


The Twenty-Fifth Annual Report of

Shetland Recreational Trust

1 April 2009 – 31 March 2010



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Shetland Recreational Trust



I am very pleased to introduce this annual report for the year 2009/2010 which once again shows the wide range of sports and activities that take place in the centres throughout Shetland and the admission figures show that all the

facilities continue to be very well used. The total figure for the year was 727,000 and, although this is a decrease of 2% (which can be partially attributed to the cutbacks referred to below) it is still a remarkable achievement and all staff and volunteers must be congratulated on their efforts.

The 25th anniversary of Clickimin Centre will be celebrated throughout the coming year and a number of the other centres have passed the 20 year mark. With total admissions now over 12 million the decisions made by the

Charitable Trust all these years ago have been well and truly vindicated. This success is very much due to the hard work and enthusiasm of the staff in all the centres and I would like to add a special thank you to Colin Nicolson, James Johnston, Robbie Leask and Mark Wylie who are pictured here after receiving 25 year awards for service to the Trust.

The success of the last 25 years has come however at considerable cost, with over £30 million of capital investment and at least another £30 million of revenue spending. There have been substantial reductions in the annual grant from Shetland Charitable Trust for the years 2009/2010 and 2010/2011 and it is likely that further savings will be needed. This has already led to the closure of centres over the festive period and an end to the programmed use of games halls in Brae, Sandwick and Scalloway. Further reductions in opening times are inevitable.

The Trust, however, is determined to ensure that the centres will continue to fulfil all the aims and objectives that are set out on Page 5 of this report.

J A Irvine
Chairman
Shetland Recreational Trust



Mark Wylie, Robbie Leask, Colin Nicolson and James Johnston, who have 100 years service between them.

Shetland Recreational Trust

Trustees Report

The Trustees present their annual report and audited financial statements for the year ended 31 March 2010.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Law applicable to charities in Scotland require the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the group at the end of the year and of its financial activities including its income and expenditure during the year then ended. In preparing these financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity and the group will continue its activities.

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and of the group and which enable them to ensure that the financial statements comply with the Trust Deed and the Charities Accounts (Scotland) Regulations 1992. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charity and of the group and to prevent and detect fraud and other irregularities.

Trustees

The Trustees who served during the year are shown below. The Trust Deed confers the power on the Trustees to assume new Trustees.

Mr J A Irvine

Chairman
Grunnablett, Brae
Representing North Mainland Community

Mr J P Nicolson

Vice Chairman
Scarfataing, Trondra
Independent Trustee

Mr I S Gray

Caloundra, Scalloway
Representing Scalloway Community

Mr J Hunter

Muness, Uyeasound
Representing Unst Community
(resigned 3 December 2009)

Miss L A Irvine

Hogalee, East Voe, Scalloway
Representing Whalsay Community

Mr W A Jamieson

School House, Mid Yell
Representing Yell Community

Mr G P Keith

South Gardie, Aith, Bixter
Representing West Mainland Community

Mr N A Martin

Swinister, Sandwick
Representing South Mainland Community

Mr W N Stove

Lovers Loan, Lerwick
Independent Trustee

Shetland Recreational Trust

Managers / Officers

General Manager
James Johnston

**Support Services Manager
& Acting Depute General Manager**
Shona Nisbet

Technical Services Manager
Bertie Cooper

Communications Officer
Gregor Manson

Finance Officer
Eileen Mowat

Health & Fitness Manager
Diane Leyland

Health & Safety Officer
Steven Goodlad

Training & Development Officer
George Mustard

Clickimin Leisure Complex Manager
Robert Geddes

**North Mainland Leisure Centre
Manager**
Lorraine Gifford

Scalloway Pool Manager
Edward Leslie

South Mainland Pool Manager
Lynette Laurenson

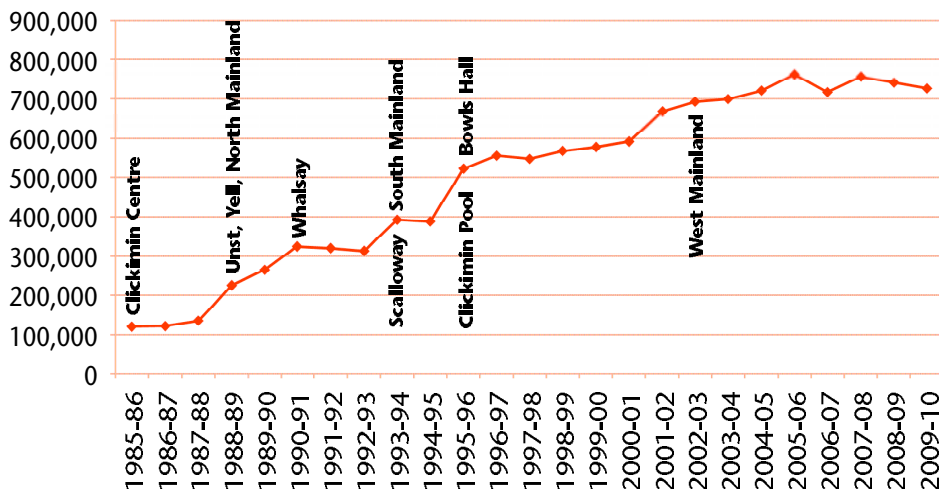
Unst Leisure Centre Manager
Matthew Cox

West Mainland Leisure Centre Manager
Ian Anderson

Whalsay Leisure Centre Manager
Ian Simpson

Yell Leisure Centre Manager
David Gear

Admissions at all centres 1985-2010



Centre opening dates

Clickimin Centre	1985
Unst Leisure Centre	1988
Yell Leisure Centre	1988
North Mainland Pool	1988
Whalsay Leisure Centre	1990
South Mainland Pool	1993
Scalloway Pool	1993
Clickimin Pool & Bowls Hall	1995
West Mainland Leisure Centre	2002

Total admissions since 1985 at 31 March 2010
12,456,978

Shetland Recreational Trust

Principles of Operations, Aims and Objectives

The central objectives of the Shetland Recreational Trust are in the interests of social welfare for recreation and leisure time occupation with the aim of improving the condition of life for the inhabitants of Shetland.

The facilities will cater for:

- **ALL PEOPLE** young, old, families, the able and the disabled, the advantaged and the disadvantaged, employed and unemployed.
- **ALL LEVELS** of aspirations – recreational, social, beginners, improvers and experts.
- **ALL TYPES** of organisations – teams, leagues, schools, community organisations, clubs and societies.
- **MANY KINDS** of socially desirable leisure activities, recreation, sport, social entertainment and voluntary interests.

The facilities will be places for whole communities to meet, socialise and play. They will be a major attraction for local residents and will be important facilities in the attraction of tourists.

GENERAL AIMS AND OBJECTIVES

- To serve and give substantial sporting and recreational opportunity to all people in each community with particular emphasis on disadvantaged groups.
- To balance the interests of the greatest number and the greatest need, meeting the requirements of both majority and minority sport.
- To provide and encourage opportunity for communities to discover new recreational interests by the imaginative use of all resources.
- To stimulate community initiatives and support community organisations within each Centre.
- To meet these objectives in a cost effective manner and within the set financial targets.

REVIEW OF FINANCIAL POSITION

The financial position of the Trust is set out in the annual audited statements which form part of this report. Copies may be obtained by writing to the General Manager of Shetland Recreational Trust.

REVIEW OF THE DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS DURING THE YEAR

Details of the development, activities and achievements of the Trust during the year are detailed in the following pages.

J A Irvine
Chairman
Shetland Recreational Trust

LEGAL AND ADMINISTRATIVE DETAILS

Principal address:

Clickimin Leisure Complex
Lochside
Lerwick
Shetland
ZE1 0PJ

Bankers:

Clydesdale Bank plc
106 Commercial Street
Lerwick
Shetland
ZE1 0JJ

Solicitors:

Dowle, Smith and Rutherford
St Olaf's Hall
Church Road
Lerwick
Shetland
ZE1 0FD

Auditors:

KPMG
191 West George Street
Glasgow
G2 2LJ

Charity Registration No: SC 002179

Clickimin Leisure Complex

The financial year of 2009/10 was a testing year for most with headlines appearing globally about recession and cut backs. Despite these claims the complex has produced another year of impressive figures producing an 8% increase in revenue and a 2% increase in admissions.

Credit must be given to the staff who provided the service to the communities of Shetland despite a reduction in full time staff numbers, a result of savings placed on the Shetland Recreational Trust. The staffs hard work and dedication has ensured impressive target figures have again been met and exceeded in some areas.

Although the majority of customers continue take part in sport and leisure activities there has been an increase in the number of events held at the facility over the last twelve months. To compliment the annual bookings

of the Shetland Folk Festival and Shetland Accordion and Fiddle Festival grand dance amongst others, there has been a diverse range of events taking place within the complex. Most notably, the public of Shetland backed the local CLAN appeal raising money for the cancer centre based in Aberdeen. A number of concerts were held including a musical variety evening, Strictly CLAN Dancing and a Grand Dance.

As Clickimin enters its 25th year of business, the management and staff aim to offer the community excellent service and a full range of activities and events to cover the needs of the population for years to come.

Caravan & Camp Site

Once again the year started with visitors in January who were here specifically for the Up-Helly-Aa celebrations. A total of ten bookings

were taken for the day itself with most of the campers staying for a few days before and afterwards to get into the swing of things and to enjoy some of Shetland's renowned hospitality.

The next surge came with the annual Folk Festival. 27 caravans and tents booked on to the site and this annual trend has led to the site now officially opening on the Folk Festival weekend. Bookings remained steady during May before increasing in the traditionally busier summer months. There were numerous occasions during the summer when the 20 caravan stances were fully booked. With 30 additional sites available for tents visitors seldom had to be turned away.

The camp site was exceptionally busy in the peak summer months with the number of bookings in June, July and August reaching 468, 505 and 490



Clickimin's versatility was apparent during the Shetland Pony Breed Show with the outdoor and indoor facilities transformed to suit the shows needs.

Photo Kevin Jones

Clickimin Leisure Complex

respectively. Over the year the total figure was 2006 which translates into 5,300 visitors.

Last year the camp site maintained its 5-star status according to the VisitScotland rating system but, due to some improvements made following their previous site visit, a higher score was recorded. Staff are always mindful of visitor comments which are received in a variety of ways. Some are keen to speak to staff at reception, many like to record their comments in the visitor book which is kept in the campsite building, and some like to complete Customer Comments forms. For the summer of 2010 some additional improvements have been made based on feedback received. Perhaps the most regular request over the years has been for the provision of picnic tables and it is satisfying to report that it has been possible to provide four tables for the coming season.

The grounds maintenance staff have been instrumental in maintaining the camp site to a very high standard and it is good to see shrubs and plants beginning to mature. These will offer campers additional shelter as well as improving the aesthetics of the site.

Clubs and Associations with Block Bookings

The complex was well supported throughout the year by clubs, groups and associations making block bookings for the period of September-March. Every year staff work through the applications and try to allocate bookings as requested, however due to the high number of requests not all groups can have their preferred time. Whenever possible an alternative time is offered, ensuring a wide variety of groups have access to the facilities they wish.

Following is a list of associations, clubs and groups who had block bookings:

Bridges Project
Bruce Family Centre
Celtic Badminton Club
Choi Kwang Do
Clickimin Bowling Club
Clickimin Gymnastics Club
Climb Shetland
Community Development
Disability Shetland
Eric Gray Resource Centre
F.A.S.T.
Goodlad FC
GSI FC
Lerwick Amateur Swimming Club
Lerwick Celtic FC
Lerwick Indoor Bowling Club
Lerwick Junior Netball
Lerwick Outdoor Bowling Club
Lerwick Rangers FC
Lerwick Rifle & Pistol Club
Lerwick Squash Club
Lerwick Thistle FC
Monday Club
NHS Shetland
Old Rangers FC
Old Timers Bowling Club
Scottish Slimmers
Shetland Amateur Athletics Club

Shetland Amateur Competitive
Swimming Club
Shetland Badminton Association
Shetland Banks FC
Shetland Basketball Club
Shetland Canoe Club
Shetland Cricket Association
Shetland Fencing Club
Shetland Fencing Club (Adult)
Shetland Football Association
Shetland Indoor Bowling Club
Shetland Indoor Bowling Club Junior
Shetland Islands Volleyball
Association
Shetland Junior Football Association
Shetland Karate Club
Shetland Ladies Hockey Association
Shetland Ladies Netball Association
Shetland Rugby Club
Shetland Squash Association (Junior)
Shetland Swimming Association
Shetland Table Tennis Association
Shetland Transport
Shetland Triathlon Club
St Clements Badminton (Junior)
Support Training
Thistle FC U14s



Clickimin Leisure Complex employee, Craig Gerty, goes head over heels as he attempts to score against Scalloway for club side Lerwick Thistle. Photo Kevin Jones

Clickimin Leisure Complex

Courses

A total of 12,159 customers attended courses provided by the staff at the complex.

The following tables list courses on offer during the past twelve months:

Courses	Attendances 09/10	Attendances 08/09
Football Early Touches	190	252
Gym Kids 3+	371	522
Gym Kids 4+	606	556
Gym Tots	1,044	973
Gymnastics	3,927	4,362
Jazz Dancing	440	2,160
Junior Gym	426	231
Mini Squash	204	30
Play' N' Go	671	720
Pre School Trampoline	853	588
Relax Bairns	510	344
Trampoline Beginners	326	477
Trampoline Improvers	408	547
Total	9,976	11,762

Pool Classes	Attendances 09/10	Attendances 08/09
Level 1	121	156
Level 2	210	281
Level 3	142	346
Level 4	223	357
Level 5	228	438
Level 6	234	390
Level 7	115	262
Level 8	101	75
Duckling Award	200	333
Frog Award	42	70
Otters Award	466	698
Rookie Lifeguard	n/a	49
Tadpole	35	70
Adult Class	30	71
Senior Aqua	36	n/a
Total	2,183	3,596

Course attendance has decreased by 27.5% over the past year. This is mainly due to the reduction in Jazz Dancing classes where teacher unavailability has made it difficult to structure a class timetable.

A new Activity Team has been created within the complex to oversee all courses, classes and holiday activities. Lots of new ideas are gradually being developed and it is hoped that over

the next year there will be the introduction of some exciting new activities and an increase in admissions.

North Pitch

For the first time last winter the north pitch was made available for teams to train and occasionally play matches under floodlights. The pitch had been unsuitable as a playing surface for a

number of years due to poor drainage so two years ago contractors were brought in to correct the problems. The pitch was allowed to rest and the surface had returned to near perfect condition by the start of the winter season in September. The first group to benefit were junior footballers when the semi-finals and final of the U-14 cup were hosted.

Various teams applied to use the pitch throughout the winter and those who trained regularly were the Shetland rugby team, the Shetland U-18 football squad, Celtic FC, Spurs FC, Spurs juniors and the Shetland women's football team. Others who made use of the facility from time to time were Ness Utd and Baroc Revolution before their first venture into the Works League.

The Shetland Amateur Athletics Association also maintained their use of the athletics track with regular weekly bookings to keep athletes ticking over while they waited for their summer season to begin in April.

Despite the wet and wintry weather most bookings were honoured until the exceptional snowfall began in December. Unfortunately the snow lay on the surface for a number of weeks and the decision was taken to close to allow some essential maintenance to be carried out. It is hoped that some additional bookings will be allowed over the summer once the surface has recovered sufficiently.

This innovative use of existing facilities has seen additional admissions of around 875 and extra income generated amounting to just under £1,500. With the experience gained this year it is hoped to be able to generate even more admissions and revenue from the area next winter – depending of course on the weather!

Clickimin Leisure Complex



Winter football on the refurbished North Pitch.

