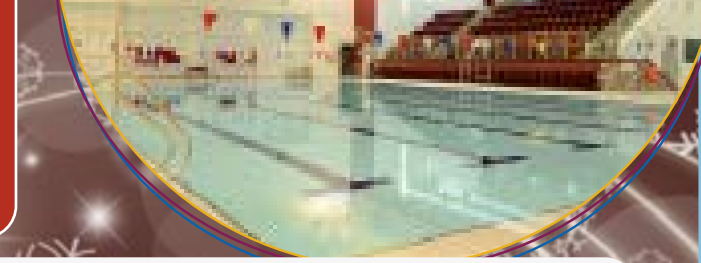


# main pool aquatic programme

Saturday 20 December - Sunday 4 January



| MONDAY                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                       | SATURDAY                                                                                                                                                                                                                                                     | SUNDAY                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 |
| LANE SWIMMING (22.12 only)<br>PUBLIC SWIMMING<br>AQUA AEROBICS<br>LANE SWIMMING<br>PUBLIC SWIMMING<br>AQUA WALKING<br>DIVE'N'SLIDE (22.12) (CLUB SESSION 29.12)<br>LANE SWIMMING<br>PUBLIC SWIMMING (22.12 only)<br>CLUB SESSION (22.12)                     | LANE SWIMMING (23.12 only)<br>PUBLIC SWIMMING<br>AQUA WALKING<br>SKILLS/DRILLS<br>LANE SWIMMING<br>PUBLIC SWIMMING<br>CLUB SESSION<br>LANE SWIMMING (23.12 only)                                                                                             | CLUB (24.12 only)<br>LANE SWIMMING (24.12 only)<br>WELLNESS SESSION                                                                                                                                                                                          | We are closed<br>25.12.25<br>& 01.01.26                                                                                                                                                                                                                      | We are closed<br>26.12.25<br>& 02.01.26                                                                                                                                                                                                                      | LANE SWIMMING<br>SNORKLES & FLIPPERS<br>PUBLIC SWIMMING<br>DEEP WATER AEROBICS<br>CLUB SESSION (27.12 & 03.01)<br>FAMILY SENSORY FRIENDLY                                                                                                                    | LANE SWIMMING<br>PUBLIC SWIMMING<br>POOL PARTY / PRIVATE HIRE<br>INFLATABLE 21.12 & 04.01<br>POOL DISCO 28.12<br>PUBLIC<br>MASTERS SWIMMING<br>CLUB                                                                                                          |

## AQUA AEROBICS

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

## 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.

## PUBLIC SWIMMING

A swimming session open to everyone.

## LANE SWIMMING

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

## WELLNESS SESSION

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

## FAMILY SENSORY FRIENDLY

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

## INFLATABLE / FUN SESSION

21.12 Pirate Aquarun 1415-1515  
22.12 Dive'n'Slide 1530-1630  
28.12 Pool Disco! 1415-1515  
04.01 Pirate Aquarun 1415-1515

Dive'n'Slide & Pirate Aquarun for Deepender.  
Pool Disco for all ages/abilities

## MASTERS SWIMMING

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

**POOL DISCO!**  
**SUNDAY 28 DEC**  
**1415-1515**

**with Garriock's**  
**Disco Orkney**

## Health Suite (16+ yrs)

Mon 22 & Tue 23: 1000 - 2030  
Mon 29 & Tue 30: 1000-1830  
Wed: 1000-1230  
Sat: 1000 - 1700  
Sun: 1000 - 1800

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 4 January



| MONDAY                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                       | SATURDAY                                                                                                                                                                                                                                                     | SUNDAY                                                                                                                                                                                                                                                       |
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| 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 | 0630<br>0700<br>0730<br>0800<br>0830<br>0900<br>0930<br>1000<br>1030<br>1100<br>1130<br>1200<br>1230<br>1300<br>1330<br>1400<br>1430<br>1500<br>1530<br>1600<br>1630<br>1700<br>1730<br>1800<br>1830<br>1900<br>1930<br>2000<br>2030<br>2100<br>2130<br>2200 |
| HOLIDAY CAMP<br>(22.12)                                                                                                                                                                                                                                      | HOLIDAY CAMP<br>(23.12)                                                                                                                                                                                                                                      | PUBLIC SWIMMING                                                                                                                                                                                                                                              | We are<br>closed<br>25.12.25<br>& 01.01.26                                                                                                                                                                                                                   | We are<br>closed<br>26.12.25<br>& 02.01.26                                                                                                                                                                                                                   | PUBLIC SWIMMING                                                                                                                                                                                                                                              | PUBLIC SWIMMING                                                                                                                                                                                                                                              |
| PUBLIC SWIMMING                                                                                                                                                                                                                                              | PUBLIC SWIMMING                                                                                                                                                                                                                                              | WELLNESS SESSION                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              | PUBLIC SWIMMING                                                                                                                                                                                                                                              | POOL PARTY /<br>PRIVATE HIRE                                                                                                                                                                                                                                 |
|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              | FUN SESSION                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              | PUBLIC SWIMMING                                                                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                              | FAMILY SENSORY<br>FRIENDLY                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                              |

## BOOK A POOL PARTY!

Book a Main, Leisure or Whole Pool Party

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

Scan  
Me!



### FAMILY SENSORY FRIENDLY

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

### WELLNESS SESSION

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

## Programme Changes

To keep up to date with any programme changes, please visit the website at  
[www.pickaquoy.co.uk/news/programme-changes-centre-wide/](http://www.pickaquoy.co.uk/news/programme-changes-centre-wide/)  
or scan the QR code



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