



shetland recreational trust



ANNUAL
REPORT
2012-2013

The Twenty-Eighth Annual Report of

Shetland Recreational Trust

1 April 2012 – 31 March 2013

Contents

Chairman's Introduction	Page 2
Trustees' Report	Page 3
Trustees	Page 3
Managers / Officers	Page 4
Admissions	Page 4
Principles of Operation, Aims and Objectives	Page 5
Clickimin Leisure Complex	Page 6
Unst Leisure Centre	Page 23
Yell Leisure Centre	Page 31
North Mainland Leisure Centre	Page 37
Whalsay Leisure Centre	Page 43
South Mainland Pool	Page 50
Scalloway Pool	Page 56
West Mainland Leisure Centre	Page 61
Health and Fitness	Page 67

Shetland Recreational Trust • An organisation accepted by the Inland Revenue as having Charitable Status

Enquiries to:

General Manager, Shetland Recreational Trust, Clickimin Leisure Complex, Lochside, Lerwick ZE1 0PJ
Telephone: 01595 741000 • Fax: 01595 741001 • Email: mail@srt.org.uk • Website: www.srt.org.uk

Front cover: A proud moment for John Nicolson, who has kept the sporting fires burning for many years in Shetland, as he carries the Olympic Torch past an appreciative crowd at Clickimin Leisure Complex. Photo: Kevin Jones



Shetland Recreational Trust

It gives me great pleasure to introduce the 28th Annual Report of Shetland Recreational Trust.

Once again the report illustrates the huge range of sporting and leisure activities enjoyed by our customers in the eight centres and credit must go to the staff throughout the Trust for ensuring that the quality of courses and facilities continue to attract large numbers of users with a wide range of abilities and interests. Overall admissions are down by 2.7% which is mainly due to a reduction in schools' use but the total still exceeds 700,000 and, as we can see from the graph on page 4, the grand total for the last 28 years is more than 14.5 million. For a population which has averaged less than 23,000 in that time, this is a truly remarkable statistic. We must also remember that this has only been achieved thanks to the substantial grants received from Shetland Charitable Trust and its predecessor Shetland Islands Council Charitable Trust for buildings and running costs..

Without this support the SRT could not operate and up until this last year we relied on an annual grant from Shetland Charitable Trust which has been reduced over the last few years. This has now been fixed for a three year period and this report covers the first of those years. Again we must be grateful for this continuing support and the trust which is placed upon us to achieve our annual targets over the three year period.

The success of the organisation is due to the staff we have and their loyalty to the SRT. More 25 year service awards have

been made and Maurice Haining, Bertie Cooper and David Gear are pictured on page 3 after the presentation.

The last year has been a very successful one for the Trust with Shetland gaining international recognition by winning the European Community of Sport Award for 2013. The judges were very impressed with SRT centres and the contribution made by staff to sport in Shetland. With Shetland Sport Strategy now firmly in place and the lead in to the 2014 Commonwealth Games in full swing the next year should prove even more exciting.

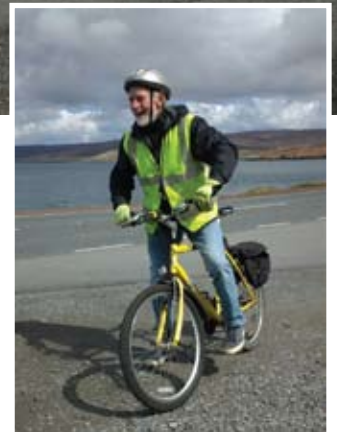
The annual Shetland Sports Awards again proved popular and the co-operation of the SRT, The Shetland Times, sportscotland and Active Schools culminated in another successful ceremony at Clickimin in November. A full report can be found in the Health and Fitness Section.

On the down side we reluctantly agreed to the future closure of the very popular and highly regarded Clickimin Campsite. In all cases trustees have to do what they feel is best for the long term future of the Trust and having the Clickimin Leisure Complex upgraded to provide all the sporting facilities for the new Anderson High School will guarantee it's future for the next 25 years.

J A Irvine
Chairman



Seen here are the team of inspectors from the European Capitals and Cities of Sport Federation (ACES Europe) after making the announcement at the Shetland Museum that Shetland would be the European Community of Sport in 2013. From left: James Johnston (SIC Active Schools Manager), Neil Watt (SIC Sports & Leisure Executive Manager), Neville Martin (SRT Vice-Chairman), John Swanson (Head Vice President ACES Europe), Robert Geddes (Clickimin Leisure Complex Manager), Gian Francesco Lupattelli (ACES Europe President), James Johnston (SRT General Manager), Councillor Cecil Smith (Chair of Social Services Committee), James Logue (Honorary President ACES UK), Councillor Gary Robinson (Political Leader), Shona Nisbet (SRT Depute General Manager), Joe Irvine (SRT Chairman), Willie Shannon (SRT Strategic Development Manager) and Blane Dodds (President ACES UK) Photo: Kevin Jones



Chairman Joe Irvine setting a good example and enjoying his cycle at Mavis Grind.



Celebrating 25 years working for Shetland Recreational Trust. From left: James Johnston (General Manager), Bertie Cooper (Technical Services Manager), Joe Irvine (Chairman), Maurice Haining (Clickimin Leisure Complex Assistant Manager) and Bryan Leask (Trustee).



Neville Martin (Vice-Chairman) presenting David Gear (Yell Leisure Centre Manager) with his certificate.

Trustees' Report

The Trustees present their annual report and audited financial statements for the year ended 31 March 2013.

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

Mr N A Martin
Vice Chairman
Swinister, Sandwick

Miss L A Irvine
20 Hogalee, East Voe, Scalloway

Mr W A Jamieson
School House, Mid Yell

Mr G P Keith
South Gardie, Aith, Bixter

Mr I Kinniburgh
The Knowe, Toab, Virkie

Mrs A Y Leask
17 Ackrigarth, Lerwick

Mr B J Leask
42 Nederdale, Lerwick



Shetland Recreational Trust

Managers / Officers

General Manager
James Johnston

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

Technical Services Manager
Bertie Cooper

Health & Fitness Manager
Diane Legget

Clickimin Leisure Complex Manager
Robert Geddes

Unst Leisure Centre Manager
Matthew Cox

Yell Leisure Centre Manager
David Gear

**North Mainland Leisure Centre
Manager**
Lorraine Gifford

Whalsay Leisure Centre Manager
Ian Simpson

**Scalloway / South Mainland Pools
Manager**
Steven Smith

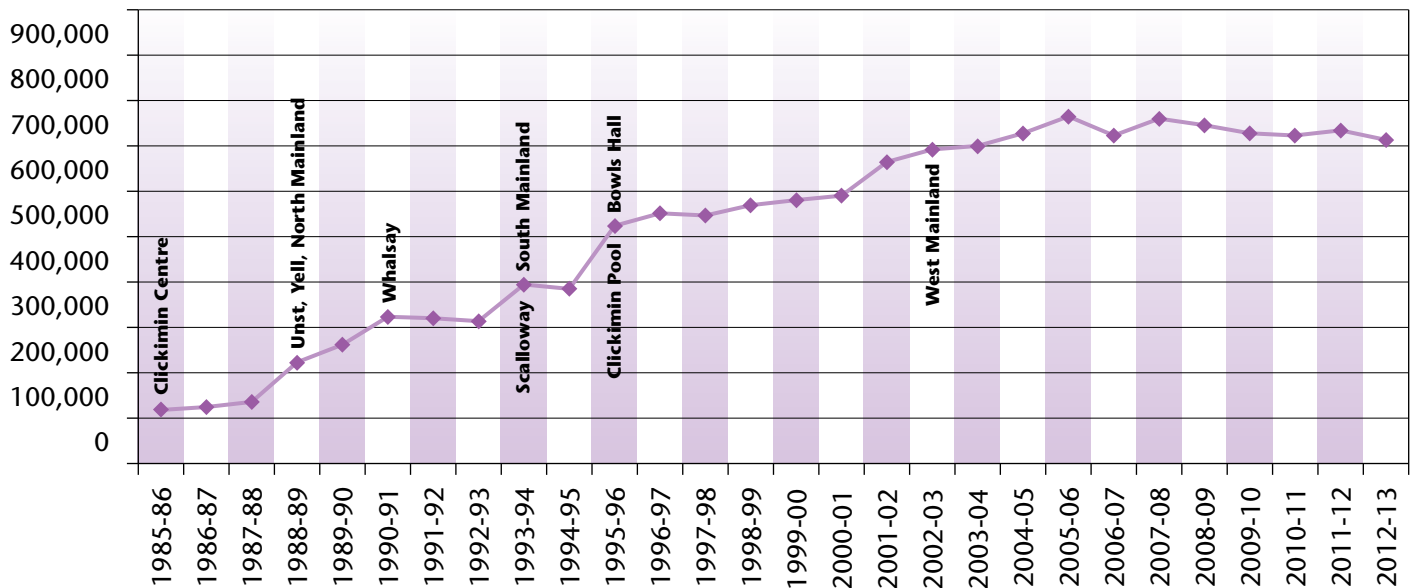
West Mainland Leisure Centre Manager
Ian Anderson

Administration Officer
Frances Hornal

Finance Officer
Eileen Mowat

Training & Development Officer
George Mustard

Admissions



Total admissions at all centres 1985 to 2013

14,620,213

Centre opening dates

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



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

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

The Shetland Recreational Trust is a charity registered in Scotland, No: SC002179



Clickimin Leisure Complex

Challenging times during 2012/13 were met head on by Clickimin Leisure Complex and the 416,498 customers who attended the facility are evidence that the Complex is a vital asset to the local community of Lerwick and beyond. Revenue increased by 3.1% over the previous year's figures with notable increases in main hall and pool revenue.

The success of the London 2012 Olympics inspired many to get

active and participate in sport and recreation. The staff of the Complex are there to motivate and help customers achieve their goals whatever they may be. There were so many success stories and athletes that people now aspire to be like and this enthusiasm will help direct future programming and the activities offered, embracing the feel good factor around sport at the moment. With the Glasgow 2014 Commonwealth Games just around

the corner this is a good time for sport in Shetland, Scotland and the UK.

Away from sport the Complex continues to be used to host a number of non-sport conferences and events. The size and versatility of all the areas ensures events can be programmed and the vision identified back in the build stage by Trustees is evident with the diverse range on offer.

Outdoor Facilities Caravan & Camp Site

"Up Helly Aa 2013. A cracker! No cat. 85mph winds – lovely" So read the most recent entry in the camp site comments book. Peter from St Just in Cornwall returned in January after visiting the site the previous summer and thoroughly enjoyed the whole experience. His reference to the cat related to a stray which seemed to adopt the site as home last summer and which by all accounts was well looked after by numerous visitors!

While the caravan and camp site continued to be well used there was

a significant decrease compared with the previous summer. The total number of visitors went from a high of 8,000 in 2011 down to under 6,500 in the summer of 2012. The overall pattern of visits remained the same as in previous summers with the first real influx over the weekend of the Folk Festival and the site remaining busy from May throughout the summer until September. There followed a significant decrease in October and in the last two months of the year there was only one booking!

Two major events in the early summer saw the camp site fully booked months beforehand. In fact there

were so many requests for caravan pitches for the Relay for Life event in May that temporary stances were organised on the tarred area next to the rugby pitch. This was closely followed in June by the Olympic Torch Relay event and again the site was fully booked well in advance so that people could fully enjoy the atmosphere of the day.

As in previous years the site welcomed visitors from around the globe but invariably they left with the same message – that they had enjoyed their stay and were amazed at the facilities available in Clickimin Leisure Complex. Many left comments:



A carefully parked row of caravans parked in the 'overflow' stances adjacent to the track which hosted the hundreds of participants in the Relay for Life event. It was estimated that there were around 55 caravans on the caravan site, the overspill area and parked up on Lochside for the night.

Clickimin Leisure Complex



A large touring caravan occupying the most sought after stance on the site boasting a spectacular view south over Clickimin Loch with the complex to the left.



The laundry room in the camp site building with washing machines, tumble driers and a drying rack at the far end above a radiator. On the opposite wall many tourist notices and brochures are available to help visitors make the most of their time here (And no sign of the cat!!).

"Came for the Motor Show, really enjoyed my time here."

From Colin Turner of Derby.

"Well kept site, a haven. Thank you."

Anonymous

"Great stay. Good location and clean. Thanks."

Tenna and Bram.

"Lovely third visit. Clickimin swimming staff very helpful and friendly. Our son learnt to swim here yesterday."

Anonymous.

"Ici c'est tres proper." (Very clean – with reference to toilets/showers)

from Mr Wiuranski of France.

And finally *"Supreme stay but where is the cat?"* from someone signing himself as 'Hibee'.

The camp site building contains toilets, showers and laundry facilities as well as a storage area to place rubbish. Daily cleaning of the building is done by Shetland Cleaning Services throughout the site's official season from May to September and staff from the Trust's own technical services team tend to grass cutting and other ground maintenance tasks. There have been many compliments over the years about the tidiness and cleanliness of the site and building which is testament to the efforts of these staff.

Clickimin Regional Athletics Facility

Immediately to the north of the complex lies the Clickimin Regional Athletics Facility which comprises the running track and the grass playing surface (more commonly referred to as the North Pitch).

During the winter months this floodlit facility allows sport to continue outdoors with the Shetland Rugby squad training twice a week in

preparation for their league games and the Shetland Amateur Athletics Club also training regularly.

The Athletics Association makes use of the facility all year round, meeting every Monday, Wednesday and Friday. In the photograph are some of the beginners section but all age groups through to veterans regularly participate.

After Up-Helly-Aa footballers' thoughts turn to the new summer



Coach Martin Leyland prepares a group of young athletes for their training session on the track.



Clickimin Leisure Complex



The Celtic defence lines up to face a free kick in a friendly match played under the floodlights on the Clickimin North Pitch.

season and the North Pitch is much sought after for friendly matches and training sessions. This year has been especially busy and the cold, dry spell has meant that the pitch has been able to withstand many more bookings than in previous years.

During February and March there were seventeen football matches and another ten training sessions, most of which were under the floodlights.

Outdoor Activities

The summer of 2012 saw another busy outdoor season with another small increase in usage compared to the previous year. With a total of 24,472 the number of participants in outdoor sports showed an increase of just under 2%. The table to the right gives a detailed breakdown of the different types of activities which took place over the outdoor season (April-September 2012).

As clearly indicated in the table the majority of bookings are matches or training sessions. These are in the most part for football and rugby and include both senior and junior players. The archers are a dedicated group and are normally able to shoot unless the weather, and particularly the wind, is extreme. Cricket on the other hand is very much dependant on suitable conditions and although the wicket was booked twice every week throughout the summer you can see

that they were seriously hampered mainly due to rain! The school bookings include such annual events as the primary 'netball and football' inter-school competitions and also secondary five aside competitions.

There are a number of 'one-off' events which take place each year as indicated in the 'Other Bookings' column. These are very varied and include such events as a Soccer School, the annual Rugby Sevens

	League matches	Training sessions	Archery bookings	Cricket bookings	School bookings	Other bookings
April	18	27	7	0	0	0
May	52	64	12	0	7	2
June	54	47	12	6	2	3
July	37	46	13	5	0	1
August	50	44	13	0	0	5
Sept.	15	13	3	0	0	0
Total	226	241	60	11	9	11

Clickimin Leisure Complex



tournament, the Boys Brigade Sports Day and even a Dog Show!

and bookings are shared between the other available facilities.

The North Pitch at Clickimin is rested during most of the summer months to allow it to recover from winter use

The table below details how these bookings were allocated.

	Gilbertson	Seafield	Clickimin South	Clickimin Juvenile 1	Clickimin Juvenile 2	Rugby
April	5	7	10	14	10	6
May	27	14	24	32	25	16
June	27	28	13	24	15	20
July	19	21	15	20	8	16
August	23	25	11	22	13	16
Sept.	5	5	7	9	5	1
Total	106	100	80	121	76	75

Relay for Life

During the summer the Complex hosted two major events, shining examples of how Clickimin Leisure Complex has become central to so many important community events.

On 26 May the Relay for Life event saw a record breaking crowd walk throughout the night to raise an amazing £275,370 for Cancer Research. The weather could not have been kinder and the sun shone until it disappeared behind the Staneyhill on Saturday night and rose again a very few hours after.

Relay for Life just after 10pm with many hundreds of people marching round the track. Also in the picture you can see the marquees which hosted catering and entertainment throughout the night. Inset: A close up view of the many happy faces of people entering the spirit of the Relay. 130 teams entered and it is estimated that around 10% of Shetland's population took part over the course of the night.