Photo Kevin Jones

School Admissions

Main Hall School Admissions 1 April 2009 – 31 March 2010

School	Visits	Pupils
AHS	129	2,322
AHS ASN	69	552
Bells Brae	63	1,707
Bells Brae ASN	64	1,215
Mossbank	1	12
Sandwick	1	36
Scalloway	1	19
Skerries School	3	22
Sound School	28	685
Whalsay	2	38
School Comps.	6	350
Total	367	6,958

Pool School Admissions 1 April 2009 – 31 March 2010

School	Visits	Pupils
AHS	212	3,816
AHS ASN	258	2,064
Bells Brae	145	3,621
Bells Brae ASN	233	1,398
Brae	1	44
Bressay	20	229
Fair Isle	6	37
Mossbank	1	22
Skerries	7	48
Sound	56	1,382
Unst	1	14
Urafirth	1	12
Whalsay	2	38
Total	943	12,725

Overall school admissions are up by 10.4% with main hall admissions up 15.1% and pool admissions up 8%. The increase in main hall admissions is partly attributed to increased additional support needs usage from both Bells Brae Primary school and Anderson High School. Pool admissions have increased due to more schools visiting and higher usage by Bells Brae Primary School.

Holiday Programme

Admissions during the holiday periods have increased again this year despite the complex being closed at Christmas. The summer holidays have seen a huge increase in admissions, mainly due to the popularity of an artificial ice rink brought up from

south. The rink, which was situated in the bowls hall, was available during the month of July.

The Activity Team is continuing to come up with innovative ideas to help build on last year's success. It is the aim of the group to offer activities for all age groups during the holiday periods ensuring that there is never a dull day during the holidays at Clickimin.

	Attendances 09/10	Attendances 08/09
Easter	1,666	1,659
Summer	4,585	2,733
October	854	999
Christmas	Closed	370
Total	7,105	5,761

Shetland Pony Breed Show 2009

Clickimin's versatility, especially the outdoor facilities, was challenged to the full last summer when the complex hosted the annual Shetland Pony Stud Book Society Breed Show for the very first time in its 120 year existence. The centre piece of the week's events was the show on Saturday which attracted more than 500 entrants and a Shetland Pony Grand National in which riders competed for a place at the London International Horse Show at Olympia.

The rugby pitch and kick about area were converted into a huge show ground including stables – many of the participants commented that it was without doubt the best venue they had attended. Much credit is due to the Trust's technical services team who did a tremendous amount of work to bring the area up to this standard.

Clickimin Leisure Complex

A huge number of spectators, possibly up to a thousand, made for a great atmosphere. Some had travelled from as far away as Australia with others, not just 'horsey' folk, coming for a good day out.

The weather on Saturday was glorious and judging of the 580 entries started at 9am and did not finish until after 7pm. Eventually it was a local man, George Tait from Burra, whose three-year-old filly Merkisayre Dion took the title of supreme champion and received the coveted Waterside Trophy.

On Saturday evening the main hall in the complex had been converted to hold a dinner dance for competitors and guests.

Although the rain arrived on Sunday the event continued with a pageant illustrating the role of the Shetland pony through history. People dressed as Vikings to show that the ponies had been an essential part of life in those times. Other displays showed how the pony had hauled coal from the mines and its work on the croft.

The campsite was also fully booked during the week and a whole section of the site was taken over by huge mobile home/horse boxes. Again all visitors were full of praise for the facilities and for the hospitality with many promising they would "definitely be back".



Participants in the Shetland pony pageant.



Grand National action at Shetland Pony Breed Show.

Photo Kevin Jones

Clickimin Leisure Complex

Special Events

April started with local 'celebrities' donning their dancing shoes to take part in the 'Strictly CLAN Dancing' event held in the main hall and screened to 500 people watching in the bowls hall. This event was the jewel in the crown of a number of events organised by a local committee to raise money for the CLAN appeal in Aberdeen. Based on the hit TV show 'Strictly Come Dancing' the large crowd witnessed Michelle Stove and partner Shane Jamieson waltz, tango and quickstep their way to the title.



The audience.



First Feet Dancers.



Winners Michelle Stove and Shane Jamieson.



Graham Halcrow and Ann Black.



The judges.



Francesca Leyland.

Clickimin Leisure Complex

The 29th Shetland Folk Festival again attracted a full audience with 2,250 people attending the three nights. The festival again provided a diverse range of top quality musicians to keep the large crowds happy. The festival also organised a nursery morning where the 'Old Rope String Band' provided entertainment to some of the younger musical enthusiasts.

Sandwiched between the two events in April was the Senior Inter County Badminton match between Orkney and Shetland. Shetland kept up its recent excellent record against our island neighbours recording a 10-2 win to retain the cup for the 24th time in a row.

In the bowls hall Annie Mo's visited to display its range of home wares and clothing. Several companies from the mainland enquire about visiting the Isles with the bowls hall being a favoured venue. This was evident when Debenhams and B&Q visited during May with large numbers attending each of these events.

The complex hosted the Garden and Compost event during May, organised by the Shetland Islands Council. During the event awareness was raised to the many visitors of the benefits of recycling amongst other things.

The bi-annual visit of the Choices for Life concert once again provided important messages to the young people of Shetland about the dangers of drugs, alcohol and bullying. A nationwide message organised by the Northern Constabulary in which the schools of Shetland attend and are entertained by the 'MacDonald Brothers' and DJ Disco.

The complex was taken over by budding scientists from the schools of Shetland at the end of May, when the Science and Technology Fair was held. Many fun lectures, activities and demonstrations were on show within



The Zulus on stage at Clickimin.

Photo Dave Donaldson

the main hall, bowls hall and multi use studio during the four day event.

Clickimin was livened up in June with the visit of the Zulu dancers in the bowls hall who provided a highly entertaining concert to all who attended.

With a dip in admissions, particularly in the bowls hall during the summer months it was decided to try a different venture this year with the addition of a synthetic ice rink. The rink was laid for the month of July within the bowls hall and 3,320 people attended. The rink was a welcome addition to the facilities on offer as the complex always looks for different ways to keep boredom at bay for its customers!

During July the Youth Voice Conference was held in the complex with 150 children taking part in a number of activities both indoor and outdoor. The very next day the versatility of the space was again evident as the staff prepared the main hall for the Grand Dance of the CLAN appeal.

Following the visit of the synthetic ice rink the bowls hall was converted into

a concert venue in August with a range of concerts and a comedian show taking place. The four night event was part of the Shetland Music Week hosted by Shetland Arts.

August climaxed with 1,200 people attending the 'Proclaimers' concert. The concert was a sell out and the men from Leith entertained the crowd with their range of well known hits to send the crowd home happy.

In September the Shetland Childcare Partnership hosted its annual Play Days within the bowls hall, main hall and multi use studio. Numerous activities were on offer for the children and parents to take part in during the day.

The Ideal Homes exhibition was held in September with local businesses providing a spectacular display in the main hall, multi use and bowls halls. The high standard of products was again on display with many businesses spending a lot of time planning and building their stands.

Students of Shetland flocked to Clickimin in their hundreds during October to visit Universities, Colleges and training providers from Shetland

Clickimin Leisure Complex

and mainland Scotland at the annual Careers Convention.

The Food Fair and Farmers Market took place in the main hall during October. Local producers were on display promoting the finest of Shetland products. A food theatre was built within the main hall with cooking demos and competitions taking place throughout the day from local and visiting chefs.

The annual Accordion and Fiddle Festival Grand Dance was held during October in the main hall. The Grand Dance is the highlight of this lively festival of concerts and dances, which take place throughout the islands, where up to a dozen bands play virtually non-stop accordion and fiddle music. The concert attracted an audience of 700 people to the complex.

In November the Craft Fair was held in the main hall. This annual event provides the ideal opportunity for customers to purchase local fair and products pre Christmas.

The third Shetland Training Awards changed venue this year, moving from the bowls hall to the main hall. Hundreds of trainees and training providers attended the ceremony which recognises the hard work put in by trainees and employers.

The first event of 2010 was the annual Up Helly Aa event. Following the success of 2009 the Hosts and Hostesses decided to keep the same format in the main hall with only some fine tuning required to make the event even better. A great night of acts, music and dancing meant that the event was a huge success.

The Shetland Schools Music festival returned to Clickimin this year for a three day event. Following two days of competition there was an evening concert held on the third day in the main hall. A very high standard of music was produced yet again from



Charlie and Craig of the Proclaimers entertain 1200 fans during their August gig.

the young people of Shetland which attracted high numbers to the complex with 400+ attending each of

the two days and more than 500 people attending the evening concert.



The Scalloway Primary School choir at the Shetland Schools Music Festival.

Clickimin Leisure Complex

Special Sporting Events

Many of the clubs using the complex hold annual tournaments or competitions either at the end of the season or throughout the year using the pool areas, dry side and outdoor areas. The swimming associations have various meets and galas throughout the year for varying ages, as does the athletics club with HIPPO (Highlands and Islands Performance, Participation, Opportunity) events. The main hall hosts a wide variety of competitions all year round. The list below shows the sporting events at Clickimin during the past twelve months:



Butterfly lift showing great technique.

Photo Kevin Jones

Thursday 9 April
Saturday 25 April
Sunday 14 June
Sunday 21 June
Saturday 12 September
Sunday 13 September
Sunday 20 September

Saturday 24 October
Saturday 31 October

Sunday 1 November

Sunday 8 November
Saturday 21 November
Sunday 22 November
Wednesday 25 November
Saturday 28 November
Sunday 29 November
Sunday 13 December
Sunday 17 January
Saturday 6 February
Sunday 7 February

Saturday 13 February
Sunday 14 February
Monday 15 February
Sunday 21 February
Saturday 27 February

Saturday 6 March
Saturday 20 March

Sunday 21 March

Saturday 27 March

Sunday 28 March

Caithness Badminton Intercounty match
Volleyball Intercounty
Dodgeball Tournament
Table Tennis Championships
Shetland Childcare Partnerships Fun Day
Junior Netball Tournament
Shetland Swimming Association – Distance Time Trials
Works League 5-aside Football Tournament
Glasgow Celtic Supporters Club Football Tournament
Shetland Swimming Association – Age Group Championships
Shetland Indoor Bowling Club – Open Triples
Skretting Fish Football Tournament
Youth Clubs 5-aside Tournament
Roy Wiseman Memorial Football Tournament
Lerwick Spurs Junior Football Tournament
Shetland Indoor Bowling Club Tournament
Lerwick Outdoor Bowling Club Tournament
Junior Netball Tournament
U11s Badminton Championships
U15s County Badminton Championships
Shetland Swimming Association – Junior Sprints Championships
U13s Badminton Championships
Annual Senior Badminton Championships
Senior Singles Badminton Championships
U15s and U18s Badminton Championships
Senior Netball Tournament
Senior Intercounty Squash Match
Shetland U11s and U12s Football Tournament
Senior Intercounty Netball Tournament
Junior Squash Tournament
Shetland Swimming Association – Senior Sprints Championships
U16s Football 5-aside Tournament
Dance Mat Launch
U18s Football Tournament

Plans for 2010/2011

Clickimin Leisure Complex is celebrating its 25th Anniversary during 2010/2011. Plans are underway to host a number of events within the complex to celebrate throughout the twelve months. It is planned that the celebrations will highlight the versatility of the space available within the complex with sporting, music, arts and children's events in the pipeline.



Andy Bilton stretches for a shot during an Intercounty squash match.

Photo Kevin Jones

Clickimin Leisure Complex



Howsat? The wicket keeper claims a catch as the batsman looks on during a cricket match on the outdoor pitches.

Photo Kevin Jones

It is planned that over the next twelve months the staff's innovation and creativity will be challenged as the management seek new ideas and activities. The Activity Team which is made up of a mix of staff at all levels will form an important role within the structure of the complex as it seeks to review timetables, activities, courses and classes.

The results of a full review into the current swimming programmes will hopefully be implemented by the start of the winter timetable which will enhance the quality of classes on offer. The new programme will be rolled out across all Shetland Recreational Trust centres ensuring that similar standards are maintained throughout the isles.

Tough times financially are expected for the next twelve months and the enthusiasm and drive of the staff will be vital if targets are to be met. Expectations are as high as ever with target admissions set at 425,000.



The walls within the complex have been brightened up following a partnership between Kevin Jones, Mark Fuller of Taycad and complex Manager Robert Geddes. In the photo are Sophie Kelman and Rhianna Inkster who feature in the sporting action shots.

Photo Kevin Jones

Clickimin Leisure Complex

Revenue and Admissions

1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Main Hall	Revenue	£123,680	£99,768
	Admissions	87,270	75,216
Total Main Pool	Revenue	£143,601	£153,893
	Admissions	118,092	129,928
Total Multi Use	Revenue	£30,559	£31,584
	Admissions	17,265	17,785
Total Bowls Hall	Revenue	£29,734	£29,610
	Admissions	26,549	25,381
Total Fitness Suite	Revenue	£151,918	£126,301
	Admissions	32,412	30,781
Total Health Suite	Revenue	£99,962	£92,608
	Admissions	19,588	22,060
Total Squash	Revenue	£17,559	£18,630
	Admissions	6,903	7,438
Total Meeting Facilities	Revenue	£15,426	£23,329
	Admissions	22,321	24,224
Total Camp Site	Revenue	£20,977	£11,521
	Admissions	6,509	4,207
Total Shooting Gallery	Revenue	£3,307	£5,389
	Admissions	1,517	1,890
Total Outdoor areas	Revenue	£19,301	£16,907
	Admissions	24,577	22,399
Total Spectator / Shower	Revenue	236	£264
	Admissions	61,155	53,618
Total Facilities	Revenue	£656,260	£609,804
Total Facilities	Admissions	424,158	414,927
Other Income		£11,114	£7,783
Total Revenue for the Period		£667,374	£617,587

Unst Leisure Centre

Overall centre revenue increased 2% over the previous year with admissions falling 3% partly due to the disruptive weather experienced at the start of the year and a large fall in the number of spectators. The main hall and swimming revenues rose by 6% and 13% with admissions increasing 12% and 2%. Revenue from the fitness suite increased by 5%, although there was a small fall in the number of admissions. Unfortunately, due to changes in squash coaching, the revenue and admissions to this area both dropped significantly and will be addressed in the coming months. Following on from last year, revenue and admissions of the outdoor areas again increased with Unst Football Club regularly booking this area. Attendances at classes have fallen reflecting the number of pupils at the school but individual bookings have increased.

The centre is continuing with a liquid pool cover trial and is investigating other ways of energy efficiency in conjunction with the Carbon Trust. Commitment to customers and providing a quality service are as ever at the forefront of all staff actions.



Ice outside, a warm welcome within.

Block Bookings

The centres main users during the week are Baltasound Junior High School and Uyeasound School. There are also nine clubs which have regular bookings throughout the year.

Disability Shetland

Disability Shetland now have two bookings utilising the swimming pool and games hall for their clients. These sessions are intended to allow their clients the freedom to use these spaces but also to provide a little competition!

Northern Neesicks Amateur Swimming Club

Northern Neesicks ASC have had a good year with a number of older

swimmers moving on and a crop of younger ones taking over. A small number competed in the Beta League and achieved some noteworthy results which will be a target for next year. The Club Gala was successful with most members participating and there are a number of younger Neesicks who show a lot of promise.

Unst Badminton Association

After winning promotion last year Unst Badminton 'A' maintained their position in the Shetland 'A' League although they regularly played under strength and had to work hard for their points. Unst 'B' had to work harder but still managed to play all their games although they didn't always gain the desired result. The

Club Championships were held at the end of March and after some good competition worthy overall winners were determined.

Unst Bowls Club

The first Thursday in October signifies the start of the short mat bowls season with Unst Bowling Club using the facility throughout the winter. A couple of new members were unveiled which increased the rivalry and added a new twist to the games that were played. Age is no barrier here; frequently experience is what counts when the match becomes close.

