

shetland recreational trust



ANNUAL 2013-2014 REPORT

The Twenty-Ninth Annual Report of

Shetland

Recreational Trust

1 April 2013 – 31 March 2014

Contents

Chairman's Introduction	Page 2
Trustees	Page 3
Managers	Page 3
Admissions	Page 4
Principles of Operation, Aims and Objectives	Page 5
Clickimin Leisure Complex	Page 6
Unst Leisure Centre	Page 19
Yell Leisure Centre	Page 26
North Mainland Leisure Centre	Page 32
Whalsay Leisure Centre	Page 37
South Mainland Pool	Page 43
Scalloway Pool	Page 48
West Mainland Leisure Centre	Page 54
Community Sport Hubs	Page 60
Health and Fitness	Page 62

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 • Email: mail@srt.org.uk • Website: www.srt.org.uk



Shetland Recreational Trust

I am pleased to introduce the twenty-ninth Annual Report of Shetland Recreational Trust.

The last year has thrown up a number of challenges for the Trust with considerable time and effort devoted to the new Anderson High School project. Trustees have received criticism of their decision to sell the Clickimin Caravan and Camp Site to the Shetland Islands Council (SIC) and to grant the school exclusive use of parts of the Clickimin Leisure Complex during school hours. Trustees were however unanimous in agreeing to work with the SIC to make the arrangement as successful in Lerwick as it has been in the rural centres over the last 25 years.

Once again the report shows the very diverse range of activities throughout the centres and a customer satisfaction survey, which was completed by 706 individual users in February, showed that 99% of them were either very satisfied or satisfied with their visit and credit must go to the staff in all the centres for achieving this. Although overall admissions are slightly down on the previous year this can be explained by a larger than usual number of maintenance closures.

We acknowledge the assistance of Shetland Charitable Trust who, during the last financial year, provided a running cost grant of £2.5m and a maintenance grant of £1.1m. Without

this level of investment in the health and wellbeing of the Shetland population, the services which we offer would have to be reduced. Our present 3 year funding agreement expires next April and we hope that we will be able to continue to offer the level of service that our customers enjoy at present.

We also acknowledge the support of **sportscotland** and the Shetland LEADER Programme 2007-2013 which provided grant funding towards upgrading the synthetic pitch at Brae to become a regional hockey facility.

Once again the maturity of the organisation is illustrated with more presentations of 25 year service awards. The accompanying picture shows Maureen Gray and Doreen Strachan receiving their awards at Yell Leisure Centre and at a subsequent event Depute General Manager, Shona Nisbet, was presented with the award.

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

J A Irvine
Chairman



Maureen Gray and Doreen Strachan with their long service certificates presented at Yell Leisure Centre by Chairman Joe Irvine.



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

Mrs L A Gair (née Irvine)

20 Hogalee, East Voe, Scalloway
(resigned 11 September 2013)

Mr W A Jamieson

School House, Mid Yell
(resigned 11 September 2013)

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

Mrs M Phillips

Holmsgarth, Lerwick
(appointed 11 September 2013)

Mr P Riddell

5 South Road, Lerwick
(appointed 11 September 2013)

Mr L R Williamson

5 Knab Road, Lerwick
(appointed 11 September 2013)

Managers

General Manager

James Johnston

**Depute General Manager &
Operations Manager**

Shona Nisbet
(appointed Operations Manager
1 November 2013)

Support Services Manager

Hazel Sutherland
(appointed 1 September 2013)

Technical Services Manager

Bertie Cooper
(retired 30 September 2013)

Technical Services Manager

David Wagstaff
(appointed 1 September 2013)

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

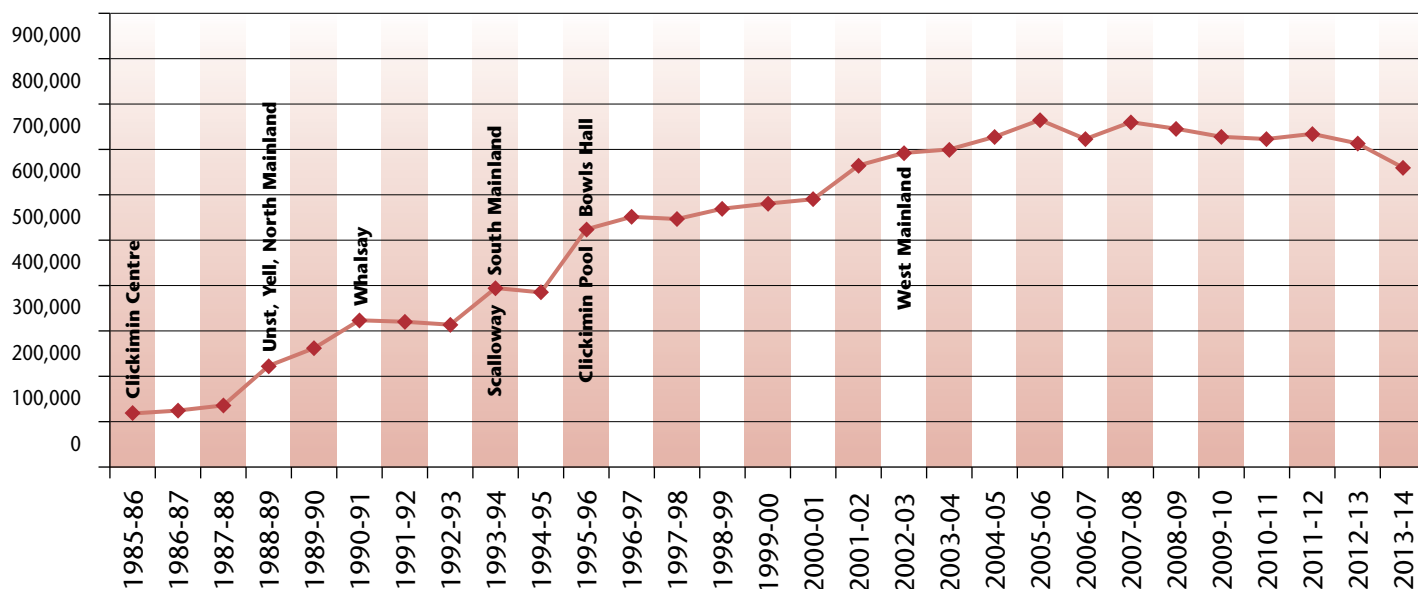
West Mainland Leisure Centre Manager

Ian Anderson
(resigned 19 March 2014)



Shetland Recreational Trust

Admissions



Total admissions at all centres 1985 to 2014

15,276,478

Centre opening dates

Clickimin Centre	1985
Unst Leisure Centre	1988
Yell Leisure Centre	1988

North Mainland Pool	1988
Whalsay Leisure Centre	1990
South Mainland Pool	1993

Scalloway Pool	1993
Clickimin Pool & Bowls Hall	1995
West Mainland Leisure Centre	2002



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. 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

A total of 377,377 customers supported the Clickimin Leisure Complex in its twenty-ninth year of business. These figures show a 9% decrease in admissions from the previous year. The challenge to maintain admission figures was highlighted in last year's annual report with the opening of new facilities locally, increased competition and some reduction in education use impacting on previous usage which normally exceeded expectations. Despite these challenging times staff have continued to offer a full range of activities to the community with the activity pathway starting at antenatal stage and progressing all the way through to senior citizens.

On 1 April 2013 the updated centralised booking system for the Trust was launched. During the rebuild the system was developed to enable more efficient reporting in future. The downside to the rebuild is that it is not possible to make an accurate financial comparison on a like for like basis with some of the figures in last year's report. There was a total income of £714,343 for the 12 month period reflecting a significant drop in educational income. Outdoor pitches income also decreased due to reduced usage and services being taken in-house by the Council. Subscription income has been removed from individual centres and is now reported Trust wide.

The building has received a significant amount of maintenance improvements during the past year. Becoming more energy efficient has been the key focus of these works which will help the Trust achieve short and long term savings in these tough financial times. The scope of the works included variable speed fans for the ventilation system, LED lighting throughout the dry facility and new locker banks. Other improvements are highlighted in the swimming pool section of the report.

Outdoor Facilities

Clickimin Caravan & Camp Site

The campsite welcomed its last visitor in early 2014 with the site closing permanently on Friday 31 January. The site, including the shower/toilet block, has been de-commissioned and ownership of the area formally passed to Shetland Islands Council in March 2014 as work continues in preparation for the new Anderson High School.

Over the years the site has played host to thousands of visitors from all over the world. They have been from many different countries and vastly different cultures but throughout all the years there has been a consistency in the feedback received. As well as nice comments about the site there has been high praise for the leisure facilities available in the Complex and elsewhere in the Isles. Almost every visitor staff spoke to mentioned the warmth and friendliness of Shetland and its people. Here are some comments from our visitors book – just a few but very representative of the general feedback:

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

"Our third year touring these amazing, beautiful islands."

"Poor weather but scenery, folk and food were great."

"First time in Shetland and it certainly won't be the last! Very impressed."

"Sorry to leave – again. Many thanks to all who keep this site so lovely."

"Stranded due to a broken bicycle, hospitality and friendliness could not have been better."

In total the Caravan & Camp Site was open for 27 years and was a temporary home from home for just under 158,000 visitors.

Clickimin Regional Athletics Facility

The only outdoor sports area now managed by the Complex is the Regional Athletics Facility. It is an increasingly important venue not only for athletics but also for other sports and occasionally for major 'non-sporting' events. As the name

implies it was designed primarily as an athletics venue and is actually of an international standard. The local Athletics Association has been very active and has been successful in obtaining funding, through the Club Together programme, to allow the appointment of a part-time Club Together officer. The benefits to local athletics from this initiative should be substantial and long-lasting. In 2013 the outdoor season really got going after the Easter Holidays and training took place at least three evenings each week, with block bookings on Mondays, Wednesdays and Fridays. The Association also organised meetings throughout the summer culminating in the annual championships in September.

The athletics track was also used for a variety of events including a World Marathon Challenge to raise money for Save The Children, a Yorkhill Fun Raiser, junior Inter-County athletics, various school sports days and even by the Bells Brae toddlers for a sponsored walk.

With all other outdoor pitches in Lerwick closed for the winter, the North Pitch was again a much

Clickimin Leisure Complex



A successful jump at the Aith Junior High School sports day.



Good technique shown by Caitlin Ward at javelin practice.



Kerry Geddes is given a helping hand to the finish line by her son Fraser as she completes the 2013 Simmer Dim Half Marathon.
Photo: Kevin Jones



Action on the track during the World Marathon Challenge in October.

Photo: Kevin Jones

sought after venue for football and rugby training. The Rugby Club as always trained religiously every Tuesday and Thursday evening, sometimes in absolutely appalling weather conditions. Both senior and junior footballers were also able to make use of the pitch, although the excessively wet winter took its toll on



The Yorkhill Fun Raiser getting underway in June.

Photo: Kevin Jones



Clickimin Leisure Complex



A busy day outside on 15 June 2013 at the start of the Simmer Dim Cycling Sportive event.

the playing surface which will need to undergo repairs and re-seeding before being rested for a couple of months.

Administration and bookings for all the Council owned pitches was returned to their own Sport and

Leisure department but changing and showering facilities for all these players was provided in Clickimin as in previous seasons.

