

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 PUBLIC SESSION	0830 SCHOOL SWIMMING	0830 PUBLIC SESSION	0830 LEARN TO SWIM	0830 PICKAQUOY CENTRE SWIMMING LESSONS
0900 PARENTS & TODDLERS	0900 POOL BACK WASH AND CLEANING	0900 PARENTS & TODDLERS	0900 SCHOOL SWIMMING	0900 PARENTS & TODDLERS	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 WELLNESS SESSION	1000 POOL BACK WASH AND CLEANING	1000 WELLNESS SESSION	1000 SCHOOL SWIMMING	1000 WELLNESS SESSION	1000 LEARN TO SWIM	1000 PICKAQUOY CENTRE SWIMMING LESSONS
1030 PUBLIC SESSION	1030 POOL BACK WASH AND CLEANING	1030 PUBLIC SESSION	1030 SCHOOL SWIMMING	1030 PUBLIC SESSION	1030 LEARN TO SWIM	1030 PICKAQUOY CENTRE SWIMMING LESSONS
1100 PARENTS & TODDLERS	1100 POOL BACK WASH AND CLEANING	1100 PARENTS & TODDLERS	1100 SCHOOL SWIMMING	1100 PARENTS & TODDLERS	1100 LEARN TO SWIM	1100 PICKAQUOY CENTRE SWIMMING LESSONS
1130 LANE SWIMMING	1130 POOL BACK WASH AND CLEANING	1130 LANE SWIMMING	1130 SCHOOL SWIMMING	1130 LANE SWIMMING	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 LEARN TO SWIM	1200 PICKAQUOY CENTRE SWIMMING LESSONS
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1500 LANE SWIMMING	1500 POOL BACK WASH AND CLEANING	1500 LANE SWIMMING	1500 SCHOOL SWIMMING	1500 LANE SWIMMING	1500 LEARN TO SWIM	1500 PICKAQUOY CENTRE SWIMMING LESSONS
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1600 LANE SWIMMING	1600 POOL BACK WASH AND CLEANING	1600 LANE SWIMMING	1600 SCHOOL SWIMMING	1600 LANE SWIMMING	1600 LEARN TO SWIM	1600 PICKAQUOY CENTRE SWIMMING LESSONS
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1700 LANE SWIMMING	1700 POOL BACK WASH AND CLEANING	1700 LANE SWIMMING	1700 SCHOOL SWIMMING	1700 LANE SWIMMING	1700 LEARN TO SWIM	1700 PICKAQUOY CENTRE SWIMMING LESSONS
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1800 LANE SWIMMING	1800 POOL BACK WASH AND CLEANING	1800 LANE SWIMMING	1800 SCHOOL SWIMMING	1800 LANE SWIMMING	1800 LEARN TO SWIM	1800 PICKAQUOY CENTRE SWIMMING LESSONS
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1900 LANE SWIMMING	1900 POOL BACK WASH AND CLEANING	1900 LANE SWIMMING	1900 SCHOOL SWIMMING	1900 LANE SWIMMING	1900 LEARN TO SWIM	1900 PICKAQUOY CENTRE SWIMMING LESSONS
1930 LANE SWIMMING	1930 POOL BACK WASH AND CLEANING	1930 LANE SWIMMING	1930 SCHOOL SWIMMING	1930 LANE SWIMMING	1930 LEARN TO SWIM	1930 PICKAQUOY CENTRE SWIMMING LESSONS
2000 LANE SWIMMING	2000 POOL BACK WASH AND CLEANING	2000 LANE SWIMMING	2000 SCHOOL SWIMMING	2000 LANE SWIMMING	2000 LEARN TO SWIM	2000 PICKAQUOY CENTRE SWIMMING LESSONS
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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

SWIM CLUB

Sessions for Orkney Amateur Swimming Association

SWIM CLUB MASTERS

Session reserved for Swimming club masters

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.