Clickimin Leisure Complex

Olympic Torch Relay

On 10 June, the Olympic Torch Relay was a huge attraction with the North Pitch being converted into a major event venue for the celebrations. Marquees were set up for catering and a large stage was set up for entertainment. Over the course of the day the many hundreds of people who came along to be part of the event created a fantastic atmosphere and the fact that it was a glorious, sunny day just added to the carnival feeling.

Right: Concentration as John Nicolson, the original chairman of Shetland Recreational Trust, lights the first torch, watched by Gary Robinson SIC political leader.

Photo: Kevin Jones



Hundreds of spectators lined the Clickimin Loch awaiting the arrival of the Olympic Torch.



Matthew Cox, Manager of the Unst Leisure Centre, aboard the sixareen 'Vaila Mae' on Clickimin Loch.

Photo: Kevin Jones



The North Pitch converted for the event.

Clickimin Leisure Complex



Active Schools
Baroc Revolution
Celtic Badminton Club
Clickimin Bowling Club
Climb Shetland
Coffin Dodgers F.C.
Community Development
Cunningsburgh F.C.
Disability Shetland
Eric Gray Resource Centre
Goodlad F.C.
Gremista Rovers F.C.
GSI F.C.
Jissen Budokai Karate
Junior Inter County Association
Lerwick Indoor Bowling Club
Lerwick Junior Netball Club
Lerwick Outdoor Bowling Club
Lerwick Rifle & Pistol Club

Lerwick Squash Club
Lerwick Swim Team
Lerwick Thistle F.C.
Lerwick Thistle Under 12s
LHD F.C.
Midnight Jazz Dancing
Midnight Soccer
NHS Shetland
Old Rangers F.C.
Old Timers Bowling Club
Ping Pong Club
SAGA Badminton Club
Scottish Slimmers
Shetland Amateur Athletics Club
Shetland Cricket Association
Shetland Fencing Club (Adult)
Shetland Fencing Club (Junior)
Shetland Gymnastics Club

Shetland Indoor Bowling Club (Adult)
Shetland Indoor Bowling Club (Junior)
Shetland Islands Volleyball Association
Shetland Karate Club
Shetland Ladies Hockey Association
Shetland Ladies Netball Association
Shetland Roller Derby
Shetland Squash Association (Adult)
Shetland Squash Association (Junior)
Shetland Table Tennis Association
Shetland Transport
St Clements Badminton (Adult)
St Clements Badminton (Junior)
Vocational Pathways

Indoor Facilities Block Bookings

A large number of applications from groups requesting block bookings over the winter months was again received and their continued support is much appreciated.

Above is a list of associations, clubs and groups who have had block bookings over the last twelve months.

Classes and Courses

The table below shows attendances at the classes/courses run this year. Information about these activities can be seen in the Health & Fitness section of the report.

Activity/Class/Course	Attendances 12/13	Attendances 11/12
Adult Trampoline	188	296
Baby Bond	279	254
Baby Gym	341	374
Gym Kids 3+	351	244
Gym Kids 4+	657	496
Gym Tots	696	772
Gym-Tastics	772	696
Jazz Dancing *	713	0
Junior Athletics *	782	0
Junior Gym	207	246
Peerie Kickers	605	546
Peerie Olympians *	255	0
Ping Pong *	99	0
Plan & Go	464	454
Pre-school Trampoline	812	594
Racquet Ball*	36	0
Relax Kids	150	206
Swim squad flexibility *	397	0
Trampoline Beginners	207	190
Trampoline Improvers	592	410
Total	8,603	5,778

* New courses in 2012/13

Holiday Activities	Attendances 12/13
Easter	1,432
Summer	4,315
October	1,174
Total	6,921

School Admissions

1 April 2012 – 31 March 2013

Main Hall	Visits	Pupils
AHS	465	10,650
Bells Brae ASN	72	432
Bells Brae Primary	64	1,155
Bressay Primary	18	180
Sound Primary	35	801
Scalloway Primary	1	35
School Comps.	5	374
Total	660	13,627

Pool	Visits	Pupils
AHS	66	1,320
AHS ASN	232	410
Bells Brae Primary	96	1,884
Bells Brae ASN	233	3,084
Bressay Primary	33	330
Sound Primary	79	1,580
Total	739	8,608

Overall main hall admissions are up by 8.5%, with visits up 20%. The increase in visits is due to additional usage from Anderson High School and Bells Brae Primary School, with Bressay Primary School booking the main hall this year.



Clickimin Leisure Complex

Pool

The pool has seen yet another year of growth with revenue up 3.5% on last year's figures.

The **NAFC Marine Centre** provided a new source of business for the pool with their decision to move their Sea Survival courses from Scalloway Harbour to the more forgiving and controlled environment offered in the Clickimin pool. They booked the floating floor area for a 90-minute session which involved attendees entering the water from the 3m platform diving board, inflating their life raft and a variety of other survival techniques. They then followed this up with a 90-minute theory session in one of the meeting rooms in the complex. This arrangement has proved to be very successful and has led to NAFC Marine Centre continuing with regular bookings for the forthcoming year.

The pool continued to offer the **Adult & Child** and **Learn to Swim Programmes** in line with Scottish Swimming. They are going from strength-to-strength, building on a 13.8% increase in attendances last year with a further 3.8% increase this year. The two programmes allow the pool to offer swimming tuition to children from the age of 4 months through to the completion of Level 8; generally around 8 or 9 years old. At this point they are directed towards the local swimming clubs to further their swimming.

Pool Hire has seen a large increase in both revenue and admissions during the last year; 35.3% and 37.1% respectively. This is in large part down to significant increases in the number of clubs booking the floating floor, 16m lanes, and in particular, 25m lanes. This trend, in regard to 25m lanes, has been necessary to cater for the increasing number of children wishing to take up competitive swimming.



NAFC Marine Centre Sea Survival course at Clickimin pool.

The only negative aspect of this year was a 12.2% reduction in **Casual Swimming** admissions. Anecdotal evidence points to the introduction of a new, more restrictive Pool Admissions Policy, which saw the unaccompanied swimming age rise from 6 to 8 years old, as a factor in this decrease. The change in policy was necessary to bring SRT in line with recommendations from

the Health and Safety Executive. Steps have been taken to address this reduction and it is hoped that the new pricing structure of SRT subscriptions will make them more attractive to customers, therefore increasing admissions in this area.

The table below shows attendances at the Learn to Swim classes.

Pool Classes	Attendances 12/13	Attendances 11/12
Adult Class	–	11
Tadpole Award	294	322
Frog Award	161	238
Duckling Award	147	210
Under 5s Award	910	679
Level 1	385	322
Level 2	420	399
Level 3	413	588
Level 4	336	476
Level 5	413	217
Level 6	357	392
Level 7 & 8	406	231
Total	4,242	4,085

Clickimin Leisure Complex



Swimming Clubs

The pool has built up a good working relationship with a number of clubs over the years and this ensures they keep coming back to book a large quantity of pool-time throughout the year. The evidence of this is that all of the clubs mentioned below have continually used the facilities since they opened in 1995.

Disability Shetland continued with their regular booking on Monday evenings throughout the summer months using both the main pool and hydrotherapy pool. The pool provided instructors to lead these sessions; namely Gary Morgan and Daniel Mainland. This year their contribution was recognised when they received the Disability Coach of the Year award at the annual Shetland Sports Awards. Gary and Daniel were ably assisted by the many volunteers who attend these sessions in order to help the logistics of these very busy sessions.

On Thursday evenings from August through to May the **Lerwick Amateur Swimming Club** met to provide members with swimming tuition



Shetland Sports Awards Disability Coach of the year winners Gary Morgan (left) and Daniel Mainland at the 2012 Shetland Sports Awards Presentation.

Photo: Kevin Jones

and coaching. The floating floor area and 16m lanes were utilised to teach younger members before the pool was changed to 25m lanes for the older, more advanced swimmers. The

annual club gala, held in May, was a great success.

The **Lerwick Swim Team** provide coaching to swimmers who compete



Shetland's and Orkney's swim teams who competed for the Atlantic Challenge Trophy in May 2012.

Photo: Kevin Jones



Clickimin Leisure Complex



Lauren Sandison (Lerwick ASC) competing in the 10 Year Old Girls' 50m Butterfly race at the Junior Sprints Championships. Photo: Kevin Jones

at District, National and International level and have a rigorous training schedule to ensure swimmers achieve their maximum potential. They continued to book the highest

quantity of pool-time of all clubs that use the pool with 3-hour bookings on Monday, Wednesday and Friday evenings, a 2-hour booking on Tuesday evenings and

1-hour bookings on Tuesday and Friday mornings. This is an all-year-round booking with only a small break during July. This is a significant increase on previous years and shows the level of interest and commitment towards competitive swimming in Lerwick. There has been a particular emphasis on developing young swimmers and this bodes well for the future.

The **Shetland Amateur Competitive Swimming Club** met on Saturday evenings from August through to May allowing members to develop their skills and progress through the various stages of swimming tuition. A combination of floating floor, 16m and 25m lanes were used to ensure that the club catered for all abilities. The session culminates in May with the successful annual club gala.

Shetland Canoe Club again met on Thursday evenings in order to provide members with the opportunity to learn how to handle the equipment and improve technique in the safety of the pool. These sessions were particularly useful for beginners as the benign water conditions in the pool allowed them to hone their skills prior to hitting the open water during the summer months.

Shetland Swimming Association regularly booked 25m lanes on Sunday afternoons to provide coaching for Shetland's elite and developing swimmers who are aiming to compete in the Inter-County and NatWest Island Games. They also hosted a number of galas throughout the year allowing swimmers to experience the atmosphere of a large competition and gain accredited results in the process. Alan Lynn, former Technical Director for Scottish Swimming, once again returned to lead coaching weekends in August and January. He delivered a combination of pool-based, land-based and educational sessions which proved extremely beneficial to swimmers and coaches alike.



The 5th heat of the Girls' 10 years and over 100m freestyle gets underway during the Shetland senior age group championships. From top: Sophie Morris, Sarah Williamson, Amy Harper and Megan Petursdottir. Photo: Kevin Jones

Clickimin Leisure Complex



Special Events

There were three evening concerts and a children's concert during the thirty second annual **Shetland Folk Festival** which ran from 3-6 May, including one from up and coming band Admiral Fallow who had previously been the support act for Snow Patrol. A total of 2,450 people attended all the concerts.

American gospel quartet **Ernie Haase and Signature Sound** were back at Clickimin on Wednesday 16 May for their second visit bringing southern gospel music to the isles. The internationally-acclaimed group put on an inspirational and highly polished performance of a couple of hours of varied music getting the audience, large but not quite a sell-out, to clap and sing. They were ably supported by the North Ness Boys.

Top comedian and musician **Bill Bailey** returned to Shetland in May with his new live show "Qualmpeddler". The new show, described as a "broth of anxiety", is based around doubts Bailey had about the modern world which have "grown into Qualms". As well as many years' experience as a stand-up performer, Bailey is a familiar face on UK television screens.

A near record number of 4,200 people attended Shetland's fifteenth **Classic Motor Show**. The show was opened on Saturday 2 June by Shetland's Lord Lieutenant, Bobby Hunter and Sunday saw the arrival of an additional 22 classic cars as part of a Tour of Ultima Thule – held to mark the Queen's Diamond Jubilee.

Graham Johnston, who helps organise the event, said the show offered people the chance to see vehicles

they might remember from their younger days. There was also a chance to enjoy a varied selection of bicycles and scaled models of classic cars and farming implements, while the young, and young at heart, were drawn to an impressive Lego display depicting a busy railway scene, which had come up from Orkney. There were also stationary engines and tractors, while radio-controlled car enthusiasts could see a display by Shetland's Radio Racers Association.

"Overall it was a great success," said Mr Johnston. "There were big trucks and small vans. The range of motorcycles was exceedingly good, as it always is, and we had – probably – more cars on display than we've had before".

On 9 June the centre staged the inaugural **Shetland Jazz Festival** by



The crowd appreciates the many classic cars and motor bikes at the Classic Motor Show. Inset: The versatile double squash courts are put to good use for an impressive display of bicycles.

Photos: Kevin Jones



Clickimin Leisure Complex

hosting the showpiece concert by the Scottish National Jazz Orchestra. The third **SRT/Simpson & Ward Masters** was held on Saturday 13 July and the 750 strong crowd witnessed Raymond Van Barneveld lifting the trophy for the first time by defeating Australian Simon Whitlock 13-9 in the final after nearly 9 hours of darts. To get to the final Van Barneveld beat Welshman Mark Webster 10-4 and Phil Taylor who conceded when losing 9-7 after taking umbrage at comments from the partisan crowd. Simon Whitlock reached the final by defeating 'The Highlander' John Henderson 10-4 in his quarter final and James Wade 10-3 in his semi- final. In his victory speech Van Barneveld acknowledged the support he'd received throughout the tournament, something that follows

him around Scotland and Shetland was no different.

The legendary rock-and-roll band **Status Quo** finally struck a chord on a Shetland stage to a crowd of around 1,200. The veteran rockers formed in 1969 have since sold some 118 million albums worldwide. They were ably supported by No Sweat who have been entertaining Shetland crowds since 1980.

The twenty fifth annual **Shetland Accordion and Fiddle Festival** took place on 13 October and again was a sell-out. The visiting artists this year were; Charlie Kirkpatrick Scottish Dance Band, Cuckoo's Nest Trio, David Cunningham Scottish Dance Band, Gerard McGranaghan, Graham Mitchell Scottish Dance

Band, Granberg and Dyrud's Quartet, Kate McNamara, Mathew McLennan Scottish Dance Band, Raymond Jappy and The Glenraig Scottish Dance Band.

On 20 October children's entertainers **The Singing Kettle** attracted 1,150 people when they returned to Shetland with their new 'Fancy Dress party' show as part of their farewell Christmas tour.

The fifteenth annual **Shetland Arts and Crafts Fair** was held between 9 and 11 November attracting over 3,300 people to the 64 stall holders. In addition to knitwear and textiles, there were exhibitions of art, photography, leatherwork, woodcraft, pottery, paper craft and jewellery.



The dance floor is full with everyone enjoying the many visiting and local performers at the 25th Shetland Accordion and Fiddle Festival.
Photos: Kevin Jones



Winner of the SRT/Simpson & Ward Masters 2012 Raymond Van Barneveld salutes the crowd before his match with Simon Whitlock.
Photo: Kevin Jones

Clickimin Leisure Complex



Fun on stage at The Singing Kettle Fancy Dress Party show.
Photo: Kevin Jones



Shetland RFC's Stewart Mouat is lifted to win the ball during the first round RBS North Regional Bowl match against Banff RFC at Clickimin in November.
Photo: Kevin Jones



The Disability Shetland Recreation Club pictured here after their successful annual bowls competition. The club relies heavily on volunteers to help at their Monday evening activity sessions and are always looking for more helpers.