Indoor Facilities Block Bookings

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

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

Active Schools
Baroc Revolution
Celtic Badminton Club
Clickimin Bowling Club
Climb Shetland
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.
LHD F.C.
Martial Arts Fitness
Ness United
NHS Shetland

Old Rangers F.C.
Old Timers Bowling Club
Ping Pong Club
SAGA Badminton Club
Shetland Amateur Athletics Club
Shetland Cricket Association
Shetland Fencing Club
Shetland Fencing Club (Adult)
Shetland Gymnastics Club
Shetland Indoor Bowling Club
Shetland Indoor Bowling Club Junior
Shetland Islands Volleyball Association
Shetland Junior Netball Development Group
Shetland Karate Club
Shetland Ladies Hockey Association
Shetland Ladies Netball Association
Shetland Roller Derby
Shetland Squash Association (Junior)
Shetland Table Tennis Association
Shetland Transport
Shetland Triathlon Club
St Clements Badminton (Adult)
St Clements Badminton (Junior)
Stork F.C.
Vocational Pathways.



Activity/Class/Course	Attendances 13/14	Attendances 12/13
Baby Bond	399	279
Baby Gym	357	341
Crafty Bouncers *	40	-
Gym Kids 3+	250	351
Gym Kids 4+	497	657
Gym Tots	852	696
Gym-Tastics	522	772
Jazz Dancing	501	713
Junior Athletics	501	782
Junior Gym	151	207
Peerie Kickers	821	605
Peerie Olympians	406	255
Play N Go	97	464
Pre-school Trampoline	463	812
Junior Squash	20	36
Swim Squad Flexibility	500	397
Trampoline Beginners	182	207
School of Trampolining	495	592
Wacky Races *	73	-
Total	7,127	8,166

* New in 2013/14

Holiday Activities	Attendances 13/14	Attendances 12/13
Easter	1,145	1,432
Summer	4,632	4,315
October	1,152	1,174
Total	6,929	6,921

Classes and Courses

The tables left show attendances at the classes/courses run during the year. Information about the activities can be seen in the Health and Fitness section of the report:

Special Events

Shetland Motor Show reported 1,425 visitors during the two-day event on 13 and 14 April 2013. The event has been organised by the Shetland Rotary Club for over 20 years. Interest in the selection of vehicles was reported as being very good with star attractions including a replica of the Mars "rover" vehicle and a 200mph Mitsubishi car.

The thirty-third **Shetland Folk Festival** on 3-6 May was a very memorable festival with the three Clickimin concerts attracting a combined audience of 2,098. There were some amazing bands including April Verch, Old Man Luedecke and Coig. There was dancing to the rhythms of salsa band Son Yambu, and Skerryvore from Tíree. Great moments were also provided from local bands too including the fantastic Isles Gathering combining the best of Orkney and Shetland talent.



Shetland's Junior Inter-County netball team line up before their match against Orkney.

Photos: Kevin Jones



Clickimin Leisure Complex



There was plenty to see at the 2013 Shetland Boat Show.

2,000 people turned out on Saturday 18 May and Sunday 19 May to see the wide variety of stands at Shetland Sailing Centre's **2013 Boat Show** and to learn more about what is on offer for seafarers and nautical fans. Visitors saw a mix of marine equipment suppliers, as well as impressive boats and dinghies, both old and new. There were nautical-themed paintings on display and model boats were also being shown. The Shetland Museum was there with a number of old vessels, including the second-oldest Shetland boat in existence, the Ann, which was built in the 1860s. The boat show, held only once before in 2002, was staged to raise crucial funds to help the sailing centre administer training in the isles.

The centre was bouncing when some of the world's best darts players returned to Shetland vying for the **SRT/Simpson & Ward Shetland Masters** title. Among the big names battling it out were last year's winner Raymond Van Barneveld and Michael Van Gerwen. But it was Aussie Simon Whitlock who was thrilled to go one better than last year and claim the 2013 prize. The atmosphere had been building throughout the day and reached a crescendo as Whitlock and

seven-times major winner James "The Machine" Wade reached the final with Whitlock finishing better and taking the title by eight legs to three. It is the fourth year the Shetland Masters has been staged at Clickimin.

Saturday 17 August saw Shetland's first indoor strongman competitions with Clickimin hosting a novice event alongside the **Shetland's Strongest Man** contest. The competitors were Scotland's Strongest Man finalists Davy Cummings and Colin Arthur, Britain's Strongest Man u105 finalist Dhanni Moar and Orcadian Veteran Paul Suggit. Events included the car deadlift and a loading medley where two 100kg sandbags and two 120kg kegs as well as a fire engine wheel were carried down a 15m course and loaded on to platforms in a 90 second time limit. The final event was the Atlas Stones in which competitors lifted 5 stones weighing 100- 160Kg on to platforms in as fast a time as possible. The eventual winner was Dhanni Moar with 16 year old Stuart Flett winning the Novice event.

The Rotary Club's **Ideal Homes Exhibition** was visited by 2,800 people over the weekend of 13-15 September – raising around £15,000 for the club's charity fund. All of the money that is raised goes to good causes, much of it to local charities



Dhanni Moar put all his strength into lifting 140 kg during Shetland's Strongest Man 2013.



Concentration required as Kristian Fraser competes in the Novice event.

and groups in Shetland including Disability Shetland, the Westside News Group, the Shetland Science Outreach Group, the Anderson High School physics trip, the Schools Music Festival and CLIC Sargent.

Ed Byrne came on stage on Saturday 21 September to a crowd of 452. Byrne had lost neither his observational nor self-deprecating humour since his last visit to Shetland. The gig was part of his Roaring Forties tour.

People were queuing for country legend **Kris Kristofferson** by 5.30pm even though the doors were only due to open at 6.45pm when the veteran star appeared in concert on 30 September. 1,057 folk came to pay homage to the 77 year old. The very popular support act **Roddy Hart and the Lonesome Fire** were thoroughly enjoyed by all but were always going to be second fiddle to the main attraction. It was hard to believe but here was Kris Kristofferson, still with a starry twinkle in his eye singing his iconic songs in the main hall at Clickimin!

The twenty-sixth annual **Shetland Accordion and Fiddle Festival** took place on 12 October and was attended by 625 people. The visiting artists this year were; Alasdair MacCuish and the Black Rose Ceilidh Band, Jim Gold Band, Roy Hendrie SDB, Niall Kirkpatrick SCB, Sandy Nixon SDB, and Nicky McMichan SDB.

On 26 October children's entertainers the **Singing Kettle** attracted 748 people when they returned to Shetland with their new 'Wild West Party' show – including the legendary 'Skip to Ma Lou' – as part of their farewell Christmas tour.

Visitor numbers at the **Craft and Food Fair** weekend on 15-17 November were well up, soaring to a record-breaking 3,678, beating previous tallies by a good margin. The 59 stands on show filled the main



The legendary Kris Kristofferson accompanied by talented Scottish musicians Roddy Hart on guitar and Gordon Turner on keyboard.

Photos: Kevin Jones

hall while the Food Fair took over the multi-use studio. Indeed such was the demand for space,

13 potential exhibitors had to be turned away, and the organisers hope to expand the event next year.

Summary of Special Event Admissions:

Event	Date	Admissions
Motor Show	13-14 April	1,425
Shetland Folk Festival	3-6 May	2,098
Boat Show	18-19 May	2,000
Hughson Bros Trade Show	21 May	500
Simpson and Ward Darts Masters	12 July	750
Shetland's Strongest Man	17 August	275
Ideal Homes Exhibition	13-15 September	2,800
Ed Byrne	21 September	452
Kris Kristofferson	30 September	1,057
Shetland Accordion and Fiddle Festival	12 October	625
Singing Kettle Concert	26 October	748
Craft and Food Fair	15-17 November	3,678
		16,408



Clickimin Leisure Complex

Sporting Events

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

Thu 4 April	Senior Badminton Inter-County v Caithness	Sat 11 January	Lerwick Spurs junior football tournament – Sandy Lamont Trophy
Sat 6 April	B League football tournament	Sun 19 January	Junior netball tournament
Sat 27 April	Young Scot Shetland Youth Legacy event	Sat 1 February	U11s badminton championships
		Sat 8 February	U15s badminton championships
Sat 26 May	Junior karate tournament		Adult squash competition
Sun 16 June	Junior Inter-County	Sun 16 February	U13s and U18s badminton championships
Sat 24 August	Kinetics netball tournament		Shetland Indoor Bowling Club tournament – Jamieson Trophy
Sun 8 September	Junior netball tournament	Mon 17 February	Senior singles badminton championships
Sat 14 September	Junior squash competition		Works League football tournament
Sat 5 October	Mor-Dan-Wan-Bat qualifying tournament	Sun 23 February	Annual senior badminton championships
Sun 6 October	Shetland Indoor Bowling Club – Open Triples		Men's squash championships
Sun 3 November	Shetland Indoor Bowling Club – Lollie Dalziel Memorial Trophy	Sat 1 March	B League football tournament
Sat 9 November	Junior squash competition	Sun 2 March	U 11s U13s and U15s squash championships
Wed 20 November	Skerretting Fish football tournament		A league football tournament
	Roy Wiseman Memorial football tournament	Sat 8 March	Shetland Indoor Bowling Club tournament – Wallace Triples
Sun 24 November	Shetland Indoor Bowling Club – Lewis & Muriel Smith Quaich	Sun 9 March	Senior netball Inter-County
Sun 8 December	Mor-Dan-Wan-Bat finals tournament	Sat 15 March	Squash interclub championships
Sun 15 December	Bowls tournament	Sat 22 March	U12s Shetland F.A. trials
		Sat 22 & 29 March	

Disability Shetland



Disability Shetland Recreation Club members proudly display their trophies and medals after their enjoyable bowls competition in May.