Unst Football Association

The standard of play in the Shetland Football 'A' League was a good

Unst Leisure Centre



Unst netballers in their new strips.

learning experience for the team with many games being close. The U21's retained the Parish Cup trophy which was played as a 7-a-side tournament in Unst with a vocal home support cheering them on. Unst Women's Football Association trained throughout the year inside and out and entered a few cup competitions gaining deserved results. Paul Bell stepped down as manager and Andrew Hunter has taken over and will be looking to build on the good work of the last couple of years.

Unst Netball Club

This year Unst Netball played their matches in the 'A' League where the step-up in performances was noticeable. Despite the mid-week

travelling required to complete their fixtures the ladies performed well against strong opposition and learnt a lot from their matches. Next year they'll be hoping to improve further making it more difficult for the others to gain points off them.

Unst Senior Leisure Club

There have been a few changes to the line up of the Senior Leisure Club with new members being welcomed this year. The club makes use of the swimming pool, main hall, fitness suite and balcony during their Thursday meetings and all agree that the pursuits undertaken are great fun. The 'Mystery Tour' and Christmas Party are highlights of the calendar that everyone is keen to attend.

Unst Squash Club

Junior squash coaching for anyone within P5-S4 took place in two sessions on Thursdays by Kevin Priest and Gordon Thomson. Unfortunately adult training wasn't possible this season due to time constraints and other commitments although this will be looked into for another year. The squash leagues were successful and continued running until the end of April when the annual championships will be contested.

Unst Youth Centre

Unst Youth Centre regularly hires the main hall for various activities for both the primary and secondary Youth Clubs. To help out the centre

Unst Leisure Centre

also allowed them to use the balcony when the school needed access to the Youth Centre. Looking forward the Youth Centre hopes to make greater use of the leisure centre next year.

Fitness Suite

Revenue in this area increased although numbers using it dropped slightly on last year. A few more subscriptions have been bought for this area and more customers have worked out with friends who themselves were new to using this equipment. The fitness suite remains an area that the centre hopes to offer more from over the coming year. The Senior Leisure Club are definitely enjoying their 'outings' here on a Thursday.

Gentle Exercise

Customers who had been attending these sessions are either visiting the fitness suite at other times or are

using other parts of the leisure centre. The centre is currently reviewing its options but hopes to encourage new customers into this class over the coming months and will work in partnership with the school and surgery to achieve this.

Games Hall

Club bookings and centre run classes continue to see good attendances with all age ranges catered for. The courses on offer varied this year in an attempt to encourage new users into the centre and to offer choice. In June The National Theatre of Scotland put on two performances (Mary Queen of Scots and My Teachers a Troll) for the schools and public which were very well received. As ever Islanders prefer to use the facility over the winter months and during the summer it is utilised more by visitors. New this year was a Wednesday afternoon class for 5-7 year olds which proved popular among this age group and

which linked with the school buses ensuring everyone made it home safely.

Badminton and Fun Badminton

Fun and Secondary badminton ran from September-March. For those in Primary 4-7 badminton was incorporated into Primary Games as an alternative activity. The junior championships were held on March 23rd and after some competitive play reflecting the efforts put in over the previous weeks, deserving winners were announced. A small group of regulars ensured that there was always a court in use at Fun Badminton with everything to play for.

Circuits

Everyone was sad to hear the shuttle run tape was broken and its replacement only allowed one Bleep Test this winter. This meant a different



Competitors in the Stanley Cup.

Unst Leisure Centre

circuit every week that would challenge the participants drive and determination. All aspects of personal fitness were worked on including conditioning, speed-work, core musculature and stamina. The class is suitable for all from S3 and up allowing the individual to dictate the level they work at under the watchful eye of the instructor. It is hoped to include more agility and quickness work when Circuits returns in October.

Football

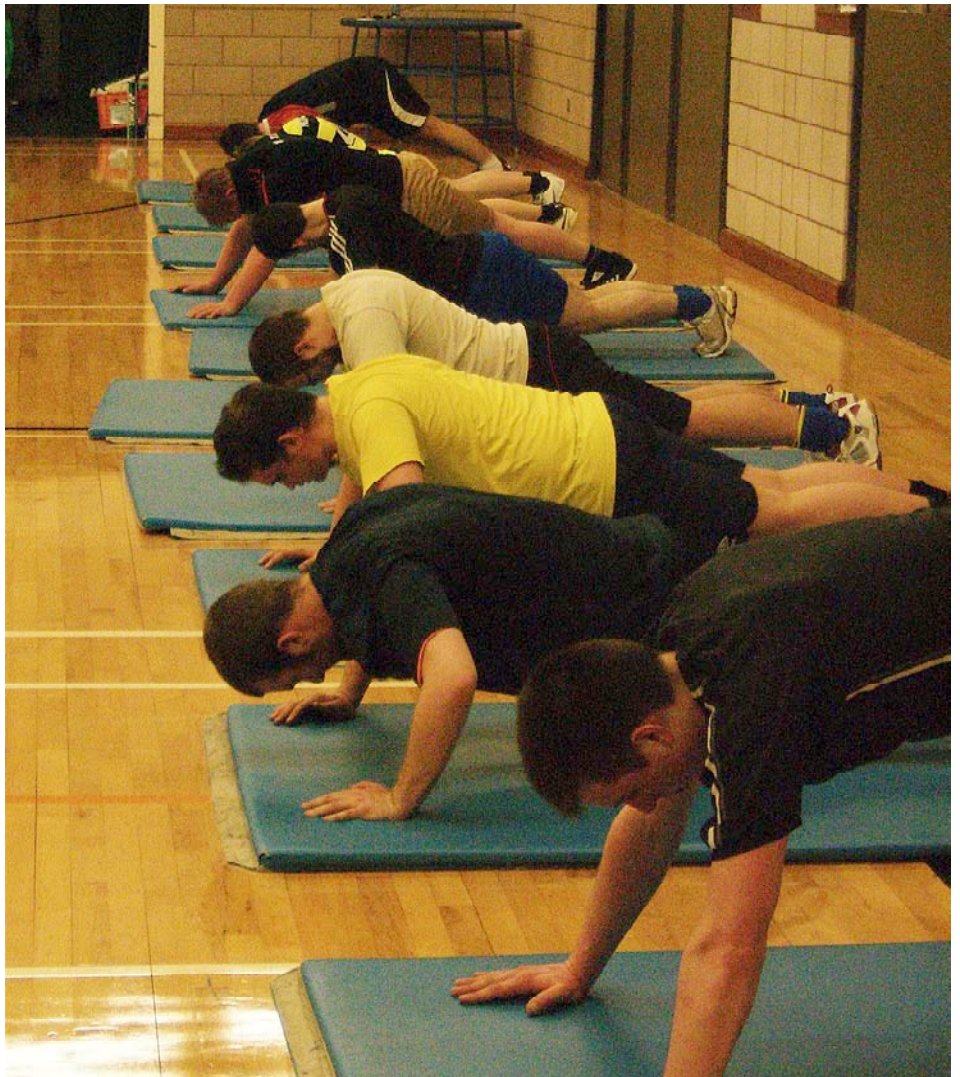
Upper primary and secondary pupils combined to allow sufficient numbers for a game which proved successful. A new class for P1-3 pupils was highly popular and linked in with school transport to maximise the numbers able to attend. Good attendances at circuits meant that the Friday evening session saw a good standard of football on display.

Holiday Activities

Activities were offered during the school holidays and experienced differing success rates. Easter and October saw attendances fall by half while summer attendances were down by 35% (partially due to the good weather and other attractions available). Kindergym was again the most popular session and saw numbers increase, racket sports was tried, with all attendees visitors holidaying on the isle. Of the activities offered over the holidays about 40% of the attendees are tourists who are thankful there's something for their children to do, particularly when the weather is against them. Due to the Christmas closures there were no activities over this period.

Ladies Night

This Wednesday evening class saw attendances up by a third over the previous year. Most make use of the swimming pool and one other area of the facility. This year trampoline has been offered and has proved to be



Unst footballers working hard at Circuits.



Unst WFA Millenium Cup winners.

Unst Leisure Centre

popular with the ladies. For some this is their only 'me' time of the week and as one commented "swimming at Ladies Night was very peaceful without the kids about!"

Netball

Numbers attending this session dropped significantly due mainly to the S5 girls who are now attending the High School in Lerwick and are unable to attend. There were a few others unable to make every session but those that did were put through their paces and worked on their ball control, passing, movement and shooting. A few of the S1s who have started coming are showing good

promise and will definitely be ones for the future. Netball will be a developing activity here in Unst.

Primary Games

This activity was offered term-time throughout the year and made use of all areas of the leisure centre. The fall in numbers that were experienced after the summer reflected the P7s moving into S1. Dodgeball and badminton were again the most popular sport choices but basketball, benchball and other team sports were also tried. This inclusive session caters for all abilities and the smiles on the participants faces showed how enjoyable it was.

Outdoor Areas

Both Unst Mens and Ladies Football teams used the training and match pitches with the men performing well in the Shetland 'A' League. The ladies entered a few knockout competitions and acquitted themselves well. The U21 Parish Cup was contested as a 7-a-side tournament with Unst retaining the trophy after some skilful and determined play. The multi-court saw a lot of use when the tennis net was out with the school using it at other times over the year. The 200m running track was again marked out on the training pitch over the summer term and was put to good use.

Squash Court

Due to other commitments unfortunately there weren't any adult lessons this year which influenced the revenue and admissions falling by 40%. There were four squash leagues with junior coaching on Thursdays which continued until the Easter break. The Christmas Handicap tournament was played in January due to the closure at Christmas but still attracted a good entry with only a couple of players missing due to work/college commitments. The centre also used this area for P1-3 football and primary games to provide variety in these classes.

Swimming Pool

Swimming continues to prove popular with an increase in the number of swims over the year. Both schools utilised the area throughout the year and the improvements made by the pupils in their technique and swimming style could be seen. The Northern Neesicks have seen numbers drop but continue to offer teaching and training lessons on a Monday afternoon for anyone of school age.

Adult Only Swimming

Following previous trends Mondays sees more swimmers than Thursdays

The table below gives attendance comparisons for the sessions the centre offers:

Activity/Class/Course	Attendances 09/10	Attendances 08/09
AquaFit	14	29
Badminton Fun	61	33
Badminton Secondary	100	292
Bouncy Castle and Play	99	81
Circuits	268	263
Football Primary	294	252
Football Secondary	40	0
Funsplash	33	22
Gentle Exercise	15	67
Fitness Suite Induction	24	16
Fitness Suite Junior Inductions	0	9
Ladies Night	155	113
Netball	195	290
Pirates/Bouncy Castle	53	83
Pool Party	54	128
Pool Tables	3	3
Primary Games	199	451
Rollerblading	12	0
Trampoline	0	18
Volleyball	0	176
Xmas Cricket	0	19
Xmas Netball	0	22
Xmas Volleyball	0	21
Total	1,619	2,388

Unst Leisure Centre

which reflects other opportunities that are available on the island. Both prove popular with the regulars and visitors as they effortlessly swim length after length. Whatever your goal these sessions allow you to reach it.

Daytime Swimming

The school times changed this year which meant moving the Wednesday slot to an earlier time. Fridays remained the same and a number of individuals and families made use of the facility thanks to the convenient time. Whether for swimming, playing, relaxing or spending time with the family, daytime swimming is here for you.

Funsplash and Aquafit

The format of Funsplash changed this year with the sessions alternating between a water based exercise to music class and adult lessons for the more mature swimmer. Numbers attending have dropped from the previous year although the centre hopes to improve this over the coming year.



Competitors in the winter squash tournament.

Plans for 2010/2011

The centre has had a Carbon Trust Audit and hopes to make use of their

recommendations over the coming months and is currently awaiting a Green Tourism Business Scheme visit to identify other ways the facility may become 'Greener'.

Unst Leisure Centre

Revenue and Admissions

1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Main Hall	Revenue	£7,120	£6,747
	Admissions	4,516	4,034
Total Swimming Pool	Revenue	£12,488	£11,104
	Admissions	3,942	3,882
Total Squash	Revenue	£1,067	£1,776
	Admissions	893	1,485
Total Community Room	Revenue	£355	£318
	Admissions	515	493
Total Fitness Suite	Revenue	£4,914	£4,665
	Admissions	1,004	1,060
Total Pool Table	Revenue	£257	£364
Total Football Pitch	Revenue	£853	£713
	Admissions	1,041	845
Total Spectators	Admissions	5,620	6,522
Total Educational Recharge	Revenue	£11,452	£10,771
	Admissions	5,865	5,795
Total Facilities	Revenue	£38,506	£36,458
Total Facilities	Admissions	23,396	24,116
Other Income			
Total Vending Sales		£8,947	£10,313
Total Miscellaneous Income		£665	£644
Total Revenue for the Period		£48,118	£47,415

Yell Leisure Centre



Construction work is progressing well on the new Mid Yell School which is being built next to the leisure centre.

Yell Leisure Centre has had another good year with revenue and admissions slightly up when compared to last year.

In October the centre was re-assessed for QUEST accreditation and the overall score achieved increased by 5% on the previous assessment, this

means that the centre now has QUEST Commended status. Well done to all the staff who have contributed to this improvement.

The area surrounding the centre has gone through dramatic change over the past year with the excavations and building work for the new Mid

Yell Junior High school forging ahead. Over the years staff have worked in close partnership with the schools to enable the children to take full advantage of the excellent facilities which are available and they look forward to continuing this partnership with the aim of maximising the benefits the facilities can offer.

Block Bookings

The centre was hired by a wide variety of clubs and groups over the year. The centre very much appreciates the contribution made by those who organise and run these clubs as they are an integral part of the centre's programme of activities.

ASDAN

ASDAN is an award young people can work towards which improves social

skills and develops skills for life. Two groups met in the community room where they undertook a variety of activities on Wednesday and Friday afternoons throughout the school term.

Burravoe School

The Burravoe School children attended the centre once a week for PE and swimming lessons, they also used the community room as an extra teaching space.

Choi Kwang Do

Coaches travelled in from the North Mainland to deliver these martial arts sessions on Thursday nights. Ages of participants ranged from young children to adults in their 50s.

Yell Badminton Club

The club hired courts regularly on Tuesday and Thursday nights as well as occasionally for league matches. They also ran their very successful

Yell Leisure Centre

junior, restricted and open tournaments.

Yell Bowls Club

The club visited the centre on Tuesday nights throughout the winter months. Busses are laid on from North and South Yell allowing members with no transport to come along. This gives a big boost to attendances.

Yell Football Club

The club trained in the games hall over the winter on Wednesday nights as well as using the outdoor park for summer training and matches.

Yell Junior Sports Club

This club was run by the Mid Yell school staff as a way of providing coaching in various sports after school. The main activities this year were football, badminton, netball and table tennis. All the sessions were well attended with a particularly good attendance at the badminton coaching which was run after school on Mondays.

Yell Senior Leisure Club

The club met at the centre every Monday afternoon throughout the year. A few new members have joined and this has resulted in some new activities being introduced including table tennis and snooker. The table on the right shows a summary of block bookings over the year.

Community Room

The community room remains an extremely versatile and well used area in the centre. The number of people using the room in 2009/2010 increased by 24% to 6640 while revenue increased by 14% to £2844. Its uses include birthday parties, club meetings and training courses.

Fitness Suite

The fitness suite continued to be well used considering the limited equipment available. Admissions were



Attendances to the Junior Sports Club badminton coaching have been very healthy this year.

Club / Organisation	Activity	No. of sessions
ASDAN	Community Room hire	54
Burravoe School	Community Room hire	35
Choi Kwang Do	Choi Kwang Do	26
Netball Club	Netball	12
Yell Badminton Club	Badminton	74
Yell Bowls Club	Carpet bowls	19
Yell Football Club	Indoor football	26
Yell Football Club	Outdoor football	16
Yell Junior Sports Club	Badminton	21
Yell Junior Sports Club	Indoor football	23
Yell Junior Sports Club	Netball	47
Yell Junior Sports Club	Table tennis	10
Yell Senior Leisure Club	Bowls / swimming / community room	42

up by 16% and revenue showed a substantial 28% increase.