Special Sporting Events

The list below shows the sporting events at Clickimin during the past twelve months:

Sun 7 April	B League Football Tournament Adult Squash Tournament
Sun 22 April	Senior Table Tennis Championships Junior Squash Tournament
Sat 19 May	Elevating Athletics Workshop
Sat 26 May	Junior Karate Event
Sun 17 June	Gymnastics Display
30 June-1 July	Karate Event
Sun 16 September	Junior Netball Tournament
Wed 26 September	Roy Wiseman Memorial Football Tournament
Sat 29 September	Shetland Childcare Partnerships Fun Day
29 Sept - 6 Oct	Shetland Sports Week
Sun 14 October	Shetland Indoor Bowling Club – Open Triples
Sun 28 October	Works League 5-aside Football Tournament
Sat 10 November	Junior Squash Tournament
Sun 11 November	Shetland Indoor Bowling Club Tournament – Lollie Dalziel Memorial Trophy
Sat 17 November	Skretting Fish Football Tournament
Sat 24 November	Karate Competition
Sun 25 November	Shetland Indoor Bowling Club – Lewis and Muriel Smith Quaich
Sat 19 January	Lerwick Spurs Junior Football Tournament – Sandy Lamont Trophy
Sun 20 January	Junior Netball Tournament
Sat 2 February	U11s Badminton Championships
Sat 9 February	U15s Badminton Championships
Sun 17 February	U13s and U18s Badminton Championships Shetland Indoor Bowling Club Tournament – Jamieson Trophy
Mon 18 February	Senior Singles Badminton Championships
Sat 23 February	Works League Football Tournament
Sun 24 February	Annual Senior Badminton Championships
Sat 2 March	U12s Football Tournament Adult Squash Tournament
Sun 3 March	Junior Squash Tournament
Sat 9 March	U12s Football Tournament
Sun 17 March	Shetland Indoor Bowling Club Tournament – Wallace Triples Under 13s / 15s Squash Championships
Sat 23 March	Shetland Table Tennis Championships
Sun 24 March	Junior Squash Tournament



Clickimin Leisure Complex

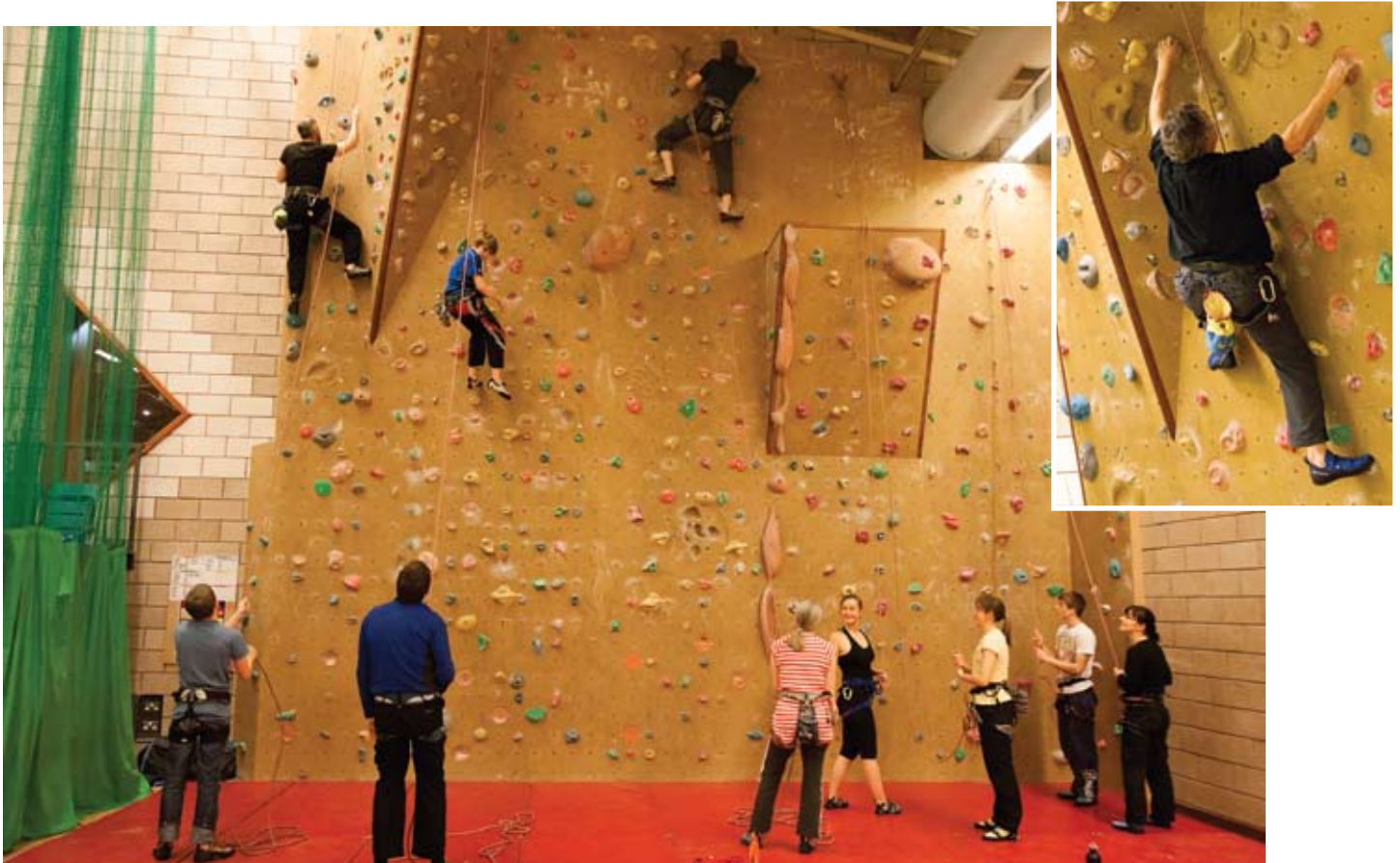
Shetland Sports Week 2012

All photos: Kevin Jones

At the end of September SRT worked with SIC Sport and Leisure department to host **Shetland Sports Week**. The major event provided a collaborative programme of activities and coaching

workshops funded by the Scottish Government and EventScotland as part of the 2012 Games for Scotland, encouraging the people of Scotland to celebrate hosting the Glasgow

2014 Commonwealth Games. Across all SRT centres children and adults participated in a programme of sport giving them the opportunity to try out something new.



Top left: Glasgow 2014 Commonwealth Games Mascot Clyde is introduced to the audience during the Opening Ceremony. Top right: Just a few of the many performers at the Opening Ceremony. Above (main pic): An opportunity to try out the climbing wall. Above (inset): Instructor Andy Long at the open session.

Clickimin Leisure Complex



Top and right: Paul Klein UK Football Freestyle Entertainer passing on his skills. Bottom and left: Shetland Indoor Bowls Club receiving coaching from Scottish National Director of Bowls Graham Robertson.



Clickimin Leisure Complex

Shetland Sports Week 2012 *Continued*



Anyone for cricket or squash doubles?



Andrew Blackadder and Daniel Mainland demonstrate their skills (left); Zoe Buchanan tries out the automatic serving machine (right) and two youngsters try their hand at table tennis (below).



Clickimin Leisure Complex



Scotland's most capped rugby player Chris Paterson takes a training session during Shetland Sports Week.

Photos: Kevin Jones

Plans for 2013/2014

The year ahead is predicted to be another challenging year for the Complex. The opening of new facilities locally and reductions of staff levels in the local authority and beyond will mean competition for custom is greater than ever before. However the challenge is something that won't phase the staff of the Complex and a mix of innovative ideas, the high standard of facilities, and excellent customer service will hopefully see a repeat of the 416,000 customers that have been welcomed in the last 12 months.

The Complex is going through a review of opening hours with an aim to maximise the utilisation of space available whilst keeping overheads to a minimum. The results of the review are due to be implemented in September 2013 and monitored for

effectiveness over the next year. The pool is due a refurbishment as part of a planned maintenance programme. Works are to include the installation of a new scoreboard and timing equipment for pool competitions, tile replacement, refurbishment of toddler's pool, increase the number of family changing cubicles, renew the soft play area, flume maintenance, tinting of glazing and painting to freshen the area. Recent inspections by outside contractors have praised the condition of the pool and facilities which are now 18 years old and that is a compliment to the staff and the Technical Services team. The refurbishment should give the pool area a lift again and ensure it is an enjoyable place to visit for years to come.

Training is a fundamental part of staff development at the Complex and next year will be no different. The management team have been

tasked to develop the training that staff receive in each department. Some training elements are required by legislation and regulation but it is hoped to take training well beyond that and really develop all staff groups within the Complex. Excellent customer service is what staff aspire to achieve and visitors to the Complex should reap the rewards of the training with staff offering a professional service each and every visit.

The new Anderson High School project is now gaining momentum and the Trust will be working in partnership with the Shetland Islands Council to deliver an excellent facility for both the PE department and the community. This is an exciting project to be involved in and we're confident the end result will be one that we can be proud of. Sadly the now well established campsite will be lost as it is planned to close the facility in the winter of 2013.



Clickimin Leisure Complex

Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Main Hall	Revenue	£168,966	£148,065
	Admissions	86,269	83,403
Total Main Pool	Revenue	£190,629	£183,869
	Admissions	89,763	91,478
Total Multi Use	Revenue	£49,568	£49,308
	Admissions	17,807	18,201
Total Bowls Hall	Revenue	£22,477	£26,057
	Admissions	13,363	10,360
Total Fitness Suite	Revenue	£178,406	£187,845
	Admissions	39,202	36,330
Total Health Suite	Revenue	£129,151	£136,552
	Admissions	24,511	25,727
Total Squash	Revenue	£18,410	£17,206
	Admissions	5,388	6,184
Total Meeting Facilities	Revenue	£39,775	£45,041
	Admissions	18,186	23,475
Total Camp Site	Revenue	£26,648	£32,852
	Admissions	6,378	8,003
Total Event Tickets	Revenue	£23,676	£48,233
	Admissions	393	1,741
Total Shooting Gallery	Revenue	£979	£5,855
	Admissions	1,155	1,847
Total Outdoor Areas	Revenue	£26,061	£24,042
	Admissions	24,472	23,996
Total Spectator / Shower	Revenue	£332	£332
	Admissions	62,616	62,055
Total Education Use	Revenue	£101,177	£39,319
	Admissions	26,995	23,206
Total Facilities	Revenue	£976,255	£944,576
Total Facilities	Admissions	416,498	416,006
Other Income		£12,506	£13,602
Total Revenue for the Period		£988,761	£958,178

Unst Leisure Centre



This year the centre increased admissions overall, although some areas did not perform as well as in the previous year. Main hall revenue decreased 3% with admissions

down 11%; this reflected a tail-off in attendances at a number of sessions that were offered, however developing existing classes and offering new ones helped to reduce the effect.

Swimming pool revenue increased 17% with admissions up 10%. Fitness suite revenue increased slightly whilst admissions jumped 27% thanks to the various challenges that were held.



Unst Recreation Assistant Faye Richardson who, along with Manager Matthew Cox, was selected to be an Olympic Torch bearer. Faye is pictured here lighting the Olympic Cauldron during the Welcome Ceremony at Clickimin Leisure Complex.

Photo: Kevin Jones

Squash revenue and admissions both fell due to fewer players being available for games. Outdoor areas revenue and admissions fell for similar reasons to squash and with a couple of home games played in Yell.

This year the centre started a Facebook page which informs and updates followers with what's happening at the centre. This has proved popular with many people as it allows them to be kept informed of any changes to activities or sessions that are of interest to them.

At the end of March the staff sadly said goodbye to Netta Forrest who has worked at the centre since it opened in 1988.

Block Bookings

Baltasound Junior High School was the main user of the facility during the day. They made good use of the main hall throughout the year and have used the swimming pool for their six-week session blocks. This year the community room, squash court and outdoor areas were also utilised.

In the evenings and at weekends various local clubs and organisations had regular hires utilising all areas of the centre. Staff continued to work closely with the clubs to ensure their requirements were met and they were able to make best use of the hires.

Disability Shetland

The Friday swimming sessions proved popular for their therapeutic value. The versatility of the main hall provided a number of different options; new age kurling and table top games were the most popular.

Anyone with a special need is welcome at these classes and the willingness of the session leaders to adapt the activities ensures everyone may participate.

Northern Neesicks Amateur Swimming Club

The club continued to offer two club nights a week, and moved their Monday session to another night to enable the Junior Youth Club to have their meetings that night. Attendances have remained steady and the structured approach to teaching and coaching has seen each swimmer improve their personal performance. The link with the Yell Junior Aqua Club has remained and three Beta Leagues were attended this year.

Unst Badminton Association

Unst Badminton Association continued to train on Tuesdays

throughout the winter months and the delayed club championships were played early in the season. An 'A' and 'B' team competed in the Shetland Badminton Leagues and performed well despite having few players available. The club again put forward a number of players to county training which helped improve their play and the techniques and skills learned were introduced into the club sessions.

Unst Bingo

The club continued to meet and hold their sessions on the balcony until the summer. Although short in duration this link-up demonstrates that other leisure pursuits may also be catered for within the centre.

Unst Bowls Club

Throughout the winter short mat bowls was on offer to club members and visitors alike who wished to have a game. This year two mats were provided with most matches played



Unst Leisure Centre



Unst 'B' badminton players Jordan Johnson and Frank Josephs. Photo: Kevin Jones

for by teams of two. New members were welcomed and any advice needed was provided by the regulars to ensure games were as competitive as possible.

Unst Football Association

The football team saw a number of players unavailable this year and with changes in working patterns fewer players were available for training and matches. Despite the setbacks Unst competed in the league and cup competitions. A strong Unst team was available for the 'Parish Cup' and after a number of hard fought matches they defeated the Westside in the

final bringing the trophy home after a long absence. Ashley Spence re-started junior training which has been popular and they are looking forward to training outside once the pitches open. Football tournaments were held during UnstFest and Christmas with the 10th Stanley Cup seeing a number of players from outside Unst coming in to participate.

Unst Netball Club

After being promoted to the Shetland 'A' League, netball training was held during the autumn term. Their development of junior players has continued with members selected for

Shetland and Scotland development. Unfortunately there were no junior teams this year as player numbers were too small although the club hopes to see numbers increase next season.

Unst Senior Leisure Club

The club continued to attract new members and still met on Tuesdays at 2pm during term-time. The fitness suite and swimming pool were the two most popular areas used before members moved upstairs for a warming cup of tea and a game of scrabble or some craftwork. The Christmas party had entertainment provided by Freda Gray and Anne Inkster and summer saw the popular 'Mystery Tour' take place as usual.

Unst Squash Club

Junior training was offered on Thursdays throughout the winter with the emphasis on skill development and improving technique. A few were selected for the Shetland development programme and received coaching in Lerwick and in Aberdeen. This year there was enough interest for there to be separate tournaments for men and women for the Christmas Handicap. An Unst team participated in a number of local mini-tournaments with mixed success.

Unst Youth Centre

The youth centre made casual bookings for the main hall and swimming pool for both its junior and senior groups. A range of sporting pursuits were followed and members were encouraged to take a lead in deciding which activity should be followed. These sessions are still popular and enjoyed by all who take part.

Fitness Suite

Revenue increased 7% and admissions increased 27% this year due to a number of successful challenges that were promoted towards the end of the year. November had the '3k for

Unst Leisure Centre



Unst Parish Cup winning team.

Photo: Kevin Jones



10th annual Stanley Cup participants.



Unst Leisure Centre

30 Days', December 'The 12 Days of Christmas' and spring had the 'Connect-5' challenge. There has been an increase in the number of subscriptions sold; the new range of subscriptions is attracting a lot of interest. More adult inductions were given during the year and it is hoped to increase these further next year, and to encourage more juniors to make use of the area.

Games Hall

Attendances at main hall activities increased over the previous year; this was due to the development of spinning although a few classes were rested due to falling numbers. The year also saw an increase in the number of main hall parties booked with the bouncy castle and dodge ball options proving popular. Staff are continually adapting the programme in response to customer feedback and try to meet their needs and expectations. In the coming year more activities will be tried in an attempt to encourage even more users of the facility.

Badminton and Fun Badminton

Due to low interest it was decided to rest these activities however they'll be re-introduced in the coming year.

Circuits

This class ran from September to March with an ever changing circuit designed to challenge individuals to push themselves harder than before. Endurance, power and muscular strength stations were included to ensure a complete mix of exercise. A 45 minute class is enough time for any fitness goal to be achieved, providing you're prepared to put the effort in.

Football

Football remains the centre's most popular activity with 718 attendances. Both Little Giants and Football Fever averaged 10 attendees at each class; this allowed a greater variety in the drills and training.

Enjoyment is important and laughter was never too far away during the Little Giants sessions. Football Fever saw more focussed drill and technique development before some competitive games were played.

Holiday Activities

Whenever the school is closed, the centre looks to offer activities which will encourage people of all ages to use the facility; these are mainly held during the Easter, summer and October holidays. In October last year there was short closure to allow the centre to open at Christmas. As in previous years the centre linked with the UnstFest festivities to provide sport and leisure opportunities during this period and for the rest of the summer holidays. A fun 5K as part of the road running sessions was held and saw 20 participants receive an interesting memento for their efforts – a swimming medal! Thanks are due to Baltasound Coastguard who marshalled the 5K route. During the Christmas opening the centre put on the Annual Test Match and a mixed volleyball fun session with the football, netball and squash clubs having their own competitions. Holiday activity sessions are also a good way to introduce visitors to the facility allowing them a chance to see what there is on offer.

Jump and Aeroblast

Jump was available for most of the year and although numbers fell from the initial highs a core group attended most weeks with other individuals attending when they were able. Aeroblast continued to be a popular fun class and numbers remained steady through the year.

Ladies Night

Every 6-8 weeks a different exercise class was provided which challenged the ladies to exercise in a different manner. As well as the class, all areas of the facility were available with the fitness suite and swimming pool proving the most popular, although

badminton and squash also had a few devotees this year. For those new to exercise, gym instructors were available to provide help and guidance.