Photos: Thomas Bruin

Clickimin Leisure Complex



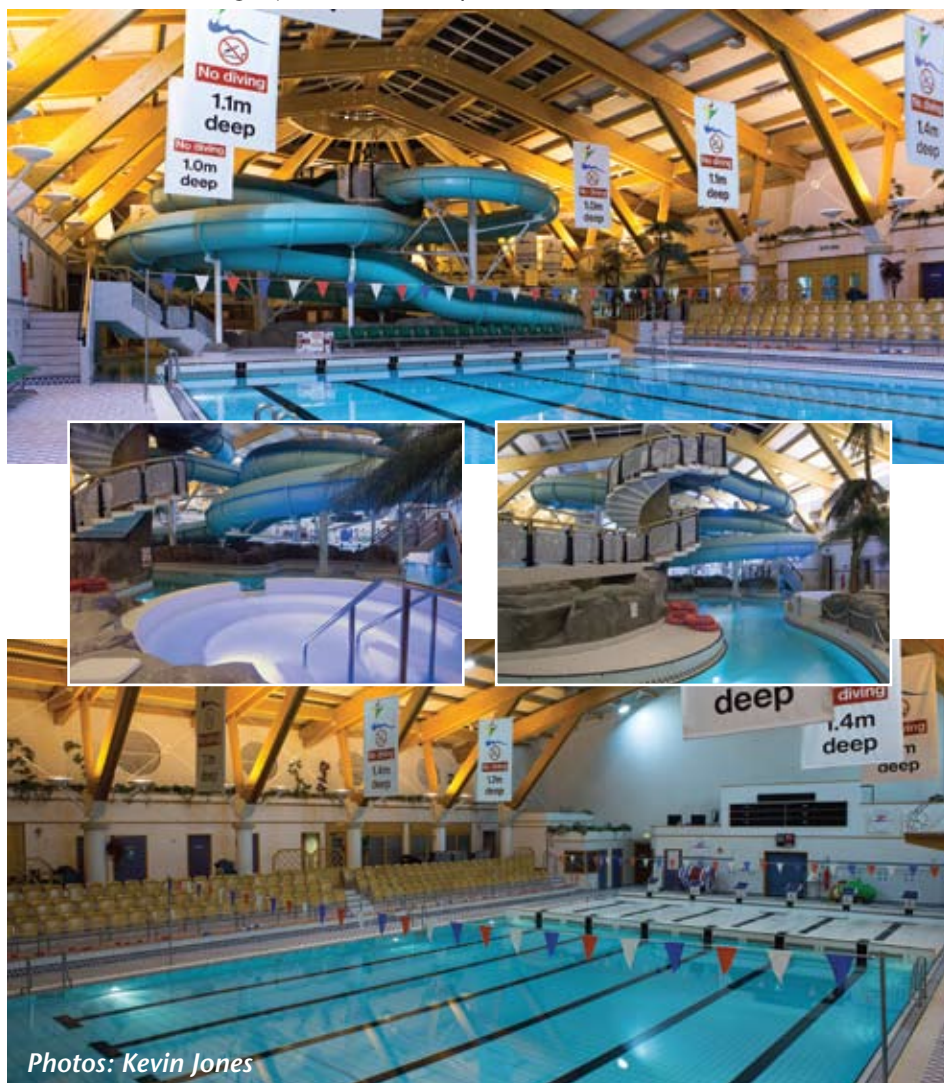
Competitors and organisers of the Young Scot Shetland Youth Legacy Event held in April 2013.



Stephen Lawson demonstrates his Parkour skills during a Tricks and Obstacles Class during the 2013 Shetland Parkour Experience.

Swimming Pool

This year the pool had its first major **maintenance closure** since 2004. The closure ran from 16 December 2013 through to 3 January 2014 in order to cause as little disruption to customers as possible and was required to perform essential maintenance tasks in the plant rooms which supply the pool. Other tasks completed during the closure included:



Photos: Kevin Jones

- Re-instatement of the use of the outdoor lagoon;
- Provision of additional sockets for disabled hoists;
- Replacement of lighting in changing areas and toilets;
- Replacement of hand driers in toilet areas;
- Repairs to damaged tiles in the pools and surrounds; and
- Painting of flume steps and supports.



Clickimin Leisure Complex

In May 2013 a significant investment was made in order to replace the **Automatic Officiating Equipment** (AOE) which is used to run swimming events and had come to the end of its useful life. The most noticeable additions were an LED scoreboard and Olympic-style starting blocks. The new AOE was first used with great success at the Junior Inter-County in June 2013 and has been used on six occasions throughout the rest of the year. This investment demonstrates the Trust's commitment to supporting swimming in Shetland.

Throughout the year the pool continued to offer the **Adult & Child and Learn to Swim** programmes in line with Scottish Swimming. **SwimSkills** awards, designed by Scottish Swimming to follow on from the Learn to Swim programme to encourage more young people to take up competitive swimming, were also introduced. These lessons are going from strength-to-strength, building on a 3.8% increase in attendances last year with a further 15.4% increase this year. The programmes allow the pool to offer swimming tuition to children from the age of 4 months through to the completion of SwimSkills 2; generally around 10 to 11 years old. At this point, having been given a great foundation, they are directed towards the local swimming clubs to further their competitive swimming if they wish to.

The **NAFC Marine Centre** have continued to book the pool for Sea Survival courses, as it offers a more controlled environment compared to Scalloway Harbour. 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.

Scottish Sea Farms have also started to book Sea Survival courses in the floating floor area as again it



Leisure Attendant Sean Smith leading one of the popular swimming lessons.

offers a good environment in which candidates can learn the required skills.

A special mention this year must go to four qualified lifeguards Kyle Duncan, Richie Gardner, Craig Gerty and Aaron Sjoberg who were involved in a cardiac arrest incident when they had to use their Cardiopulmonary Resuscitation (CPR) and **Automated External Defibrillator** (AED) skills. It

is important to note that the numerous medical professionals involved in the incident have consistently relayed the message that the team's quick response led to the casualty making a full recovery. In recognition of their efforts Trustees fully supported their nomination in the Pool Lifeguard of the Year 2013 category at the upcoming **Institute of Qualified Lifeguards (IQL) Awards**.



Children enjoying a fun session.

Clickimin Leisure Complex



Team GB Olympic swimmer and Commonwealth double gold medal winner Caitlin McClatchey came to Shetland and taught a large group of swimmers many techniques during two pool sessions she led in August 2013. Photos: Kevin Jones



Clubs

There is currently a high demand for pool space from swimming-related clubs in Shetland. Allocation is becoming increasingly challenging and it is hoped that the introduction of a Shetland Swimming Development Plan, drawn up in conjunction with Scottish Swimming, SRT, SIC and local clubs, will see the pool utilised to its maximum potential to the benefit of all users.

Disability Shetland continued with their regular booking on Monday evenings throughout the summer months using both the main pool and hydrotherapy pool. As always the pool provided instructors to lead these sessions with Gary Morgan and Daniel Mainland doing the honours.

Gary and Daniel were ably assisted by the many volunteers who attend these very busy sessions to help with the logistics.

As usual the **Lerwick Amateur Swimming Club** met on Thursday evenings from August through to May to provide members with swimming tuition 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 at District, National and International levels and have a rigorous training schedule to ensure swimmers achieve their maximum potential.

They continued to use the pool more than any other club 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 almost all-year-round.

Once again 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



Clickimin Leisure Complex



A large group of Lerwick ASC and Shetland ACSC swimmers got the chance to meet up with 2014 Glasgow Commonwealth Games mascot Clyde when he visited Clickimin pool in February.

floating floor, 16m and 25m lanes were used to ensure that the club catered for all abilities. The sessions culminate in May with the successful annual club gala.

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.

This year saw the welcome formation of the **Shetland Amateur Competitive Swimming Club – Masters Section** which aims to encourage adults to remain in or get involved in competitive swimming. The pool management have worked closely with club officials throughout the year to help allocate suitable pool times and accommodate a variety of changes to their bookings. It is hoped that this flexible approach will lay the foundation to allow the club go from strength-to-strength in the future.

Shetland Canoe Club again met on Thursday evenings in order to provide members with the opportunity to learn

Pool Classes	Attendances 13/14	Attendances 12/13
Tadpole Award	448	294
Frog Award	284	161
Duckling Award	213	147
Under 5s Award	1,024	910
Learn to Swim – Level 1	320	385
Learn to Swim – Level 2	468	420
Learn to Swim – Level 3	451	413
Learn to Swim – Level 4	413	336
Learn to Swim – Level 5	447	413
Learn to Swim – Level 6	523	357
Learn to Swim – Level 7	146	406 (L7&L8)
Learn to Swim – Level 8	91	-
SwimSkills 1	69	-
Total	4,897	4,242



Clickimin Leisure Complex

Shetland Swimming Association regularly booked 25m lanes on Sunday afternoons and evenings 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.

The **Shetland Triathlon Club** booked a 25m lane on Saturday mornings as

part of their rigorous training regime. Some members also attend the SACSC Masters sessions to spend more training time in the pool.

Plans for 2014/2015

Although some tough times are expected in the coming year there are also some exciting projects ahead. Savings will have to be made to meet financial targets which the management and staff will work towards achieving, and the aim is to do so with minimal impact to the

customer. The new Anderson High School project is on the horizon and the Clickimin management will be working closely with other partners to achieve an enhanced facility for the community.

Further works are also required in the swimming pool building to improve the lighting and to maximise energy efficiencies where possible. These works are planned to take place in the next 12 months and should help to improve customer experience as well as going a long way to safeguarding the future of the building.



The Junior Inter-County swimming event always produces an incredible atmosphere.

Photos: Kevin Jones



Clickimin Leisure Complex

Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£714,343		
Total Admissions	377,377		
		Total	Total
Indoor	admissions	354,082	income £581,574
Outdoor	admissions	23,295	income £42,700
Other	–	–	income £90,069
Indoor			
Staff led courses/classes/activities	admissions	37,978	income £110,474
Pool	admissions	78,818	income £133,174
	<i>general admissions</i>	<i>65,781</i>	
	<i>subscription admissions</i>	<i>11,037</i>	
Non sport	admissions	37,755	income £110,566
Health & Fitness	admissions	50,626	income £83,786
	<i>general admissions</i>	<i>20,290</i>	
	<i>subscription admissions</i>	<i>30,336</i>	
Dry activities	admissions	68,203	income £97,789
Spectators	admissions	61,933	–
Education	admissions	20,769	income £45,786
Outdoor			
Caravan & Campsite	admissions	8,111	income £30,444
Pitches/Athletics track	admissions	15,184	income £12,256



Unst Leisure Centre

This year revenue fell 1% with admissions increasing 17% due to increased subscription use in both the swimming pool and fitness suite; the swimming pool saw a 43% rise in admissions with a 2% fall in revenue. Changes to methods of reporting have made detailed comparisons with the previous year difficult but changes are being tracked.

A successful year saw the centre celebrate its twenty-fifth anniversary on 8 August and a Community Sport Hub Open Day held on 11 August 2013 which saw many faces through the doors. In March 2014 the centre was pleased to be involved with the Glasgow 2014 Commonwealth Games flag raising ceremony in conjunction with Baltasound Junior High School, Unst Community Council and the people of Unst.

The centre Facebook page continues to grow and has proven to be a valuable prompt and source of information for our customers.



The Commonwealth Flag raised in Unst as part of the Games countdown.

Photo: Mike Pennington

Block Bookings

The main hall, swimming pool and squash court have been used throughout the year for block bookings with Baltasound Junior High School the main user. A number of sports clubs have also made use of the facilities.

Working with the clubs and organisations wishing to make block bookings has allowed the centre to provide a tailored service and also fit in other requests for space as needed. Through closer working with clubs, Unst Leisure Centre seeks to provide the best sport and leisure experience it can.

Disability Shetland

The Wednesday evening session has seen: table top games, new

age curling, boccia, short tennis, badminton and other sports tried throughout the year for the benefit of its members. The swimming session has moved to a Wednesday and clearly demonstrates how exercising in water can help improve physical functioning.

Northern Neesicks Amateur Swimming Club

Another session was needed this year and the club met on three days during the week. There have been marked improvements in performances by a number of swimmers and it has been heartening to watch. Coaches Vaila Thomason and Caroline Hunter continue to inspire and encourage the swimmers who continually try to improve their technique and abilities. With the help of Yell Aqua Club a couple of Beta Leagues were attended this year.

Unst Badminton Association

Numbers at Tuesday training have tailed off this year with more younger members attending school in Lerwick. However, teams were again entered in the Shetland Badminton Leagues with a couple of participants selected for the County teams. New members are always welcome and will be guided through the intricacies of the sport to help everyone enjoy the sessions.

Unst Bowls Club

A couple of new faces joined the club this year and there were also a few visitors who joined in. As usual, two mats allowed ample time to play before a yarn about the games that had just happened. The season has finished but already the autumn dates have been booked.