Games Hall

The games hall is by far the busiest area in the centre, particularly during the school term when it is used by schools for PE lessons during the day followed by after school activities. In the evenings the courts are hired for a wide variety of activities by clubs and individuals.

Aerobics

Once again the centre was able to offer aerobics classes which resulted in the increased attendances shown in the table on page 27. Classes were run on Monday evenings during the winter months.

Circuit Training

Some new recruits to circuit training have resulted in increased attendances when compared to last year.

Yell Leisure Centre



Winners of the Shetland Trampoline Championships which was held at Yell Leisure Centre.

Flying Squad (Trampoline Club)

Coaching sessions were run after school on Wednesdays and Thursdays from October to March and during the summer holidays. The Shetland Trampoline Championships were also held at Yell Leisure Centre this year.

Football Coaching

Staff member Matthew Saunders ran a football course for primary children outdoors over the summer months. Matthew left the centre to move south in September, this has resulted in staff not being able to offer as many football coaching sessions as they would have liked. We would like to take this opportunity to wish Matthew all the best in his future career.

Fun & Games

Attendances to this ever popular after school activity for primary 1, 2 and 3

children increased when compared to last year. The children were lead by staff in a range of games and activities.

Holiday Activities

There wasn't the same level of uptake for holiday activities as there has been in previous years, this may have been partly due to the good summer weather. The most popular activity was the bouncy castle.

Junior Gym

This short course allows juniors aged 13 to 15 to use the equipment in the fitness suite and covers topics such as safe training techniques, the elements of fitness and how best to structure a workout.

Junior Leisure Club

48 primary children joined the Junior Leisure Club which ran for 10 weeks

from April to June. The club offered a wide range of activities from crafts to the bouncy castle and used the games hall, swimming pool and community room every week. The children were also provided with a healthy snack to keep their energy levels up!

The table at the top of the next page shows the total numbers who attended the classes / activities described above, all of which were delivered by centre staff.

Outdoor Football Pitch

The football pitch was open from April to September and was primarily used by the school and football club. It was also well used by local children as a kick-about area.

Yell Leisure Centre

Dryside Classes / Activities	Attendances 09/10	Attendances 08/09
Aerobics / Move It	120	43
Circuit Training	115	77
Flying Squad (Trampoline Club)	696	629
Football Coaching	90	195
Fun and Games	230	159
Holiday Activities	160	198
Junior Gym	9	33
Junior Leisure Club	457	351
Total	1,877	1,685



Scott Johnson is helped by Ian Ogilvie to celebrate winning the Eliminator Race at the Junior Leisure Club.

Pool Classes / Activities	Attendances 09/10	Attendances 08/09
Aquacise	146	141
Junior Aqua Club / Northern Neesiks	650	675
Primary 1 & 2 Swimming Classes	233	228
Total	1,029	1,044

Schools

The Mid Yell, Cullivoe and Burrae schools continued to take advantage of the facilities, the main areas used were the games hall and swimming pool.

Squash Court

The increase in squash court usage is mainly due to the schools making use of the area at break times as there has been a lack of playground space due to the building work. There is also a small but dedicated group of players who hired the court regularly.

Swimming Pool

Lunchtime swimming was increased from 2 to 5 days per week to accommodate an increased demand for public swimming at this time. The schools also made good use of the pool for swimming lessons during the day. The evening programme was filled by classes and public swimming. Attendances to the clubs and classes remained very similar to last year.

Aquacise

Exercising in the water is suitable for people of all ages as it is possible to get a workout without weight bearing. Attendances were very similar to last year.

Junior Aqua Club / Northern Neesiks

The club continued to provide swimming coaching for children on Tuesday nights. The 26 members were split into three groups depending on their age and ability.

Primary 1&2 Swimming Lessons

Classes ran from April to June and from November to March. The children all made very good progress as they are fast to learn at this age.

Yell Leisure Centre



Employed trainee Amber Inkster assists Lori Ann with her balance during a pre-school activity session.

Plans for 2010/2011

It has been possible to reduce energy consumption through the introduction of a pool cover. This has proved to be a very cost effective way to make savings whilst reducing impact on the environment. It is hoped that further measures of this nature can be introduced in the coming year.

The area around the centre will continue to be re-developed as part of the new school build. By the end of the summer there should be a new car park which will be used by both the school and centre. Staff will be working closely with the project management team to ensure that this improvement work causes as little disruption to customers as possible.

In 2009 an e-mail database was started which allows staff to directly contact people in the community and keep them informed about what's happening in the centre. It is planned to build on this by increasing the number of people on the database by 100%.

Yell Leisure Centre

Revenue and Admissions

1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Main Hall	Revenue Admissions	£11,170 8,106	£10,281 7,622
Total Swimming Pool	Revenue Admissions	£6,086 4,145	£5,992 4,225
Total Squash	Revenue Admissions	£797 1,065	£504 672
Total Community Room	Revenue Admissions	£2,844 6,640	£2,292 5,808
Total Fitness Suite	Revenue Admissions	£3,673 936	£2,858 805
Total Pool Table	Revenue Admissions	£652 290	£628 340
Total Football Pitch	Revenue Admissions	£340 408	£260 349
Total Office Rental	Revenue	£10,764	£10,248
Total Spectators	Admissions	9,110	8,912
Total Educational Recharge	Revenue Admissions	£14,708 10,334	£15,771 11,386
Total Facilities	Revenue	£51,034	£48,834
Total Facilities	Admissions	41,034	40,119
Other Income			
Total Vending Sales		£9,306	£8,651
Total Miscellaneous Income		£735	£541
Total Revenue for the Period		£61,075	£58,026

North Mainland Leisure Centre

During the period 2009-2010 the North Mainland Leisure Centre revenue and admissions were stable. The Midway Pitch was full to capacity throughout the summer but the winter months were affected by the severe weather with it being unplayable for two months.

The fitness suite was very busy with both courses and casual use. The management of the games hall was handed back to the Shetland Islands Council in October 2009. This obviously had an impact on the revenue for the area, however many of the most popular courses are still

being run in the hall. The centre still has an extensive range of courses to offer the public both in the pool and the dry facilities. As in previous years these courses are very popular, with many sold out. The squash court also has seen a new lease of life with a popular squash league being played.

Community Room

Boxing

Many a customer enjoys taking out their frustration on the boxing bags, giving themselves a great work out in the process.

Meetings

Several groups have used the community room for meetings ranging from NHS training to digital switch over.

Crazy Golf

The Crazy Golf attracted all age groups and many Shetland tourists. The nine-hole course is located beside the centre and is great fun to go around.

Fitness Suite

The fitness suite remained very popular with most evenings being fully booked. There has also been the introduction of several new weights courses now that there are more qualified instructors. All these courses are popular and full to capacity.

Games Hall

Circuits

Josie Jamieson continued instructing circuits in the games hall for the ladies, whilst the junior circuit's class was adapted to fit in to the squash court.

Dancing

Another successful concert was performed in May by the troupe of girls and the rehearsals are in full swing for another show in May 2010.

Early Touches

Another successful course which the young footballers enjoy. The course also continued in the games hall and was full to capacity.

Gymnastics

The gymnasts, like the dancers, work hard towards their concert which is held in May and gives them the ideal opportunity to show off their new found skills.



Brogan and Blayne Ratter enjoying crazy golf.

North Mainland Leisure Centre



Isaac Duncan enjoying Football Frenzy.

Holiday Activities

The holiday activities still proved to be popular with the Fundays being booked up fast. The children enjoyed a full range of activities from swimming, to art, to sport.

Trampolining

Trampolining is still very popular with three different ranges now being taught; beginners by newly qualified coach Maria Wishart, and intermediate and advanced by Lorraine Gifford.

Midway Pitch Delting Football Club

The football club used the astro pitch for training; the club attracts all age groups. Now, as well as a very successful men's team, there is a successful ladies team.

Hockey

The astro pitch has become the main pitch for the Hockey Association who played all their league games there this season. The Shetland Senior Ladies Hockey Association hired the facility for two evenings a week and the junior hockey players used it for practice sessions.

Jogging Club

Up to 15 joggers met up, put on yellow jackets and enjoyed a run together most Tuesday nights. If the weather was too bad they jogged on the running machines in the fitness suite.

Soccer Sixes

The Soccer Sixes again ran a very successful league for the winter months although in December and February it was disrupted by the bad weather.

School Use (Additional)

Staff have continued teaching pupils from the Brae High School who have special needs and benefit from these one to one sessions.

Squash Court

A new squash league was set up in January, which saw fiercely fought matches with John MacLean the eventual winner.

Swimming Pool

Aqua Aerobics

A great work out for the ladies with Helene Ratter putting the participants through their paces.

Children's Swimming Lessons

The broad range of swimming lessons follows the national "Learn to Swim Programme" which offers eight progressive swimming levels and covers key stages of development. The programme aims to help children improve their overall water confidence, water skills and helps develop those all important four main strokes.

An important and enjoyable set of lessons are the deep end and deep end plus courses which help children reach the National Standard and allow them to swim in deep water. A follow up course helps give the children even more confidence in the deep end.



Jill Hibbert in action on the Midway Pitch.

Photo Kevin Jones

North Mainland Leisure Centre



Delting Dolphins

This year saw the younger members of the club win the Beta league. The seniors achieved much success with fifteen swimmers competing at the District Championships and four swimming at national level. Felix Gifford was again selected for the National Youth Development Squad and was very pleased to be picked to swim for Scotland in the UK school games in Swansea, a first for any Shetland swimmer.

Rookie Lifeguard Programme

This course was still very popular with over thirty swimmers attending the classes. The standard ranges from beginners through life saving one, two and three, and now has three youngsters studying for their Bronze medallion.

UKCC Level 1 Certificate in Teaching Aquatics

Lorraine Gifford tutored this course in February for SRT staff members. The course included the preparation, delivery and evaluation of teaching and coaching activities. All candidates achieved the award.

Delting Dolphins Beta League winners.

Clubs and courses sustained excellent numbers as the table below displays:

Activity/Class/Course	Attendances 09/10	Attendances 08/09
Aqua Aerobics	410	465
Art and Craft	0	20
Circuits	285*	335
Dancing	295	200
Football	800	490
Fundays	104*	228
Gymnastics	195*	525
Inflatable parties	790	625
Hockey	0*	105
Jogging	98	161
Pool hires/parties	1,075	1,675
Private lessons	316	195
Swimming club	3,140	3,180
Swimming lessons	1,080	1,085
Trampolining	365*	410
Weights	610	455
Total	9,563	10,154

* Course numbers affected by management of games hall returned to SIC

Plans for 2010-2011

Centre staff will work hard to improve the revenue and admissions in the coming year by developing new courses and incentives. It is even more important to maximise

utilisation of the facilities in the centre now that the games hall management has transferred back to SIC. The bouncy castle will now be housed in the squash court which gives a cosier feel to the children's parties and will continue to be a popular part of any birthday.

North Mainland Leisure Centre

Revenue and Admissions

1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Main Hall	Revenue	£6,417	£8,443
	Admissions	2,738	4,621
Total Swimming Pool	Revenue	£16,242	£16,267
	Admissions	9,508	10,320
Total Outdoor Areas	Revenue	£12,635	£11,903
	Admissions	33,314	35,066
Total Squash	Revenue	£1,933	£2,152
	Admissions	660	765
Total Community Room	Revenue	£2,569	£4,546
	Admissions	2,305	2,985
Total Fitness Suite	Revenue	£14,180	£12,709
	Admissions	4,658	4,530
Total Health Suite	Revenue	£1,184	£2,133
	Admissions	314	683
Total Crazy Golf	Revenue	£722	£732
	Admissions	529	536
Total Pool Table	Revenue	£192	£298
Total Spectators	Admissions	6,147	5,345
Total Educational Recharge	Revenue	£21,769	£22,266
	Admissions	3,831	4,156
Total Facilities	Revenue	£77,843	£81,449
Total Facilities	Admissions	64,004	69,007
Other Income			
Total Vending Sales		£10,570	£9,626
Total Miscellaneous Income		£1,378	£865
Total Revenue for the Period		£89,791	£91,940

Whalsay Leisure Centre

It was business as usual at the Whalsay Leisure Centre as staff and club volunteers delivered a wide range of popular activities throughout the year. With the centre nearing its 20th birthday it has seen almost one million users through the doors; an impressive statistic as Whalsay's population is only 1,000 – an average just short of 50,000 admissions every year.

All staff were involved in an efficiency exercise which highlighted small, medium and long-term savings. Following this a pool cover, rotary clothesline and better housekeeping practices were put in place to help the centre run as effectively as possible. Staff were given a boost when the centre received a 'Silver' Tidy Business Standard Award and a 'Commended' rating at the latest Quest (UK Quality scheme for sport and leisure) assessment in September 2009.

The centre is proud to have close links with local organisations including Shetland College Learning Centre, Whalsay Sport Development Trust - Harbison Park, Whalsay Minibus Association and many voluntary sports groups who make extensive use of the facilities.



Richie Hutchison clearing the way during the wintry weather.

Block Bookings Senior Leisure Club

This sociable two-hour session saw 467 visits made by over 50 year olds on Tuesday afternoons. Carpet bowls, swimming and fitness suite are the main activities used with time for tea and cake half way through.

Wast Linga Ramblers Football Club

The club made regular 5-a-side bookings for training, in preparation for Shetland Works League football in the summer period. The team continues to improve with increased

levels of fitness and confidence in competitive matches.

Whalsay Badminton Club

Whalsay Senior Badminton club met weekly in the winter months and booked various sessions for team practices. Whalsay had two teams in the Shetland Badminton leagues and did very well in the first and second division.

Whalsay Football Club

The under 10s, 12s, 14s and 16s teams trained on Friday nights during the winter months before playing on the Harbison park when the weather

improved. The senior Whalsay Football Club appreciated having the use of the main hall and fitness suite for training during the winter months. Whalsay had a successful year with the first team winning the Shetland Premier League and Madrid Cup whilst the reserve team lifted the Challenge Cup in 2009.

Whalsay Golf Club

Using Stag and Tri golf sets enabled sessions to focus on putting, chipping, pitching and full swing in the main hall and outside, using land to the side of the building when the weather permitted. This was in April and enabled voluntary coaches to

Whalsay Leisure Centre

encourage anyone interested in improving their swing before the outdoor session got into full flow.

Whalsay Hockey Club

The Junior Hockey Club used the main hall and Harbison Park for training through the year which contributed to their success in 2009. The Under 14s team won their league and primary and secondary teams continued to be competitive in their leagues. In adult hockey, Whalsay won the mixed indoor hockey cup at Clickimin and still remain a main force in outdoor hockey, winning the Moulder Memorial, Town Hall 7s, Grutness and Mixed 7s trophies.

Whalsay Netball Club

The Whalsay Junior Netball Club continues to be well attended; Primary 4 to 7 train on Friday afternoons and Secondary train on Monday nights. Whalsay have four teams experiencing success in the senior Shetland leagues and hold the Williamson Cup annually in the centre.

Whalsay Trampoline Club

The club has had another successful season with 38 members joining this year. The club ran classes after school on Mondays and Tuesdays and all enjoyed learning new skills and routines. Members worked towards achieving their grade certificate, which was awarded at the clubs annual end of season competition. A highlight of the season was competing at the Shetland Championships, which were held at the Yell Leisure Centre, and many of the Whalsay competitors performed well and returned with a host of medals.

Fitness Suite

Customers have been delighted with the fitness suite following its refurbishment in December 2008 and many users have now completed their inductions. Overall revenue was up by 4% and with many junior users

completing their Junior Gym course lets hope they make many return visits in the future!