Road Running Circuit

From October to March the road running circuit was designed to improve stamina, technique and speed. Each circuit catered for all abilities and everyone was challenged to push themselves so that they might reap the benefits. Although challenging, after each session the participants had a feeling of satisfaction in what they had achieved.

Rollerwheels

Attendances at this 'wheeled' activity varied from week to week. Numbers have however been helped this year by children staying on after birthday parties, donning their wheels and joining in the rollerskating fun complete with disco lights and music. Adult users are few but some continue to visit and re-learn the fun and skills of childhood.

Secondary Games

This year basketball, ultimate dodge ball and uni-hoc have all proved popular at this activity with those attending deciding what pursuit they'd like to follow that week. Youth Club beforehand ensures there's always an eager group of participants with sufficient energy to make the games very competitive.

Spinning

Classes have continued to grow and various sessions were put on throughout the week to give as many opportunities to participate as possible. Numbers increased 135% over the previous year and Faye Richardson continues to develop interesting class formats to keep everyone motivated. Continuing professional development is a key aspect in ensuring the class is safe and effective.

Unst Leisure Centre



Toddler Gym and Under 5s

This continued throughout the year but dwindling numbers saw the activity stop just before Christmas. It will however be offered during the holidays as the opportunities for learning and development are an essential aspect of early years learning. Staff particularly enjoy seeing the children's sense of achievement in this class.

Trampoline

Over the summer holidays a trampoline taster class for adults was held on Tuesdays and received a warm welcome. Unfortunately the instructor has since moved to

the mainland and a replacement is currently being looked for.

Warrior Workout

Numbers at this class have remained low; it was felt that the time wasn't suitable and that those attending would be better placed in an alternative class. The class will be offered again in the future, hopefully at a more convenient time.

Weightwise

During the autumn term this class was introduced to guide individuals who wished to adopt a healthier lifestyle but were unsure how to achieve this. Information about diet, exercise and a holistic lifestyle were all part of the class.

Outdoor Areas

Revenue and admissions were down 20% on the previous year as fewer people were available for training. Unst Men's football team used the pitches for training and matches during the season and this helped them to return the Parish Cup to Unst following some hard fought games. The school made use of the pitches and held their sports day on a specially marked athletics track. The tennis court was set up in time for the French Open and over the summer there were a few matches played.

Football

Outdoor training was offered to the senior men and women during the season with numbers affected by working arrangements and a few players who have since left the island. The juniors were out on a few occasions when the weather allowed and made good use of the training pitches.

Road Running

Now in its second year, road running has developed and still makes use of the pitches for technique and skills work but there are now more routes using the centre as the start/end point. Once the darker nights meant running had to come indoors, a Saturday morning session was added to allow the improvements that had been made to be consolidated. All abilities were catered for and new participants made welcome.

Squash Court

Revenue and admissions were both down 33% this year which reflected the number of players who had either stopped playing regularly or who had moved off the island. This year the secondary players were coached mainly by Gordon Thomson who was ably assisted by Richard Pottinger. A strong Unst team again won a Shetland Inter-Club tournament and are now looking to strengthen the squad of players available. At Christmas there was a

The table below gives attendance comparisons for sessions on offer:

Activity/Class/Course	Attendances 12/13	Attendances 11/12
Aeroblast	102	159
Aquafit	93	87
Badminton Secondary	4	133
Bouncy Castle and Play	76	139
Circuits	260	251
Crazy Racing	0	5
Football	101	152
Football Primary	718	550
Fitness Suite Induction	16	9
Fitness Suite Junior Inductions	1	0
Gym Fit	14	0
Jump	217	253
Junior Squash	175	93
Ladies Football	29	4
Ladies Night	226	209
Parent and Toddler	192	142
Play Games/Bouncy Castle	150	94
Pool Party	62	33
Pool Tables	2	1
Primary Games	0	10
Racket Sports	27	18
Road Running	141	71
Road Running Circuit	53	52
Rollerwheels	144	284
Secondary Games	144	84
Spinning	449	191
Spin and Trim	0	35
Toddler Gym	40	111
Trampoline	21	0
Warrior Workout	7	5
Weightwise	10	0
Xmas Cricket	11	10
Xmas Volleyball	15	0
Total	3,500	3,195



Unst Leisure Centre



Shetland Inter-Club winners.

handicap tournament held for both men and women and after some hard fought games, worthy winners were declared. The squash court is a versatile area and has been used for a variety of other classes to allow best use of the centre's resources.

Junior Squash

This class has been offered during term-time throughout the year and has introduced six primary pupils to the sport. Richard Pottinger continues to challenge those attending and their improvement is due to his planning and the effort they put in. It is hoped more interest will be generated in squash among those at school and that they'll have a go at racketball.

Swimming Pool

The swimming pool has varied opening hours throughout the year depending on the bookings that are requested. The school, Northern Neesicks and Senior Leisure Club all hire the facility during term-time. Admissions were up this year which reflected the number of families swimming together at weekends and during the holidays. During the winter months the sessions offered during the day proved popular with customers who prefer to drive to the centre in daylight.

Adult Only Swimming

These sessions continue to prove popular with people wishing to swim lengths. This year there were a few more swimmers in the summer although the winter is when this activity is usually more popular.

Daytime Swimming

Both Wednesday and Friday sessions see a number of users who are happiest to use the facility during the day particularly in the winter. Individuals and families make full use of this time and swim together on a regular basis. Timing is important and these times are only possible as the centre has an Employed Trainee



Ladies handicap squash participants.

Photo: Gordon Thomson

Unst Leisure Centre



undertaking a Level 2 SVQ. Their presence is essential for the sessions to take place.

Funsplash and Aquafit

After many years, Funsplash is bowing out as the class leader is leaving the island and as yet a replacement hasn't been decided upon. Numbers attending Aquafit increased slightly with a few new faces welcomed over the course of the year. Laughter is an integral part of the class and at times this allows the participants to work a little harder than they intended!

Parent and Toddler

The baby boom in Unst in recent years has provided the market for this activity and each week the numbers reflect this. An early introduction to water is important if a child is to learn how to keep themselves safe and it also helps them later when learning to swim. This class is offered throughout the year with reduced sessions during the holiday periods.

Plans for 2013/2014

Staff are looking to set-up other fitness suite challenges over the coming year and are hoping to include other areas of the facility. It is hoped that further development training will be undertaken for staff that will allow a greater range of activities to be offered.



Alan Jamieson receives his SVQ certificate from Karis Burns who replaces him as Employed Trainee.



Unst Leisure Centre

Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Main Hall	Revenue Admissions	£11,475 5,150	£11,861 5,812
Total Swimming Pool	Revenue Admissions	£8,862 4,550	£7,560 4,135
Total Squash	Revenue Admissions	£780 581	£1,166 874
Total Community Room	Revenue Admissions	£661 840	£442 600
Total Fitness Suite	Revenue Admissions	£6,055 1,286	£5,621 1,008
Total Pool Table	Revenue	£189	£118
Total Football Pitch	Revenue Admissions	£1,141 754	£1,429 975
Total Spectators	Admissions	4,929	5,287
Total Education Use	Revenue Admissions	£48,000 7,719	£55,460 6,961
Total Facilities	Revenue	£77,163	£83,657
Total Facilities	Admissions	25,809	25,652
Other Income			
Total Vending Sales		£7,174	£6,617
Total Miscellaneous Income		£468	£562
Total Revenue for the Period		£84,805	£90,836

Yell Leisure Centre



Yell Leisure Centre has enjoyed another busy year. Revenue and admissions have increased in almost

every area of the facility and staff lead activities have shown an incredible 44% increase in admissions when

compared to last year. Much of this success is due to the commitment and dedication shown by the staff team.



In the foreground is the biomass plant which was installed in summer 2012 to provide a more cost effective and environmentally friendly source of heating for the leisure centre and school.

Block Bookings Burravoe School

The Burravoe School hired the community room as an extra teaching space when they were at the centre for weekly PE lessons.

Shetland Kung Fu Club

The Kung Fu Club hired the squash court on Monday nights throughout the year. They also hired a court on Thursday nights during the winter. This year saw 5 members move from beginner to white sash grade and 8 move from white sash grade to blue sash grade. The club held its first competition at the leisure centre in August, and in March some of the members travelled to Kinloss near Elgin to take part in the WKA Charity Open 2013. This was a successful trip with the club taking a few trophies back to Shetland.

Yell Badminton Club

The club had a block booking on Tuesday and Thursday evenings over the winter months. Badminton is still very popular in Yell and attendances

at club nights have increased this year. The club entered 3 teams in the Shetland Badminton Association

leagues with Yell A winning the first division. Yell have won this title a number of times but this year it was a



Shetland Kung Fu Instructor Angus Meudell demonstrates a jumping side kick. Angus took 1st place in the 35+ section at the WKA Charity Open in Kinloss



Yell Leisure Centre



Winners of the Shetland Badminton Association First Division, Yell A, with their trophy. Photo: Kevin Jones

particular achievement for the Guthrie family with Jackie, Michael, Laura and Dean all playing in the winning team. 5 club members also represented Shetland in junior competitions. All the club's home matches were played in the leisure centre as were the very successful restricted, junior and open tournaments.

Yell Bowls Club

The club hired bowls mats and sometimes the New Age Kurling equipment on Tuesday nights

between 7pm and 9pm during the winter months.

Yell Football Club

All home games were played on the grass pitch adjacent to the centre which is owned and operated by the Trust. Attendance at indoor training during the winter was variable meaning that the club didn't make a block booking but instead booked the hall as and when numbers permitted. The club continued to organise

junior coaching sessions on Sunday mornings for boys and girls in the younger primary age group.

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. Attendances have been very healthy this year with an average of 14 attending badminton, 12 attending football and 10 attending netball each week.

Yell Netball Club

Yell Netball Club entered a team in the Shetland netball division two league for the first time this season. The league was very close with a playoff required between Yell and Ness to decide the winners. Yell eventually won 26 – 23 to take the title meaning that they will begin the next season in division one.

Yell Senior Leisure Club

Attendances at this club have also remained buoyant this year. Club members visited the centre on Monday afternoons all year round to socialise over a cup of tea and to play cards and pool.



Winners of the Post-Christmas NB Communication Division 2 Netball League Back, Yell, with their silverware. Photo: Kevin Jones

Yell Leisure Centre



The ladies in the senior leisure club knitted 281 squares and sewed them together. They were destined to be part of Alzheimer Scotland's attempt to break the world record for the largest hand-knitted blanket.

The following table shows a summary of block bookings over the year:

Club / Organisation	Activity	No. of sessions 2012/2013	No. of sessions 2011/2012
Burravoe School	Community room hire	29	37
Shetland Kung Fu	Lau Gar Kung Fu	64	33
Yell Badminton Club	Badminton	71	72
Yell Bowls Club	Carpet bowls	22	23
Yell Football Club	Indoor football	17	18
Yell Football Club	Outdoor football	13	11
Yell Football Club	Junior football coaching	18	16
Yell Junior Sports Club	Badminton coaching	20	22
Yell Junior Sports Club	Football coaching	31	25
Yell Junior Sports Club	Netball coaching	28	22
Yell Netball Club	Netball	15	5
Yell Senior Leisure Club	Community room	46	49

Community Room

The community room was used for a wide range of activities including birthday parties, meetings, courses and club activities. Revenue and admissions in this area increased by 42% and 26% respectively when compared to last year.

Fitness Suite

This is the only area of the centre where revenue and admissions have decreased compared to last year. This is not surprising as the area is very small and this has made it difficult to update the equipment on offer. Users will be pleased to note that plans for

a much improved fitness suite are underway.

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; these are followed by after school activities. In the evenings the courts have a wide variety of uses including centre run activities, clubs' activities and individual hires.

Bokwa

Bokwa is a new and completely different approach to group exercise that is rapidly spreading across the globe; participants draw letters and numbers with their feet while performing an energising and addictive cardio workout routine.

Staff member Amelia Smith qualified as an instructor in October 2012 and her twice weekly classes have been very well attended.

Flying Squad (Trampoline Club)

34 children attended weekly trampoline coaching sessions which took place after school on Wednesdays and Thursdays during the winter months. Yell Leisure Centre hosted the Shetland Trampoline championships in April 2012.

Fun & Games

This after school activity for primary 1, 2 and 3 children has been running in the centre games hall for many years. Over the past few years it has seen a surge in popularity with record numbers attending in 2012–2013.

Holiday Activities

The centre continued to mainly offer holiday activities aimed at children from the younger age group as it was found that these were by far the best attended. This resulted in an overall increased attendance for the second year running.



Yell Leisure Centre

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. A number of courses were run in conjunction with the Mid Yell school as part of the children's electives programme.

Junior Leisure Club

38 primary children attended the Junior Leisure Club which ran for 10 weeks between April and June on Thursdays after school. The club made use of the majority of the centre facilities including the swimming pool, the community room for crafts and snacks, and the games hall and football pitch for games.

Spinning

Spinning has remained popular with 3 classes running per week for most of the year. Once again attendances have increased when compared to last year.

The table below 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 Flying Squad member Ashleigh Nisbet won the Shetland Trampoline Championships in 2012 and 2013.

Dryside Classes / Activities	Attendances 12/13	Attendances 11/12
Bokwa / Aerobics	391	67
Flying Squad (Trampoline Club)	798	704
Fun and Games	529	337
Holiday Activities	328	233
Junior Gym	33	30
Junior Leisure Club	380	319
Spinning	326	248
Total	2,785	1,938

Schools

The Burravoe, Cullivoe and Mid Yell schools continued to make regular use of the facilities for PE lessons, break-time activities, swimming lessons and occasional other activities.

Squash Court

The squash court is now regularly used for spinning classes as well as for playing squash.

Yell Leisure Centre



Swimming Pool

Aquacise

Aquacise classes were run on Wednesday nights and Sunday mornings. As with many other activities the classes stopped during the summer as attendances are low at that time of year.

Junior Aqua Club / Northern Neesiks

Membership of the club grew which in turn increased attendances. The club trained on Tuesday nights and attended Beta League competitions in Scalloway, swimming in a combined team with children from Unst as the Northern Neesiks.

This will be the last year coach Mark Aquilina will be involved with the club as he is moving away from Yell. The club would like to thank Mark for all his help over the years and to wish him all the best for the future.

Pool Classes / Activities	Attendances 12/13	Attendances 11/12
Aquacise	240	204
Jr. Aqua Club / Northern Neesiks	364	208
Learn to Swim classes	1,299	752
Total	1,903	1,164

Learn to Swim Classes

For the third year in succession there was an increased attendance at swimming lessons run by the centre. Attendances have increased from 233 in 2009-2010 to 1,299 in 2012-2013. Much of this can be attributed to a decrease on schools swimming provision locally over the same period.

Plans for 2013/2014

Staff will continue to work in partnership with other service providers to ensure that the programme of activities meets the needs of the local and wider community.

In the summer SIC North Isles Community Work Department will move from their office, which they have rented at the centre for over 20 years, into the room where the fitness suite is currently located.

The office will then be altered to provide a new community room which can be used for a variety of activities. Finally, the current community room will be converted into a new fitness suite. Over the years numerous requests have been received for a more spacious and better equipped fitness suite and staff are delighted that this change will result in a significantly improved fitness facility for their customers.



In October the Shetland Community Orchestra performed a concert in the main hall.



Yell Leisure Centre

Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Main Hall	Revenue Admissions	£14,031 8,442	£11,868 7,606
Total Swimming Pool	Revenue Admissions	£8,697 4,853	£7,410 4,057
Total Squash	Revenue Admissions	£2,121 1,050	£1,685 842
Total Community Room	Revenue Admissions	£2,473 4,736	£1,743 3,760
Total Fitness Suite	Revenue Admissions	£2,623 723	£4,058 1,254
Total Snooker / Pool Table	Revenue Admissions	£1,203 564	£742 369
Total Football Pitch	Revenue Admissions	£478 373	£344 299
Total Office Rental	Revenue	£12,546	£12,552
Total Spectators	Admissions	9,108	9,108
Total Education Use	Revenue Admissions	£60,966 9,952	£54,180 9,270
Total Facilities	Revenue	£105,138	£94,582
Total Facilities	Admissions	39,801	36,565
Other Income			
Total Vending Sales		£8,062	£7,811
Total Miscellaneous Income		£131	£230
Total Revenue for the Period		£113,331	£102,623



The North Mainland Leisure Centre had another busy year. The Midway Pitch was again operating at full capacity throughout the summer, but the poor weather during the winter saw the area unplayable from November to March. The fitness

suite continued to be popular with the influx of workers to the North Mainland resulting in the facility being fully booked nearly every evening. The same can be said for the squash court with a squash league being played but also with spinning,

circuits and children's parties using the versatile space. Although there was a drop in overall admissions the pool continued to be busy with a noted up-turn in private swimming lessons keeping the teachers very busy.