Unst Leisure Centre



Baltasound pupils try their hands at bowls.

Unst Football Association

Unfortunately this year there wasn't a team in the league as there weren't enough players available on a regular basis. Unst fielded a team in the cup competitions and again made the Parish Cup final although disappointingly lost to Westside who avenged the previous year's result. Junior football continues to be well attended and local coach Ashley Spence has been ably assisted by others as another session was offered to those in P1-P3. The UnstFest and Stanley Cup football tournaments both saw a high turnout of players which led to some hard fought matches before champions were crowned.

Unst Netball Club

The club competes in the Shetland Netball League but has fewer players remaining in Unst during the week and therefore took the decision to stop regular training at the centre until numbers improve.

Unst Senior Leisure Club

After a few years of meeting on Tuesdays it was agreed to try moving to Fridays in an effort to attract new members. The fitness suite now proves to be the most popular activity although everyone is keen to move to the balcony for a welcome cup of tea and biscuits before testing the brain with a round of scrabble.

Unst Squash Club

A few secondary pupils joined junior training with the objectives being to develop skills and improve technique. Training paid off with a number of players representing Shetland in various tournaments throughout the year. The Christmas Handicap was well attended and saw a number



Competitors in the Unst Squash Club Christmas Handicap Tournament.

Photo: Desley Ritch



Winning captain Neil Laurenson receiving the Stanley Cup from Tony Mouat.

Photo: Jason Chen

of close competitive games before a worthy winner was declared.

Unst Youth Centre

The year saw closer working with the youth centre who made regular bookings of the main hall and casual bookings of the swimming pool for its junior and senior groups. A range of sporting activities were undertaken and members were encouraged to offer suggestions as to which pursuit they would like to do.

Fitness Suite

Admissions increased 15% over the previous year thanks to the various challenges that were promoted and the new subscription packages that are available. A greater number of inductions were completed and a few new regulars are to be seen.

Games Hall

Classes and courses were reviewed and a programme offering as many opportunities as possible was created. This meant that some classes were rested while others welcomed a new

day and time. A few new ones were trialled and it's hoped that they will continue into the coming year. Staff aim to provide a varied programme that encompasses the whole leisure centre.

Alan's Circuit

Alan Jamieson adopted a novel approach in his first circuit class and everyone attending this Friday morning activity experienced first-hand challenging moves inspired by motivational music.

Athletics Zone

In a link up with Active Schools the centre ran a six week class which introduced primary pupils to athletics through running, throwing and jumping practices. This proved popular and the centre will look to continue this format with a Commonwealth Games themed class in the lead up to Glasgow 2014.

Football Primary

Little Giants and Football Fever are two of the most popular activities that the centre offers. They are

available during term-time and over the course of the year nearly every eligible pupil will have attended at least one session. For those who participate weekly, employed trainee Karis Burns and Recreation Assistant Richard Pottinger provide challenging drills and games to keep them on their toes. Laughter and teamwork are integral to the success of these classes and it is hoped to build on this during the coming year.

Fun Badminton

Numbers remained low this year and it's been decided to try another day and time to see if more people can be encouraged to have a go!

Gymtastic

This new class, aimed at primary 3-7, teaches children how to roll, tuck, jump and balance in different ways. At Christmas the routine they'd been working on was shown to their parents to great acclaim. In the spring a new routine was moved forward to coincide with Commonwealth Flag Day and the raising of the Commonwealth Flag at the leisure centre. The improvement in skills from December reflected the amount of work that the participants had been putting in.

Holiday Activities

Overall holiday attendances were slightly down on the previous period which reflected the lower numbers attending Bouncy Castle and Play which had seen a great couple of years. Activities were offered during Easter, summer, Christmas and the short February break. Again the centre linked with UnstFest celebrations holding various junior activities as well as the 5K fun run (thanks again to Baltasound Coastguard for marshalling), Gladiators and the Unbreakable challenge.

At Christmas the volleyball and Annual Test Match both saw good numbers attending. The weather has



Unst Leisure Centre

a big impact on the success of the activities held at that time of year. To commemorate the centre's twenty-fifth anniversary over 50 people took part in various sporting challenges as well as making use of the facilities on offer on 8 August 2013.

On Sunday 11 August more than 120 people came along to the Unst Community Sport Hub Open Day with nearly all the local sports clubs being represented. A 300 metre rowing challenge was popular with 41 competitors and 52 people entered the prize draw to try and win a subscription. There was plenty to do with a 'come and try' selection of other activities.

Jump and Cardiodance

A core group attended Jump throughout the year and their numbers were swelled by visitors to Unst during the holiday periods. Cardiodance was tried on a couple of days and times before settling on Fridays in the Spring and this resulted in increased attendance. Juniors were also keen to attend and they have linked in making the class bigger and more fun: there was even a Cardiodance birthday party.



Cardiodance in action.

Ladies Night

Ladies Nights have been quieter this year with some participants unable to attend regularly for various reasons. The ladies still appreciate having this time to themselves and staff will be challenging themselves to increase use over the coming year. The fitness suite still proves popular with a few who follow their exercise with a swim in the relaxing atmosphere of the pool lit with multi-coloured lights.

Metafit

In May two gym instructors undertook the Metafit instructors' course and have been offering these classes since then. All abilities are welcomed as the 30 minute class is tailored to each individual's fitness level and the results obtained reflect the effort put in.

Mor-Dan-Wan-Bat

As part of the celebrations for Shetland receiving the European Community Sport Award 2013 a Mor-Dan-Wan-Bat competition was successfully held in October with 22 competitors taking part. The format involved playing the same opponent in 4 different racket sports. The



Unst goal attack Emma Niven reaches out for the ball during a Division One league match against Ness at Clickimin Centre in September. Photo: Kevin Jones

winners in each age group qualified for the final overall championships held at Clickimin Leisure Complex in December 2013.

Netball

Netball sessions were tried in the autumn but due to lack of numbers they stopped; in the future they may be offered again if numbers allow.

Road Running Circuit

From October to March when running outside (at night) is a little risky, then road running circuits is the class for you. Various drills and technique work will improve technique, help improve running economy and boost stamina. A different circuit every week continually challenges the body and mind but the satisfaction of completing it helps keep you motivated.

Rollerwheels

During the year this class moved a little earlier on a Saturday and saw a few more faces. Rollerblades are the most popular but roller skates, skate boards, wave boards and bicycles have also put in an appearance. Disco



lights and music help make this a great start to the weekend for the whole family.

Secondary Games

Unst Youth Club booked the main hall for their members at the time Secondary Games was planned therefore the decision was made to rest this activity session.

Spinning

About 10 customers regularly attended the spinning classes during the winter months with numbers falling when the days became lighter. Though challenging this class proves suitable for all abilities under the guidance of Faye Cox who ensures everyone is working to their own level

within the group setting. The choice of music proves vital during sprints and hill climbs, although the chance to become seated again is usually welcome!

Supple Strength

Supple Strength is a mixture of yoga and pilates working on core strength, flexibility and posture which leaves people feeling relaxed and refreshed at the end of the class. Attendance has been low and it is hoped that a different time will help to kick start the activity.

Toddler Gym

After a break during term-time this session was re-introduced and although numbers were low

it provided an opportunity for learning through play which is an important aspect of a young child's development.

Volleyball

A few volleyball sessions were run through the year but with the total attendances only the same as the one more popular Xmas session they were discontinued.

The table below left gives attendance comparisons:

Outdoor Areas

Revenue again fell which reflected Unst Football Association's decision not to enter a team in the league as they had too few players. Despite that admissions were up 15% and a couple of matches were played including a thrilling extra time Parish Cup semi-final. The school made use of the outdoor areas and the tennis court was used throughout the summer months.

Football

Only junior sessions were available this year as the football club organised training for its players. The weather was variable which meant that there weren't as many of these outdoor kickabouts as was hoped; here's looking forward to next year though.

Road Running

During the summer months two sessions were available for runners of all abilities to come together and train in a group setting. Various routes were used to ensure everyone was challenged but were still able to work within their ability. Advice, encouragement, a little motivation and improvement can be expected from this class and a few new members were welcomed. It was great to see those who were new to running completing the UnstFest 5K thanks to these sessions.

Activity/Class/Course	Attendances 13/14	Attendances 12/13
Alan's Circuits	4	–
AquaFit	25	93
Athletics Zone	41	–
Bouncy Castle and Play	47	76
Cardiodance	131	102
Circuits	–	260
Fun Badminton	4	–
Football Primary	612	718
Fitness Suite Induction	17	16
Fitness Suite Junior Inductions	8	1
Gladiators	15	–
Gymtastic	151	–
Jump	142	217
Junior Squash	133	175
Ladies Night	101	226
MetaFit	164	–
Mor–Dan–Wan–Bat	22	–
Parent and Toddler	127	192
Play Games/Bouncy Castle	69	150
Pool Party	86	62
Racket Sports	93	27
Road Running	101	141
Road Running Circuit	58	53
Rollerwheels	110	144
Secondary Games	6	144
Spinning	299	449
Supple Strength	9	–
Toddler Gym	12	40
Unbreakable	3	–
Volleyball	10	–
Xmas Cricket	10	11
Xmas Volleyball	10	15
Total	2,620	3,312



Squash Court

Unst Squash Club continues to offer training to secondary aged bairns while the eager primary pupils are instructed by the centre. Numbers using this area are slowly improving and March saw the introduction of a womens' squash/racketball league which is showing encouraging signs. The Christmas Handicap tournament was again a close affair with a number of games finishing with little to separate the competitors. On occasions the squash court has been used for Metafit, Toddler Gym, Spinning and a few other classes showing how useful an area it is.

Junior Squash

This was offered from August – March and linked with the Active Schools initiative bringing Racketzone to Shetland. Numbers increased slightly over the previous year with a couple of eager new players attending. The structured sessions included drills, technique work and games which Recreation Assistant Richard Pottinger used to the benefit of his young performers.

Swimming Pool

The opening times of the swimming pool have been trimmed over the past year and it's hoped that this provides a better service for customers. Unst Senior Leisure Club, Disability Shetland and the Northern Neesicks all hired the pool. During the holidays visitors to Unst are delighted to find such a facility available to them and they also make good use of the pool.

Adult Only Swimming

It has been a quiet year for these sessions with the swimmers who made use of them finding other times to swim. It is hoped to put on adult swimming lessons during this time to encourage more participation.



Unst squash players Stuart Ferguson and Michael Thomson alongside Ryan Kirk who all performed well in the Scottish rankings over the season.

Aquafit

In an attempt to encourage more people to Aquafit, and after discussion with those who attended, the session was moved to Thursday at 7pm. This new time has seen a slight increase in attendances over the earlier part of the year and it will be interesting to see how this progresses.

Daytime Swimming

The two daytime sessions have seen increased participation during the year and the amount of time available to swim has been extended. Daylight sessions are invaluable to those who don't like driving when it's dark and cold. The sessions cater for all types of people from those swimming lengths to families spending time together.

Parent and Toddler

Recreation Assistant Vaila Thomason leads this weekly class and has welcomed many new faces to the swimming pool over the last year. Her calm and confident manner along with her easy going nature put even the most timid swimmers at their ease. As an introduction to water this class is a must for any toddler!

