

ACTIVITY	AGE / CLASS	PRICE	COVERED BY MORE4LIFE	DESCRIPTION
Easter Dive	All ages	£5.50/ £3.80		Collect a numbered ring from the bottom of the pool for the chance to win an Easter Egg! Just pay for a swim as normal. *Pool admission rules apply.
Climbing Classes	All ages	£10.10/ £6.40	MORE life	Come and have a go on our climbing wall and learn the basic skills. Come & try's and Inductions available.
Bounce Mania	All ages	£3.30		Bouncy Castle, soft play, and more! Children aged under 6 years must be accompanied by an adult & children under 1 years go free.
Pool Inflatable	All ages	£3.80		See if you can get to the end of our "Shiver Me Timbers" pool inflatable without falling off! *Pool admission rules apply.
Splash Disco	All ages	£3.80		Enjoy a session in the pool with our big floats, pool toys and flippers in a disco environment! *Pool admission rules apply.
Floats & Flippers	All ages	£3.80	MORE life	An hour jam-packed full of fun, with our big floats and a varied sizes of flippers available. Watch out for the water cannons...
Pool Fun with Stepping Stones	6+ Years	£3.80		Try get to the end of our stepping stones without falling off, it's harder than it sounds!
Parent & Child	Pre-School & Primary	£3.80		Sociable session for parents and children with soft play and swimming pool
1 to 1 Swim Lessons	3+ years	£20.10		1 to 1 swimming lessons can help boost confidence in the water and improve swim strokes. Please ask at reception for full range of times.
Otago	Referral required	£3.30	MORE life	These fall prevention exercise sessions include a basic warm up and strength/balance exercises. GP Referral is required for this class.
Aqua Circuits	Secondary 4+	£6.55	MORE life	Water based workouts are suitable for all, with a variety of aerobic & toning stations that work the entire body.
50+ Swimming	50+ years	£5.50/ £3.80	MORE life	A relaxed session for those aged 50 and above. Exclusive use of the pool and health suite.
Spinning	Secondary 4+	£6.55	MORE life	Challenge yourselves with simple moves at varying intensities on our static exercise bikes, with motivational music and an instructor to guide you all the way.
Pool Ball Games	8+ Years	£3.80		A variety of pool sports, including water polo, pool volleyball and water rounder's. A great opportunity to try some new water activities
Come & Try Volleyball	8+Years	£3.30		A perfect chance to give volleyball a go if you have never played or would like to give it a go again. The session will be game based packed full of competition!
Fun & Games	6+ Years	£3.80		Relay races, Dodgeball, Rounder's and lot's of fun, a great session to burn some steam off during the Easter break.



Easter Activities

Adult & Junior guide

Monday 1st April

Sunday 14th April inc.



shetland recreational trust
Scottish Charity SC002179

Tel: 01595 807713

MON 1
Parent & Child (J) (Pool & Hall) 0930 - 1130
Pool Inflatable (J) 1400 - 1500
Bounce Mania (J) 1515 - 1615
Aqua Circuits (A) 1930 - 2015

TUE 2
50+ Swimming (A) 1100 - 1230
Come & Try Volleyball (M) 1600 - 1700
1to1 Swim Lessons (M) 1630 - 1700 1700 - 1730
Splash Disco (J) 1930 - 2030

WED 3
1to1 Swim Lessons (M) 1230 - 1300 1300 - 1330 1330 - 1400
Pool Ball games (J) 1600 - 1700
Climbing come & try (M) 1500 - 1600 1600 - 1700
Climbing Induction (M) 1700 - 1800
Aqua Circuits (A) 1930 - 2015

THU 4
1to1 Swim Lessons (M) 1430 - 1500
Pool Fun with Stepping Stones (J) 1500 - 1600

FRI 5
50+ Swimming (A) 1000 - 1130
Floats & Flippers (J) 1415 - 1515

SUN 7
1to1 Swim Lessons (M) 1030 - 1100 1100 - 1130
Easter Dive (M) 1200 - 1500
Climbing Induction (M) 1130 - 1230
Climbing come & try (M) 1245 - 1345 1400 - 1500

MON 8
Parent & Child (J) (Pool & Hall) 0930 - 1130
Pool Inflatable (J) 1400 - 1500
Bounce Mania (J) 1515 - 1615

TUE 9
50+ Swimming (A) 1100 - 1230
Come & Try Volleyball (M) 1600 - 1700
1to1 Swim Lessons (M) 1630 - 1700 1700 - 1730
Splash Disco (J) 1930 - 2030

WED 10
Otago (A referral) 1130 - 1230
1to1 Swim Lessons (M) 1230 - 1300 1300 - 1330 1330 - 1400
Pool Ball games (J) 1600 - 1700
Climbing come & try (M) 1500 - 1600 1600 - 1700
Climbing Induction (M) 1700 - 1800
Spinning (A) 1800 - 1845
Aqua Circuits (A) 1930 - 2015

THU 11
1to1 Swim Lessons (M) 1430 - 1500
Pool Fun with Stepping Stones (J) 1500 - 1600
Fun & Games (J) 1600 - 1700

FRI 12
50+ Swimming (A) 1000 - 1130
Floats & Flippers (J) 1415 - 1515

SUN 14
1to1 Swim Lessons (M) 1030 - 1100 1100 - 1130
Easter Dive (M) 1200 - 1500
Climbing Induction (M) 1130 - 1230
Climbing come & try (M) 1245 - 1345 1400 - 1500

*Please check our Timetable for Individual Lessons, Public and Lane Swimming

KEY: Junior (J) | Adult (A) | Mixed (M)