Community Room Art and Crafts

All children seem to enjoy this fun activity with some great masterpieces being produced and taken home to eagerly awaiting parents!

Boxing

The boxing bags have proved popular with men who work at the gas and oil terminals and several groups visit the centre to work out practically every week day.

Fundays

Fundays offer great holiday sessions for children, keeping them busy twice a week during the school holidays. Many activities are on offer including arts and crafts in the community room but also sports, nature walks and swimming.

Meetings

Many companies have used the community room throughout the year for holding meetings and staff training days.

Pilates

The room provides a nice cosy area for the Pilates class run by Hanne Irvine.

Crazy Golf

The Crazy Golf course, which is situated alongside the building during the summer months, has continued to be popular with families who want to enjoy an activity that they can all take part in from grandparents to toddlers.



Cheyenne Thomson and Eva Robertson proudly showing the flowers they made at the art and craft course.



North Mainland Leisure Centre



The Crazy Golf course set up ready for the summer.



Blayne Ratter dunking for apples during the October Fundays.

Fitness Suite

As previously mentioned the fitness suite has been full to capacity most evenings of the week. The excellent facility is popular with both locals and some of the new Total and Petrofac work force.

Weights Courses

Sue MacBride instructed a very popular ladies weights class on Thursday nights which has been fully booked each week. Connel Richardson instructed the junior weights course which was also very popular.

Games Hall

The centre hired the Brae Junior High School games hall in order to run the following two courses for children:

Early Touches

These classes are a great start for young children who are coached in preparation for joining the local football clubs when old enough; providing a seamless link from learning the basic football skills to the more advanced skill development when in the clubs.

Gymnastics

In conjunction with Active Schools, the centre offered a 5 week course of gymnastics for primary aged children.

Midway Pitch Football Clubs

The normal activities of the football clubs and Soccer Sixes who use the pitch to prepare for the season ahead were severely disrupted this winter due to the sub-zero temperatures.



Hockey

The Shetland Ladies Hockey Association utilised the pitch to play most of their league games and to carry out their training programme, as did the junior players.

Jogging Club

The yellow vested joggers could still be seen running around the village on a Monday night. If the weather was too bad they came in side to use the running machines.

Squash Court

The squash court has again proven to be a versatile and useful area with all sorts of activities besides squash taking place there.

Circuits

Junior circuit courses have been full to capacity, with youngsters from 9-16 years using the class to top up their fitness levels to complement their other sporting activities.

Parties

Bouncy castle parties remained very popular and there is now an option to book the area for soft play and nursery toys for the younger members of the community.

Spinning

Spinning remained a really popular activity with almost all classes fully booked. Participants enjoyed the hard but rewarding work out.

Swimming Pool

Aqua Aerobics

Leigh Wishart has taken on this class and has had an enthusiastic and loyal following of ladies in her Tuesday night class.

Children's Swimming Lessons

Swimming lessons have remained very popular with the children following the national Learn to

Swim programme. The Deep End Course has provided a safe and enjoyable way for children to obtain the national swim level and permits them to swim in the deep end of the pool. The children can then work on improving their deep water skills by enrolling on the Deep End Plus class, which focuses on diving, surface diving, treading water and making the "deep end" fun for all to enjoy. In May children from Fair Isle, Foula and the Out Skerries participated in a week long intensive course of swimming lessons.

Delting Dolphins

The club has continued to go from strength to strength, with notable achievements this year from Felix Gifford National Scottish age group champion 200m butterfly, Calum MacColl North District junior champion 100m butterfly and Iain Leach silver medallist at Scottish Schools 200m free. The highlight of the year was the gold



*Delting defend their goal during a very wet Town Hall Centenary Shield 7-aside knockout competition on the Midway Pitch.
Photo: Kevin Jones*



North Mainland Leisure Centre



The remote island swimmers with teacher Maria Wishart and Scottish swimmer Felix Gifford.

medal performance of the Delting medley relay team consisting of Michael Southern, Jake Swanson, Calum MacColl and Gregor Moore at the district championships in March. The club said goodbye to their international swimmer Felix Gifford who has gone to train and compete with COAST in Aberdeen. The swimming club has now started a disability competitive section with its first member Angus Morrison who has now started training with the squad.

Fun Run Pool Inflatable

The inflatable provides children with a great way to spend an hour or two trying not to get wet in the pool by conquering the fun run challenge.

Ladies Swimming Lessons

This has remained a very popular class which takes place in a relaxed

atmosphere with the ladies learning to swim or improve their skills under

the watchful eye of level 2 teacher Maria Wishart.

Activity/Class/Course	Attendances 12/13	Attendances 11/12
Arts and Crafts	50	0
Aqua Aerobics	375	310
Circuits	205	215
Football	505	500
Fundays	83	125
Gymnastics	95	0
Inflatable parties	350	720
Jogging	71	57
Pool hires/parties	1,243	1,524
Private lessons	225	201
Spinning	950	126
Swimming club	2,830	2,945
Learn to Swim Classes	1,205	1,150
Trampolining	15	115
Weights	556	435
Total	8,758	8,423



Rookie Lifeguard Programme

Rookie Lifeguard is an enjoyable and busy club with the children working on their Rookie Lifesaving skills or towards the Lifesaving 1-3 Awards or Bronze Medallion.

UKCC Level 1 Certificate in Teaching Aquatics

An UKCC level 1 course for SRT staff took place in February 2013 when

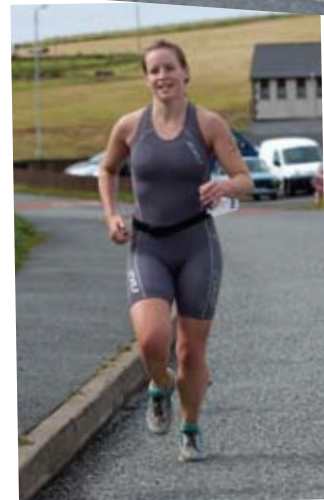
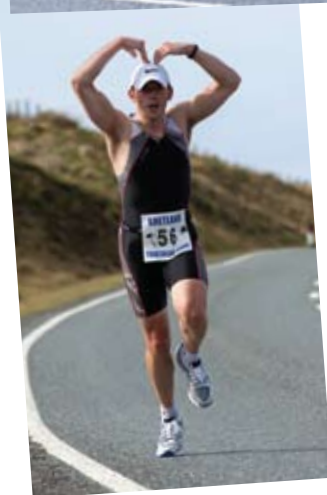
candidates learned how to teach swimming. Based on the "Learn to Swim" programme it prepares candidates to take the skills learned back to their own centres to put into practise.

Plans for 2013/2014

Following a recruitment drive the centre has a number of new staff

who will receive training to ensure they can reach their full potential and enable the centre to offer more courses.

There will be a further influx of workers at the new Total gas plant at Sullom Voe and with a new hotel being built to accommodate them, centre staff will be working to ensure that the best package of activities is on offer to attract these potential customers.



Some of the competitors during the Shetland Sprint Triathlon in September 2012 which began with a 750m swim in the North Mainland pool followed by a 20km cycle through North Mavine and ended with a 5km run.

Photos: Kevin Jones



North Mainland Leisure Centre

Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Main Hall	Revenue Admissions	£1,371 591	£1,423 485
Total Swimming Pool	Revenue Admissions	£19,598 8,879	£19,507 9,836
Total Outdoor Areas	Revenue Admissions	£10,282 25,572	£12,198 34,093
Total Squash	Revenue Admissions	£7,517 2,196	£5,832 1,764
Total Community Room	Revenue Admissions	£2,967 2,042	£3,572 3,139
Total Fitness Suite	Revenue Admissions	£18,572 4,400	£19,636 4,495
Total Health Suite	Revenue Admissions	£1,901 494	£2,422 584
Total Crazy Golf	Revenue Admissions	£439 229	£497 425
Total Pool Table	Revenue	£102	£322
Total Spectators	Admissions	8,148	9,887
Total Education Use	Revenue Admissions	£72,000 2,987	£67,382 2,677
Total Facilities	Revenue	£134,749	£132,791
Total Facilities	Admissions	55,538	67,385
Other Income			
Total Vending Sales		£8,491	£9,264
Total Miscellaneous Income		£852	£587
Total Revenue for the Period		£144,092	£142,642

Whalsay Leisure Centre



Staff commitment and skills are key to the delivery of activities that help all ages of the Whalsay community lead an active lifestyle. In 2012/2013 overall revenue figures were down by 4.9% which was mainly due to a four week planned maintenance closure in October and November. However, a great deal of work was achieved during this period and credit is due to the Technical Services department who coordinated and carried out the majority of the work. The main focus was on replacing water pipework through the whole building, upgrading lighting, painting, tiling and plantroom machinery maintenance.

The centre continues to have close links with the Shetland College who use the meeting room to deliver adult learning in a range of courses. The Minibus Association and Whalsay Sports Development Trust (Harbison Park) also continue to have close partnerships with the centre. The Whalsay School use all the facilities: main hall, swimming pool, squash court, fitness suite and meeting room for the delivery of their P.E timetable, special events and achievement days.



Above: Always jolly – SRT Maintenance Technician Ian Jarmson working on improving the water pipework.

*Below: **Before** – Technical Service staff inspecting the tiling during the planned maintenance closure.*

*Below right: **After** – The pool looking very inviting following completion of the lighting, painting and tiling work.*





Whalsay Leisure Centre

Birthday parties	Bookings 12/13	Bookings 11/12
Main hall inflatable	41	36
Pool inflatable	17	35
Other	4	4
Total	62	75

Wast Linga Ramblers Football Club

The club made regular 5-a-side bookings and Harbison Park bookings for training. The club has now been running a few years and is established in the Shetland Works League.

Birthday Parties

Birthday parties although down, still remain popular at the leisure centre, attracting 62 bookings in 2012/13. The pool inflatable parties' numbers have reduced mainly due to the other facilities in Whalsay catering for parties and a revised pool admission policy. New disco lighting in the main hall and pool area will hopefully increase numbers in the future.

Block Bookings

Many sporting clubs make widespread use of the facilities during the year. The centre and Shetland wide clubs work closely together to ensure as many sporting activities are offered to the community as possible.

Shetland Budokai

Neil Pottinger continues the Shetland Budokai Club in Whalsay. Weekly training sessions allow members to pick up the skills and techniques quickly to progress through the karate grading system. Additional sessions are also attended at Clickimin throughout the year to help improve technique.

Senior Leisure Club

The Senior Leisure Club holds sociable two-hour sessions every week for anyone 50 years and over. Carpet bowls, swimming and fitness suite were the most popular activities, with time for refreshments half way through.

Whalsay Badminton Club

During the winter months the club met weekly to play games and they booked various sessions for team practices when court space was available. Some club players played in the Shetland badminton league and attended tournaments through the year.

Whalsay Football Club

The senior club had indoor training sessions whilst the weather was poor during the winter months. The first team went through a transitional phase finishing mid table in the league and winning the Fraser Cup. The reserve team won their league while introducing younger players



All eyes on the ball during a Highland Fuels Whalsay v Spurs match on Harbison Park.

Photo: Kevin Jones

Whalsay Leisure Centre



to adult football. The under 10s, 12s, 14s and 16s teams trained indoors on Friday nights during the winter months before playing on the Harbison Park when the weather improved.

Whalsay Golf Club

Indoor golf sessions were booked in April and May using Stag and Tri golf sets. Sessions focused on putting, chipping, pitching and full swing in the main hall. This enabled coaches to work on golfers swing, teach basic rules and etiquette before the outdoor session began. With over 130 golf members the club is keen to develop indoor golf in Whalsay and help extend the short playing season.

Whalsay Hockey Club

The junior hockey club used the main hall and Harbison Park for training through the year which helped with the team's success. In adult hockey, Whalsay remained a competitive force winning many trophies through the year.

Whalsay Junior Trampoline Club

There were 19 members who joined the club this season with classes running after school on Mondays and Tuesdays. All members enjoyed learning new skills and routines which they put into practice at the Shetland Championships and the club's own annual competition.

Whalsay Netball Club

The Whalsay Junior Netball Club continues to be well attended; primary 4 to 7 and secondary pupils train once per week during the winter months. Whalsay have three teams in the senior Shetland leagues and each year the centre hosts two popular competitions: the Williamson Cup and the Ruth Shearer Cup.

Fitness Suite

The fitness suite is an area that has suffered this year with admissions

down, mainly due to the 4 week maintenance closure coming at a time when it is normally particularly busy. Some more programmed sessions will be planned to try to encourage more customers to use the facility.

Fitness Suite Circuits

The aim is to increase the customers' knowledge of exercise so they can keep their workout in the fitness suite varied and interesting. Weekly sessions were blocked off and users were given valuable training tips to develop their confidence in using the equipment.

Junior Gym

Five-week courses ran for 13 to 15 year olds who gained knowledge of the equipment and techniques required for use of the fitness suite. All who attended were deemed competent, giving them access to the fitness suite in their own time.

Games Hall Adult Activities

Adult class participation is down this year, mainly due to staff absence and the scheduled maintenance closure. It is an area that will be focussed on in the future.



Whalsay wing attack Marie Anderson takes control of the ball in mid-air during a game at Clickimin.
Photo: Kevin Jones



Whalsay Leisure Centre

Adult Class / Course	Attendances 12/13	Attendances 11/12
Aqua Aerobics	635	823
Circuit Training	219	402
Jog Group	0	32
Saturday Circuit	273	322
Spinning	743	756
Studio Gym	127	43
Total	1,997	2,378

Circuit Classes

Two sessions took place weekly which incorporated various stations to give a total body workout. Fresh ideas were gathered through in-house training to maintain interest levels and develop exercises whilst catering for a wide range of abilities.

Junior Activities

Popular activities such as badminton, junior football, Friday games and pre-school gym ensured high admission rates for dry junior activities. Close links with local clubs and Shetland Islands Council Active Schools department ensured all age groups were catered for. The secondary age group is an area that will be monitored closely to try and increase participation.

Badminton

Richie Hutchison took junior sessions on Wednesday afternoons. The classes are available for primary 5 to secondary 3 pupils then the players progress onto the adult badminton club on Tuesday nights. The bairns took part in training as well as fun games which were aimed at exposing them to matches that are more competitive.

Friday Games

These fun games were a perfect way to end a tough week at school. Games included various ball games with dodgeball being the favourite.

Junior Football

A range of football classes were delivered throughout the year from nursery football to secondary

champion's league football. Nursery football introduced the bairns to the basics of the game, improving co-ordination and learning rules through mini games. All football sessions were held in the main hall and on Harbison Park when weather permitted.

Pre School Gym

These fun sessions for pre-school age continued on Thursday afternoons. They included warm ups, musical exercises and obstacle courses, which help build key motor skills and co-ordination with basic fun movements. The bairns loved the music and songs that went along with this class.

Holiday Programme

The holiday admissions for 2012/13 were down as a result of the maintenance closure in October. Popular dry activities included Fundays and Bounce Mania with Splash Discos and the pool Inflatable boosting wet activity figures.

Meeting Room

Shetland College Learning Centre

The meeting room is used during the school term to provide Adult Learning in Whalsay. 44 hours per week are booked to deliver a range of classes from Advanced European Computer Driving Licence (ECDL) to Digital Photography and Letter Writing. The video conferencing facility is also well used during classes and by Whalsay school pupils.

School Use

The Whalsay School nursery, primary and secondary departments all made extensive use of the centre during the school day due to the close location and facilities available, including using the main hall for large events and assemblies. Although swimming lessons have been reduced, there is still great demand for hall space five days a week to cater for the 160 plus pupils that are currently enrolled at the school.

Junior Dry Class / Course	Attendances 12/13	Attendances 11/12
Badminton	472	624
Fitba Focus	314	577
Friday Games	404	552
Junior Gym	55	32
Junior Squash	90	114
Pre-School Gym	273	324
Roller Rampage	56	-
Trampoline & Games	118	108
Total	1,782	2,331

Holiday Programme	Attendances 12/13	Attendances 11/12
Easter holidays	253	328
Summer holidays	215	135
October holidays	0	274
Total	468	737

Whalsay Leisure Centre



Action during the Whalsay School staff v pupil's challenge.



The school planetarium – a neat fit in the squash court!

Squash Court

The squash court is the quietest area of the building but more nursery classes and spinning classes are being scheduled which will help improve the footfall for this area. Other ideas will continue to be investigated to boost admissions in the squash court.

