

main pool aquatic programme

This programme is valid from Tuesday 23rd April – Sunday 16th June

The pools and health-suite will be closed from 17th – 30th June inclusive for annual service and maintenance



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630						
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PUBLIC SWIMMING
A swimming session open to everyone. Admission policy does apply.

LANE SWIMMING
Sessions with lanes for swimmers wishing to swim lengths, slow, medium fast lanes available.

POWERSWIM
A 30 minute intense pool workout session for competent adult swimmers. Bookable session, for users age 14+, included with Active-Life membership.

LEARN 2 SWIM
Structured child swim classes following a nationally recognised programme. Age 5+.

MASTERS SWIMMING
If you can swim 4 lengths front crawl then you are ready to take part, for users age 14+, included with Active-Life membership.

1:1 SWIM CLASSES
Improve your swimming with the help of a personal instructor. Classes delivered to meet the needs of the individual swimmer. Booking required.

AQUA-NATAL
Benefit from being in the water with this fantastic and fun form of pregnancy exercise, included with Active-Life membership.

NB – SCHOOL SESSIONS may have a shallower depth and will require 3 or 4 lanes depending on class sizes

WELLNESS SESSION
Slower paced session to help less active swimmers and helps with recovery from illness or injury.

SKILLS & DRILLS
For adult swimmers needing some work on technique whilst improving fitness. Bookable session, for users age 14+, included with Active-Life membership.

AQUA-WALKING
With the pool set at a level height this allows a low impact exercise option, it reduces stress on joints and is great for rehabilitation.

NB – SCHOOL SESSIONS may have a shallower depth and will require 3 or 4 lanes depending on class sizes

DISABLED SESSION
A session especially for disabled members of the community.

INFLATABLE SESSION
For depend swimmers only. Under 8's on a 1:1 basis. Inflatable type will vary, check website for details.

AQUA-ZUMBA
Latin inspired dance class but with an aquatic twist – bookable session, free for adult users with a swim membership. Aqua Zumba Light is a slower and gentler version – great for more mature customers or anyone with joint and mobility issues.

Health Suite (16+ yrs) Opening Hours



Mon 10.00am – 9.00pm
 Tue, Wed, Thu & Fri 10.00am – 8.30pm
 Thurs 8.30pm – 9.30pm (Ladies Only)
 Saturday 9.30am – 7pm, Sunday 9.30am – 6pm
 Family Sessions 8+yrs Sat & Sun 12-4pm
 Combined tickets for swim and health suite are available

leisure pool aquatic programme

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2200	2200	2200	2200	2200	2200	2200

PARENT & BABY
Helps develop the early fundamental aquatic skills and improve water confidence, brain skills and are fun! Ages 6-18 months. Booking required.

PARENTS & WEE ONES
A public session allowing parents with babies & toddlers to enjoy the facilities together.

AQUAFUN
Parent & toddler class aimed at making wee ones confident and comfortable in the water. Ages 1.5-3.5 years. Booking required.

PRE - SCHOOL**
Focuses on early swim practices whilst still keeping a fun element and enhancing safety awareness of participants. Ages 3-5 years. Booking required. These classes have an area roped off for safety reasons, this will limit access to some features.

CHILL OUT SESSION
Switch off from day to day stresses, this Adult only session has darkened lighting and ambient music.

POOL PARTIES
Leisure Pool Parties includes exclusive hire of the Leisure Pool, additional toys and features (no Inflatable) – maximum 30 swimmers including adults. Main Pool available for exclusive hire, for Parties this may include the Commando Run Inflatable (Deep end swimmers only) or Water-Walkerz and floats – maximum numbers 50 swimmers including adults. Please check with the Centre prior to visiting at this time to avoid disappointment. Our admission policy applies to parties, please ask at reception or view online at www.pickaquoy.co.uk/swimming

The Management of The Pickaquoy Centre reserves the right to amend the timetable without prior notice. ISSUE 46 • APRIL 2019 • Designed by iDesign - www.idesignorkney.co.uk