

# main pool aquatic programme

Saturday 21 December - Sunday 05 January



MONDAY 23.12	MONDAY 30.12	TUESDAY	WEDNESDAY 25.12, THURSDAY 26.12 & WEDNESDAY 01.01 THURSDAY 02.01	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630		0630	0630	0630
0700	0700	0700		0700	0700	0700
0730	0730	0730		0730	0730	0730
0800	0800	0800		0800	0800	0800
0830	0830	0830		0830	0830	0830
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1000	1000	1000		1000	1000	1000
1030	1030	1030		1030	1030	1030
1100	1100	1100		1100	1100	1100
1130	1130	1130		1130	1130	1130
1200	1200	1200		1200	1200	1200
1230	1230	1230		1230	1230	1230
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1500	1500	1500		1500	1500	1500
1530	1530	1530		1530	1530	1530
1600	1600	1600		1600	1600	1600
1630	1630	1630		1630	1630	1630
1700	1700	1700		1700	1700	1700
1730	1730	1730		1730	1730	1730
1800	1800	1800		1800	1800	1800
1830	1830	1830		1830	1830	1830
1900	1900	1900		1900	1900	1900
1930	1930	1930		1930	1930	1930
2000	2000	2000		2000	2000	2000
2030	2030	2030		2030	2030	2030
2100	2100	2100		2100	2100	2100
2130	2130	2130		2130	2130	2130
2200	2200	2200		2200	2200	2200

**POOL DISCO!**  
**SUNDAY 29 DEC**  
**1415-1515**

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

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

**POOL DISCO 29.12**  
The Main Pool is set at 1.0m. The lights then are set on low and Garriock's Disco Orkney provide the disco lights and party tunes!

**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+.

**WATERWALKERZ**  
Waterwalkerz are an amazing, active and fun activity for those from 5 years to adults! Float on the water inside the inflatable spheres!

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

**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.

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

**Health Suite (16+ yrs)**

Mon 23.12: 1000 - 2030  
Mon 30.12/Fri/Sun 1000 - 1830  
Tue: 1000-1330  
Sat: 1000 - 1700

Family Session Everyday from 1000-1700, 8+ yrs minimum. Combined tickets for swim and health suite are available.

# leisure pool aquatic programme

Saturday 20 December - Sunday 05 January



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
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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
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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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

KIDS CHRISTMAS CAMP  
23.12

PUBLIC SWIMMING

PUBLIC SWIMMING

23.12 1000-1930,  
30.12 1000-1830

We are closed  
25.12 &  
01.01

We are closed  
26.12 &  
02.01

PUBLIC SWIMMING

WELLNESS SESSION

PUBLIC SWIMMING

PUBLIC SWIMMING

POOL PARTY /  
PRIVATE HIRE

FUN SESSION

PUBLIC SWIMMING

FAMILY SENSORY FRIENDLY



## BOOK A POOL PARTY!

Book a Main, Leisure or Whole Pool Party

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



[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.

### WELLNESS SESSION

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



The Pickaquoy Centre • Muddisdale Road • Kirkwall • Orkney • KW15 1LR

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