



# Holiday Activity Programme

- Inflatables
- Badminton
- Kids Gym & Multi Activities
- Pool Fun Sessions
- Trampolining
- Climbing
- Holiday Camp
- Orkney Rugby Football Club Camp
- Ross County Football



## Individual Sessions

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Sun 2 April	Pool – Stepping Stones, Toys & Floats	3.15pm – 4.15pm	N/A	Stromness	Drop in	Pool Admission

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Mon 3 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	N/A	KGS	Bookable	£3.90
	Inflatables	10am – 1pm	Up to 8yrs	Dounby	Drop in	£2.85
	Badminton	10am – 1pm	N/A	Dounby	Drop in	£3.90
	Inflatables (arena)	3pm – 5pm	Up to 11yrs	Picky	Drop in	£2.85
	Trampolining	4pm – 5pm	5 – 9yrs	Picky	Bookable	£5
	Trampolining	5pm – 6pm	10-15yrs	Picky	Bookable	£5
	Pool Family Session & Water Walkerz*	4pm – 5pm	N/A	Picky	Drop in (Water Walkerz can be booked)	Pool Admission*
	Pool – Crawling Stones (Shallow End), Toys & Floats	4pm – 5pm	N/A	Stromness	Drop in	Pool Admission
	Climbing	4pm – 5pm	4-7yrs	Picky	Bookable	£5.60
Climbing	5pm – 6pm	7+yrs	Picky	Bookable	£5.60	

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Tues 4 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	n/a	KGS	Bookable	£3.90
	Inflatables	10am – 1pm	Up to 8yrs	Dounby	Drop in	£2.85
	Badminton	10am - 1pm	n/a	Dounby	Drop in	£3.90
	Inflatables (arena)	10am – 12pm	Up to 11yrs	Picky	Drop in	£2.85
	Kids Gym & Multi Activities	11am – 1pm	P4 – P7	KGS	Bookable	£5
	Pool Family Session & Water Walkerz*	4pm – 5pm	n/a	Picky	Drop in (water walkerz can be booked)	Pool admission*

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Wed 5 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	N/A	KGS	Bookable	£3.90
	Inflatables	10am – 1pm	Up to 8yrs	Dounby	Drop in	£2.85
	Badminton	10am – 1pm	N/A	Dounby	Drop in	£3.90
	Inflatables	10am – 12pm	Up to 11yrs	Picky	Drop in	£2.85
	Kids Gym & Multi Activities	11am – 1pm	P4 – P7	KGS	Bookable	£5
	Pool – Fins & Toys	6pm – 7.15pm	N/A	Stromness	Drop in	Pool Admission

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Thurs 6 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	N/A	KGS	Bookable	£3.90
	Inflatables (arena)	1pm – 3pm	Up to 11yrs	Picky	Drop in	£2.85
	Kids Gym & Multi Activities	11am – 1pm	P4 – P7	KGS	Bookable	£5
	Pool Family Session & Water Walkerz*	4pm – 5pm	N/A	Picky	Drop in (water walkerz can be booked)	Pool Admission*
	Trampolining	4pm – 5pm	5 – 9yrs	Picky	Bookable	£5
	Trampolining	5pm – 6pm	10 – 15yrs	Picky	Bookable	£5

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Fri 7 April	Inflatables (arena)	10am – 12pm	Up to 11yrs	Picky	Drop in	£2.85
	Pool Family Session & Water Walkerz*	4pm – 5pm	N/A	Picky	Drop in (water walkerz can be booked)	Pool Admission*
	Trampolining	2pm – 3pm	5 – 9yrs	Picky	Bookable	£5
	Trampolining	3pm – 4pm	10-15yrs	Picky	Bookable	£5

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Sat 8 April	Pool Masks & Flippers Session	9.30am – 11.30am	N/A	Picky	Drop in	Pool Admission
Sun 9 April	Pool Inflatable Session	2.15pm – 3.15pm	N/A	Picky	Drop in	Pool Admission
	Pool – Inflatable Slide	3.15pm – 4.15pm	N/A	Stromness	Drop in	Pool Admission

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Mon 10 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	N/A	KGS	Bookable	£3.90
	Inflatables	10am – 12pm	Up to 8yrs	Dounby	Drop in	£2.85
	Kids Gym & Multi Activities	11am – 1pm	P4 – P7	Dounby	Bookable	£5
	Inflatables (arena)	3pm – 5pm	Up to 11yrs	Picky	Drop in	£2.85
	Trampolining	4pm – 5pm	5 - 9yrs	Picky	Bookable	£5
	Trampolining	5pm – 6pm	10 - 15yrs	Picky	Bookable	£5
	Pool Family Session & Water Walkerz*	4pm – 5pm	N/A	Picky	Drop in (water walkerz can be booked)	Pool Admission*
	Climbing	4pm – 5pm	4 - 7yrs	Picky	Bookable	£5.60
	Climbing	5pm – 6pm	7+yrs	Picky	Bookable	£5.60
Pool Fun Session w/ Floats & Toys	4pm – 5pm	N/A	Stromness	Drop in	Pool Admission	

