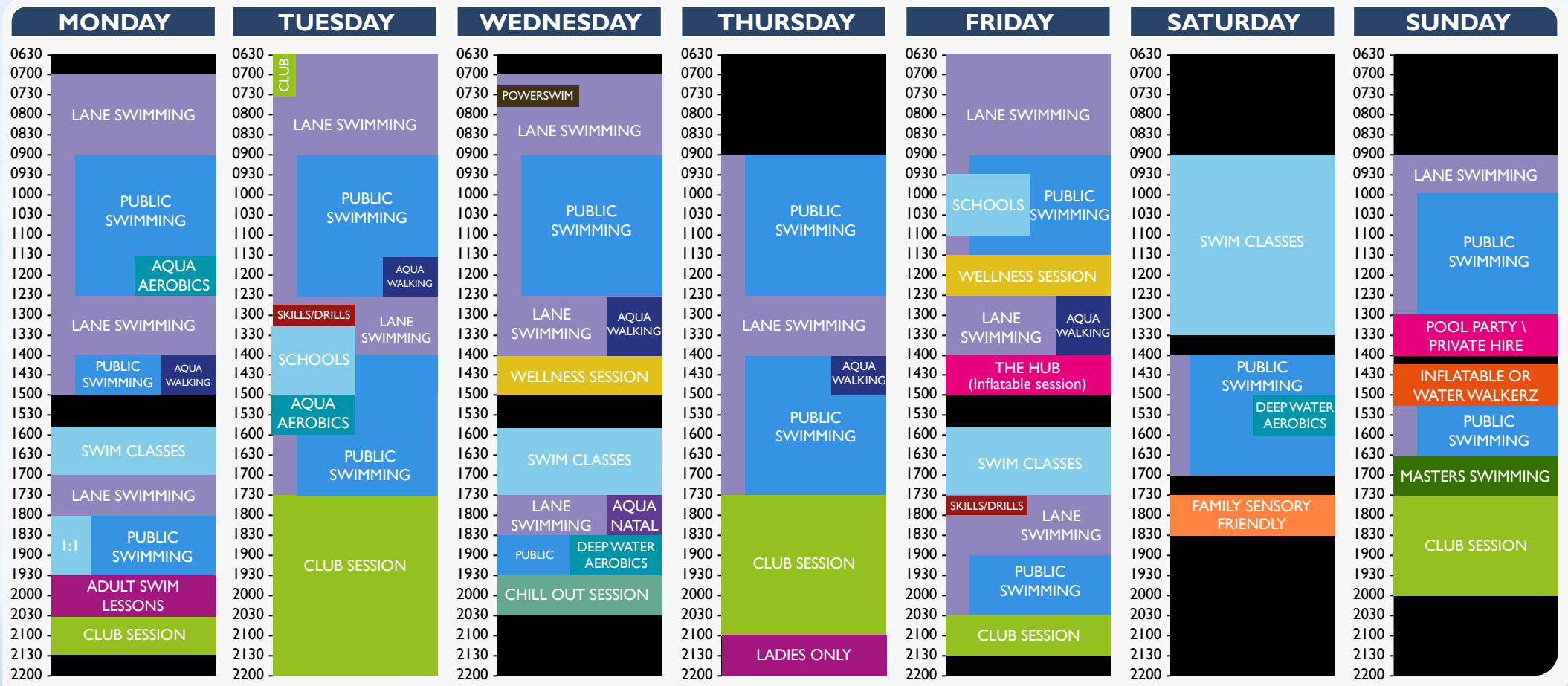


# main pool aquatic programme

Monday 30th October - Friday 22nd December



**AQUA AEROBICS**  
A fun 45-minute dance based fitness class suitable for all abilities.

**AQUA NATAL**  
A fun form of pregnancy exercise led by the Balfour Hospital Maternity Ward.

**AQUA WALKING**  
The pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

**CHILL OUT SESSION**  
This adult only session has darkened lighting and ambient music for a end of day de-stress.

**DEEP WATER AEROBICS**  
A 45-minute exercise to music class in deep water using aqua dumbbells and noodles (shallow water optional).

**FAMILY SENSOY FRIENDLY**  
A session where the pool environment is adjusted to enhance the sensory experience of kids who may otherwise find it challenging.

**COMMANDO OR WATER WALKERZ**  
This session will be the Commando Inflatable or Water Walkerz & Stepping Stones, check programme changes on the website for updates.

**LANE SWIMMING**  
Sessions will have slow, medium & fast paced lanes available, minimum age is 11 yrs old, must be competent lane swimmer.

**MASTERS SWIMMING**  
Follow a set or take part at your own pace, min age 14+.

**PUBLIC SWIMMING**  
A swimming session open to everyone.

**THE HUB**  
Free session for secondary aged young people.

**WELLNESS SESSION**  
Slower paced session that helps with recovery from illness or injury. Adults only.

**LEARN TO SWIM**  
Term runs 30.10 to 16.12. See website for more details

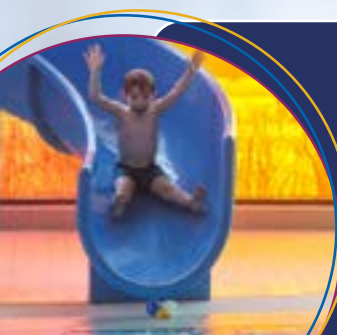
**Health Suite (16+ yrs)**  
Mon, Wed & Fri:  
1000 - 1500, 1600 - 2030  
Tue: 1000 - 2030  
Thu: 1000-2100 (Ladies Only 2100-2200)  
Sat: 1000 - 1300, 1400 - 1700  
Sun: 1000 - 1300, 1400 - 1900  
Family Session on Sat & Sun from 1000-1300 & 1400 - 1700, 8+yrs minimum.  
Combined tickets for swim and health

# leisure pool aquatic programme

Monday 30th October - Friday 22nd December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	0730	0730	0730	0730	0730	0730
0800	0800	0800	0800	0800	0800	0800
0830	0830	0830	0830	0830	0830	0830
0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
1230	1230	1230	1230	1230	1230	1230
1300	1300	1300	1300	1300	1300	1300
1330	1330	1330	1330	1330	1330	1330
1400	1400	1400	1400	1400	1400	1400
1430	1430	1430	1430	1430	1430	1430
1500	1500	1500	1500	1500	1500	1500
1530	1530	1530	1530	1530	1530	1530
1600	1600	1600	1600	1600	1600	1600
1630	1630	1630	1630	1630	1630	1630
1700	1700	1700	1700	1700	1700	1700
1730	1730	1730	1730	1730	1730	1730
1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200



## BOOK A POOL PARTY!

Book a Main, Leisure or Whole Pool Party

Sundays • 1300 - 1400  
Book online, two weeks  
notice required.

Scan  
Me!



[www.pickaquoy.co.uk/children/birthday-parties](http://www.pickaquoy.co.uk/children/birthday-parties)

### PARENTS & WEE ONES

A dedicated public session allowing parents with babies and toddlers to enjoy the Leisure Pool together with less disruption from older children.



The Pickaquoy Centre • Muddisdale Road • Kirkwall • Orkney • KW15 1LR  
T: 01856 879900 • E: [enquiries@pickaquoy.com](mailto:enquiries@pickaquoy.com)

[www.pickaquoy.co.uk](http://www.pickaquoy.co.uk)