Plans for 2014/2015

Building on the range of classes and challenges the centre offers will be a key part of planning for the year ahead. Opportunities to further develop staff knowledge and skills for the benefit of our customers will also be undertaken.



Unst Leisure Centre

Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£84,085		
Total Admissions	30,279		
		Total	Total
Indoor	admissions	29,409	income £77,249
Outdoor	admissions	870	income £502
Other	–	–	income £6,334
Indoor			
Staff led courses/classes/activities	admissions	3,133	income £8,200
Pool	admissions	6,524	income £8,709
	<i>general admissions</i>	5,758	
	<i>subscription admissions</i>	766	
Non sport	admissions	690	income £550
Health & Fitness	admissions	1,484	income £944
	<i>general admissions</i>	248	
	<i>subscription admissions</i>	1,236	
Dry activities	admissions	4,139	income £5,138
Spectators	admissions	4,911	– –
Education	admissions	8,528	income £53,708
Outdoor			
Pitches	admissions	870	income £502



Yell Leisure Centre

It was the twenty-fifth anniversary of the opening of Yell Leisure Centre on 18 September 2013. The building still looks incredibly fresh thanks to the exceptional build quality and the maintenance and care which it has received over the years.

In July a new gym was opened in the area which had previously been the community room. This represented a significant improvement over the previous gym with new state of the art equipment in a far bigger space. This has already attracted a number of new customers keen to improve their health and fitness.

The community room is now in the area which had been the SIC North Isles Community Work office, and this office moved into the room which had previously been the gym.

In October the pool was drained, the water filters were refurbished, new

efficient LED lighting was installed and various other maintenance was carried out. Thanks goes to the SRT

Technical Services department who did an excellent job on both of the above projects.



Angus Jamieson receiving a token of appreciation from Chairman Joe Irvine on his retirement as Trustee in September 2013.

Block Bookings

Ballet Lessons

This new activity for the centre was very well attended by children from the younger age group for a number of weeks.

Burravoe Primary School

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

Shetland Kung Fu Club

The club met in the squash court on Monday nights throughout the year. The members continued to show progress with 3 moving from white to blue sash and 4 from blue to orange sash. The club also organised and ran a control and restraint course and a weapons seminar for club members, the weapon on this occasion was a 6 foot bo-staff.



Shetland under-18 mixed doubles champions Dean Guthrie and Jenna McDonnell had the opportunity to play in the winning senior Shetland B Inter-County team. Dean also took the title of Shetland Under-18 singles champion. Photo: Kevin Jones



Pictured are the Orkney and Shetland teams who played the Badminton B Inter-County at Yell Leisure Centre in April. The match was won by Shetland. Photo: Kevin Jones

Yell Badminton Club

It was another successful year for Yell badminton with the Yell club winning the Shetland first and second division leagues. There was also a substantial representation from Yell in the Shetland inter county squads with Shetland having a clean sweep in all the matches against Orkney. During the winter the club hired 2 courts from 7pm to 9pm on Tuesday and Thursday nights but for various reasons these sessions were not so well attended as they had been in previous years. The club also hosted the annual restricted tournament, and junior and senior open tournaments which were, as always, a great success.

Yell Football Club

The club made use of the games hall for training and to play 5-a-side games during the winter months. During the summer they played their home games on the outdoor pitch which is owned and operated by the Trust. 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

The club hired the main hall for weekly after school badminton, netball and football coaching which

was led by members of Mid Yell school staff. Attendances to these coaching sessions continued to be very good.



Pictured are Dylan Gibb and Mac Fraser who regularly attended the football coaching sessions organised by Yell Football Club on Sunday mornings. Photo: Kevin Jones



Yell Leisure Centre

Yell Netball Club

The club played in the first division pre-Christmas league and the second division post-Christmas league where they finished fourth. The club hosted occasional training sessions at Yell Leisure Centre which involved circuits, drills and games. They mainly used the centre on the weeks they didn't have a match as all the league matches were played in the central mainland of Shetland.

Yell Senior Bowls Club

The club hired two bowls mats on Tuesday nights between 7pm and 9pm during the winter months. The season was rounded off at the end of March with competition nights which decided the overall club champions for the year.

Yell Senior Leisure Club

The club visited the centre on Monday afternoons all year round to socialise over a cup of tea and to play cards and pool. This was the first year that the club has not had a bus to transport members to the centre but thankfully this didn't have too adverse an effect on the healthy weekly attendances.

Yell Youth Café

The youth café, which is for secondary school age children, hired the main hall for Parkour coaching and for football games.

Community Room

In June the community room was moved into the area which had been the SIC North Isles Community Work office. This is a slightly smaller room but it is still suitable for the vast majority of activities including, senior leisure club, meetings, birthday parties etc.

Games Hall

The games hall is still a very well utilised area within the facility particularly during the school term when it is used by local schools for PE

lessons. After school activities which are mainly run by centre staff or the Yell Junior Sports Club are generally well attended; this is no doubt partly due to the Mid Yell school being situated right next to the centre. In the evenings the courts are mainly used by local clubs for a range of sports and activities.

Athletics Zone

This 6 week course was attended by 11 children aged between P4 and P7 and was led by employed trainee Nala Williamson who is doing a modern apprenticeship in Active Leisure, Learning and Wellbeing SVQ level 2. At the end of the 6 weeks all the children travelled by bus to the West Mainland Leisure Centre to take part in an athletics festival which was organised by SIC Active Schools.

Bokwa

Bokwa is a group exercise class where participants draw letter and number shapes with their feet on the floor while performing an energising and addictive cardio workout routine. Classes were led by staff member Amelia Meudell on Monday nights.

Flying Squad (Trampoline Club)

Trampolining is still popular with 34 children attending the weekly coaching sessions which took place after school on Wednesdays and Thursdays during the winter months. 15 club members travelled to Whalsay in March to take part in the Shetland

Trampoline Championships and many of them returned with medals and trophies.

Fun & Games

Record numbers of primary 1, 2 & 3 children attended this weekly after school activity which took place in the games hall and was led by centre staff.

Holiday Activities

The centre continued to mainly offer holiday activities aimed at children from the younger age group.

Junior Gym

This short course allows juniors aged 13 to 15 to use the equipment in the gym and covers topics such as safe training techniques, the elements of fitness and how best to structure a workout. The courses were run in conjunction with the Mid Yell school as part of the Children's Electives Programme and this year it ensured that they could take full advantage of the new gym facilities.

Junior Leisure Club

The popularity of the club remained high with 39 primary aged children signing up to the ten weeks of activities which were run on Thursday afternoons from 3.30pm to 5.30pm between April and June. There was always a wide range of different activities on offer including crafts, sports, swimming and games which meant that everyone found something to do which they enjoyed.

Dry-side Classes / Activities	Attendances 13/14	Attendances 12/13
Athletics Coaching	66	–
Bokwa	179	391
Flying Squad (Trampoline Club)	772	798
Fun and Games	687	529
Holiday Activities	230	328
Junior Gym	66	33
Junior Leisure Club	390	380
Racket Zone	24	36
Spinning	149	326
Total	2,563	2,821



Yell Leisure Centre

Spinning

This group cycling class is a great way to have a challenging but enjoyable workout. Attendances were down when compared to last year as the centre could not offer as many classes due to having fewer coaches available.

Squash

The squash court was used for spinning classes as well as for playing squash and for a Racket Zone coaching course which was led by staff member Laura Guthrie. The table below left shows the total numbers who attended the classes / activities described above, all of which were delivered by centre staff.

Gym

As stated earlier in this report the new YLC Gym which is fully equipped with the latest equipment opened in

July. The new gym has proved very popular with many customers taking the opportunity to improve their fitness levels.

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.

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 other various activities.

Swimming Pool Aquacise

Exercise in the water can be very

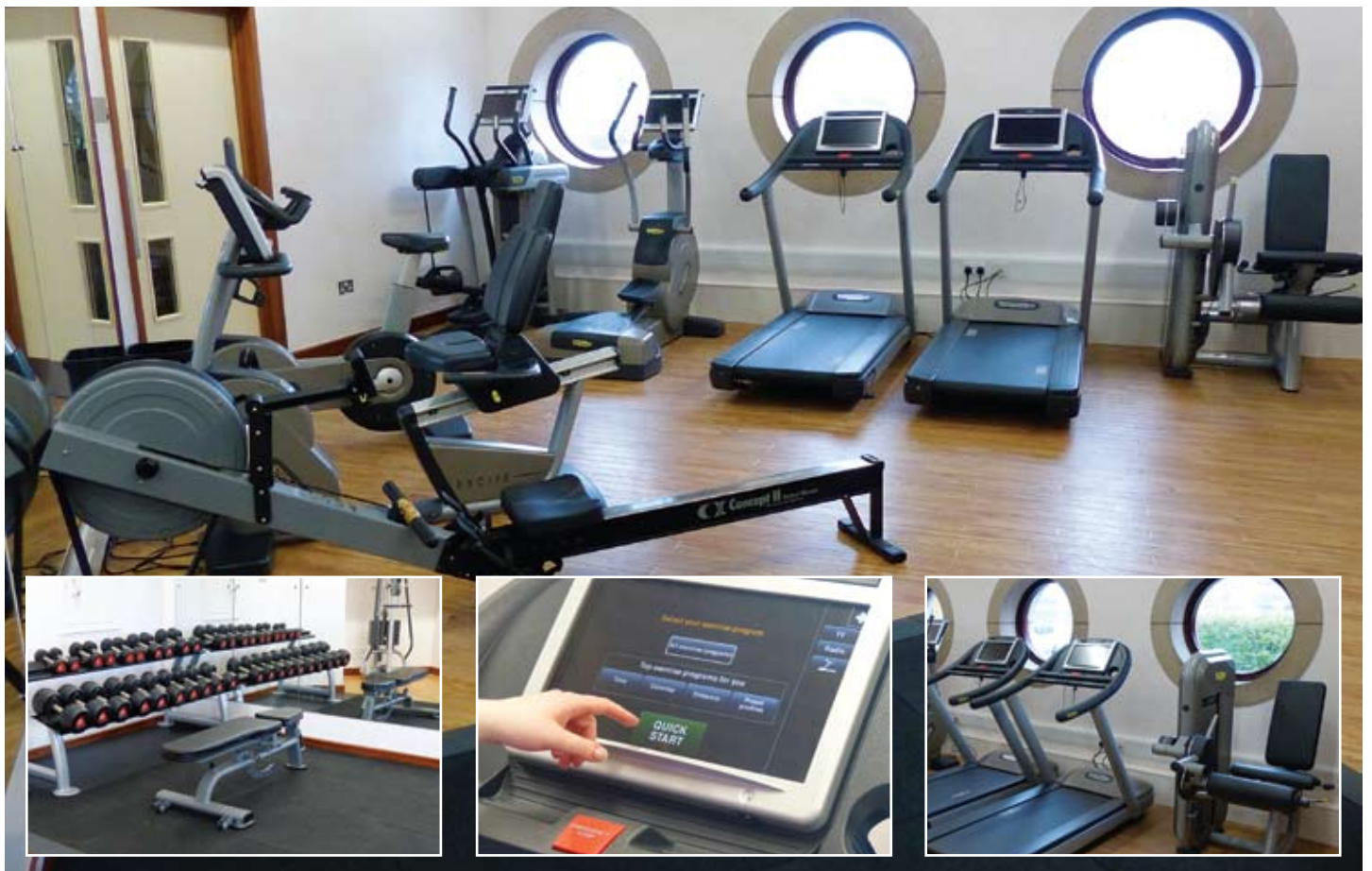
effective and is suitable for all fitness levels. Aquacise classes were run on Wednesday nights during the winter months.

