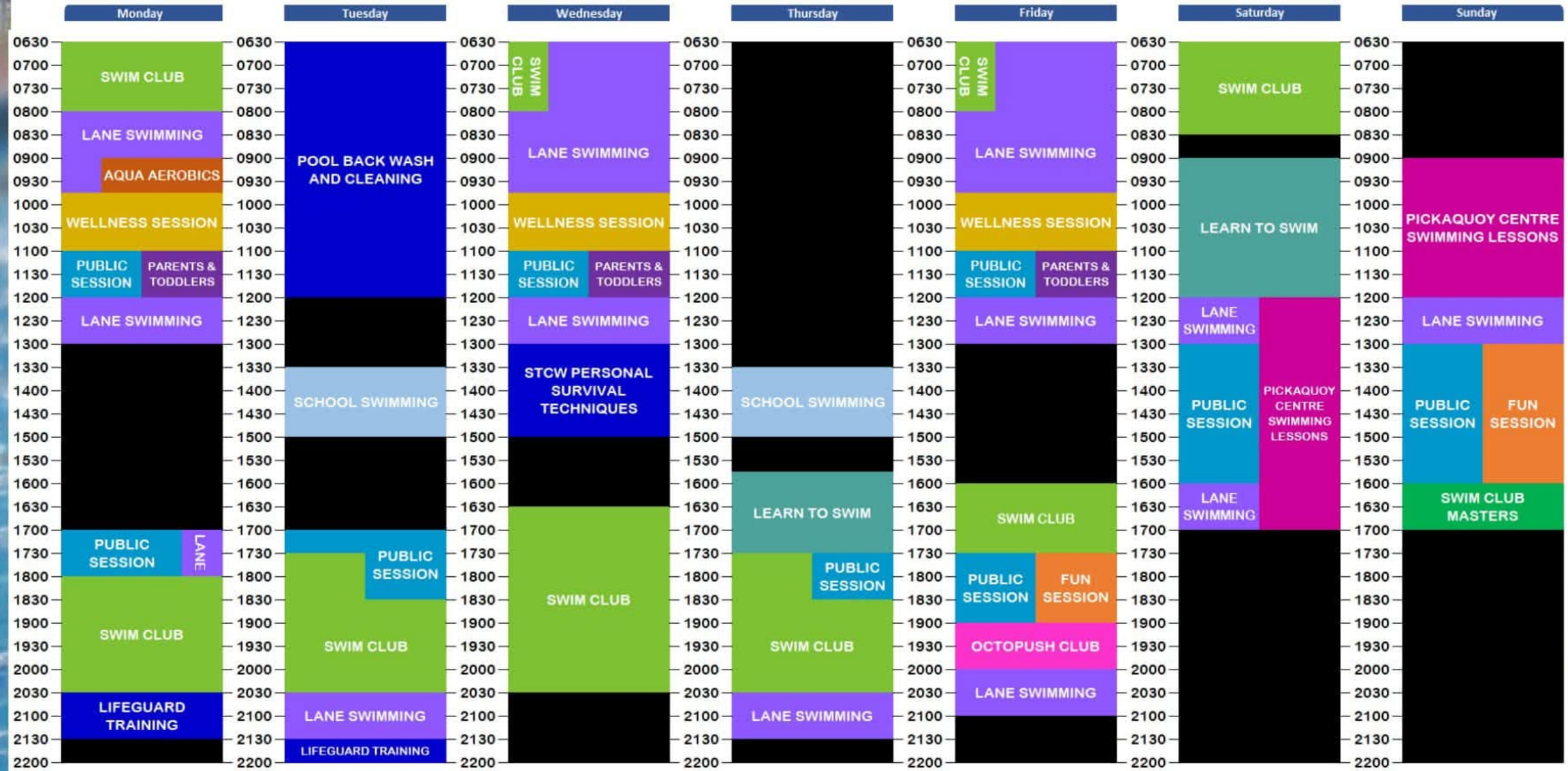
Stromness Swimming Pool

ORKNEY ISLANDS COUNCIL

28th October - 19th Deccember



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

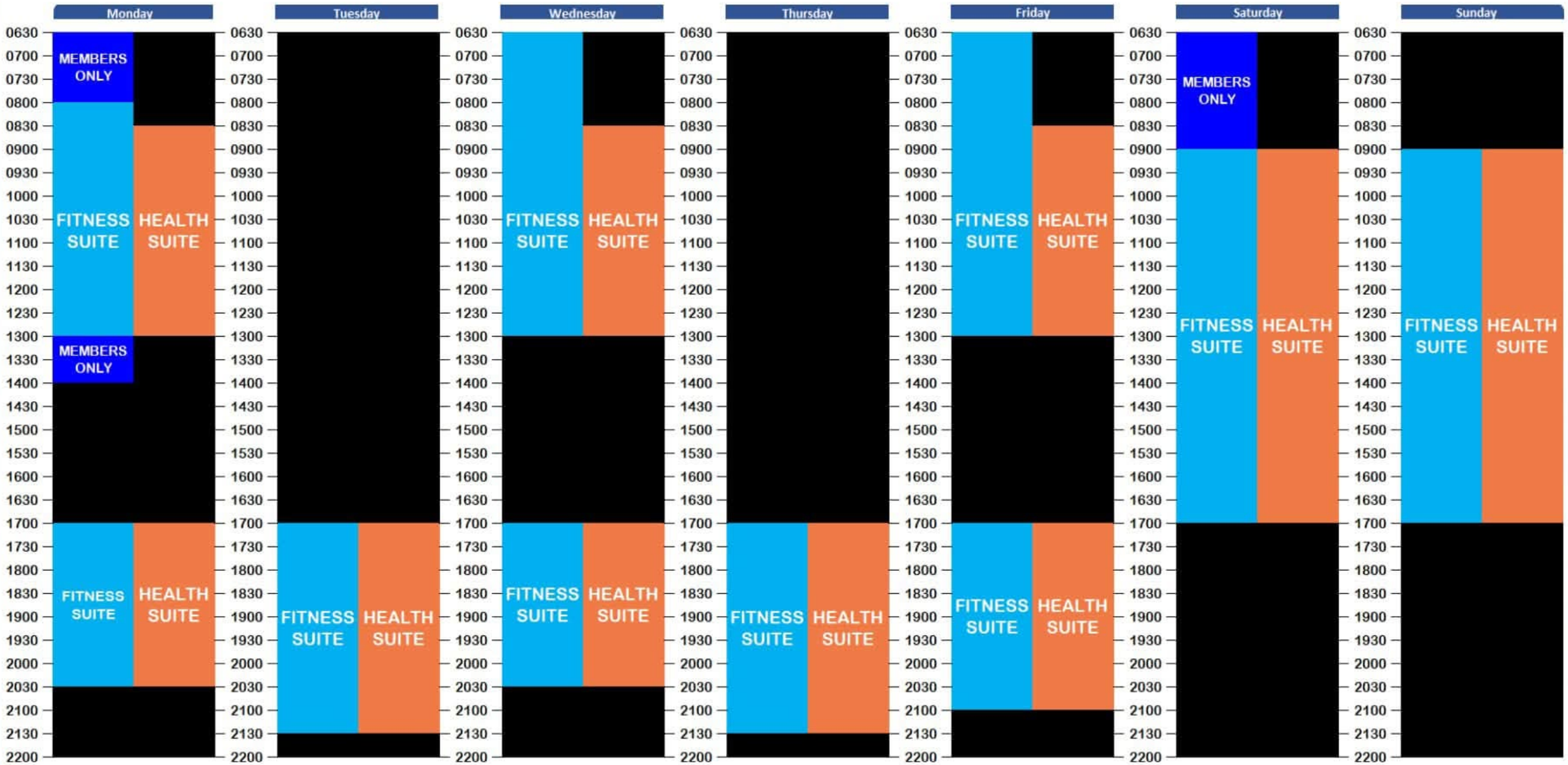
LEARN TO SWIM
Guided lessons. Enrollment only

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

SSP Health Suite & Fitness Centre

ORKNEY ISLANDS COUNCIL

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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