Fitness Suite Circuits

Five-week blocks were developed, giving users confidence and valuable training tips. The aim is to increase customer exercise knowledge so they can keep their workout varied and interesting in the future.

Junior Gym

Four-week courses ran for 13-15 year olds with groups gaining knowledge of the equipment and techniques required for use of the fitness suite. There are still Whalsay youngsters on a waiting list eager to get going.

Games Hall

Adult Activities

Adult Football

This continued to run on Wednesday nights for over 16 years olds. These sessions proved popular over the winter months when players were unable to play outside due to the weather.

Aerobics

Rosalyn Polson ensured aerobics remained popular in Whalsay with 137 attending various sessions organised through the winter period.

Circuit Classes

The circuit classes have continued to be extremely popular with 1,023 users making use of these sessions. Classes run on Saturday morning and Monday evening and instructors worked hard to keep sessions exciting and fresh each week.

Studio Gym

Studio Gym enabled weights classes to take place over the winter months. Marcia Pearson delivered this new toning weights class session that saw 70 enrolling.

Junior Activities

Badminton

Richie Hutchison delivered all the junior badminton sessions on Wednesday afternoons, with 400 admissions during this session. This is open to players of all abilities from



Lots of fun with parachute games outside.

Whalsay Leisure Centre

Primary 5 to Secondary 3 then players move onto the Adult Badminton Club on Tuesday nights. The bairns took part in training as well as fun games with the aim of exposing them to matches that are more competitive.

Extreme Dodgeball

Primary Extreme Dodgeball remains really popular on Friday afternoons after school with over 700 attending this term.

Football Early Touches

These fun sessions are excellent for teaching bairns the rules and basic skills of the game through mini games. Richie Hutchison ensured this age group made 165 visits.

Pre School Gym

Ann Marie Anderson and Louise Anderson took 6 week structured fun sessions for pre-school age. These sessions included warm ups, musical exercises and obstacle courses, which help build key motor skills and co-ordination with basic fun movements.

Holiday Programme

An extensive holiday programme enabled admissions to increase by 61% with 649 children entertained over the Easter, Summer and October period. Fundays which include an obstacle course and a bouncy castle session plus regular pool inflatable sessions are the main reason for the improved numbers over this period.

Meeting Room

Shetland College Learning Centre

The Learning Centre has continued to use the meeting room to develop and deliver courses to adults in Whalsay. However, this last year has seen some joint working with the school.

The Learning Centre is being used as a test centre for secondary pupils studying for the European Computer Driving Licence. Primary pupils have

Activity / Class / Course	Attendances 09/10	Attendances 08/09
Adult Swimming Classes	112	153
Aqua Aerobics	936	813
Deep End Test	167	147
Learn To Swim Classes	1,810	1,768
Nursery Swimming	518	310
Peerie Breeks Swimming	194	270
Private Swimming Lessons	60	118
Advanced Swim Teaching	261	232
Wet Activity Total	4,058	3,811
Aerobics	137	126
Circuit Training	640	536
Fitness Suite Circuit	29	0
Jog Club	169	500
Morning Motivation	0	75
Saturday Circuit	383	481
Spinning Bikes	121	0
Studio Gym	70	0
Walk Group	13	0
Adult Fitness Class Total	1,562	1,718
Birthday Parties (wet & dry)	76	96
Junior Badminton	400	287
Dodgeball	708	647
Gymnastics	0	477
Junior Aqua	40	0
Junior Gym	120	55
Pre-School Gym	386	72
Primary Football	165	305
Primary Mixed Games	0	80
Primary Squash	169	140
Racket Sports P3+4	56	0
Secondary Basketball	13	46
Secondary Football	0	280
Secondary Squash	0	3
Trampolining Primary 1 & 2	71	140
Volleyball	0	5
Dry Activity Total	2,128	2,537
Overall Total	7,824	8,162

Holiday Programme	Attendances 09/10	Attendances 08/09
All Day Fun	24	0
Easter Dive	46	66
Funday	151	83
Halloween Roller Disco	26	15
Pool Fun	88	81
Pool Inflatable	179	3
Trampoline Pre-School Fun	50	42
Primary Football (4 Days)	0	20
Primary Football	33	9
Secondary Football	31	24
Secondary Football (4 Days)	0	12
Short Tennis Tournament	10	12
Splash Disco	11	32
Total	649	399

Whalsay Leisure Centre

also accessed the Video Conferencing facilities to link with their peers in France for their French classes. The new certificated Digital Photos: Still Images Acquisition has proved very successful with participants moving on to add more modules which could build into a qualification in Digital Media. Next session the centre hopes to offer a web design module which will link to that qualification. Three students have studied HE modules with the UHI millennium institute using Video Conferencing and another student is studying an Open Learning course in Care using on-line learning. The computer classes are still the most popular classes and the centre tries to meet the level of all perspective students. Classes are

available from basic beginner level through Intermediate level to the more advanced ECDL qualifications.

Outdoor Jog Club

Rosalyn Polson continued with the popular Jog Club during the summer months with 169 separate attendances. There were two groups, beginners and improvers who met up every Wednesday night to complete various exercises and drills all over the Whalsay roads. These sessions have inspired runners to take on challenges like the Great North Run in Newcastle, Liverpool half marathon plus many local events held in Shetland.

School Use

The Whalsay Nursery, Primary and Secondary departments all make extensive use of the centre during the school day due to the centres close proximity. The school departments use all facilities: main hall, swimming pool, squash court, fitness suite and meeting room. The in-house 'tirrick, mallie and shalder' team events still prove popular with all at the school.

Squash Court Junior Squash

Richie Hutchison delivered primary 4-7 squash on Thursday afternoons. The sessions start with training before playing fun games and competitive



Impressive costumes at the Halloween fancy dress roller disco.

Whalsay Leisure Centre



Making full use of the summer weather with a bouncy castle session.

matches. These sessions are great for introducing the players to the rules and basic strokes used in squash and saw an increase in numbers on last year.

Spinning (Exercise bikes)

Marcia Pearson, Rosalyn Polson and Ian Simpson completed their Level 1 Spinning instructor qualification in 2009. The instructors were delighted to put their training into practice when the centre received seven spinning bikes for six weeks. Due to the availability of the squash court, six spinning classes were organised weekly with 121 attending these sessions over this short period. All Whalsay Secondary school pupils received taster sessions organised

during P.E curriculum time. When the spinning bikes return to Whalsay the classes are certain to be popular with many users asking when they will be back.

Swimming Pool Aquacise

Angela Williamson and Louise Anderson ensured the Aquacise blocks on Tuesday and Thursday nights were extremely popular with a wide age group attending. Ann Marie Anderson ensured the new Monday morning pay weekly sessions were popular and varied.

The classes offer a wide range of exercises aimed at improving

cardiovascular endurance and flexibility and due to the exclusive use of the pool and experienced instructors over 900 visits were made to Aquacise this term.

Learn to Swim Programme

The Learn to Swim Programme of 30 minute sessions was run from September to March with two 12 week blocks with ages ranging from Primary 1 to adults. The sessions incorporated distance and speed badges, report cards, learn to swim awards and fun galas. The numbers attending this year increased on previous years and instructors worked hard to keep participants progressing in a fun environment. This

Whalsay Leisure Centre

culminated in the age group championships with several personal best times and records being broken, some of which had stood for many years.

Nursery Swimming

Due to the high numbers of bairns enrolled in the Whalsay Nursery the classes had to split into three sessions. Ann Marie Anderson and Richie Hutchison led the sessions, building the bairns water confidence and developing water skills with fun activities. These 5 week blocks can be very satisfying and lead perfectly onto the Learn to Swim Programme.

Peerie Breeks Swimming

This swimming session is a great opportunity for parents to come along with their toddlers and play with floats and pre-school toys. The sessions saw an impressive 194 attending through the year.

Swimming Training Squad

Angela Williamson and Louise Anderson have built on the success that the swimming training squad achieved last year. The advanced teaching sessions focused on drills that are more competitive and bairns gained a great deal of confidence from attending a starting block and turns workshop in Brae, held by Lorraine and Felix Gifford. This was built on by attending the Shetland Beta League where the team finished a respectable third place and the 10 and under competitors were chuffed when they returned with ten medals from its annual Shetland Gala. The aim for the future is to keep as many bairns progressing in the sport by exposing them to competitive events and looking into acquiring new equipment. New starting blocks are a priority as they will help all compete to a higher standard.



Relaxing after the 2009 Swimathon.



Full of excitement during a swimming gala.

Plans for 2010/2011

Staff will continue to strive to keep up the high standards set over previous years. An important goal is to ensure

there is a balanced programme and that there are activities available for every age group in the local community. Where budgets allow, innovative ideas will be explored to help keep classes and activities modern and fresh.

Whalsay Leisure Centre

Revenue and Admissions

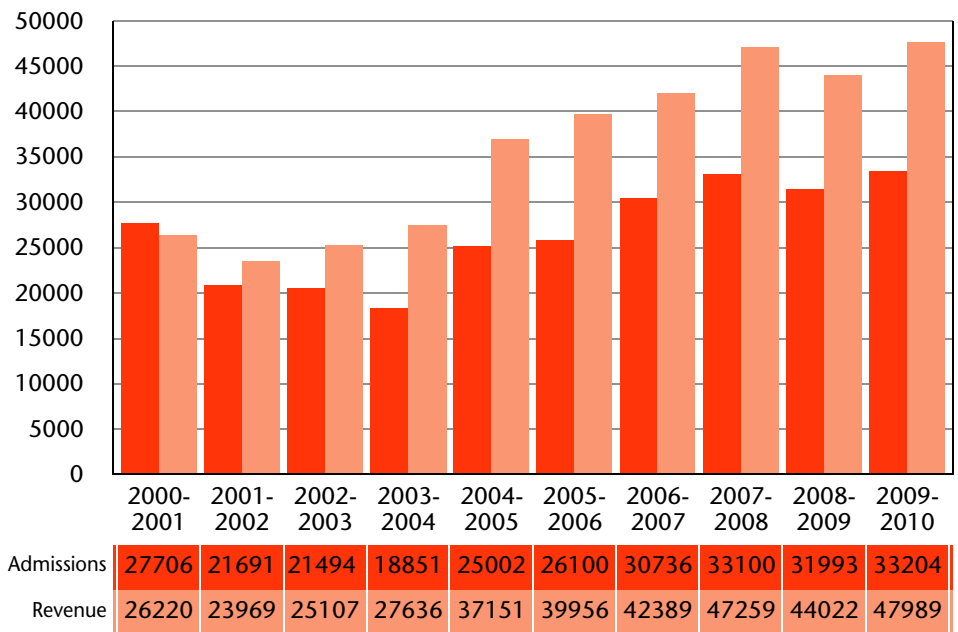
1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Main Hall	Revenue	£25,022	£21,928
	Admissions	12,221	13,903
Total Swimming Pool	Revenue	£19,970	£22,851
	Admissions	9,282	11,236
Total Squash	Revenue	£684	£938
	Admissions	369	402
Total Community Room	Revenue	£6,573	£5,961
	Admissions	3,307	1,582
Total Fitness Suite	Revenue	£7,389	£7,113
	Admissions	1,900	2,526
Total Pool Table	Revenue	£210	£257
Total Spectators	Admissions	7,952	7,641
Total Educational Recharge	Revenue	£8,669	£9,854
	Admissions	12,715	12,151
Total Facilities	Revenue	£68,517	£68,902
Total Facilities	Admissions	47,746	49,441
Other Income			
Total Vending Sales		£18,003	£18,914
Total Miscellaneous Income		£2,267	£2,500
Total Revenue for the Period		£88,787	£90,316

South Mainland Pool

The year 2009/10 has been one of mixed fortunes. The year got off to a great start with both revenue and admissions up in the first six months. However, community use of the games hall was returned to the Shetland Islands Council in September 2009 which resulted in overall figures being greatly reduced. The pool however has seen a small rise in both revenue and admissions.

The chart on the right shows statistics from the past 10 years excluding vending sales and the games hall.



Games Hall Block Bookings

Numbers have been steady and the following clubs had block bookings up to the end of September:

Ness Ladies Netball

The ladies trained on Thursday nights in preparation for the Shetland Ladies Netball League.

Sandwick Badminton Club

A long standing user of the games hall, club members played and trained throughout the year on

Monday nights. The club continues to grow and perform successfully in the local leagues.

Sandwick Volleyball Club

The club trained here twice per week during the volleyball season and less regularly in the off season. The club has teams in the Men's, Ladies and Mixed Volleyball leagues which are run by Shetland Islands Volleyball Association during the winter months.

South Mainland Trampoline Club

The club used the games hall for a

short period of time but has now ceased due to a number of operational reasons.

Casual Use

Casual bookings remained static, with the majority being for badminton and football.

Classes and Courses Archery

This class ran for the summer term with instructor Jimmy Mullay. It attracted a wide range of abilities. Although there was a drop in numbers compared to 2008/9 a regular core of customers attended in addition to some new faces.

Circuit Training

This course was very popular with an almost threefold increase in attendances. Participants were put through their paces by doing all types of exercises ranging from press ups to shuttle runs, and sit ups to step ups. The majority of customers were children age Primary 6 and up but there was the odd adult who plucked up the courage to prove to themselves and the children that they still had what it takes.

South Mainland Pool

Junior Badminton

Attendances at these courses were steady. The Primary class was instructed by Ewan Ellis and Jan Price and introduced children to the skills and rules of badminton. The Secondary class were happy to continue under the tutelage of Shetland Inter County Badminton player Kevin Smith. This has helped them immensely with several players from the area going on to represent Shetland at County level.

Roller Disco

This has not proved to be such a popular event this year compared to last, but again the results must be qualified by the fact that operation of the games hall ended in September.

Figures in the table on the right show attendances this year and last year for comparison purposes for all courses, classes and special sessions and are qualified by the fact the games hall was only fully operational from April to June and then again for the month of September. It was closed in July and August for essential maintenance.

Activity/Class/Course	Attendances 09/10	Attendances 08/09
*Aerobics	No Class	141
Aqua Aerobics	234	439
Aqua Disco	440	253
*Archery	33	92
*Badminton	107	605
Beginners Diving	18	10
*Circuit Training	160	68
*Decathlon Sports	No Class	36
*Gymnastics	No Class	300
Iron Kids Triathlon	20	17
*Junior Volleyball	No Class	12
*Pool & Games Party	155	495
*Pre-school Multi Sports	No Class	32
*Primary Multi Sports	No Class	52
Private Swimming Lessons	749	684
Rookie Lifesaver	16	168
*Roller Disco	8	145
*Secondary Sports League	No Class	19
Snorkelling	119	193
*Superstars/Activity Days	No Class	45
Swim Beginners-Developers 2	702	701
Swim Coaching	2,961	3,164
Swim Developers 3-6	1,363	1,105
Swim Developers 7-8	489	492
*Trampoline – Now a club	176	264
Total	7,750	9,532

*Classes and activities affected by the games hall being handed back to SIC

Schools

Sandwick Junior High School and Cunningsburgh Primary Schools continue to be an important part of the pool daily schedule. Primary pupils enjoy a weekly swimming class taught by the pool staff while Secondary pupils attend during the two winter terms. Nursery children participate from April through to June accompanied by their parents.

Special Events

Easter Egg Hunt

This was a fun event organised by trainee Liam Graham. It consisted of lots of fun games in the pool with prizes of Easter eggs for all participants.

Halloween Aqua Disco

Aqua discos are held regularly throughout the school holidays. This

year staff decided to have a neepee lantern competition. The event was hugely successful with almost 30 swimmers participating. Some arrived in fancy dress with beautifully carved lanterns. The children enjoyed ducking for apples and the usual Halloween treats. The winner of the best neepee lantern was Kevin Stove, age 11.

Iron Kids Junior Triathlon

This third such event was held in June 2009. The pool staff welcomed the 20 very fit youngsters taking part; their fitness due in no small part to the very rigorous training they had undertaken at South Mainland Pool. The children started in the pool with a strenuous swim, handicapped



The winning three lanterns in the Halloween Neepee Lantern Contest.