Junior Squash

Richie Hutchison delivered junior squash after school. These sessions are great for introducing players to the rules and basic strokes which result in improvements in everyone's performances by the end of the block.

Spinning Classes

743 admissions were recorded with many of the evening classes being fully booked. Instructors attended refresher training which provided some interesting teaching points to help keep classes fresh. Tour de France block sessions were provided to push individuals in a week long challenge.

Swimming Pool

Junior wet course admissions reached 4,053 mainly due to popular activities such as Advanced Swimming, Learn

Junior Wet Class / Course	Attendances 12/13	Attendances 11/12
Advanced Swimming	708	520
Learn to Swim Classes	1,909	2,126
Nursery Swimming	879	552
Parent and Toddler Swimming	200	204
Private Swimming Lessons	71	122
Rookie Lifesaving	286	0
Total	4,053	3,524



Whalsay Leisure Centre

to Swim Classes, Nursery Swimming and Rookie Lifesaving.

Advanced Swimming Training

Swimmers train twice a week with drills involving stamina work, stroke technique, dives, turns and guidance on all the rules for competitive swimming. The sessions act as a perfect progression to the Whalsay Amateur Swimming Club enabling participation in local medleys and competitions.

Aqua Aerobics

These sessions consist of a wide range of cardiovascular and toning exercises. In addition to the standard benefits of any exercise, water supports the body and reduces the risk of muscle or joint injury.

Learn to Swim Programme

All staff were involved in the delivery of the Learn to Swim Programme which ran from September to March with two 12 week blocks for ages ranging from primary 1 to adults. Levels 1 - 8 were covered plus distance and speed certificates. A fun gala was held at the end of each block which was enjoyed by both swimmers and spectators.



Winning team of the Whales, Sharks and Dolphins gala.

Nursery Swimming

These sessions are full of fun and games which help to develop water confidence and basic swimming skills and act as a stepping stone to progress to the Learn to Swim levels in primary 1. There are three weekly classes due to the increased number of bairns attending the Whalsay nursery, pushing admissions up to 879 this year.

Parent and Toddler Swimming

This unstructured swimming session is a great opportunity for parents to

come along with their toddlers and play with floats and pre-school toys. The sessions act as an introduction to the water with a chance for adults and bairns to have fun together in the water.

Rookie lifesaving

Marcia Pearson re-introduced Rookie lifesaving classes at Whalsay. The bairns were keen to learn the basic lifesaving skills and this acted as a novel change to the pool classes recently delivered.

Plans for 2013/2014

Staff will continue to work in partnership with other service providers to ensure that the programme of activities meets the needs of the local and wider community. To try and increase revenue and admissions figures staff will introduce at least one innovative activity to this year's programme.

Educating users about the new centralised database and online booking facility will hopefully improve customer relations and make enrolling into activities easier. Areas that have underperformed will be reviewed to increase participation in 2013/2014.



Employed Trainee John McElhone receiving training in setting up a trampoline as part of his SVQ Level 2 Sport and Active Leisure: Operational Services.

Whalsay Leisure Centre



Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Main Hall	Revenue Admissions	£24,019 16,109	£23,910 14,217
Total Swimming Pool	Revenue Admissions	£18,443 8,468	£21,935 8,080
Total Squash	Revenue Admissions	£934 663	£1,096 456
Total Community Room	Revenue Admissions	£7,994 3,856	£7,049 2,566
Total Fitness Suite	Revenue Admissions	£5,928 1,058	£9,170 1,906
Total Pool Table	Revenue	£136	£301
Total Spectators	Admissions	7,265	7,703
Total Education Use	Revenue Admissions	£53,484 17,370	£53,484 11,631
Total Facilities	Revenue	£110,938	£116,945
Total Facilities	Admissions	54,789	46,559
Other Income			
Total Vending Sales		£17,118	£19,890
Total Miscellaneous Income		£3,755	£1,805
Total Revenue for the Period		£131,811	£138,640



South Mainland Pool

The year 2012/13 has been a successful year for the South Mainland Pool which moved into its 20th year of operation with increases in both admissions and revenue (not taking education admissions and revenue into account). This result was seen as even more of a success considering that the weekly opening hours were reduced by 13 hours in June 2012. This reduction was seen as an important step in securing the facility's future as it was important to adjust to the decrease in demand from the schools but at the same time maximise use.

April 2012 saw long term Recreation Assistant Mae Johnson decide to call it a day and hang up her whistle. June 2012 saw the reduction in opening hours but also saw Ross Stopper, Sean Bell and Jan Price joining the staff on permanent contracts. With Modern Apprentice Sean Bell gaining promotion to a Recreation Assistant his vacant position was filled by Ben Morris in September 2012.



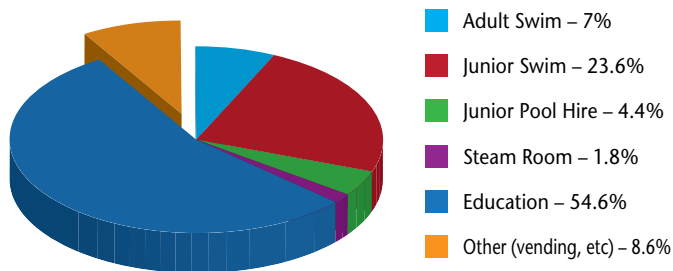
Modern Apprentice Ben Morris and former Modern Apprentice Sean Bell work together during an SVQ Assessment.

All staff continued to work hard throughout the year and they provided an excellent service to all who came through the door. This is even more evident with a notable

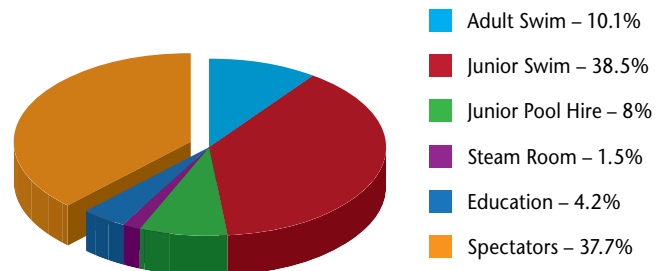
21.8% increase in attendances at the Learn to Swim classes.

The breakdown of revenue and admissions over the year is as follows:

Pool Revenue



Pool Admissions



Adults Only & Ladies Only Swim/ Steam Sessions

The pool continued to provide Adult's Only sessions on Monday and Wednesday evenings and Ladies Only on Thursday evenings. These sessions continued to be popular and offered those attending a break from the outside world and a chance to relax in the main pool, steam room or bubble pool.

Aqua Aerobics & Aqua Natal

Aqua Aerobics sessions continued to be a part of the swimming pool timetable throughout the year except during school holidays. Attendances at these classes decreased by 23.9% to 295, however this drop was expected as the class time had to be moved in order to accommodate an extra staff training session. Yvonne MacGregor continued to instruct

the classes every Tuesday night, showing the enthusiasm needed to get the participants to work hard and feel the benefits of this low impact class. With the Scalloway Pool closed for maintenance work during the summer, their Aqua Natal classes were moved to the South Mainland Pool to ensure the classes kept going. The classes attracted some new customers as well as the regulars who travelled down from the Scalloway area.

South Mainland Pool



Aqua Discos

Aqua Discos continued to be a part of the holiday activities and as expected there was a 54.7% increase in attendances as the pool was operational during the summer holidays compared to the previous year when it was closed for refurbishment. The sessions allowed children to meet up with their friends and have some adult free pool time with loud music blasting and underwater disco lights flashing in the background.

Birthday Parties

Pool parties seem to have been a victim of the change in the SRT's Admissions Policy as over the past year there has been a 42.1% drop in attendance. The change in adult to child ratios, and the minimum age being raised to 8 years for children swimming without the need of an accompanying responsible person, may have contributed to the reduction. Partygoers who chose to hire the pool enjoyed the exclusive use of the pool's facilities, large floats

and toys. The spectator area was also available for the children to enjoy their party food afterwards.

Easter Egg Hunt

The Easter Bunny made his annual visit to the pool and in an age old tradition it was up to Modern Apprentice Sean Bell to become the mythical creature known as the Easter Bunny. The pool was filled with Easter egg 'tokens' which fortunately were transferable at reception for the real thing.

Inflatable Sessions

Aqua Run inflatable sessions were a welcome new activity to the pool's timetable. The sessions were very popular with 314 attendees made up of a mixture of children and even some adults. Everyone had to pit their wits against the wet inflatable assault course as well as dodging the water cannons to make it all the way to the end.

Snorkelling

Snorkelling sessions continued to be a part of the pool timetable and provided children with the chance to use flippers and snorkels. Children were able to practice their snorkelling skills with staff on hand to provide teaching points. As expected there was an increase in attendances for this activity.

Swimming Lessons

The Learn to Swim classes have continued to be a success story with a further increase in attendances on the previous year. This increase has proved a welcome boost to the facility. With the reduction of lessons with the schools it has become evident that parents are very keen for their children to learn how to swim outwith school hours. Staff worked hard throughout the year to ensure that the facility provided the right level of classes to cover the demand helped by the introduction of another teacher in the form of



Jessie Tait enjoying her 4th birthday party with friends.



South Mainland Pool

Modern Apprentice Ben Morris who gained his Level 1 Teaching Aquatics qualification.

Advanced Swimming

Attendances at these sessions increased by 3% compared to the previous year and they provided a good source of income for the pool. The sessions continued to attract those wanting to swim at a competitive level and looked at the overall development of all four swimming strokes as well as the differing distances that have to be swum. The sessions were also open to those who just wanted to exercise to remain fit. The pool provided 5 sessions per week and they were taught by Vivien Smith and Jan Price.

ASA/ISRM Swim Award Class

With the change in the SRT Pool Admissions Policy this class was introduced to help children wishing to swim in deep water. During the class swimmers were taught the skills and techniques required to gain the award. Gaining the award also increased the number of under 8s a responsible person was allowed to have under their supervision whilst in the water. These classes were introduced in July 2012 and continued throughout the year. The class attracted 65 attendances with the majority of those going on to gain the award.

Levels 1-4

These beginner's sessions are a progression from the Under 5s classes and private lessons. Teachers work on building on the skills required to meet set criteria and encourage the children to establish a good swimming technique as well as build on stamina. The classes remained popular and saw an average weekly attendance of 42.

Levels 5-8

Levels 5-8 classes look to build on the techniques introduced at beginner's

level and promote a higher standard of swimming. In these sessions children continue working on the front and back stroke and also learn the more complex butterfly and breaststroke. As the children progress through the levels they develop the technique and stamina required to progress on to the Advanced Swimming classes that the pool has timetabled. The children continued to work hard and there was an average weekly attendance of 36.

Private Lessons

Private lessons were taught throughout the year and allowed children and adults to receive 1 to 1 instruction; these allowed children to progress into either the Under 5 or Level 1-4 classes and adults were able to build on confidence and technique. The reduction in facility opening hours led to a 49.5% decrease in the number of private lessons taught however on a plus note the majority of these children moved into the Under 5s and Learn to Swim classes.

Under 5s

These classes have become very popular with customers. Interest has grown so much that the number of classes has had to be increased to 5 this year instead of 3. The classes provided an alternative to private

lessons and allowed children to be introduced to the water helping to build up their confidence and improve their ability to move around in the water unaided. Once this had been done the instructor moved on to the basic swimming strokes and progressed from there. Once the children move into primary school they then progress into the Learn to Swim Levels 1-4.

Schools

The South Mainland Pool has continued to be used by the Sandwick Junior High School primary and secondary departments as well as by Cunningsburgh Primary School for school swimming lessons. The lessons were taught by PE teacher Joan Smith and continued to help children develop and improve their swimming ability. Children now only receive one 6 week block of lessons with their school leading to the pool seeing a 69.6% reduction in school numbers.

In addition to school lessons, some children were selected for Top-Up Swimming lessons taught by pool staff throughout the year. Top-Up Swimming is a national programme funded by the Scottish Government with the aim of ensuring more children are able to swim before leaving primary school.

Activity	Attendances 12/13	Attendances 11/12
Advanced Swimming	2,124	2,062
Aqua Aerobics & Aqua Natal	295	388
Aqua Disco	116	75
ASA / ISRM Swim Classes	65	-
Inflatable Session	314	-
Learn to Swim Classes	3,606	2,961
Pool Party	275	475
Private Swimming Lessons	422	835
Schools	1,114	3,666
Snorkelling	99	65
Total	8,430	10,527

South Mainland Pool



South Mainland Amateur Swimming Club

During the year from April 2012 to March 2013, South Mainland swimmers achieved success at various levels and locations. In April 2012, at the Scottish National Age Group Championships held in Sunderland, Donnie Price won a Scottish title in the 15 year Boy's 800m freestyle and in May at the Olympic Pool in London he achieved podium place taking the bronze in the 200m freestyle while representing Scotland North & West at the UK School Games. Meanwhile, Scalloway was the venue where a team of South Mainland's younger swimmers won the Beta League Shield for the third consecutive year. These achievements led to South Mainland ASC and Donnie being short-listed nominees for the Shetland Sports Awards Young Club and Young Sportsperson of the year.

The club continues to hold a 2 hour session on a Thursday at the pool. The first hour for the younger age swimmers has been extremely well attended throughout the year and is now full to capacity. The second hour has fewer swimmers due to it being more of a challenge fitting the ever growing teenagers into the narrow lanes and shorter length of pool. In both sessions, some members choose to attend for fun and fitness while improving their swimming skills but, while not a requirement, nearly all swimmers compete at local



Above: South Mainland ASC with their trophies and medals from the Shetland Sprint Championships held at the Clickimin Leisure Complex in March 2013. Photo: Kevin Jones

Left: Donnie Price, 1500m and 200m Freestyle North District Open Junior Champion 2012.



South Mainland Pool

competitions or are aiming to do so. Most members also attend level 7 or 8 pool classes or advanced swimming / coaching sessions. Over half are also in the Shetland Development or Shetland County Squad so have additional sessions at Clickimin. Many of this group have had the benefit of attending Shetland Swimming Association training days led by Alan Lynn of Scottish Swimming and Stirling University. A few also use public sessions at South Mainland and at Clickimin in which to put in additional training hours necessary to reach their potential.

At Shetland competitions, a huge number of medals, cups and trophies have been awarded to SMASC swimmers too numerous than space allows to mention by name! However, the following swimmers gained overall Championship title: Dylan Black – 10year Boys at Junior Sprints; Adam Millar – 9 year Boys at Junior Championships; Eddie Price – 13/14

Boys at Senior Sprints; and Donnie Price – 15/16 at Senior Age Groups and at Senior Sprints.

Nineteen youngsters – just over half of the membership – competed at events and brought home medals from competitions in Inverness, Buckie, Aberdeen and Stirling. Seven competed at District level; James Morris, Scott Riise, Eddie Price, Donnie Price, Semis Mackay, Cortaid Mackay and Sophie Morris and the Price brothers swam at National competitions. Curstaidh, Sophie and Eddie travelled south to train at Scottish Swimming District Regional Programme and Donnie attended Scottish Youth Development Squad camps.

Plans for 2013/2014

In the coming year staff hope to continue to improve on the revenue

and admissions figures, maintain high standards and achieve the following:

- Continue to ensure that timetabled swimming lessons are available in order to meet demand
- Introduce a new water-based activity which could help to attract more junior customers
- Continue to offer a balanced programme of activities for all age groups and swimming abilities
- Look to use social networking sites to reach out to the general public and inform them of what is happening at the South Mainland Pool
- Utilise the SRT's upgraded centralised computer database to enhance the service provided.

South Mainland Pool



Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Adult Swim	Revenue	£5,354	£5,683
	Admissions	2,712	2,547
Total Junior Swim	Revenue	£18,155	£15,496
	Admissions	10,317	9,084
Total Adult Pool Hire	Revenue	£0	£0
	Admissions	0	0
Total Junior Pool Hire	Revenue	£3,441	£3,643
	Admissions	2,137	2,475
Total Steam Room	Revenue	£1,414	£2,106
	Admissions	415	597
Total Spectators	Admissions	10,118	10,354
Total Education Use	Revenue	£42,000	£60,100
	Admissions	1,114	3,666
Total Facilities	Revenue	£70,364	£87,028
Total Facilities	Admissions	26,813	28,723
Other Income			
Total Vending Sales		£6,135	£5,724
Total Miscellaneous Income		£460	£564
Total Revenue for the Period		£76,960	£93,316



Scalloway Pool

The year 2012/13 was a year of change for the Scalloway Pool. It began with a 6 week period in July and August 2012 which saw the building receive a face lift with a difference as it had its roof replaced along with a modernisation of the internal fixtures and fittings. This saw the SRT Technical Services department and pool staff work hard to get the building back up and operational within the 6 week period.