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Tues 11 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	N/A	KGS	Bookable	£3.90
	Inflatables	10am – 12pm	Up to 8yrs	Dounby	Drop in	£2.85
	Inflatables (arena)	10am – 12pm	Up to 11yrs	Picky	Drop in	£2.85
	Kids Gym & Multi Activities	11am – 1pm	P4 – P7	Dounby	Bookable	£5
	Pool Family Session & Water Walkerz*	4pm – 5pm	N/A	Picky	Drop in (water walkerz can be booked)	Pool Admission*

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Wed 12 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	N/A	KGS	Bookable	£3.90
	Inflatables	10am – 12pm	Up to 8yrs	Dounby	Drop in	£2.85
	Inflatables (arena)	10am – 12pm	Up to 11yrs	Picky	Drop in	£2.85
	Kids Gym & Multi Activities	11am – 1pm	P4 – P7	Dounby	Bookable	£5
	Trampolining	1pm – 2pm	5 – 9yrs	Picky	Bookable	£5
	Trampolining	2pm – 3pm	10 – 15yrs	Picky	Bookable	£5
	Pool Fun Session w/ Stepping Stones & Toys	4pm – 5pm	N/A	Stromness	Drop in	Pool Admission

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Thurs 13 April	Inflatables	10am – 1pm	Up to 8yrs	KGS	Drop in	£2.85
	Badminton	10am – 1pm	N/A	KGS	Bookable	£3.90
	Inflatables (arena)	1pm – 3pm	Up to 11yrs	Picky	Drop in	£2.85
	Pool Family Session & Water Walkerz*	4pm – 5pm	N/A	Picky	Drop in (water walkerz can be booked)	Pool Admission*

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Fri 14 April	Pool Family Session & Water Walkerz*	4pm – 5pm	N/A	Picky	Drop in (water walkerz can be booked)	Pool Admission*

Date	Activity	Time	Age	Location	Bookable or Drop In	Cost (Per Person)
Sat 15 April	Pool Masks & Flippers Session	9.30am – 11.30am	N/A	Picky	Drop in	Pool Admission
Sun 16 April	Pool Inflatable Session	2.15pm – 3.15pm	N/A	Picky	Drop in	Pool Admission
	Pool Inflatable Slide	3.15pm – 4.15pm	N/A	Stromness	Drop in	Pool Admission

## Courses/Camps

Holiday Camp					
From	To	Time	Age/Level	Location	Cost (per person)
Mon 3 April (weekdays only)	Mon 17 April (weekdays only)	8.30am-3.30pm (incl. drop off and pick up)	5 – 12yrs	Picky	£26.50 per day (£17.50 per day for second child)

Learn to Swim Week					
From	To	Time	Age/Level	Location	Cost (per person)
Mon 3 April	Fri 7 April	10.10am – 10.40am	Beginner & Just Able	Picky	£20.60
Mon 3 April	Fri 7 April	10.45am – 11.15am	Beginner & Just Able	Picky	£20.60

Beginner: Level 1/2

Just Able: Level 3/4

To book call 01856 879900 or email enquiries@pickaquoy.com

Mon 3 April	Fri 7 April	10.45am – 11.15am	Beginner, Improver & Stroke Improvement	Stromness	£20.60
Mon 3 April	Fri 7 April	11.25am – 11.55am	Beginner, Improver & Stroke Improvement	Stromness	£20.60

Beginner: 5+yrs not taking part in Learn-2-swim programme

Improvers: Level 1, 2 or 3

Stroke Improvement: Level 4/5 or those who benefit from extra tuition on stroke technique

To book call 01856 850552

Introduction to Club Swimming					
From	To	Time	Age/Level	Location	Cost (per person)
Mon 10 April	Wed 13 April	10.45am – 11.20am	Level 6 and above	Stromness	TBC

Run in conjunction with Stromness Amateur Swimming Club, the class will consist of 3 sessions introducing young swimmers to the next stage of their swim development. The sessions will be delivered by staff member and club coach, Amber Clouston

Spaces limited, to book call 01856 850552

### Ross County Football

From	To	Time	Age/Level	Location	Cost (per person)
Mon 3 April	Wed 5 April	9am – 9.45am	3 – 4 yrs	KGS	£12
Mon 3 April	Wed 5 April	9.15am – 11.15am	5 – 8 yrs	KGS	£24
Mon 3 April	Wed 5 April	11.30am – 1.30pm	9 – 15 yrs	KGS	£24