South Mainland Pool



Darin Eldridge, winner of the South Mainland Pool Iron Kids Triathlon 2009.

according to age, but ranging from 200m to 400m. There followed a quick change onto cycles for several laps of the hockey pitch. The bikes were then unceremoniously dumped and the children completed the competition by running twice round the football pitch. The winner was Darrin Eldridge, age 12.

Shetland Triathlon Club

Shetland Triathlon Club visited the pool again this year to host one of their regular triathlons.

Swimming Pool

The swimming pool has had an overall increase in revenue and admissions this year although there have been some highs and lows across various activities.

Adults Only & Ladies Only Swim/Steam Sessions

These sessions are growing in popularity with more and more regular users enjoying the chance to

unwind in the pool and cleanse the pores in the steam room!

Aqua Aerobics

Aqua aerobics has seen a drop in numbers this year although the pool still has a steady core of attendees.

Yvonne MacGregor continues to lead the class, providing the customers with a variety of challenging pool based keep fit circuits and aerobic activities.

Beginners through to advanced swimming/coaching

A slight rise in numbers has been experienced in swimming classes/courses this year. Although numbers would have been even higher but for the wintry weather in the run up to Christmas and through January and February which decimated attendances.

All staff are involved in instructing the Scottish Swimming Learn to Swim Programme from beginners through the eight levels (details below). After completing this programme children can attend advanced swimming/coaching classes. 17 classes are delivered per week.

For children who do not wish to participate in the programme two pay-weekly sessions are an option when they can improve their swimming and play games at the same time.

Beginners	The first step in exposure to the water environment. Children here learn the basics of water confidence while learning through play and simple activities		
Scottish Swimming 8 Step Programme			
Level	Awareness of	Introduces	Reinforces
1	The water environment	Floating and breathing	Water confidence
2	The underwater environment	Submerging and manoeuvrability with no assistance in water	Being safe around water and building confidence
3	Moving through the water	Freestyle and backstroke and a greater confidence with entries	Floatation skills and being confident underwater
4	The swimming strokes	Being upside down, treading water and diving	Varied methods of entry
5	Orientation of the body in water	Basics of tumbling and streamlining	Swimming and kicking on the front and the back
6	Linking skills, timing and distance	Undulation, sculling and use of good technique in the swimming strokes	Manoeuvrability underwater, and builds on diving technique
7	Personal safety in water	Continuous swim for 50m and personal survival	Butterfly stroke and varied methods of moving through water
8	Competence in water	Rhythm, endurance and underwater swimming	Streamlining, sculling and pulling technique
Advanced swimming/coaching	Speed, stamina & swimming times	Competitive starts, turns and stroke rules	Technique on all 4 strokes

South Mainland Pool

Private Hires

Private hires were up this year with South Mainland Swimming Club the main hirer. There have also been bookings for birthday parties, from the Shetland Triathlon Club, plus a booking from British International Helicopters for training purposes.

Private Swimming Lessons

Revenue and admissions have increased this year. The staff have been very active in promoting these lessons to the public and it has paid off.

Rookie Lifeguard

Numbers are down this year because all children who started this class have now completed the qualification. A new course will begin at One Star level in September 2010 therefore numbers are expected to rise next year with a new and eager group of children.

Snorkelling

Revenue and admissions for this activity are slightly down although it remains a popular activity with children wanting a change from normal swimming.

South Mainland Amateur Swimming Club

Since last April, South Mainland Amateur Swimming Club has continued to develop as a successful small club with around 35 swimmer members. In January 2010 the swimming club's session changed from a Sunday to a Thursday. Most members also attend the pool run coaching up to a further six sessions per week and some also take advantage of their aqua subscription to do additional practice in public sessions.

Throughout the year, swimmers have competed in competitions here in Shetland and south, constantly producing personal best times and on



South Mainland Amateur Swimming Club medal winners at the senior spring championships at Clickimin.



South Mainland Amateur Swimming Club members with their medals at the spring age group championships at Clickimin. In front are Shetland champions Seamus MacKay and Erraid Davies proudly displaying their trophies.

South Mainland Pool

many occasions gaining medals for their achievements. At the most recent Shetland Sprints, the team achieved a total of 64 personal bests.

During the year, Shetland age group records were also broken by Donnie and Eddie Price.

One of the highlights from the year at events in Shetland was the team winning the Beta League Trophy last May, having consistently performed well during the rounds.

At the Junior Sprints in September, Erraid Davies and Seumas Mackay won the 8 year girl and boy's titles while Sophie Morris came top in the 9 year girls. Erraid and Seumas repeated their success at the Junior Championships in February, again achieving first in their age group. For swimmers over 11 years, at the Shetland Sprints, Darin Eldridge won all his races to become the boys 11/12 champion, and Donnie Price won the 13/14 boys.

Many swimmers had the chance of swimming at competitions south. For some it was a first trip to compete at the Inverness Graded, a starting point for many. Others took part in club meets in Aberdeen, Kirkaldy, Buckie, Forres and Glenrothes, with the following returning with medals from these club competitions; Vhairi & Erraid Davies, Scott Riise, James Morris, Kirsty Laurenson, Sarah Keay, Darin Eldridge, Donnie and Eddie Price. Moving up a level, seven swimmers qualified for North District Age Group events; Sarah Keay, Kirsty Laurenson, James Morris, Darin Eldridge, Karl Eldridge, Donnie Price and Eddie Price.

At national level, last April, Donnie Price became the first South Mainland



Manager Lynette Laurenson congratulates Nancy Snyder on her achievement of swimming 1000 miles in the pool.

ASC swimmer to win a national title at the Scottish National Age Group Championships in the 12year boys 1500m freestyle.

In January, Donnie and younger brother Eddie, 11, qualified for the Scottish Schools Championships, with Donnie winning two bronze medals. The Price brothers also took part in the Regional Development Programme attending coaching days in Aberdeen and Stirling. Their mother, Jan Price, had a successful Scottish Masters Championships in April and was top in her age group at the Inverclyde Meet in September.

Another first in the past year was a successful friendly gala with Westray Club visiting from Orkney.

Finally, something for all the over fifties! Nancy Snyder, aged 68, has been keeping a record of her swimming since the pool opened in 1993. By June 2009 she had clocked up an amazing 1000 miles.

Plans for 2010/2011

It is planned to reintroduce two old favourites to the pool timetable – the Swim Team Challenge and the Inter Schools Swimming Gala.

Staff will also be concentrating on increasing admissions to the more popular classes and activities with increased promotion of the South Mainland Pool.

South Mainland Pool

Revenue and Admissions

1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Adult Swim	Revenue	£4,670	£5,136
	Admissions	3,088	2,791
Total Junior Swim	Revenue	£14,979	£14,120
	Admissions	11,908	12,592
Total Adult Pool Hire	Revenue	£131	£76
	Admissions	60	50
Total Junior Pool Hire	Revenue	£2,980	£2,518
	Admissions	2,165	1,925
Total Steam Room	Revenue	£1,988	£1,627
	Admissions	801	666
Total Main Hall	Revenue	£4,140	£14,775
	Admissions	2,980	13,139
Total Spectators	Admissions	8,120	6,960
Total Educational Recharge	Revenue	£23,241	£20,539
	Admissions	7,062	7,009
Total Facilities	Revenue	£52,129	£58,791
Total Facilities	Admissions	36,184	45,132
Other Income			
Total Vending Sales		£6,781	£7,208
Total Miscellaneous Income		£531	£478
Total Revenue for the Period		£59,441	£66,477

Scalloway Pool

The Scalloway Pool is now into its 16th year and a mix of new and old staff continue with the same hard work and dedication to ensure the smooth running of the pool 7 days a week. The variety of different programmes ensures that whatever

the age or swimming ability, there is always something for everyone.

Revenue and admissions were affected by the handing back of the games hall to Shetland Islands Council on 31 October 2009

resulting in revenue for that area being down 52% and admissions down 53.7%. Overall total revenue was down by 6.1% and admissions down by 23%. Excluding the games hall figures pool revenue was up 5.3% and admissions down by 9%.



Photo Kevin Jones

Games Hall Block Bookings

The months of September and October saw the games hall back to its busiest period with a number of clubs starting back for their winter training and it continued to be a popular venue for a diverse range of local sports clubs, including:

- Burra Badminton Club
- Malakoff Football Club
- New Revolution Hockey Club
- Scalloway Football Club
- Shetland Amateur Athletics Club
- Shetland Badminton Association
- Shetland Baton Twirlers
- Shetland Ladies Netball Association

Burra Badminton Club

Burra Badminton Club booked the hall every Tuesday night from 6-7pm for junior training followed by adults training from 7-9pm. Coached by Helen Laurenson the club continued

to be very popular with all courts in use most of the time and players having to wait for games.

Malakoff Football Club

The Malakoff Football Club hired the hall for two hours every week to keep their fitness up and train for the works league held over the summer months.

New Revolution Hockey Club

The New Revolution Hockey Club hired the hall prior to the indoor hockey season starting, allowing them to practice indoor skills and also play short games.

Scalloway Football Club

The Scalloway Football Club remained the most frequent users of the games hall playing 9 hours a week. The coaches have worked the players hard following an intense training programme to help improve

skills, fitness and strength. Both the senior and junior squads were entered into the local league and cup competitions.

Shetland Amateur Athletics Club

Shetland Amateur Athletics Club has been training on Monday nights from 6-8pm. The club has again done really well competing both locally and nationally.

Shetland Badminton Association

Shetland Badminton Association hired the games hall in September and October for a number of hours each week over Thursday and Friday evenings and Saturday Mornings. The training paid off with success in various competitions throughout the year.

Shetland Baton Twirlers

Shetland Baton Twirlers were able to hire the whole hall for a weekend so

Scalloway Pool

that a coach from south was able to come up and help the girls with new and existing skills.

Shetland Ladies Netball Association

The Shetland Ladies Netball Association booked the games hall every Wednesday evening to host league matches. The league produced some very close and exciting matches.

Swimming Pool

The pool is most frequently used over the school term for both private and school swimming lessons. The school holidays are also very busy periods with a wide variety of activities on offer for all ages. These include pool parties, floats and flippers, and not forgetting the adults there are several nights for adults and ladies only.

Adults Only Swim/Steam Sessions

Need a break? Scalloway pool continues to offer adult only sessions on Monday and Thursday nights, free from the hustle and bustle of daily life. On a Wednesday there is a ladies only session. These sessions remain busy, allowing adults to swim their lengths freely without interruption. After a good work out in the pool, customers are free to enjoy the relaxing attributes of the bubble pool or steam room. With tranquil lighting and suitable music playing in the background, what other perfect way can you think of to end your day.

Aqua-Natal Aerobics

Throughout the year a qualified midwife takes an aqua-natal class every Wednesday night between 7pm and 8pm. The non-weight bearing class consists of cardiovascular exercises, free weights and much more, all to the sounds of motivational music and is a great way to continue exercising, keep fit and improve core strength. At the end of the class the mums to be are given



Cameron Sandison and Eliyah Harvey making the most of a fun session.

Photo Kevin Jones

time to relax, with subtle lighting and music. The class also allows time to socialise with other mums-to-be and to get to know all the midwives – the perfect way to end any expectant mother's day.

Staff are currently looking at introducing a follow up aqua aerobic class which will be decided at a later date.

Beta League

The Shetland Swimming Association continues to hire the Scalloway Pool

for their Beta League meetings which continue to be largely attended. Teams from all over Shetland come and compete in a number of competitions during the winter months. However due to the bad weather this winter many of the competitions had to be cancelled.

Birthday Parties

Birthday parties are normally held on Saturday and Sundays and these times continue to be perfect slots for all children to celebrate their birthdays. Along with exclusive use of



A birthday party in full flow.

Photo Kevin Jones

Scalloway Pool

all pools activities like Hoopy the Hound inflatable and a large range of floats and toys are available. The spectator area is also available for the children to enjoy their party food afterwards.

Holiday Activities

During the school holidays Scalloway Pool offers a wide variety of activities for all ages and abilities. This includes Aqua Discos, Hoopy the Hound Dog inflatable, Aqua-run and a very popular Easter Egg Hunt held during the Easter holidays. This gets children out of the house and into a good friendly environment with the added benefit of plenty of exercise.

Parent and Toddler

There is a popular Parent and Toddler session held every Tuesday morning between 11am and 12pm. Fun for both parent and baby, the main, toddler and bubble pools can be used and pre-school toys are also set out. This is a great way to build on confidence and fundamentals before going into lessons. The session also allows time for parents to meet and socialise.

School Swimming

Schools from Scalloway, Hamnavoe, Tingwall, Nesting and Whiteness attend Scalloway Pool on a regular basis for blocks of swimming lessons. AHS Additional Support Needs group, hire the pool every Monday morning for an hour during term time, attendance for this is usually four swimmers and their helpers. Scalloway Pool lifeguards have also helped out teachers if they are unable to take the class ensuring that pupils keep up with their curriculum.

Senior Swim

Every Tuesday and Friday from 2pm until 3pm the over 50s have exclusive use of all that the Scalloway Pool has to offer. Whatever a person's age and ability exercise is important and staff will always give assistance and advice if needed. Besides providing a good



Aiden Patterson enjoying his visit to the pool.

Photo Kevin Jones

workout this is an excellent opportunity to socialise. The session remains very popular with new faces and regular customers attending.

Swimathon

This year's Swimathon ran from the 16 - 18 April with swimmers from Scalloway Pool raising a huge total of £2,098.00. The money raised went to the Marie Curie Cancer Care and the Swimathon Foundation.

Swimming Lessons

As always, swimming lessons continued to be very popular throughout the year. An increase in demand lead to the number of lessons per week being increased to 39 enabling over 250 children to receive weekly instruction.

Beginners

Currently there are 10 beginner classes broken down into level 1-4.

On average 60 children attend the block lessons. This builds on the skills learned from pre-school lessons and introduces good technique. These classes are very popular and are in very high demand.

Developers

There has been a substantial increase in these classes which have risen to 7 per week. This has resulted in the number of children attending increasing to an average of 80 per week. The classes solely work on gaining the best technique and improving stamina to allow children to move on to squad standards if they wish. Levels 9-10 are half hour classes with levels 11-12 lasting an hour.

Improvers

There are currently 12 improver classes; this is an increase from last year with an average of 90 children attending weekly. The classes work on the technique introduced in the

Scalloway Pool

beginners' classes encouraging children to reach a higher standard and preparing them for moving on to the developers. Not only do they work on front and back stroke, breaststroke and butterfly are introduced.

Private Lessons

Private lessons as always are held during the school holidays. With a large waiting list for all ages and abilities these lessons are always in high demand. These 'one to one' lessons allow pupils and teachers to work on the certain areas that need to be improved. This can allow a child to move up a level and get a better understanding of where they are going wrong as the teacher's full concentration is on the sole pupil.

Under 5s

There is a large demand for under 5 spaces therefore unfortunately there is a substantial waiting list. Currently there are 10 lessons a week ranging from level 1-4 with 60 children attending. The children have two class teachers available in the water for on hand teaching. The children are introduced to basic pool confidence and rules, as well as learning the basics of swimming in a fun and friendly way.

Activity	Attendances 09/10	Attendances 08/09
Adult Swim & Steam	560	625
Aqua Natal	191	213
Badminton for Beginners*	0	86
Games Hall Parties*	220	840
Holiday Activities	462	639
Games Hall Fun Session*	0	151
Pool Parties	625	1,375
Private Lessons	181	581
Schools	2,260	3,103
Swimming Lessons	8,979	8,492
Trampoline class*	0	133
Total	13,478	16,238

* Activities affected by the handing back the games hall to SIC

The table above shows attendances at various games hall and pool activities:

Plans for 2010/2011

In the coming year it is hoped to improve and expand on the activities, classes and courses on offer and endeavour to provide enjoyable activities for everyone whatever their ability. As employees we will strive to work as a team and continue to improve standards.

