



the pickaquoy centre

TERM 2 COURSES TIMETABLE

WEDNESDAY 28 OCTOBER - FRIDAY 18 DECEMBER 2026

LEARN TO SWIM (Sessions taking place at Stromness Swimming Pool)

LEVEL	CLASS DAY	CLASS TIME	START DATE	EXCLUSION DATES	END DATE	COST
SWIM SKILLS ENTRY	SUNDAY	1015-1045	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1050-1120	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1125-1155	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
SWIM SKILLS 1A	SUNDAY	0905-0935	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		0940-1010	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1015-1045	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1050-1120	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1125-1155	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
SWIM SKILLS 1B	SATURDAY	1230-1300	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1305-1335	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1340-1410	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1415-1445	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1450-1520	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
SWIM SKILLS 2	SATURDAY	1230-1300	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1305-1335	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1340-1410	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1415-1445	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
	SUNDAY	0905-0935	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		0940-1010	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
SWIM SKILLS 3	SATURDAY	1450-1520	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
	SUNDAY	0905-0935	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		0940-1010	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1015-1045	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1050-1120	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
		1125-1155	01-Nov-26	15-Nov-26	29-Nov-26	£ 31.00
SWIM SKILLS 4	SATURDAY	1230-1300	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1305-1335	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1340-1410	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1415-1445	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
CLUB READY	SATURDAY	1525-1555	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75
		1600-1630	31-Oct-26	14-Nov-26	05-Dec-26	£ 38.75

RUN JUMP THROW						
LEVEL	CLASS DAY	CLASS TIME	START DATE	EXCLUSION DATES	END DATE	COST
PRIMARY 1/2	MONDAY	1700-1800	02-Nov-26	n/a	14-Dec-26	£ 65.10
	THURSDAY	1600-1700	05-Nov-26	n/a	17-Dec-26	£ 65.10
PRIMARY 3/4	MONDAY	1600-1800	02-Nov-26	n/a	14-Dec-26	£ 65.10
	THURSDAY	1700-1800	05-Nov-26	n/a	17-Dec-26	£ 65.10
PRIMARY 5+	THURSDAY	1800-1900	05-Nov-26	n/a	17-Dec-26	£ 65.10

CLIMBING & BOULDERING						
LEVEL	CLASS DAY	CLASS TIME	START DATE	EXCLUSION DATES	END DATE	COST
FUN CLIMB	MONDAY	1630-1730	02-Nov-26	n/a	14-Dec-26	£ 70.70
WILD CLIMBERS (NICAS 1-7Y)	WEDNESDAY	1615-1715	28-Oct-26	n/a	16-Dec-26	£ 80.80
	THURSDAY	1300-1400	29-Oct-26	n/a	17-Dec-26	£ 80.80
ASN CLIMB	WEDNESDAY	1730-1830	28-Oct-26	n/a	16-Dec-26	£ 80.80
NICAS 1/2 (CLIMBING 7+ YRS)	MONDAY	1800-1900	02-Nov-26	n/a	14-Dec-26	£ 70.70
	TUESDAY	1600-1700	03-Nov-26	n/a	15-Dec-26	£ 80.80
	THURSDAY	1600-1700	05-Nov-26	n/a	17-Dec-26	£ 70.70
		1730-1830	05-Nov-26	n/a	17-Dec-26	£ 70.70
	FRIDAY (12+)	1145-1245	30-Oct-26	n/a	18-Dec-26	£ 80.80
NICAS 3	MONDAY	1715-1830	02-Nov-26	n/a	14-Dec-26	£ 100.40
	THURSDAY	1730-1845	29-Oct-26	n/a	17-Dec-26	£ 100.40
	FRIDAY	1500-1615	06-Nov-26	n/a	18-Dec-26	£ 87.85
		1700-1815	30-Oct-26	n/a	18-Dec-26	£ 100.40
NICAS 4	MONDAY	1900-2030	02-Nov-26	n/a	14-Dec-26	£ 121.20
	THURSDAY	1600-1730	29-Oct-26	n/a	17-Dec-26	£ 121.20
DEVELOPMENT GROUP	FRIDAY	1500-1630	30-Oct-26	n/a	18-Dec-26	£ 121.20
FAMILY CLIMB	FRIDAY	1630-1730	06-Nov-26	n/a	18-Dec-26	£ 70.70
NIBAS 1 (BOULDERING 7+ YRS)	THURSDAY	1800-1900	29-Oct-26	n/a	17-Dec-26	£ 80.80

STRENGTH & CONDITINING						
LEVEL	CLASS DAY	CLASS TIME	START DATE	EXCLUSION DATES	END DATE	COST
8-12 Years	THURSDAY	1600-1645	05-Nov-26	n/a	17-Dec-26	£ 59.71
12-16 Years	THURSDAY	1700-1800	05-Nov-26	n/a	17-Dec-26	£ 65.10
Adults (16+)	THURSDAY	1830-1930	05-Nov-26	n/a	17-Dec-26	£ 65.10
	FRIDAY	0845-0945	06-Nov-26	n/a	18-Dec-26	£ 65.10