To book call 01349 860862

### Orkney Rugby Football Club Camp

From	To	Time	Age/Level	Location	Cost (per person)
Mon 3 April	Wed 5 April	9am – 1pm	P1 – 3 & P4 – 7	Dounby	£15
Mon 10 April	Wed 12 April	9am – 1pm	P1 – 3 & P4 – 7	KGS	£15

To book e-mail [kirkwallsportscentre@glow.orkneyschools.org.uk](mailto:kirkwallsportscentre@glow.orkneyschools.org.uk) or call 873535 ext 2430 (or 872364 at evenings and weekends)

### FREE Swimming Sessions – Active Schools

Date	Venue	Contact
Mon 10 April	Westray Swimming Pool	Caroline Kent: 01857 677775 <a href="mailto:charlie_echo12@hotmail.com">charlie_echo12@hotmail.com</a>
Wed 12 April	Sanday Swimming Pool	Caitrian Leslie: 01857 600357 <a href="mailto:Caitrian.leslie@gmail.com">Caitrian.leslie@gmail.com</a>
Thurs 13 April	Stronsay Swimming Pool	Andy Rose: 01857 616277 <a href="mailto:andyrose85@btinternet.com">andyrose85@btinternet.com</a>

To book **badminton** at KGS, e-mail [kirkwallsportscentre@glow.orkneyschools.org.uk](mailto:kirkwallsportscentre@glow.orkneyschools.org.uk) or call 873535 ext 2430 (or 872364 at evenings and weekends).

**Badminton** is also available at the Pickaquoy Centre (subject to court availability). Call 879900 to book.

**\*Water Walkerz** are charged at £3 for juniors and £5 for adults (this includes pool entry).

**Highlighted activities** are FREE for ActiveLife members.



## **GROUP EXERCISE TASTER DAY – SATURDAY 1 APRIL**

### **ALL SESSIONS FREE TO ACTIVELIFE MEMBERS! £2 PER SESSION FOR NON-MEMBERS**

If you've always fancied trying a new class but you've never had the confidence, NOW is the time to do it! Our taster day is the perfect opportunity for you to come along and try something different and our instructors are on hand to answer any questions you may have and help you with your technique. In every class, you work to your own level and there are different options available.

**Cycle Express:** 9.15am – 9.45am – Quayside

**Fat Burn Xtreme:** 10am – 10.30am – Arena

**Fitness Yoga:** 11am – 12pm – Quayside

**GRIT Strength:** 1pm – 1.30pm – Quayside (NEW ROUTINE!)

**BodyCombat Express:** 1.30pm – 2pm – Quayside (NEW ROUTINE!)

**BodyPump Express:** 2.15pm – 2.45pm - Quayside (NEW ROUTINE!)

**Functional Mobility:** 3pm – 3.30pm – Quayside

**BodyPump:** 4pm – 5pm – Quayside (NEW ROUTINE!)

**Clubbercise:** 5.15pm – 6.15pm – Arena. Glow sticks at the ready – a fun, funky and fit start to your Saturday evening! Glow sticks provided!

Advance booking required. Visit [www.pickaquooy.co.uk](http://www.pickaquooy.co.uk) or call 879900.

BodyBalance new routine will be launched on Monday 27 March.





ActiveLife is Orkney's inclusive, flexible and affordable leisure and fitness membership scheme.

For only £19.50 per month for individuals, and just £29.50 per month for families\*, you can access a huge range of activities\*\* across 12 facilities.

- Swimming Pools
- Health Suites (sauna, steam room and spa pool)
- Gym at all venues – free induction included
- Strength and Conditioning and Functional Training Gym
- Group Exercise Classes – over 50 classes a week!
- 50+ Club Activities
- Racket Sports (squash, racketball, badminton, short tennis, table tennis)
- Athletics Track
- Climbing Wall
- Bouldering Cave
- Jungle World
- Kids Inflatables Sessions
- HALF PRICE lessons in the Learn-2-Swim programme for each child (*terms and conditions apply*)

*\*Family refers to up to 2 adults and unlimited children under 18 living at the same address.*

*\*\*Subject to availability and each facility's Admissions Policy Applies.*

You will have access to Picky, KGS Sports Centre, Stromness Swimming Pool and Fitness Centre, Stromness Squash Club and Dounby Centre. Healthy Living Centres in North Walls, Rousay, Sanday, Shapinsay, St Margaret's Hope, Stronsay and Westray.

### **Budget Membership**

If you or members of your household are entitled to certain benefits, then our Budget Membership of 50p per activity, per visit may be the best deal. There is **no monthly payment**. In some cases, everyone in the household may be eligible for the 50p rate, and in this case, it allows children to participate in the Learn-2-Swim programme for the equivalent of 50p per lesson (*terms and conditions apply*). Visit [www.pickaquooy.co.uk](http://www.pickaquooy.co.uk) or [www.orkney.gov.uk](http://www.orkney.gov.uk) for more information on ActiveLife.