The following objectives have been set to achieve this:

- Build on the achievement of the successful swimming lessons by working on organisation and record keeping
- Issue a questionnaire to varying population groups to establish what courses and activities are in demand
- To improve on children's classes by giving feedback to parents
- Offer more swimming activities by increasing the number of trained staff.



A group enjoying the bubble pool.

Photo Kevin Jones

Scalloway Pool

Revenue and Admissions

1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Adult Swim	Revenue	£7,249	£6,715
	Admissions	4,018	4,435
Total Junior Swim	Revenue	£23,414	£21,886
	Admissions	13,524	14,356
Total Adult Pool Hire	Revenue	£133	£0
	Admissions	108	0
Total Junior Pool Hire	Revenue	£2,232	£2,598
	Admissions	1,239	1,402
Total Steam Room	Revenue	£1,439	£1,734
	Admissions	565	669
Total Main Hall	Revenue	£7,887	£16,434
	Admissions	6,585	14,226
Total Spectators	Admissions	7,009	7,896
Total Educational Recharge	Revenue	£15,305	£14,939
	Admissions	2,461	3,103
Total Facilities	Revenue	£57,659	£64,306
Total Facilities	Admissions	35,509	46,087
Other Income			
Total Vending Sales		£17,596	£15,559
Total Miscellaneous Income		£1,852	£2,282
Total Revenue for the Period		£77,107	£82,147

West Mainland Leisure Centre



Looking across Aith Marina towards the back of the centre.

West Mainland Leisure Centre has enjoyed its busiest year since opening in 2002 with just over 55,000 visitors and customers using the excellent facilities.

The impressively designed centre offers a range of sport and leisure facilities which lends itself to good viewing with comfortable seating areas for visitors.

Admission figures in 2009/2010 have increased by 3,000 from the previous year with the overall revenue going up by £5,500 which is very encouraging for the Trust, West Mainland Leisure Centre and the staff.

This year has seen the introduction of new activities such as spinning and junior gym courses where the investment in training by Shetland Recreational Trust has enabled staff to qualify in these areas then deliver these activities.

Shetland College have again utilised the community room as the “West

Mainland Learning Centre” and offered a range of adult based short courses such as ECDL, numeracy/communication, PowerPoint, ebay, creative writing, digital stories and photo book.

The Bruce Family Centre have continued their weekly meetings in the community room and invite parents with young children to their sessions where subjects such as child care and health are discussed.



Shetland College students Marion Young, Terry Mayes and Ina Henry receive guidance from lecturer Emily Garrick.

West Mainland Leisure Centre

Fitness Suite

The Fitness Suite has seen a 28.9% increase in revenue and an 18% increase in admissions from the previous year. The considerable increase can be attributed to the popularity of the Corporate Subscription Scheme and also the general increase in casual usage of the fitness suite by junior members as well as adult members.

Fitness suite inductions are carried out by five members of staff with the junior gym and fitness programme sessions carried out by qualified instructors Michael Gardner, Ewan Anderson and Ruairidh MacKenzie.

Games Hall

Revenue and admissions for the main hall have remained very similar to the previous year with block bookings from Westside Rebels Football Club, Whitedale Football Club, Westside Netball Club, Aith Badminton Club, Aith JH After School Club, Aith JH School and SIC Active Schools.

Active Schools

In January 2010 Jake Williams, SIC Active Schools Co-ordinator, arranged for football coaching sessions to be delivered by Michael Gardner and Ian Anderson. These sessions were open to secondary boys and girls and concentrated on ball skills and 5-a-side football games. This culminated in a secondary football 5-a-side competition in Lerwick at which the Aith/West team competed.

In March 2010 Active Schools Co-ordinator, Louise Jamieson, visited West Mainland Leisure Centre with "Dance Mats". This was advertised as an open session whereby adults and children were invited to come along and "have a go" on the new SIC Active Schools dance mats. This was very popular for the young and "not so" young and provided excellent aerobic exercise as well as being extremely good fun. It is hoped to extend usage at West Mainland



Young dancers have a go on the SIC Active Schools dance mats with instructor Ashley Walterson.

Leisure Centre of the dance mats in 2010/2011.

After School Club

Between January and March 2010 on Wednesday and Thursday during the school term the After School Club met from 3.30pm to 5pm. The activity was organised by Aith Junior High and involved group participation sports such as dodgeball.

Aith Badminton Club

The Aith Badminton Club held its club night every Tuesday from 7-8pm inviting some of the older junior

players to come along and gain more badminton experience. The club enjoyed a successful season with the Aith B team winning the Shetland Badminton Association 2nd division and the Aith A team competing well in the 1st division.

Birthday Parties

Birthday bouncy castle and games parties are still popular with 17 parties booked in for 2009/2010. The community room is also made available for customers to arrange a "birthday tea party" which is always appreciated by parents and children alike.

West Mainland Leisure Centre

Fifty Plus Club

In 2009, additional to the Tuesday morning slot of 11am to 1pm and through popular demand, the centre organised a 50 plus year old activity session every Friday from 2-4pm. This has been very popular and offers main hall activities such as short tennis, table tennis and badminton. Due to the two 50 plus year old sessions per week annual attendance numbers have risen this year with a very good retention of customers for this activity.

Football

Shetland Works League Team Westside Rebels block booked the hall for two hours every Wednesday from September 2009 through to March 2010 and Whitedale Football Club continued their use of the centre with coaching sessions for under 8 to under 18 year old children every Friday and Sunday from September 2009 through to March 2010.

The numbers of Whitedale Juniors attending the coaching sessions have reached over 100 per week.

Junior Badminton

Junior badminton coaching remains very popular at West Mainland Leisure Centre with good attendance

in both age groups of 7-10 and 11-15 year old children. During the year six juniors have progressed to the Shetland Badminton Development Group and have represented Shetland in their respective age group. Some of the juniors have also competed in and won the local Shetland Junior Badminton Championships.

Junior Indoor Hockey

Coach Michael Gardner again put youngsters through their paces developing their indoor hockey skills. Numbers of juniors who attended were similar to the previous year and it is intended to continue with this activity into 2010/2011.

Junior Trampoline Coaching

Instructor Ewan Anderson, along with assistants Ruairidh MacKenzie and Ashley Walteson, continued coaching sessions for beginners and improvers by developing basic moves and skills allowing the opportunity for children to enter trampoline competitions held annually in Shetland. Although attendance numbers have not gone up since last year this activity still appeals to a number of youngsters.

Parent and Toddlers

Every Thursday morning from 9-11am the centre provides a fun

session for parent and toddlers. Activities on offer are soft play, climbing frame, parachute and games in the main hall and exclusive swimming for the group. This is a fun morning for parents and children with the activity extended to 1pm in the school holiday periods.

Spinning

Instructors Jennifer Thomson and Marianne Hughson delivered spinning classes, a new activity to the centre, which proved hugely popular and was fully subscribed. Spinning bikes were borrowed each week from Clickimin Leisure Complex for two sessions on Thursday nights.

Following the success of the classes Ewan Anderson and Michael Gardner went on to train and become qualified spinning Instructors and, with the introduction of new spinning bikes, are looking to develop spinning at West Mainland with a spinning block due to start in April 2010.

Westside Netball Club

Westside Netball Club again used the centre from August 2009 through to March 2010 with some of the Westside girls going on to represent Shetland in competitions on mainland UK and becoming involved in the Shetland Junior Netball Development Group.



Spinning instructor Michael Gardner puts a class through their paces on the spinning bikes.

Photo Kevin Jones

West Mainland Leisure Centre



Concentration required by this Whalsay junior netball player in a recent encounter against the Westside team.
Photo Kevin Jones

Activity/Class/Course	Attendances 09/10	Attendances 08/09
Adult Evening	398	428
Aquarobics	97	114
Badminton Junior	704	789
Boxfit Junior	–	72
Dodgeball Junior	–	186
Fifty Plus Club	534	313
Fitness Suite Inductions	74	–
Group Swimming Lessons	1,187	1,260
Hockey Junior	199	158
Holiday Multi Sport Activity	232	198
Individual Swimming Lessons	712	652
Parent and Toddlers	412	434
Spinning	160	–
Trampoline Coaching	355	497
Total	5,064	5,101

Squash Court

Revenue and admission figures for the squash court have decreased slightly from the previous year. Mini squash coaching sessions were taught in the school holidays by Ashley Walteson and Ian Anderson.

Casual booking of the squash court is still the main source of revenue and admissions but senior and junior coaching courses are planned for 2010/2011.

Swimming Pool

The swimming pool admissions have increased this year by a very healthy 38.5% with revenue going up by 18.4%.

The introduction of parent and toddler Duckling sessions in September 2009, additional individual lessons, continued popularity of group lessons and casual bookings have all been contributory factors towards the positive statistics. ASA coaches Ashley Walteson, Ruairidh MacKenzie, Michael Gardner and Ewan Anderson deliver coaching from Scottish Swimming Awards levels 1-8 along with individual lessons and the Ducklings parent and toddler sessions.

ASN Groups

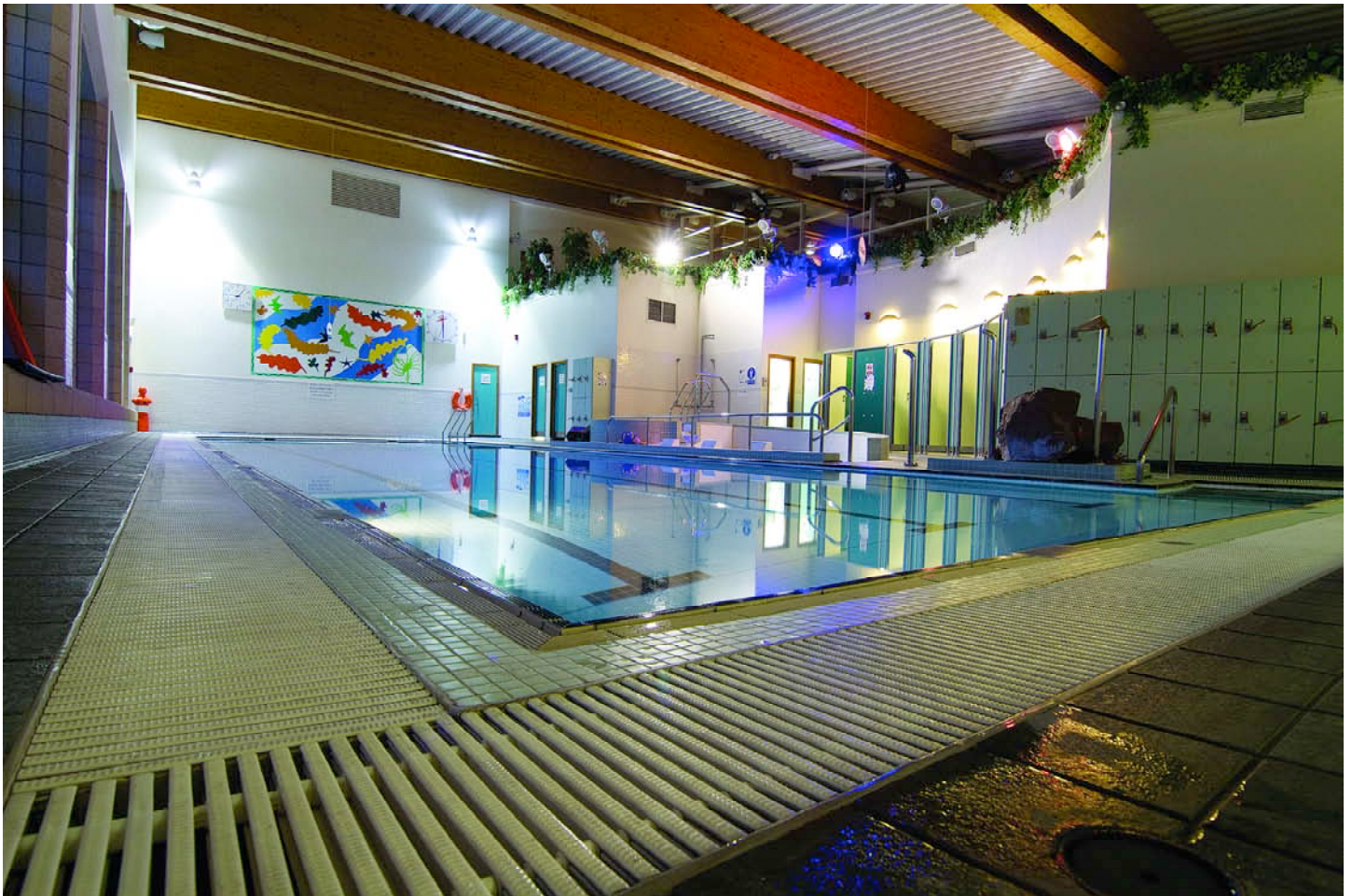
Throughout the school holidays in 2009 and 2010, ASN groups from Lerwick have made bookings for activities in the centre. Along with dry side activities such as trampoline and ball games the group make full use of and enjoy the swimming pool, spa pool and water cannons.

This is a fun filled visit for the group who also use the community room as a base for their lunch and snack breaks.

Ladies Only Aquarobics & Swim/Steam Sessions

On Wednesdays Ashley Walteson delivered aquarobics in the swimming pool for ladies. Numbers for

West Mainland Leisure Centre



A ground level view of the swimming pool.

Photo Kevin Jones

aquarobics sessions have gone down slightly this year but some customers prefer only to attend the swim/steam hour held immediately after the aquarobics.

Pool Parties

This year there have been 18 pool parties where children could have a fun hour on the large pool inflatable and use of pool features such as water cannons, finger jets and spa pool followed by a birthday party tea in the community room.

Sub Aqua Club

Zetland Sub Aqua Club have continued their bookings in 2009/2010 and utilise the swimming pool to train beginner divers in basic diving skills in restricted water depth before progressing to sea diving.

Plans for 2010/2011

Through better marketing using e-communications and investment in

staff development to instruct specialist activities such as spinning and fitness programmes we hope to move forward in 2010/2011 and increase revenue/admissions.

It is also intended to increase efficiency of the building's operational running costs by reducing electricity and fuel usage through the introduction of swimming pool covers and by better management of electrical appliances and lighting.

West Mainland Leisure Centre

Revenue and Admissions

1 April 2009 - 31 March 2010

Source		Actual to 31/3/10	Actual to 31/3/09
Total Main Hall	Revenue Admissions	£14,945 14,775	£14,670 15,509
Total Swimming Pool	Revenue Admissions	£14,224 12,277	£12,009 8,863
Total Squash	Revenue Admissions	£873 714	£950 567
Total Community Room	Revenue Admissions	£4,182 7,792	£3,700 8,182
Total Fitness Suite	Revenue Admissions	£10,946 3,671	£8,492 3,112
Total Health Suite	Revenue Admissions	£1,977 603	£1,935 1,062
Total Spectators	Admissions	3,357	3,476
Total Educational Recharge	Revenue Admissions	£13,589 11,879	£13,490 11,245
Total Facilities	Revenue	£60,736	£55,246
Total Facilities	Admissions	55,068	52,016
Other Income			
Total Vending Sales		£7,636	£8,007
Total Miscellaneous Income		£351	£295
Total Revenue for the Period		£68,723	£63,548

Health and Fitness

This has been a very busy year for Diane Leyland, Health & Fitness Manager who has been developing and implementing various projects providing opportunities for Shetland to get 'Fit for the Future' with new initiatives aimed at getting more people active, promote fitness and provide pathways.

