

Stromness Gym & Health Suite Sessions

12 October - 29 October 2024

Monday

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

0800 - 1200

1200 - 1500 **Gym Only** (Active Life Members)

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

Tuesday

1700 - 1930

Wednesday

0730 - 1300

1615 - 1700 **Gym Only** (Active Life Members)

1700 - 2030

Thursday

1700- 1930

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

12 October - 29 October 2024

Monday

0630 - 0800 Swim Club (28th Oct Only)

0800 - 1000 Lane Swimming

1000 - 1100 Wellness

1100 - 1200 Parents & Toddlers

1100 - 1200 Flippers

1700 - 1745 Public Swimming + 2 Lanes

1745 - 1900 Fun Session

1900 - 2030 Chill out session (Over 16s Only)

Tuesday

1700 - 1830 Public Swimming/Fun Session

1830 - 1930 Lane Swimming

Wednesday

0730 - 1000 Lane Swimming

1000 - 1100 Wellness Session

1100 - 1200 Public Session

1200 - 1300 Lane Swimming

1730 - 1900 Swim Club

Thursday

1730 - 1830 Public Swimming/Fun Session

1830 - 1930 Lane Swimming

Friday

0730 - 1000 Lane Swimming

1000 - 1100 Wellness

1100 - 1200 Parents & Toddlers

1100 - 1200 Flippers

1200 - 1300 Lane Swimming

1730 - 1830 Public Swimming/Fun Session

1830 - 1930 Lane Swimming

Saturday

0630 - 0830 Swim Club

0830 - 1000 Lane Swimming

1000 - 1100 Public Swimming/Fun Session

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