

# Stromness Gym & Health Suite Sessions

3 March - 4 April 2025

## Monday

0630 - 0800 **Gym Only** (Active Life Members)

**0800 - 1200**

1200 - 1400 **Gym Only** (Active Life Members)

**1700 - 2030 (1900-2030 16yrs+ ONLY)**

## Tuesday

**1700 - 1930**

## Wednesday

**0730 - 1300**

**1700 - 2030**

## Thursday

**1700- 2015**

## Friday

**0730 - 1300**

**1700 - 1930**

## Saturday

0630 - 0900 **Gym Only** (Active Life Members)

**0900 - 1300**

## Sunday

**1400 - 1700**

## Gym Guidelines

- All users must have completed a gym induction at an OIC gym or at The Pickaquoy Centre or sign a waiver if regularly using another gym
- 14-15 year olds may attend the gym if they have completed an induction at OIC or The Pickaquoy Centre and are accompanied by a responsible adult over the age of 18 years who has also received a gym induction.
- Please wipe down equipment after you have used it.
- Bring your own water bottle.
- Wear suitable clothing and footwear for exercising.
- Be respectful of other gym users.

## Pool & Health Suite Guidelines

- All Children aged under 8 years must be accompanied in the water by an adult (Ratio 1 adult : 2 under 8's).
- Please remember to stay hydrated and safe within the health suite.
- **Lane Swimming** – Pool is split into lanes and swimmers are asked to follow one direction. Children aged 13 years or over may attend lane swimming unaccompanied if they are a competent lane swimmer.
- **Health Suite Family Session** – During these sessions over 8's can use the Health Suite with an accompanying adult at a ratio of 1 adult : 2 children. Available Saturday and Sundays.
- **Wellness Session** – A session for more gentle exercise and swimming for those with mobility issues or those in recovery from injury.
- **Public Swimming** – Open to all.
- **Fun Session** - Stepping stones, inflatable boats or toys and floats available

# Stromness Swimming Pool Timetable

3 March - 4 April 2025

## Monday

0630 - 0800 Swim Club

**0800 - 0945 Lane Swimming**

**0945 - 1100 Wellness Session**

**1100 - 1200 Parents & Toddlers/Learn to Swim**

1730 - 2030 Swim Club

## Tuesday

**1700 - 1830 Public Swimming**

**1830 - 1930 Lane Swimming**

## Wednesday

**0730 - 0945 Lane Swimming**

0950 - 1040 School Swimming

**1045 - 1200 Wellness Session**

**1200 - 1300 Lane Swimming (CANCELLED 05/03/25)**

1445 - 1535 School Swimming

1630 - 2030 Swim Club

## Thursday

**1545 - 1730 Learn to Swim**

**1730 - 1830 Public Swimming**

**1830 - 1930 Lane Swimming**

**1940 - 2015 Adult Swimming Lessons**

## Friday

**0730 - 0850 Lane Swimming**

0850 - 0940 School Swimming

**0945 - 1100 Wellness Session**

**1100 - 1200 Parents & Toddlers**

**1200 - 1300 Lane Swimming**

1600 - 1730 Swim Club

**1730 - 1830 Public Swimming/Fun Session**

**1830 - 1930 Lane Swimming**

## Saturday

0630 - 0830 Swim Club

**0900 - 1200 Learn to Swim**

**1200 - 1300 Public Swimming + 2 Lanes**

## Sunday

**1400 - 1600 Fun Session**

1600 - 1700 Swim Club Masters

Sessions in **bold** are available to the public.

Learn To Swim Lessons require booking and placement on a waiting list - Please contact reception on:

01856 850552 or [stromness.pool@glow.orkneyschools.org.uk](mailto:stromness.pool@glow.orkneyschools.org.uk)