New classes have sprung up and more activities are available for everyone from parents with babies to senior Aquaerobics – soon to start will be 'Tea Dances'! Staff have continued to develop popular courses with the introduction of 'Baby Bond' a new class for babies aged 6 weeks to 6 months. This is the first step on the courses ladder for pre-school children. Following this there is 'Baby Gym' (6 months to walking), 'Play and Go' (under 3 years), 'Gym Tots' (under 3 years), 'Gym Kids 3 years' and 'Gym Kids 4+ years'.

The 'Relax Kids' classes have further developed with separate sessions for pre-school and school aged children. In addition to these staff have made visits to 12 schools including additional support needs classes and have also made visits to various nurseries.

Gymnastics has continued to expand and during the past year over 140 young gymnasts have attended on a weekly basis. The sport is in now in a strong position to go forward and become independent from SRT.

Trampolining is still very popular and the centre continues to offer classes for various levels and age groups including very busy pre-school sessions.

Over the coming year there are plans to expand the courses further with some new exciting ideas – watch out for 'Peerie Kickers' and 'Gym-tastics'!

There was no lack of willing folk prepared to put themselves forward to get 'Fit for the Future' at the SRT



Diane Leyland receiving a defibrillator on behalf of Clickimin Leisure Complex, donated jointly by the Shetland Branch British Heart Foundation (BHF) and National body of the BHF.
Photo Dave Donaldson

Boot Camp! 7 candidates were selected, Tam Rowley, Graham McAllister, Susan Anderson, Elaine Jamieson, Terry Williamson, Catriona Campbell and Gordon Williamson, and were trained personally on a one-to-one or buddy system. Making a healthy lifestyle change was the first step by gradually increasing their exercising level, aiming to improve their health.

Within the first few weeks, all the signs were positive. The candidates made steady progress and staff were delighted by the enthusiasm and dedication they showed. At the end of the 6 month project 7 people had achieved their goals. The public voted

Terry Williamson as the overall winner but congratulations went to all 'Get Fit Boot Camp' members on their achievements – they were all winners!

Clickimin Leisure Complex was a hive of activity for 600 Primary School children who attended a 'Health & Fitness Educational Visit' to coincide with their Health Weeks, providing a hands-on visit with the emphasis on the benefits of a healthy active lifestyle. This extremely successful project, part funded by the Zetland Educational Trust, engaged pupils in the ethos behind SRT 'improving the condition of life for the inhabitants of Shetland'. The fitness team provided the opportunity for the children to



Having fun with ribbons at Gym Kids.

Health and Fitness

Bally Bree School,
Gilbertson Road,
Lanrick,
Shetland,
ZE1 0QJ
8/6/09

Dear Diane and the Health and Fitness Team,

Thank you for giving up your time to spend with our class. I really enjoyed going under the pool and in the room that was really hot. I was very interested about the pupes. I loved making smoothies with Satchai. I'm going to make some smoothies with Satchai. I really enjoyed the fruity taste of them. The slide-show was amazing! I never knew about the history of Clickimin. The best bit was definitely when we did the exercises in the squash courts. After school I always do some skipping and some of the exercises I learn on Wii fit.

Yours Sincerely,
Sonja Thomson



participate in an 'express fitness class', a full tour of the complex (even under the pool!), view a presentation on 'how SRT began' and taste a healthy Smoothie, encouraging the use of fresh fruit and it's benefits during exercise.

A Marketing Strategy was produced which links together the aims and objectives for all the centres forming Shetland Recreational Trust. The Strategy will not only benefit the Trust but will make best use of it's resources to market services and facilities effectively.

Working alongside NHS Cardiac Nurse Specialist Marie Hurson, Diane Leyland has implemented a community-based Cardiac Rehabilitation Phase IV exercise programme within SRT. Funding was received from NHS Shetland to train SRT Fitness Advisor Jennifer Thomson as a BACR Phase IV Exercise Instructor. The project offers a structured exercise programme in an appropriate safe environment, a crucial part of recovery and long term maintenance of physical activity/lifestyle change, through regular weekly classes targeted at many deserving patients after a heart

attack or heart surgery. Clickimin now welcomes patients graduating from NHS Phase III exercise classes, continually improving their fitness levels.

The British Heart Foundation has gifted SRT an essential external defibrillator (AED). As part of SRT's First Aid training programme, Managers and Duty Officers at Clickimin are now qualified to use this vital piece of equipment should it be necessary.

A joint partnership agreement was forged between the SIC and SRT and the sum of £14,000 agreed for a Sport and Physical Activity Project. The main outcome of the project was to offer young people between 17 and 24 an opportunity to participate in Sport and Physical activity throughout the islands.

Across all rural facilities, 12 staff members have now completed exercise and fitness knowledge training and have achieved qualifications as Gym Instructors. This allows them to provide Gym Inductions, Fitness Programmes and deliver Group Fitness classes.

The get 'Fit for the Future' drive has been aimed at all age groups in Shetland. Joining forces with Shetland Youth Voice was an opportunity to actively target teenagers and provide the facility with selected activities to promote exercise. This was held at Clickimin in July. SRT's aim was to deliver the message that exercise can be a preventative or wellness activity that may actually help prevent physical and emotional conditions.

The conference was a platform for young folk to have a 'hands-on' experience, trying out new forms of physical activities from Ice-Skating, Jazz Dancing and Volleyball to Climbing and Extreme Frizby. The complex was a hive of activity with groups of enthusiastic teenagers buzzing between activities and

Health and Fitness



Mums and their babies enjoying Baby Gym.

enjoying the challenges of different forms of exercise. This was a very successful day with a total of 120 youths attending along with 40 support workers joining in all activities.

Following on from discussions between SRT and the SIC regarding employee health/wellbeing and new initiatives to reduce the number of sick days, a Health Fair Day was held in September. Diane attended to promote the SRT/SIC Corporate Leisure Scheme and deliver a presentation on Exercise and Wellbeing.

A 'Clickimin Activity Team' was formed with the aim of providing new activities, courses and events within the complex. The team, made up of a cross section of employees, have bonded together and provided creative ideas. One of their major successes is the Saturday morning 'Family Fun Frenzy' seeing up to 100 participants and aimed at the younger market.

Some other Health & Fitness promotions during the year include:

- Shetland Active Strategy – development of Strategy by SRT, SIC and NHS for Active Shetland

(Physical Activity, sport and Facilities)

- Group Fitness Training – aimed at indoor fitness training for clubs
- As part of the Get Active Shetland (GAS) Project, Fitness Advisor Karen Craigie attended a course focusing on young athletes and land training for swimmers entitled Youth Functional and Sports Specific Training
- New SRT classes – 'Supple Strength', 'Boot Camp Fitness', 'Senior Spinning', 'Baby Bond', 'Spinning' and 'Studio Gym' throughout rural centres
- Annual Sports Awards – supporting sports achievements throughout the year
- SRT vouchers for SRT facilities to all participants in 'Mind Your Head' Spiggie Run 2009
- Health & Fitness contribution to SIC newsletter
- Anderson High School – providing Fitness Suite inductions for all S4 pupils
- 3 visitations by AHS S2 biology pupils to Clickimin. Information provided on health & wellbeing highlighting the effects of exercise on the heart
- Supporting Active Schools by providing Dance exercises
- CLAN Dancing – Staged at Clickimin, contribution on judging panel.



Ian Anderson, Manager West Mainland Leisure Centre, Angela Williamson Senior Recreation Assistant and Richie Hutchison Employed Trainee at Whalsay Leisure Centre on their bikes taking part in the SRT 'cycle to work day'.

Support Services

The previous pages highlight the diverse range of activities that the Trust has offered during the last 12 months. The employees of the Support Services Department play a valuable role in the success of the organisation ensuring that operational staff are fully equipped to deliver the highest possible level of service to the community.



Frances Hornal
Administration
Officer



George Mustard
Training &
Development
Officer



Gregor Manson
Communications
Officer



Jean Sinclair
Personal
Assistant



Karen Mackay
Clerical Assistant



Shona Nisbet
Support Services
Manager

Missing from photo: Eileen Mowat, Finance Officer.

Shetland Recreational Trust progressed to a new method of managing members subscriptions. Rolling subscriptions were introduced for direct debit and corporate subscription customers and iBacs software was installed to help make the administration of subscriptions more efficient. These efficiency savings have been passed onto direct debit customers who are no longer charged the £40 administration fee.

During 2009 the department started using a newly launched Internet Banking system which will eventually replace the current Telebank system. The Internet Banking system is a modern, quicker system allowing greater flexibility in money management. Due to this two new Charity Trust Investment accounts have been set up providing improved interest rates which helps to maximise income.

The department started the process of collecting all suppliers' bank details in order to pay them by Bacs; the current system of paying by cheque is costly and time consuming. Using Bacs allows the Trust to reduce costs

by not purchasing cheques while being able to keep tighter control of finances as the money is paid directly into suppliers' bank accounts.

The management of absence throughout the Trust has been a key priority for the department this year. This began with the collection of data which can be analysed at an individual, department or organisation level. Managers have found this and the reintroduction of Return to Work Discussions invaluable in the management of absence.

The department plays an important role in the organisational support of the Trustees and General Manager. As a result of the ongoing review of the Trust – initiated to ensure compliance with the Office of Scottish Charity Regulator (OSCR) – this support is proving more vital than ever. One of the major tasks carried out this year is the production of a Trustee Handbook. The handbook is in place to help new Trustees become familiar with their role and responsibilities.

During the summer of 2009 a major IT project was completed which saw

all Shetland Recreational Trust sites merged into one communications network. The project was run in partnership with Shetland Islands Council and uses a mixture of fibre-optic cables and radio links. The immediate benefits of this project have been:

- Network file sharing.
- Improved e-mail communications.
- Reduced internet connection costs.
- Easier network administration.

This project has also brought the Trust a step closer to realising a long term aspiration of one, centralised bookings membership database which will benefit staff and customers alike.

SRT offers Employed Trainees the chance to attain SVQ Level 2 in Sport, Recreation and Allied Occupations: Operational Services qualification over a two year period. SVQ's are benchmarks of competence. Their purpose is to show that someone who achieves an SVQ really can do the work the SVQ covers, and can do it to a standard of competence that has been defined nationally. The SVQ

Support Services

qualification is administered by the Support Services Department. Below is a list of Employed Trainees who have completed the qualification this year:

Name	Facility
Ashley Walterson	West Mainland
Faye Richardson	Unst
Jennifer Simpson	Yell
Kyle Duncan	Scalloway
Sam Forbes	Clickimin
Stuart Lavender	North Mainland

Jennifer Simpson was entered for the Skillseeker of the Year Award at Annual Shetland Training Awards held in November and achieved a credible second place.

As part of the commitment to the Skillseeker programme there are eight senior staff currently undertaking training with Shetland College towards the A1 Assessors award.

The department also organises a range of short-courses in order to aid staff development. Below is a list of some of the notable training courses that were provided during the last year:



Shetland Training Awards – Jennifer Simpson receiving her SVQ Level 2 award from Marie Robertson of Skills Development Scotland and George Mustard Training & Development Officer.

Course	Number of Attendees
ACAS Effective Disciplinary Investigations	9
ACAS Managing Absence	20
CIPD Advanced employment law practitioner	1
CIPD Employment law training	4
Exercise & Fitness Knowledge Level 2	13
Health & Fitness Gym Instructors	13
Health & Safety Level 2	49
HR and Payroll update	1
HSE (Health & Safety Executive) First Aid at Work	7
HSE (Health & Safety Executive) First Aid at Work – Renewals	9
IOSH Managing Safely	5
IOSH Safety for Senior Executives	7
Keeping Children Safe	52
Legionella Awareness	3
Mentally Healthy Workplace training	3
PASMA Accreditation – Mobile Access Tower	10
Scottish Swimming – Quality Counts Swim Tutors CPD	1
Shetland Child Protection Committee 1 day refresher course	6
Spinning Instructors	10
Spinning Instructors update	4
UKCC Level 1 Teaching Aquatics	10

Technical Services

This year has seen a lot of changes and reorganising of the original Planned Maintenance Programme due to changing circumstances and work having to be rescheduled. A limited budget and stricter budget controls meant that any necessary programme changes which had additional cost implications had a knock on effect on the rest of the programme.

At the North Mainland Leisure Centre replacement of all domestic water services pipe work which runs externally in the soffit areas was planned. However, due to nesting birds and young chicks hatching, this work had to be postponed until October when they had all flown their nests. Unfortunately the damage which the birds had done meant that staff had to replace not just the domestic water pipe work and insulation but also the heating pipe work insulation. Fine stainless steel mesh has now been fitted to all the vents in the soffit panels in an attempt to stop the invasion of our feathered friends.

Working in October meant that weather protection had to be added to the external scaffolding making working conditions more difficult. Because the soffits could not be opened, the facility had to be closed for a period of time to allow original pipe work to be replaced using the same routes. All the original copper pipe work was removed and replaced with stainless steel, with additional isolation valves being fitted to allow for better maintenance. The whole system was flushed and sterilised before being put back into action. This is the second pipe work replacement programme which has been successfully carried out by the inhouse team, which helps reduce costs and is less disruptive to the centres normal operations.

While the centre was closed it was decided to carry out some additional repairs to the pool Air Handling Unit.

The pool tank was also drained and given a deep clean and all broken tiles were repaired and grouted. As the glass mosaic tiles on poolside are no longer available, broken tiles were replaced with similar ones removed from the cubicles where an alternative type of tile could be used.

The underwater lights at North Mainland had not been working for some time due to damaged fittings and faulty cabling. The light fittings have now all been replaced with the new LED low energy lights which are colour changing and can be remotely controlled from poolside. The new lights while expensive to purchase are very efficient and only require 25 watt to run with a life expectancy of 100,000 hrs compared to the old lights at 300 watt with a life expectancy of 2,000hrs. If these lights prove to be successful it may be possible to introduce them throughout the Trust.

With energy costs increasing at an alarming rate staff have been examining ways in which they can be reduced. Experiments have been

carried out in some of the centres where the use of a liquid pool cover to retain heat and reduce humidity in the pool areas was compared with fitting a black plastic sheet over the pool surface when the pool is not in use.

Both experiments have been relatively successful but it is difficult to choose which system is better as they both have good and bad points. The liquid pool cover is relatively easy to install as it is just a liquid which floats on the surface of the water and creates a barrier which prevents heat and moisture loss. It is completely safe to swim through and reforms itself after the swimmer has passed. It does however need to be topped up on a regular basis and as well as the staffing cost the liquid cost itself is considerable. The black plastic sheet has proved very successful and has shown a significant saving in oil consumption. The down side to this method is that while the plastic sheet is relatively cheap to buy the fitting and removal of the sheet requires additional staff time and it can be easily damaged. Staff will continue



Colin Nicolson Technical Services Supervisor, the first member of staff to reach 25 years service, receiving his award from Chairman Joe Irvine.

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with the experiment for some time yet. Advances have been made in the manufacture of different types of pool cover which are more efficient and easier to fit so it may be that these are introduced in the future.

Some further work has been done to identify ways of reducing energy costs by reducing motor speeds or using the Building Management System (BMS) to control and switch on systems only when the building or facility is used. Further work is being done on this but will depend on the availability of funding.

Another round of Disability Discrimination Act (DDA) Audits has

taken place and this has again highlighted areas where some improvements can be made. Due to the financial restraints now in place these improvements can only be added to the ever increasing list of outstanding tasks and await their turn in order of priority.

Following the recommendations made in the Health & Safety Officer's Report a new training programme was agreed and is now well under way. A Health & Safety standard has also been agreed which will reduce risk to staff, public and the Trust, and it is up to everybody to try and maintain that standard in the future.

Again this year difficulties have been experienced attracting suitable external contractors to work in Shetland at reasonable prices and a couple of jobs had to be cancelled because the cost was too high or the contractor could not meet their obligations.

With no final agreement on the restructure of the Planned Maintenance Programme and the difficulties of trying to operate with a standstill or reduced budget, 2010/11 will again provide major challenges on how to maintain the facilities to an acceptable standard.

Notes