Junior Aqua Club / Northern Neesiks

Club coach Mark Aquilina left Yell in the summer and, as there was no one from the club available to take over, coaching was provided through the centre by staff member Sarah Sutherland. The children continued to attend Beta League competitions in Scalloway, swimming in a combined team with children from Unst as the Northern Neesiks.

Learn to Swim Classes

The uptake for swimming lessons remained high with the majority of local primary school age children attending the weekly classes which were taught by centre staff.



The new gym.



Yell Leisure Centre

Pool Classes / Activities	Attendances 13/14	Attendances 12/13
Aquacise	90	240
Junior Aqua Club / Northern Neesiks	316	364
Learn to Swim Classes	1,312	1,299
Swimming Lessons for Adults	41	–
Total	1,759	1,903

Swimming Lessons for Adults

Lessons have not been run for a few years due to lack of sufficient demand, but this year there was enough interest to make a class viable

and all those who attended made good progress.

Plans for 2014/2015

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.

The SIC North Isles Community Work office closed at the end of March 2014. The office has been based in the centre for approximately 23 years and the centre has enjoyed a very good working relationship with the SIC community work staff over that time and we would like to offer them our best wishes for the future. Hopefully another tenant can be found for the office space.



Some of the children from the Mid Yell School lower primary practising their Unihoc skills during a PE class.



Yell Leisure Centre

Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£90,820		
Total Admissions	39,001		
		Total	Total
Indoor	admissions	38,521	income £83,136
Outdoor	admissions	480	income £524
Other	–	–	income £7,160
Indoor			
Staff led courses/classes/activities	admissions	3,408	income £9,348
Pool	admissions	2,949	income £4,357
	<i>general admissions</i>	2,426	
	<i>subscription admissions</i>	523	
Non sport	admissions	4,464	income £3,666
Health & Fitness	admissions	1,190	income £1,151
	<i>general admissions</i>	298	
	<i>subscription admissions</i>	892	
Dry activities	admissions	6,690	income £10,458
Spectators	admissions	9,504	– –
Education	admissions	10,316	income £54,156
Outdoor			
Pitches	admissions	480	income £524



North Mainland Leisure Centre

The North Mainland Leisure Centre now in its twenty-fifth year remains busy, especially the fitness suite and squash court with the influx of workers from the oil industry using these facilities. The number of staff led courses dropped due to turnover of staff and having to qualify new staff to lead and

instruct. The Astroturf pitch and changing rooms had an extensive refurbishment metamorphosing from the Midway Pitch into the Regional Hockey Facility. The centre also received a facelift with extensive work in the pool and improvements made to flooring and lighting.

Community Room

Boxing

The boxing bags which are used in the community room are a great way to get rid of frustration and a fantastic way to exercise. This equipment is used almost every night with groups of up to five hiring the equipment.

Fundays

Holiday activities keep the children of the North Mainland busy in the summer months and include swimming, nature walks, art and crafts and games.

Meetings

The community room has really taken off as a meeting room with businesses in the north of the island using it for training, meetings and even a base for their workers.

Crazy Golf

The nine-hole crazy golf course is very popular with families on a sunny day and some even brave the not so sunny days.

Fitness Suite

This facility is very popular in the evenings with a wide range of clients using it to its full potential.

Weights Courses

The weights courses for ladies and juniors are still popular, with all round fitness and toning being the aim.



Andrew Leach having fun on the crazy golf course.



Dylan Vice and Daniel Lowe enjoying a birthday tea.

Games Hall

Two courses are still run in the school games hall:

Early Touches

Basic football skills are taught to the under eight age group preparing them for a career in the Shetland leagues when they are older.

Gymnastics

A popular activity with the emphasis this year being on basic gymnastic skills, vaulting and tumbling.

Midway Pitch / Regional Hockey Facility

Football Clubs

Although the new pitch is primarily a hockey facility, football clubs can use it and have done so through the winter to prepare for the summer months of the football calendar.

Hockey

The hockey players have really enjoyed playing on the new surface

of this fantastic facility, training in the winter and looking forward to hockey matches and leagues in the summer.

Squash Court

The squash court has again proven to be a versatile and useful space with all sorts of activities happening on court.

Junior Circuits

Junior Circuits are used by many talented young sports people to top up their sport specific training with general fitness training.

Ladies Circuits

After seeing the great results the children were making in their fitness levels, the mums wanted a go. A ladies circuits class was developed and now the ladies work out every Monday night trying to get fitter than their offspring!

Parties

A new, smaller bouncy castle now attracts the younger members of the community to have their birthday parties at the centre.

Spinning

This activity is a great success with both the squash court and community room used to host the classes.

Swimming Pool

Aqua Aerobics

Aqua Aerobics has now been running for 25 years, although it has gone through several instructors one or two of the original ladies still attend.

Children's Swimming Lessons

On a Wednesday afternoon staff deliver 3 classes of mixed levels following Scottish Swimming's Learn to Swim programme. Preparing the swimmers to undertake the National Swimming Standard is the goal for the Deep End Course with swimmers gaining confidence in each lesson. When they have achieved this standard the children can go on to the Deep End Plus lessons to gain more deep water skills and confidence.

Delting Dolphins

The club has gained another international swimmer in Erraid Davies who has been selected for the Scottish Para Swimming Squad



Erraid Davies with the gold medals she won swimming for Scotland.



North Mainland Leisure Centre



Teaching Aquatics course in action.

and swam breaststroke in two international meets. Other notable achievements were Calum Maccoll taking three junior titles at the North District Open Championship.

Fun Run Pool Inflatable

The Fun Run is still an activity that produces screams of excitement as the children try to complete the run to splash down in the deep end.

Ladies Swimming Lessons

A nice relaxed atmosphere encourages ladies to take the first steps in learning to swim or helps them concentrate on improving their strokes.

Rookie Lifeguard Programme

Children work their way through the Rookie Lifeguarding syllabus on to the RLSS lifesaving one, two and three and then on to the Bronze Medallion.

UKCC Level 1 Certificate in Teaching Aquatics

A UKCC Level 1 course for SRT staff took place in Feb 2014 when

candidates learned how to teach swimming. The candidates have to pass a practical and written assessment and complete a log book to achieve the award.

Activities / Class / Course	Attendances 13/14	Attendances 12/13
Arts and Crafts	—	50
Aqua Aerobics	224	375
Circuits	85	205
Football	330	505
Fundays	23	83
Gymnastics	404	95
Inflatable Parties	340	350
Jogging	56	71
Learn to Swim Classes	888	1,205
Pool Hires / Parties	1,920	1,243
Private Lessons	432	225
Spinning	642	950
Swimming Club	1,556	2,830
Trampolining	10	15
Weights	392	556
Total	7,302	8,758



Plans for 2014/2015

An exciting time is ahead for the centre with the opening of the new hockey pitch and staff aim to utilise the fantastic facility to its maximum. Staff will also be aiming high and introducing new activities and increasing attendance in others such as spinning.



Triathlon competitors plough through the pool during the 400m swim in May as seen in the pool's convex mirror.

Photo: Kevin Jones



North Mainland Leisure Centre

Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£105,540		
Total Admissions	42,182		
		Total	Total
Indoor	admissions	30,610	income £82,716
Outdoor	admissions	11,572	income £13,501
Other	–	–	income £9,323
Indoor			
Staff led courses/classes/activities	admissions	6,902	income £23,538
Pool	admissions	4,805	income £7,388
	<i>general admissions</i>	4,366	
	<i>subscription admissions</i>	439	
Non sport	admissions	1,870	income £1,526
Health & Fitness	admissions	5,339	income £11,785
	<i>general admissions</i>	2,986	
	<i>subscription admissions</i>	2,353	
Dry activities	admissions	2,181	income £3,813
Spectators	admissions	6,518	– –
Education	admissions	2,995	income £34,666
Outdoor			
Pitches	admissions	11,385	income £13,160
Crazy Golf	admissions	187	income £341



Whalsay Leisure Centre

The twenty-fourth year of the leisure centre was once again a busy one with staff skill, drive and adaptability key to delivering a full programme to the Whalsay community. There is still a hunger to attend activities at all levels and staff constantly try to keep the sessions fresh to ensure

that return visit. The Whalsay School still used 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. The Minibus Association and Whalsay Sports Development Trust (Harbison

Park) continued to use the centre to administer bookings. The centre was sad however to lose links with the Shetland College who used the meeting room to deliver adult learning in a range of courses. This resulted in a reduction of over £7000 in revenue and a large drop in admissions.

Birthday Parties

Birthday parties remained popular, attracting 63 bookings in 2013/14. The introduction of two new dry inflatables helped maintain usage figures in the main hall. It is concerning that the pool inflatable

Birthday Parties	Bookings 13/14	Bookings 12/13
Main Hall Inflatable	47	41
Pool Inflatable	13	17
Other	3	4
Total	63	62



Come and try the new inflatables and soft play!



Whalsay Leisure Centre

parties' numbers continue to fall which is partly due to other facilities in Whalsay catering for parties. Party bookings will be reviewed to try and reverse the trend and make sure they appeal to all age groups.

Block Bookings

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

Senior Leisure Club

The Senior Leisure Club was still well attended with 14 members attending each week to play bowls, swim or use the fitness suite. To run along with this session a new Fitness Vive class for the over 60's was introduced and held in the squash court.

Shetland Budokai

Neil Pottinger continued to run the Shetland Budokai Club in Whalsay and training took place monthly during the winter. Training sessions allowed members to pick up the skills and techniques quickly to progress through the karate grading system.

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 for a few years and is established in the Shetland Works League.

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.



Action from Celtic and Delting in the Highland Fuels Cup on Harbison Park.

Photo: Kevin Jones

Whalsay Football Club

The senior club had indoor training sessions throughout the winter months. The first team went through a transitional phase finishing towards the bottom of the league table. However a plus point was winning the Parish Cup indoor tournament and Shetland indoor tournament. The reserve team finished second in their league while introducing younger players 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 indoor plastic golf sets. Sessions focused on putting, chipping, pitching and full swing in the main hall and enabled coaches to teach basic rules and etiquette before the outdoor session began. With over 130 members the club is keen to develop indoor golf in Whalsay and help extend the short playing season. Plans are in place to put nets in the squash court to create a hitting area where outdoor clubs and balls can be used. This will be opened up

for the public to use once they have completed an induction plus there will be classes provided through the club and leisure centre.

Whalsay Hockey Club

The juniors used the main hall and Harbison Park for training through the year which helped with the teams' success. In adult hockey, Whalsay still remained the team to beat winning many trophies through the year.

Whalsay Junior Trampoline Club

The club continued to attract a group from primary 3 to secondary 1 with 22 joining this season. Classes ran after school on Mondays and Tuesdays with all members 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 junior club continued to be well attended; primary 4 to 7 and secondary pupils trained 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

Fitness suite admissions increased this year with a steady flow of customers using the facility.

Get Fit Quick

The aim of Get Fit Quick is to increase customer exercise knowledge so they can keep their workout varied and interesting. Weekly sessions were blocked off to help give users confidence and valuable training tips to develop their sessions.