November 2012 saw the pool streamline opening hours to ensure budgets were adhered to. The new SRT staff uniform was also unveiled and it has certainly brought a colourful change to the facility.

February 2013 saw a change in operational staff with Stacey Laurenson being promoted to the vacant Senior Recreation Assistant position and Jennifer Simpson joining the workforce filling the gap made with Stacey's promotion. This move



The Scalloway Pool midway through its essential roof replacement during 2012.

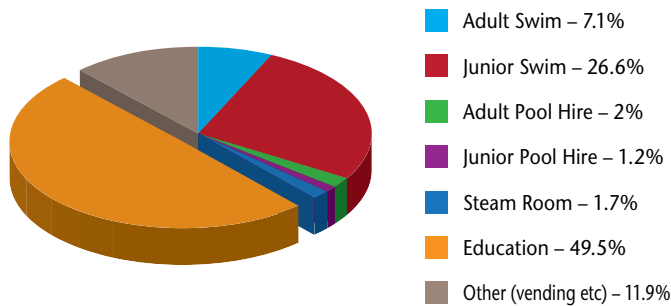
saw 4 of the 5 contracted staff having completed the SRT Employed Trainee programme, with the remaining 1 member of staff employed as a Modern Apprentice.

The pool continued to attract customers from far and wide, and the interest in swimming lessons never halted. During The Shetland

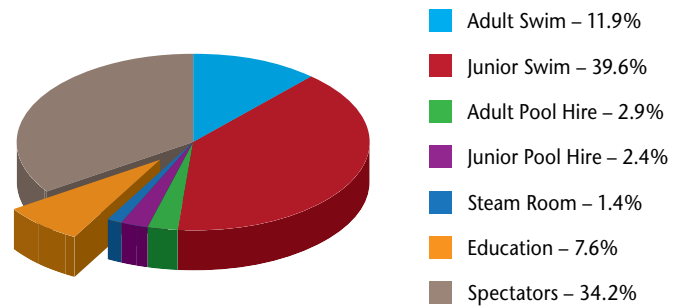
Sports Week held during the end of September and beginning of October 2012, the pool hosted a free Under 5s swimming and Advanced Swimming lesson for those who wished to give it a try to see if it was for them or not.

The breakdown of revenue and admissions over the year is as follows:

Pool Revenue



Pool Admissions



Adults Only Swim/Steam Sessions

The pool continued to offer adult only sessions on Monday and Thursday evenings for those who enjoy a peaceful and relaxing swim and like to get away from the stresses of a chaotic day. Wednesday nights also provided a session for ladies only which remained popular for women who like to chat and swim without interruption. The newly installed

underwater lighting brought a sense of relaxation to the sessions.

Aqua-Natal Aerobics

The class saw a further 20.5% drop in attendances on the previous year. This drop had been down to the fact that the midwives were waiting for training to renew their qualification as their current one had lapsed. It is expected to have the class up and running again later in 2013. The class

enables expectant mums to socialise with one another in a fun and relaxed environment and also provides an opportunity to chat to the midwives taking the classes.

Beta League

The Shetland Swimming Association continued to hire the pool for their well-attended Beta League meetings. Swim teams from throughout the isles competed over the winter months in

Scalloway Pool



*The Westside Sharks competed in their very first races in the Scalloway Pool at the Shetland Swimming Association Beta League.
Photo: Kevin Jones*

the points per race competition. The South Mainland Amateur Swimming Club was victorious in claiming their 3rd Beta League title in a row on the final day of competition in April 2012.

Birthday Parties

Pool parties seem to have been a victim of the change in the SRT's Admissions Policy as over the past year there has been a drop in attendances. The change in adult to child ratios, and the minimum age being raised to 8 years for children swimming without the need of an accompanying responsible person, may have contributed to the reduction. Partygoers who chose to hire the pool enjoyed the exclusive use of the pool's facilities, large floats and toys. The spectator area was also available for the children to enjoy their party food afterwards.

Christmas Opening Hours

Along with Unst Leisure Centre, the Scalloway Pool opened for 4 days during the festive period. This

additional opening gave the Shetland Swim Team the chance to carry out some training before travelling to big events at the start of 2013. Over the 4 days there were also public swimming sessions for those who wanted to burn off the Christmas pudding calories!

Holiday Activities

With the 6 week refurbishment closure during the summer of 2012, attendances at holiday activities took an expected drop. On the brighter side activities were well attended throughout the Easter and October holidays. A wide range of fun activities were provided by staff and were available to children of all ages. The pool inflatable and floats and flippers sessions proved to be the most popular, although the regular Easter Egg Hunt remained a highlight as ever. This wide-ranging programme of events helps to ensure that children are getting plenty of exercise without even thinking about it in a fun and lively environment.

Over 50s

These sessions continued to run twice weekly on Tuesday and Friday afternoons between 2pm-3pm. Over 50s have exclusive use of all that the pool has to offer during this time whether it is for a dip in the pool or a warm up in the steam room. Regardless of age it is important to exercise and swimming provides a low impact way of exercising. The sessions, which provide customers with the chance to catch up with each other, continue to be enjoyed by many regulars with new faces popping up every so often.

School Swimming

Primary schools from Scalloway and Tingwall attended the pool on a regular basis throughout the year for swimming lessons and the Anderson High School's Additional Support Needs group also hired the pool for an hour every Monday morning during term time. Some classes have been restructured and despite fewer schools now using the pool there was



Scalloway Pool

a 16.3% increase in the number of school children coming through the door. In addition to school lessons, some children were selected for Top-Up swimming lessons taught by pool staff. Top-Up Swimming is a national programme funded by the Scottish Government with the aim of ensuring more children are able to swim before leaving primary school.

Shetland Triathlon Club

The Shetland Triathlon Club continued to meet at the pool on Tuesday nights to swap trainers and pedals for hand paddles and pull buoys. The sessions involved some intense land and water based training which allowed the athletes to develop and improve their overall performance. Triathletes from the club have gone on to compete in triathlons throughout the UK and beyond.

Swimming Lessons

The Scottish Swimming 'Learn to Swim' programme provided the backbone and criteria for the lessons and attendances have continued to improve with a further increase on 2011/12. With a lot of hard work and dedication from the pool staff an average of 39 classes per week were made available, ranging from Under 5's to Advanced Swimmers. Classes were planned according to demand thus allowing pool space to be best utilised.

Advanced Swimming

Throughout the year there were 3 classes provided for advanced swimmers, 2 lasting 30 minutes and 1 lasting 60 minutes. The classes provided the stepping stones between the 'Learn to Swim' programme and competitive

swimming and allowed children to improve their stamina and develop their ability to perform at a higher level.

ASA/ISRM Swim Award Class

With a change in the SRT Pool Admissions Policy this class was introduced to help children wishing to swim in deep water. During the class the swimmers were taught the skills and techniques required to pass the award. Gaining the award also increased the number of under 8s a responsible person was allowed to have under their supervision whilst in the water. Over an 8 week period the class attracted 39 attendances with the majority of those going on to pass the award.

Levels 1-4

Each term there was an average of 12 classes available for levels 1-4.



Shetland ASC swimmer Matthew Bokor-Ingram takes flight in the 50m Butterfly, Shetland ASC swimmer Jodie Laurenson takes part in the 100m Breaststroke and Westside Sharks swimmer Kara Johnson takes part in the 100m Backstroke at the Beta League Meet in March. Adam Millar ploughs through the water swimming Front Crawl for the South Mainland ASC in the 4x2 Freestyle Relay during a Beta League Meet in January.



Photos: Kevin Jones

Scalloway Pool



These beginner sessions worked on building on the skills the children had developed in the Under 5s classes, encouraging them to establish a good swimming technique. The classes remained hugely popular therefore demand was high and saw an average weekly attendance of 72.

Levels 5-8

Each term there was an average of 15 classes provided for those swimmers in levels 5-8 with an average weekly attendance of 99. The classes looked to build on the techniques introduced at beginner's level and promote a higher standard of swimming. In these sessions children continued working on the front and back stroke and also learned the more complex butterfly and breaststroke. The progression from passing level 8 is into the Advanced Swimming classes.

Private Lessons

The majority of the private lessons continued to be taught during the school holidays although some were taught during the school term where space in the timetable allowed. During 2012/13 a total of 200 private lessons were taught by staff resulting in a 31.6% increase on the previous year. This figure proved even more of an achievement considering there was a 6 week closure during the summer holidays. The one-to-one sessions allowed pupils to work on any areas of weakness that needed to be improved on, as well as keeping up their swimming ability over the school holidays. Pupils benefited considerably from this focussed attention from a trained swimming instructor. There continues to be a waiting list for private lessons at all ages and abilities as they have proved to be very popular.

Under 5s

These classes are still in high demand with some parents putting their children's names on the waiting list soon after birth. 2012/13 again saw

Activity	Attendances 12/13	Attendances 11/12
Adult Swim & Steam	420	588
Aqua Natal	66	83
Christmas Opening	210	231
Holiday Activities	195	510
Learn to Swim Classes	9,402	9,342
Pool Parties	150	525
Private Lessons	200	152
Schools	2,136	1,837
Total	12,779	13,268

a total of 50 under 5s attending each week spread over 10 classes. The classes continue to be the perfect form of preparation for children, giving them essential skills before they progress into the 'Learn to Swim' programme and allows the children to get used to being in groups with other children.

The table above shows attendances at the various pool activities.

Plans for 2013/2014

In the coming year staff hope to continue to improve on the revenue and admissions figures, maintain high standards and achieve the following:

- Continue to ensure that timetabled swimming lessons

are available in order to meet the demand

- Introduce a new water-based activity which could help to attract more customers
- Continue to offer a balanced programme of activities for all age groups and swimming abilities
- Look to use social networking sites to reach out to the general public and inform them of what is happening at the pool
- Utilise the SRT's upgraded centralised computer database to enhance to the service provided
- Look into ways of rejuvenating pool parties at the Scalloway Pool.



Students on the NAFC Sea Cadet Programme train for the event of abandoning ship.



Scalloway Pool

Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Adult Swim	Revenue Admissions	£6,891 3,623	£8,158 4,120
Total Junior Swim	Revenue Admissions	£25,651 12,086	£26,153 13,901
Total Adult Pool Hire	Revenue Admissions	£1,823 873	£1,767 887
Total Junior Pool Hire	Revenue Admissions	£1,161 724	£1,905 1,096
Total Steam Room	Revenue Admissions	£1,650 420	£1,542 588
Total Spectators	Admissions	10,472	7,458
Total Education Use	Revenue Admissions	£48,000 2,333	£53,247 1,837
Total Facilities	Revenue	£85,176	£92,772
Total Facilities	Admissions	£30,531	29,887
Other Income			
Total Vending Sales		£10,743	£13,435
Total Miscellaneous Income		£859	£913
Total Revenue for the Period		£96,778	£107,120

West Mainland Leisure Centre



West Mainland Leisure Centre celebrated its 10th anniversary in September 2012 and the centre still attracts and appeals to a wide range of customers from the very young to the more senior citizens. A celebration weekend was held on 8/9 September when free activities were provided over the whole weekend and new sports were introduced to the centre such as parkour, boxing coaching and karate. It was inspiring to see the formation of the Westside Sharks Swimming Club in 2012 and they regularly use the swimming pool for their club training sessions.

Revenue has increased by 3% in 2012/13 while admissions went down slightly by 0.7% which demonstrates good customer retention on existing activities as well as seeing several new activities on offer.

Aith Junior High School have used the centre facilities on a daily basis in term time during 2012/13 with PE lessons for primary and secondary children taught in swimming, trampoline, racket sports, indoor athletics, golf, indoor rugby, football, netball, basketball and volleyball. Secondary pupils also used the fitness

suite and squash court in school time with fitness suite inductions carried out by centre staff.

Also in 2012/13 Skeld Primary School visited the centre for blocks of swimming lessons taught by Aith Junior High PE teacher Michael Boxwell.

Again, Visit Scotland awarded the centre a five star rating indicating that the facilities are of an exceptional standard and, as last year, credit and praise must go to all staff involved in maintaining this standard.



Employed Trainee Katriona Mouat ensuring fitness suite equipment is cleaned, maintained and ready for use.

Community Room

Shetland College have continued their use of the community room as the West Mainland Learning Centre and although they reduced usage by 50% they were still able to offer adult based learning courses in Sage Accounting Software for beginners and Digital Photobooks and Calendars.

The Bruce Family Centre also held their meetings in the community room on Friday mornings with parents and young children. Visiting NHS staff were able to use this opportunity to integrate with the group and offer advice and assistance to parents.

Fitness Suite

With over thirty corporate subscriptions and good customer retention numbers the fitness suite is

still popular with the general public. Fitness suite inductions are carried out by qualified staff and through links with Aith Junior High School the aim is to promote the health benefits of regular exercise for the S3 and S4 pupils.

Games Hall

Admission numbers for the main hall have gone down by 5% this year but revenue has gone up by 2.9%. The following block bookings have been made; Aith Badminton Club, Hanne Irvine (Pilates), Westside Netball Club, Westside Rebels Football Club and Whitedale Football Club.

In March 2013 the annual Senior Intercounty Volleyball (men's & women's) match was held between Orkney and Shetland. This was an excellent event for the centre to host and it was very closely fought, with Orkney winning the Ladies and Shetland winning the Men's competition.

Aith Badminton Club

The Aith Badminton Club held club nights every Tuesday from 8-9pm which were open to all abilities from beginners to Shetland badminton squad members. During the winter the club had one team playing in the first division.



West Mainland Leisure Centre



Senior Inter-county volleyball. Above: The Shetland ladies team talk tactics. Left: Shetland's Naomi Gear hits the ball over the net. Photos: Kevin Jones

Birthday Parties

Last year 33 birthday parties were booked into the main hall consisting mainly of a fun, supervised hour for children either on the bouncy castle or with soft play and games on another court. This is a great family time with parents/organisers bringing in food and birthday cake for a party tea afterwards in the community room.

Circuit Training

Various stations were set up in the main hall designed to test cardiovascular endurance and stamina where the customer works at each station for a set period of time. This has proved to be a very popular class for the casual fitness user looking to develop basic core fitness.

Fifty Plus Club

Attendance numbers have gone up this year to 853 for the Fifty



Plus sessions. There is still demand for this group activity with one two hour session on both Tuesday mornings and Friday afternoons when customers can play short tennis, table tennis, badminton and carpet bowls. This remains a very important sport and social activity session for the senior age group which is beneficial to both mental and physical health.

Football

Shetland Works League team Westside Rebels again block booked the hall for two hours every Wednesday from September 2012 through to March 2013 and numbers reached over 30 players on busier nights.

Whitedale Football Club has again used the centre to provide junior coaching sessions six hours a week also between September and March. Whitedale again plan to use the facilities between September 2013 and March 2014.

Junior Badminton

Junior badminton coaching has still proved popular with 369 children attending sessions this year. Some

of the older children were invited to attend senior Aith Badminton Club nights and a few have been included in the Shetland Junior Squads for under 13/15/18 years. A number of juniors have attended Shetland Junior Badminton Championships and have represented Shetland at Inter County level in their respective age group.

Parent and Toddlers

Every Thursday morning during the past year from 9am to 11am the centre provided a fun session for parent and toddlers. Activities on offer in the main hall were soft play, climbing frame, parachute and games whilst exclusive swimming was also available for the group. The session was extended to four hours on Monday and Thursday mornings in the school Easter, summer and October holidays and attendance numbers reached a high of 1,244.

Peerie Kickers

This activity has grown in popularity with 429 5 to 7 year old children attending in 2012/13. Coaches Matthew Saunders and Michael Gardner introduced the youngsters

to basic football skills such as passing, ball control and fun games.

Pilates

Instructor Hanne Irvine provided stimulating mental and physical exercise for her customers in her pilates classes which were run in two separate blocks, one through SIC Active Schools and one as a private booking.

SIC Active Schools

Through SIC Active Schools a programme of karate was offered in short blocks in conjunction with Shetland Karate Club. Lunchtime indoor rugby sessions were also organised between SIC Active Schools and Aith Junior High School and this was directed at secondary age pupils.

Spinning

Spinning continued to be popular at the centre with instructor Michael Gardner coaching 3 classes per week from September through to March. It is anticipated that 3 more staff will be trained to be spinning instructors so that more classes can be advertised in 2013/14.



