

# Stromness Gym & Health Suite Sessions

**20 August - 11 October 2024**

## Monday

0630 - 0800 GYM ONLY (Active Life Members)

**0800 - 1200**

1200 - 1500 GYM ONLY (Active Life Members)

1615 - 1700 GYM ONLY (Active Life Members)

**1700 - 1930**

## Tuesday

**1700 - 1930**

## Wednesday

**0730 - 1300**

1615 - 1700 GYM ONLY (Active Life Members)

**1700 - 2030**

## Thursday

**1700- 1930**

## Friday

**0730 - 1300**

1615 - 1700 GYM ONLY (Active Life Members)

**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