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 has seen an improvement in numbers with a greater range of classes now available. Staff development and training are important factors in encouraging customers to participate and attend classes.

A number of challenges were set up through the year including a swimming challenge, Tour de France spinning, duathlon challenge and a 30 minutes x 30 day challenge. Everyone who took part found these beneficial and staff will continue to think of novel ideas to attract customers and encourage regular participation.

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

Adult Class / Course	Attendances 13/14	Attendances 12/13
Aqua Aerobics	764	635
Circuit Training	327	219
Get Fit Quick	191	–
Saturday Circuit	334	273
Spin & Tone	153	–
Spinning	715	743
Studio Classes	129	127
Total	2,613	1,997

exercises whilst catering for a wide range of abilities.

Junior Activities

A wide variety of popular activities were run through the year to cater for all ages from nursery through to secondary. Numbers remained high for activities such as pre-school fun, nursery football, beginner's badminton and xtreme dodgeball which was very popular with the secondary children.

Badminton

Deborah Mowat took junior sessions on Wednesday afternoons. The classes were available from primary 5 to secondary 3 pupils then players progressed into the Adult Badminton Club on Tuesday nights. A beginner's session was introduced for younger children aged from primary 4; this taught them the basic skills for badminton.

Junior Football

A range of football classes was 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 Fun

These fun sessions for pre-school age continued to be very popular with the introduction of new inflatables and new soft play toys. Sessions included warm ups, musical exercises and obstacle courses which help build key motor skills and co-ordination with basic fun movements.

Mixed Games

This session was held on Friday afternoons for school age children and involved the new inflatables, a variety of different games and the opportunity to try trampolining. This took advantage of the school finishing earlier at 2pm.

Holiday Programme

The previous year's October holiday programme could not be held due to a maintenance closure and this, together with poor weather, led to very good attendances and a dramatic increase in total holiday admissions. Popular dry activities included Fundays and Bounce Mania with Splash Discos and the pool inflatable boosting wet activity figures.

Holiday Programme	Attendances 13/14	Attendances 12/13
Easter Holidays	222	253
Summer Holidays	294	215
October Holidays	409	–
Total	925	468



Whalsay Leisure Centre

Meeting Room

As previously mentioned, use of this room was considerably reduced. However, it was used for occasional meetings throughout the year and hired regularly by Venture Chiropractic to provide chiropractic services.

School Use

The Whalsay School continued to use all areas during term times and occasionally used the centre for large events and assemblies. Although swimming lessons have been reduced there was still great demand for main hall space and the nursery, primary and secondary departments all made extensive use of the centre during the school day.

Squash Court

The squash court is the quietest area of the building but nursery classes and spinning classes are being scheduled more and more which will help improve the footfall for this area.

Junior Squash

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 course.

Spinning Classes

Spinning classes, which are held in the squash court, remained popular with 715 attending classes throughout 2013/14. A new Spin

& Tone class was introduced into the spinning programme as well as a number of different fun activities including a duathlon, run-spin-run, a triathlon, run-spin-swim and the Tour de France which consisted of 8 sessions run over 2 weeks.

Swimming Pool

The sessions delivered in the pool again proved to be popular with the regular activities remaining interesting for those repeat visitors. Where possible classes are varied to keep interest levels going.

Advanced Swimming Training

Swimmers trained twice a week improving their stamina, stroke



Underwater lighting adds atmosphere to the Splash Disco.



Whalsay Leisure Centre

development, diving and turning skills, and learning the many techniques involved in competitive swimming. The sessions are ideal for enabling swimmers to take part in competitions and swimming as part of the Whalsay Amateur Swimming Club. The club now has 15 swimmers who are capable of swimming at regional level.

Aqua Aerobics

These sessions remained very popular and provided a wide range of cardiovascular and toning exercises. In addition to the standard benefits of any exercise, the water provides additional resistance and supports the body, reducing the risk of muscle or joint injury.

A more advanced session was introduced which involved 45 minutes of cardiovascular aerobics, jogging and toning. These workouts are done at a faster tempo and involved more complex routines.

Learn to Swim Programme

All staff were involved in delivering the Learn to Swim Programme which was done in two 12 week blocks running from September to March. The programme covers all ages from primary 1 to secondary children. Levels 1-8 and Swim 1 were covered as well as distance badges and speed badges. A fun gala was held at the end of each block which all the swimmers took part in and enjoyed.

Nursery Swimming

These sessions are all about fun and games which help develop water confidence and basic swimming skills. The bairns all worked towards achieving the Duckling and Otter awards which act as a stepping stone to the Learn to Swim Levels. There were 3 classes per week which were all fully attended.



It's best to start young; Joe and Erin Simpson enjoying their experience in the pool.

Parent and Toddler Swimming

This unstructured swimming session offered 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 socialise.

Pool Fun

Pool Fun sessions were ideal for bairns just passed or nearly passed their National Swim Standard (deep end test). A lifeguard was in the water to help with fun games while supporting those who could not go to the deep end.

Plans for 2014/2015

In the coming year staff hope to maintain and where possible improve on the revenue and admission figures

whilst maintaining a high level of service. Staff aim to regulate the junior and adult class programme to keep it fresh and encourage customers to keep coming back as well as hoping to attract some new faces. With the installation of golf nets to create a driving range in the squash court, staff are also looking forward to welcoming golfers to work on perfecting their game as well as many newcomers to the sport. A review of the meeting room will take place and ways of maximising use of the area will be considered.

With efficiencies high on the agenda the centre will benefit from the installation of a Biomass heating unit which will significantly reduce energy costs. The installation of variable speed motors on pumps and ventilation units are also planned and they will also help to reduce overheads both when the centre is open and closed.



Whalsay Leisure Centre

Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£134,031		
Total Admissions	52,761		
		Total	Total
Indoor	admissions	49,146	income £114,313
Outdoor	admissions	3,615	income £3,789
Other	–	–	income £15,929
Indoor			
Staff led courses/classes/activities	admissions	11,826	income £34,691
Pool	admissions	4,833	income £6,946
	<i>general admissions</i>	4,202	
	<i>subscription admissions</i>	631	
Non sport	admissions	1,780	income £1,524
Health & Fitness	admissions	1,238	income £2,731
	<i>general admissions</i>	730	
	<i>subscription admissions</i>	508	
Dry activities	admissions	5,551	income £9,415
Spectators	admissions	8,162	– –
Education	admissions	15,756	income £59,006
Outdoor			
Pitches	admissions	3,615	income £3,789



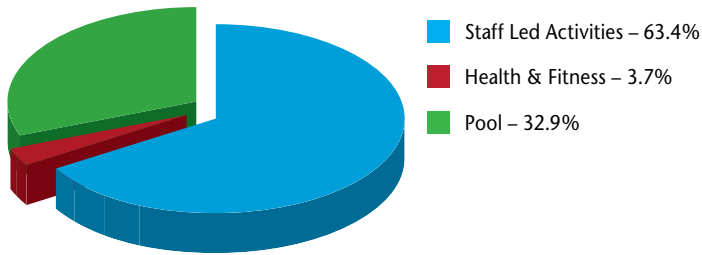
South Mainland Pool

At the South Mainland Pool, excluding education use, during the period 2013/2014 there was an increase in both revenue and admissions. Having operated a full year of new opening hours, figures give a more realistic overall view of

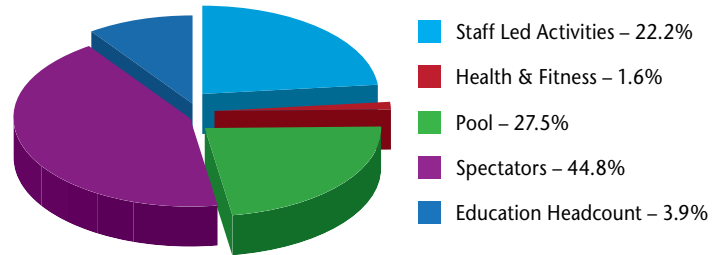
how well the facility is doing. Due to the continued demand for swimming lessons there was again a notable increase in revenue and admissions for this activity and with the introduction of AquaFun and SwimSkills classes, numbers were further boosted.

2013 saw the introduction of a new piece of lifesaving equipment in the form of an automated external defibrillator (AED). Staff are now trained in its use in the event of an emergency but hopefully it will never be needed.

% of Total Net Revenue



% of Total Admissions



Adults Only & Ladies Only Swim/Steam Sessions

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

Aqua Aerobics

Yvonne MacGregor continued to instruct Aqua Aerobics sessions on Tuesday nights during term time. Aquatic exercise is an effective way for people of all ages to incorporate aerobics and muscle-strengthening into their weekly exercise schedule.

Attendances decreased by 21.7% however this was mainly due last year's numbers including an Aqua Natal class held here while the Scalloway Pool was closed for refurbishment.

Pool Parties

Pool party bookings increased to 14 and staff will continue to look at ways to try to increase this figure further in the coming year. Partygoers enjoyed 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.

Holiday Activities Aqua Discos

Programmed through the holidays, children were able to splash dance to

their favourite music with their friends whilst playing with large floats and toys and being blasted with water jets. Underwater disco lights flashing in the background set the mood.

Easter Egg Hunt

The pool's Modern Apprentice Ben Morris came in the guise of the Easter Bunny to help the children in the Easter Egg Hunt. Children and adults joined in with water based fun and games which culminated in what everyone had come for – the Easter Egg Hunt. Everyone hunted high and low for their chance to win an Easter egg and no one left disappointed except for the size of the egg they had found.



A panoramic view from the lifeguard's chair.



South Mainland Pool



The Aqua Run inflatable which challenged children during the school holidays.

Flipper Frenzy

The activity was a slight revamp of the snorkelling sessions that had been held in previous years. Children and adults were able to play with large floats and toys along with practicing their snorkelling skills with staff on hand if they wanted any assistance.

Inflatable Sessions

Aqua Run inflatable sessions continued during the holiday periods although with the inflatable being shared between the South Mainland and Scalloway Pools the number of sessions available was half of the previous year. Children took the chance to challenge themselves along the slippery obstacle course with the chance of water cannons blasting them at any second. The activity was popular with all ages and even some of the parents gave it a go.

Additional holiday activities included Advanced Swimming sessions and the ASA/ISRM Swim Award Class.

Swimming Lessons

The Learn to Swim, SwimSkills and AquaFun classes have continued to go from strength to strength with a further increase of 11.3% in attendances on the previous year. This increase is believed to be down to the increase in the population of the south end of Shetland as well as more parents seeing the importance of their children being able to swim. Staff worked hard to promote swimming lessons and the year started off with 96 admissions in the first week and grew to 122 admissions in the last week of the financial year.

Advanced Swimming

Sessions were programmed throughout the year to allow swimmers to continue to maintain their fitness levels as swimming is one of those sports that if swimmers don't train on a regular basis fitness is quickly lost. Attendances

decreased by 26.7% compared to the previous year, with a few regular attendees dropping out mainly due to having other commitments and interests. Another factor cited was the introduction of SwimSkills classes which filled the gap between Learn to Swim and Advanced Swimming.

AquaFun

Previously known as the Under 5's classes, these classes were rebranded under the Scottish Swimming AquaFun title. The change was



Swimmers Jasmin Smith and Sarah-Marie Riise take a break from their Advanced Swimming session.

