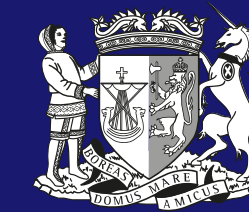


Stromness Swimming Pool



ORKNEY
ISLANDS COUNCIL

10th October - 27th October

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
0630		0630		0630		0630		0630		0630		0630	
0700	SWIM CLUB			0700	SWIM CLUB			0700	SWIM CLUB				
0730				0730				0730			SWIM CLUB		
0800				0800				0800					
0830	LANE SWIMMING			0830				0830					
0900	AQUA AEROBICS	POOL BACK WASH AND CLEANING		0900	LANE SWIMMING			0900	LANE SWIMMING				
0930				0930				0930					
1000	WELLNESS SESSION			1000	WELLNESS SESSION			1000	WELLNESS SESSION				
1030				1030				1030					
1100	PUBLIC SESSION			1100	PUBLIC SESSION	PARENTS & TODDLERS		1100	PUBLIC SESSION	PARENTS & TODDLERS	PUBLIC SESSION	PUBLIC SESSION	FUN SESSION
1130				1130				1130					
1200	LANE SWIMMING			1200	LANE SWIMMING			1200	LANE SWIMMING			LANE SWIMMING	
1230				1230				1230					
1300				1300				1300					
1330				1330	STCW PERSONAL SURVIVAL TECHNIQUES			1330					
1400				1400				1400			INFLATABLES SESSION	PUBLIC SESSION	FUN SESSION
1430				1430				1430					
1500				1500				1500					
1530				1530				1530					
1600	LEARN TO SWIM WEEK 19TH -23RD OCTOBER	LEARN TO SWIM WEEK 19TH -23RD OCTOBER		1600	LEARN TO SWIM WEEK 19TH -23RD OCTOBER		LEARN TO SWIM WEEK 19TH -23RD OCTOBER	LEARN TO SWIM WEEK 19TH -23RD OCTOBER		PUBLIC SESSION	LANE SWIMMING	SWIM CLUB MASTERS	
1630				1630				1630					
1700	PUBLIC SESSION			1700	PUBLIC SESSION	FUN SESSION		1700	PUBLIC SESSION	FUN SESSION			
1730				1730				1730					
1800				1800				1800					
1830				1830				1830					
1900	INFLATABLE SESSION			1900	SWIM CLUB			1900	OCTOPUSH CLUB				
1930				1930				1930					
2000				2000				2000					
2030				2030				2030	LANE SWIMMING				
2100	LIFEGUARD TRAINING	LANE SWIMMING		2100			LANE SWIMMING						
2130		LIFEGUARD TRAINING		2130				2130					
2200				2200				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

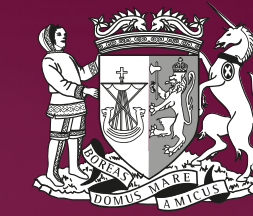
OCTOPUSH

Private Booking for the octopush club

INCLUSIVE ORKNEY

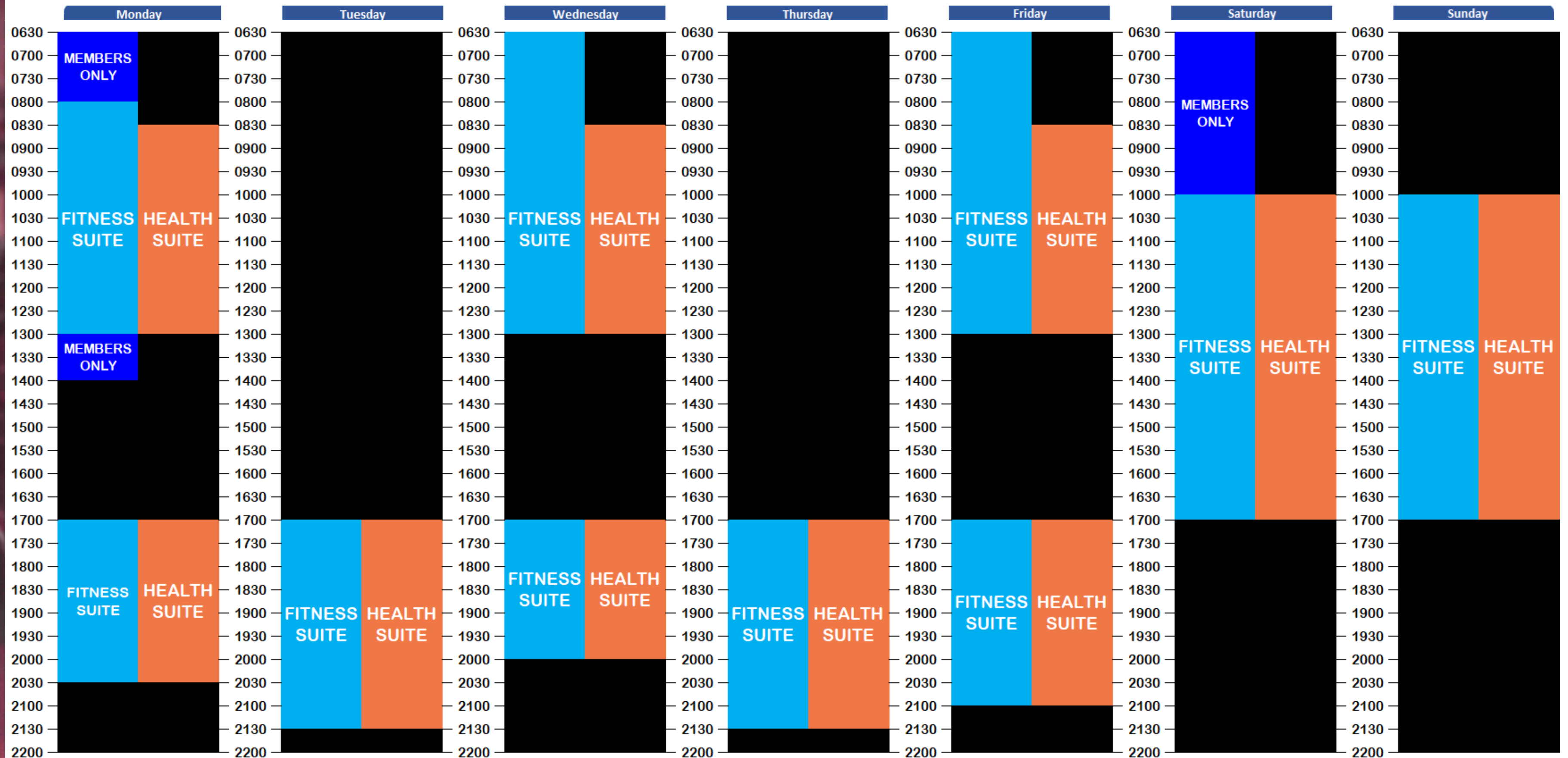
Contact Inclusive Orkney for availability.

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