Heidi and Ailidh enjoying the see-saw at a parent and toddlers session.



West Mainland Leisure Centre

Sports Hall Athletics

During this activity 4-10 year olds were coached by staff on various athletic activities such as running, high jump, long jump and indoor javelin. This was a fun way for children to improve their co-ordination and athletic ability.

Weights and Tone Up Class

This was a new activity introduced in October 2012 and focused on the use of free weights and stations in the main hall. Instructor Adam Tait then used music to push customers' strength and stamina to their limits.

Westside Netball Club

From August 2012 through to March 2013 Westside Netball Club organised weekly two hourly netball sessions when the under 13 and under 15 year old girls trained and played full hall netball matches. Competitions for these age groups were also held at the centre and attracted teams from Unst, Yell, Whalsay and mainland Shetland.



Adam Tait coaching junior boxing sessions at the centre's 10th Anniversary celebration weekend.

Health Suite

Revenue and admissions for the health suite have gone down slightly but there are still a number of regular customers who enjoy the benefits of a steam or sauna session along with their swim.

Squash Court

Squash revenue and admissions have gone up by 39.5% and 19.3% respectively. In February 2013 a six week junior racketball coaching course was delivered by staff. This culminated in a racketball competition day held at Clickimin squash courts which all participants from West Mainland Leisure Centre attended.

Swimming Pool

Swimming pool revenue has increased by 14.4% and admissions have increased by 16.7%. The increases can be directly attributed to the good retention numbers in group swimming lessons and to the formation of and bookings by the Westside Sharks Swimming Club. With over 50 members the club have recently begun competing at various swimming galas in Shetland and have made a promising start.

ASA teachers Michael Gardner, Adam Tait and Mark Holland and newly qualified ASA teachers Matthew Saunders and Katriona Mouat continued to deliver Scottish Swimming Awards. Swimming levels 1-8 were held on Monday, Tuesday, Thursday and Saturdays. These sessions were always booked in

Activity/Class/Course	Attendances 12/13	Attendances 11/12
Adult Evening	93	165
Badminton Junior	369	404
Circuit Training	115	152
Fifty Plus Club	853	694
Fitness Suite Inductions	28	35
Learn to Swim Classes	814	869
Holiday Multi Sport Activity	340	384
Individual Swimming Lessons	25	446
Ladies Steam and Swim	99	113
Parent and Toddlers	1,244	930
Peerie Kickers Football	429	300
Spinning	300	295
Sports Hall Athletics	230	116
Weights and Tone Up Class	113	-
Total	5,052	4,903



advance due to the huge demand for swimming lessons on the Westside.

Ladies Only Swim/Steam Sessions

This activity still proves popular to a group of ladies who can relax with a swim then follow on with a steam or sauna. It is important to provide activities for as many minority groups as possible and these customers welcome the privacy of the pool and health suite on their Wednesday night hourly sessions.

Pool Parties

This year there have been 14 pool parties where children can have an hour of fun on the large pool inflatable 'Clifford the Crocodile' and

enjoy playing with pool toys and floats as well as the pool's special features such as the spa pool, finger jets and water cannons. Afterwards they can enjoy a birthday tea and games held in the community room.

Plans for 2013/2014

Staff development is key to developing and maintaining specialised courses and activities for customers and work is continuous with Shetland Recreational Trust Training and Development Officer to achieve this in 2013/2014 and beyond.

Training courses attended by West

Mainland Leisure Centre staff in 2012/13 were:

- Advanced Risk Assessment/COSHH
- Child Protection
- First Aid at work
- Gladstone/MRM training
- Health and Safety Level 2
- sportscotland Positive Coaching workshops
- Teaching Aquatics Level 1.

In February 2013 new underwater LED lights were fitted to the swimming pool and changing rooms. These lights are low energy and have a much longer lifespan than previous light units. By adopting sensible 'spend to save' options throughout the building electricity costs may be reduced for the future.



West Mainland Leisure Centre

Revenue and Admissions

1 April 2012 - 31 March 2013

Source		Actual to 31/3/13	Actual to 31/3/12
Total Main Hall	Revenue Admissions	£16,618 17,432	£16,149 18,358
Total Swimming Pool	Revenue Admissions	£18,679 12,644	£16,323 10,833
Total Squash	Revenue Admissions	£915 704	£656 590
Total Community Room	Revenue Admissions	£2,815 6,557	£4,211 7,587
Total Fitness Suite	Revenue Admissions	£10,219 2,836	£11,897 3,133
Total Health Suite	Revenue Admissions	£1,640 493	£1,871 550
Total Spectators	Admissions	4,726	4,815
Total Education Use	Revenue Admissions	£54,000 14,530	£50,406 14,493
Total Facilities	Revenue	£104,886	£101,513
Total Facilities	Admissions	59,922	60,359
Other Income			
Total Vending Sales		£9,683	£9,599
Total Miscellaneous Income		£464	£559
Total Revenue for the Period		£115,033	£111,671

Health and Fitness



The 2012 **Olympic and Paralympic Games** in London kicked off with an unforgettable opening ceremony and thereafter the days were filled with extraordinary performances from the world of sportsmen and sportswomen. Few could not have engaged their passion, boarding on fixation, as event after event delivered world class inspirational performances. SRT played a significant role in welcoming the **Olympic Flame** to Shetland, providing Clickimin Leisure Complex as the focal point for the arrival, entertainment, departure and evening celebration dinner for **Torch Bearers** and officials.

The lucky few chosen to represent Shetland and carry the torch included SRT staff: Mark Wylie, Faye Richardson, Matthew Cox, Andrea Strachan and of course the most memorable torch bearer ex SRT Chairman and Trustee John Nicolson who carried the flame from Clickimin and onto the streets of Lerwick. A proud moment for someone who is quintessentially a figurehead representing years of sporting vision resulting in the provision of our world class sporting facilities.

The **Olympic Legacy** is the long term benefit of effective planning in sports development inspiring others to engage in sport and activity. Grasping the success of the Games and strategically planning for future sports development is vital for providing new and inspiring services for all ages, offering direct pathways for participation. Parents reported their children being transfixed by sports

From top: Some of the 200 young Shetlanders who were given the opportunity to travel around the Torch route behind the Torch. Mark Wylie, SRT Activity Development Coordinator, proudly carrying the Torch. Andrea Strachan, SRT Casual Leisure Attendant, as she runs along the Knab footpath. The Torchbearers were welcomed to the Torchbearers Dinner at Clickimin by Councillor Cecil Smith, MC John Johnston and the guests. Photos: Kevin Jones





Health and Fitness

they had never seen before – some using household items to re-enact the high jump! Their overall awareness of sports was heightened by observing sports they had never seen.

Capitalising on the success of the Games has seen improvements in strategic planning of services across SRT. **Sport and Physical Activity Marketing Action Plans** have been initiated for each centre with managers identifying where progress can be achieved. The launch of the **Shetland Sport Strategy 2012-2017** draws together a vision for future development engaging organisations as well as individuals to deliver a strategic plan for the next few years. It aims to steer the work of local and national groups involved in sport in Shetland ensuring that resources are shared effectively. SRT is key to delivering outcomes from this strategy which summarises the values, principles, priorities for action, the proposed impacts and outcomes for

sport in Shetland, and outlines how sport contributes to life in Shetland. This strategy also sets out how sport in Shetland contributes within a national context to the Scottish Government aims and objectives in 'Scotland Performs: A National Performance Framework'.

A feather in Shetland's cap has been receiving the **European Community Sports Award 2013**. Health and fitness played a significant role in gaining recognition for the excellent services delivered throughout SRT centres. This accolade is a great honour embracing the quality and standard of sports facilities and services available across Shetland,



recognising the commitment by the Shetland Recreational Trust and Shetland Islands Council.

The **Shetland Sports Awards** continue to grow in popularity recognising notable sporting achievements and galvanising sports people to go onto greater things. This year the event was celebrated in style on the 16 November 2012 with the main speaker being Chief Executive of the Glasgow 2014 Commonwealth Games David Grevemberg. For the first time and working in partnership with **sportscotland**, the overall Coach of the Year was selected from the winners of the following categories: Community Coach, Development Coach, Disability Coach, Performance Coach, Young Coach-Under 25yrs and Young Person's Coach. Winner of Coach of the Year was SRT Maintenance Technician Neil Pottinger. The category winners were automatically put forward to the Regional (Highlands and Islands) **sportscotland** Coaching Awards. Andy Alderman and his team added to the spectacle of the evening by giving a fencing demonstration.

Shared Responsibility is a creative and innovate project, utilising the concept of global collaboration to impact on the demand of Class A drugs and improve the environment/ community both at home and abroad. The aim of the project is to generate attitudinal and behavioural change in a fresh and inventive way by equipping young people with the tools they need to live a healthy positive life. Diane Legget, SRT Health and Fitness Manager, represents SRT on a new established group between the Scottish Crime and Drug Enforcement Agency (SCDEA), Northern Constabulary and SIC Community Safety. During the past year they have worked together on a project plan which engages schools by delivering information about the devastation to the environment in Columbia and promoting the choices to lead a healthy life.



From left: SIC Sport and Leisure Executive Manager Neil Watt, SRT Health & Fitness Manager Diane Legget, SRT General Manager James Johnston, Sports Person of the Year Lynsey Henderson, Young Sports Person of the Year Zoe Buchanan, Chief Executive of Glasgow 2014 Commonwealth Games David Grevemberg and **sportscotland** Regional Coaching and Vounteering Manager for Highlands and Islands Jan Stander at the 2012 Shetland Sports Awards Presentation. Inset: SRT Maintenance Technician Neil Pottinger who won Community Coach and Overall Coach of the Year.

Photos: Kevin Jones

Health and Fitness



Tavish Scott MSP with the winner of the 2012 Shetland Sports Awards Lifetime Endeavour Award Jim Peterson. Photo: Kevin Jones

The **sportscotland** initiative **Positive Coaching Scotland** is a cultural change programme designed to create a positive environment for young people in sport. SRT staff have been fully active in delivering coaching according to PCS values

and trying to make sport a fulfilling, enjoyable and educational experience for young people, encouraging them to adopt 'sport for life'.

A new 3 year **Community Sport Hub Officer** post has been created and

funded by **sportscotland** with the main aim of making it easier for local people to get involved and engage in a more active and healthier lifestyle. The postholder Carl Clinton, who is based within SRT, will be forming 'hubs' in 8 communities across Shetland centred at SRT facilities. The hubs will, through communication with local clubs and organisations, encourage growth in participation by providing information, support and advice.

Being physically active every day is important for healthy growth and development of babies, toddlers and preschoolers. **Government recommendations** lay out clear activity level guidelines for organisations to create and deliver services to encourage a healthy lifestyle from a young age. At Clickimin Leisure Complex this starts from day one when there is a health and fitness introduction to new mums and babies attending NHS Health Visitor led classes. Thereafter a clear pathway of courses and classes is available setting out easy steps for inclusion – essential for



Stephen Rocks and Andy Alderman during the Sabre fencing demonstration at the 2012 Shetland Sports Awards.

Photo: Kevin Jones



Health and Fitness



Peerie Kickers in action.

Photo: Kevin Jones

activity development. These include Baby Bond, Baby Gym, Play & Go, Gym Tots, Peerie Kickers, preschool trampoline, etc.

Children have boundless energy. Attending **Junior Activities** gives them the opportunity to burn off steam. Following the Olympic Games there has been a surge of enthusiasm leading to the success of new junior

classes 'Peerie Olympians', 'Junior Athletics' and 'Ping Pong'. A spike in admissions followed through these pathway courses and holiday programmes directly resulting from the Games. These specific activities, under the guidance of Mark Wylie Activity Development Coordinator and his team, have been very popular with a total of 1,136 attendances. Also new on the junior activity

calendar has been the introduction of Jazz Dancing with Instructor Jane McLaren seeing a total of 713 attendances. She has also provided 'Midnight Dancing' which coincided with the already established 'Midnight Football', a popular activity. The **school holiday periods** have not disappointed and there is no excuse for 'nothing to do'! Children have joined in a vast range of activities across all SRT centres. Activity teams worked hard at timetables that have included gymnastic and trampoline summer schools, football, preschool activities etc. ASN and siblings enjoyed a fun event of playzone, roller skating and swimming, giving them an opportunity to join in activities together.

Customers love a challenge so we set them one! **3k x 30 days!** The aim of this project was to encourage as many folk as possible to sign up to achieving 3k every day over a 30 day period – simple! The choice of activity was up to them – swim, run, cycle, row or attend a fitness class, as long as 5 days out of 7 were done within an SRT centre. This attracted a lot of interest with 92 registrations. The incentive was a prize draw for a subscription



Junior Gym 3+ children with Activity Development Co-ordinator Mark Wylie and Instructor Riah Garnier.

Photo: Kevin Jones

Health and Fitness



Emma Manson, winner of the 3k x 30 day challenge on one of the rowing machines in Apex at Clickimin Leisure Complex. Photo: Kevin Jones

which was won by Emma Manson. Congratulations also went to the oldest customer who completed the task at the very youthful age of 79! The success of the project led to another one following soon after and not for the faint hearted – **3k x 60 days!** Again we witnessed some fantastic achievements and commitment to getting and staying fit. This challenge was won by Amy Garrick.

Usage in **Apex** continues to grow. This year and since the installation of new Technogym CV equipment, there has been an admissions increase of nearly 8% indicating that more people are active more often. Fitness instructors promoted and developed individual fitness programmes for customers of all abilities. Monday afternoon activities are free for senior customers and include Apex, Health Suite and Swimming. These sessions have been fully utilised showing no age barrier for starting and continuing exercise.

Group fitness classes continue to go from strength to strength! New

on the timetable at Clickimin is Yoga. Led by instructor Willie Shannon, 2 new weekly classes have proved very popular. These sit alongside a comprehensive range of studio classes including Power Circuits, Aero Step, Hardcore and the ever popular Spinning. New bikes across SRT have provided weekly classes to a wide range of age groups. Robert Geddes instructed 2 custom made tours – ‘Tour de France’ and a new Christmas ‘Tour of Lapland’, both selling out all saddles.

A first in Scotland and piloted at Clickimin, are new **health specific classes** for customers with neurological conditions. Regular moderate exercise is now widely recognised as an important element in maintaining general health and wellbeing in people with MS and neurological conditions. Establishing a direct link with neurophysiotherapists and a referral process has led to all exercise classes now being delivered within the leisure centre environment. Advanced Fitness Instructors Karen Woods and Jennifer Thomson undertook specialist

training in exercise prescription for long-term neurological conditions at Oxford Brookes University. Four weekly classes have now been established and carefully tailored to each person to improve their balance, mobility and fitness. This has given customers a new direction in life and made significant changes towards their life-long management of exercise. Alyson, a customer who has felt the benefits, said ‘*there are simple tasks which I can now do again: closing my eyes in the shower without falling over; putting on socks without sitting down*’. Health specific exercises classes Cardiac Rehabilitation Phase IV and Exercise after Stroke are also key to customers continuing to receive the right exercise programmes for their needs and these classes continue to grow with new customers being received through a referral process with NHS Shetland.

Staff throughout SRT can be seen sporting the **new staff uniform**, promoting a positive professional image which is easily identified by customers. Introducing this in November brightened up the



Health and Fitness



Advanced Fitness Instructor Jennifer Thomson, Neurophysiotherapist Ruth Mahood, Health & Fitness Manager Diane Legget, Neurophysiotherapist Margaret Gear and Advanced Fitness Instructor Karen Woods. Photo: Kevin Jones

winter with a new design and colour scheme, modernising the existing uniform from white shirts to a vibrant purple. Old uniform stock was first run down and what was left given to a charity.

Some other Health and Fitness promotions during the year include:

- Physical Activity and Health Alliance (PAHA) conference – a network that engages a variety of

people from different sectors and professions who are involved in the promotion of physical activity and health in Scotland

- Visitation of physiotherapists to Clickimin Leisure Complex to exchange knowledge between the NHS and SRT staff, strengthening pathways between both organisations
- Early Years Collaborative Launch – a significant and important milestone in encouraging partnership working to deliver a shared commitment to giving children the best start in life and improving the life chances of children
- Shetland Islands Council – promotion of life long management of exercise at induction and retirement seminars
- Fitness promotional visits to private sector businesses.



Energetic staff showing off the new staff uniform.

Photo: Kevin Jones

shetland recreational trust
clickimin leisure complex
lochside
lerwick
shetland
ZE1 0PJ

Cover photograph by Kevin Jones

Printed by SHETLAND LITHO, Lerwick. Telephone 01595 742000.