South Mainland Pool



brought about as it was recognised that there was a huge variety of Under 5's classes with different criteria in each SRT Facility. Switching to AquaFun ensured continuity with all facilities using the same criteria and allowed children to move between facilities more easily. These classes continued to be very popular with 8 classes being provided to customers by the end of the year. The classes aimed to introduce children to the water and help build up their confidence and ability to move around in the water unaided. Once children turned 5 years old they were fed into the Learn to Swim classes between Levels 1 and 3.

ASA/ISRM Swim Award Class

This class was timetabled throughout the year and swimmers were taught the skills and techniques required to pass the award. Attendances nearly doubled with 117 admissions over the year and most of the swimmers went on to gain this award which allowed them to swim in deeper water.

Individual Lessons

With a reduction in operating hours on the previous year, along with a higher demand for class lessons, the number of Individual Lesson admissions dropped by 14.6%. Individual Lessons were taught

Activity / Class / Course	Attendances 13/14	Attendances 12/13
Advanced Swimming Class	1,556	2,124
Aqua Aerobics	231	295
ASA / ISRM Swim Classes	117	65
Class Lessons	4,016	3,606
Holiday Activities	625	529
Individual Swimming Lessons	360	422
Pool Party	350	275
Steam & Swim	487	415
Schools	1,225	1,114
Total	8,967	8,845

throughout the year and allowed the children to receive either 1 to 1 or 1 to 2 (if pre-school) instruction. Having been gradually introduced to the water the children then moved into the AquaFun or Learn to Swim programmes.

Learn to Swim

The Learn to Swim classes which followed the National Programme continued to be popular and provided an essential source of revenue for the facility. Classes ranged from Level 1 through to Level 8. Staff taught the children the wide range of skills and techniques required to pass each level to allow them to progress up through the levels. Once children had reached and completed Level 8

they fed into the SwimSkills classes which were introduced to provide a stepping stone between the Learn to Swim Programme and the Advanced Swimming sessions. Over the year there was an average of 15 Learn to Swim classes provided for children per week during the school terms.

SwimSkills

The SwimSkills classes were introduced to encourage more young people to remain swimming after completing Learn to Swim Level 8. These classes helped swimmers to develop competitive swimming skills, including proficiency in all four strokes, starting, turning and finishing. SwimSkills Level 1 and 2 were introduced into the pool programme in August 2013 and have been well attended.

Schools

After the previous year's reduction, and aided by the growing population at the south end of the island, a 9.9% increase in school admissions was welcomed.

Both the Primary and Secondary Department of the Sandwich Junior High School as well as the Cunningsburgh Primary continued to have their school swimming lessons taught by PE Teacher Joan Smith at the pool and the pupils benefited greatly from their time in the water.



Modern Apprentice Ben Morris puts his AquaFun class through their paces.



South Mainland Pool

South Mainland Amateur Swimming Club

Thursday at 4.30pm is perhaps the busiest time during the week at South Mainland Pool when the pool is very often filled to capacity with South Mainland ASC members from age 7 upwards. Roughly a quarter of the youngsters are in their first year of club membership and as yet not at competition level, while the others compete at events south and at home. A few opt to swim just for the fitness benefit. All members are encouraged to attend SRT classes / coaching.

South Mainland swimmers covered many miles in their competitions in the year from April 2013 to March 2014. The refurbished Royal Commonwealth Pool in Edinburgh was the venue for the Scottish National Age Group Championships where Donnie & Eddie Price competed, with Donnie picking up Bronze in the 16/17 year old 800m freestyle. Three months later Donnie was in Bermuda for the NatWest Island Games and qualified for finals in 6 events, finishing just outside podium position for the 1500m freestyle and 400m freestyle.

Closer to home, Aberdeen, Inverness and Buckie were all visited by younger team-mates, all managing to produce numerous personal best times and the following returning home with medals; at Buckie Age Groups, Eddie Price, Karl and Darin Eldridge, James and Sophie Morris. At September Splash & Cults Otters meets in Aberdeen; Curstaidh Mackay, Rachel Keay, Jasmin Smith, Sarah Marie Riise, Nina Price and Adam Millar. At Westhill for the Alford Otters meet it was podium places for James Morris and Scott Riise.

Home in Shetland SMASC swimmers competed at all the competitions and time trials organised by the Shetland Swimming Association, Lerwick ASC and Delting Dolphins with

success being achieved in all levels of competitions. At Junior level, Adam Millar took the Championship title for 10 year old boys, while medals were won by Stuart and Connor Edwards, Emily Black, Alice Bloomer, Eva Jamieson and Jennifer Ramsay.

Shetland records were achieved by Adam Millar for 10 year old boys and by Senior Age Group Champion, Donnie Price in the 17/18 and Open age groups.

Other achievements worth noting during the year were Sophie Morris and Sarah Marie Riise attending Scottish Swimming's District Regional Programme and Donnie Price in the Scottish Youth Development Squad until June 2013. He also was the overall winner on points in the North District Age Group Championships in March 2014.

Plans for 2013/2014

Last year's targets were met as follows:

- Continue to ensure that timetabled swimming lessons are available in order to meet the demand;
(By the end of 2013/14, 122 children were attending swimming classes, an increase of 26 from the start of the year)
- Introduce a new water-based activity which could help to attract more junior customers;
(A Rookies taster session was introduced during the summer to gauge interest)
- Continue to offer a balanced programme of activities for all age groups and swimming abilities;
(Overall revenue and admissions for 2013/14 increased)
- 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;
(A South Mainland Pool Facebook page was created)

- Utilise the SRT's new MRM Database to enhance the service provided
(A customer email database was created).

Plans for 2014/2015

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

- As well as looking to encourage new custom, ensure that timetabled swimming lessons are available in order to meet the current demand;
- Promote birthday parties;
- Introduce further new junior and adult activities which could help to attract more customers to use the facility;
- Ensure that there is a balanced programme of activities for all age groups and swimming abilities;
- Build on the newly created South Mainland Pool Facebook page and customer email database;
- Investigate ways of lowering expenditure that won't have an impact to the service provided; and
- Carry out a customer survey to identify how services can be improved further.



It's not very often that you actually see a Viking lifeguard! SMUHA Jarl Squad member and Recreation Assistant Sean Bell visits the pool.



Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£44,080		
Total Admissions	31,257		
		Total	Total
Indoor	admissions	31,257	income £38,279
Outdoor	admissions	–	income –
Other	–	–	income £5,801
Indoor			
Staff led courses/classes/activities	admissions	6,929	income £18,976
Pool	admissions	8,586	income £9,842
	<i>general admissions</i>	7,265	
	<i>subscription admissions</i>	1,321	
Non sport	admissions	–	income –
Health & Fitness	admissions	487	income £1,096
	<i>general admissions</i>	350	
	<i>subscription admissions</i>	137	
Dry activities	admissions	7	income £27
Spectators	admissions	14,023	– –
Education	admissions	1,225	income £8,338
Outdoor			
Pitches	admissions	–	income –



Scalloway Pool

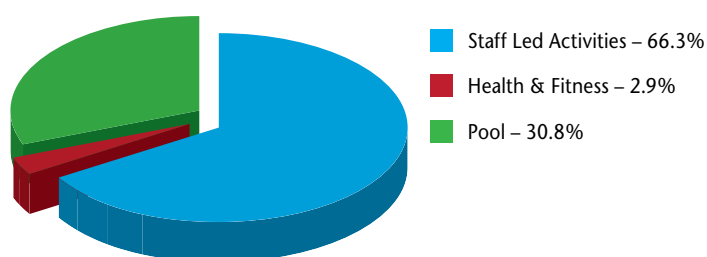
The year 2013/14 was a relatively busy year for the Scalloway Pool. Excluding education use, the pool saw an increase in both revenue and admissions. Timetabled activities remained busy with an increase in admissions to all activities except swimming lessons. Adult and junior casual swim admissions increased on the previous year and the steam and swim sessions seemed to be popular again.

April saw the introduction of the new centralised customer database, a great improvement on the previous system which was stored at each

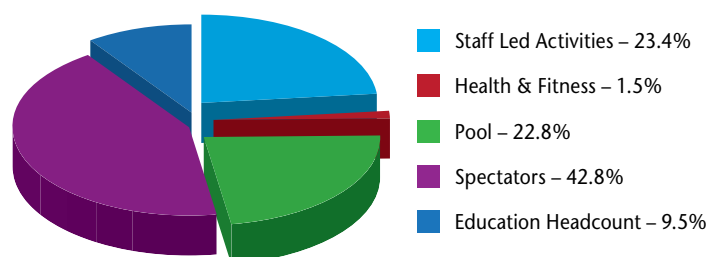
individual SRT facility. Along with this, Chip and PIN machines were installed, bringing facilities up to date with current payment methods and improving service for customers.

The year saw a couple of changes in personnel with Gwydion Saxelby completing his Modern Apprenticeship in August and being replaced by new Apprentice Craig Robertson. Gwydion has stayed on as a casual Recreation Assistant. In January Clickimin Leisure Attendant Kieran McMillan joined the team at the pool as part of a year's secondment.

% of Total Net Revenue



% of Total Admissions



Adults Only Swim/Steam Sessions

The pool continued to offer Adult Only sessions on Monday and Thursday evenings as well as Ladies Only sessions on Wednesday evenings. These sessions have seen a renewed interest and they are a way of unwinding after a busy day. Some of the workmen staying on the accommodation barge located at Scalloway harbour have helped increase admissions.

Birthday Parties

After seeing a huge drop in attendance at this type of booking in the previous year, staff were happy to welcome a resurgence in pool parties which are an ideal way for children to celebrate their birthdays with friends and family. Over the year staff accepted bookings for 17 pool parties

which saw a 183.3% increase in party attendances. Plans are afoot to try and improve on this number again in the coming year.

Christmas Opening

With the Lerwick Swim Team only requiring 3 days training over the festive period, the decision was taken to only open for the public on those days as well. This decision proved to be the right one as there was a healthy total of 240 public admissions over that period.

Holiday Activities

In between the staff teaching individual swimming lessons there was range of holiday activities available to children of all ages during the school holidays. Attendances were an improvement on the previous year despite the pool inflatable

spending half of its time at the South Mainland Pool throughout the holidays. Activities included Aqua Run inflatable sessions, Easter Egg Hunt, Floats and Flippers and the ASA/ISRM Swim Award Class. It is hoped that the purchase of a brand new pool inflatable will help boost these numbers even further.

Over 50s

These sessions, firmly cemented into the timetable, continued to run twice a week on Tuesday and Friday afternoons between 2pm-3pm. Customers have exclusive use of all that the Scalloway Pool has to offer during this time whether a dip in the pool, or a relaxing spell in the bubble pool or steam room. The sessions also provide the chance to chat and have a catch up.

Scalloway Pool



The childrens gala in August 2013.

School Swimming

The pool was used by a variety of schools throughout the year and saw a total of 3,705 primary school pupils walk through the door. With schools from Hamnavoe, Scalloway, Tingwall, Whiteness as well as the Anderson ASN Department using the facility there was a 73.4% increase in admissions.

Pool Hires

Various clubs and groups hired the pool during the year:

Beta League

October saw the continuation of the regular bookings by the Shetland Swimming Association in order to host the Beta League meetings. This

monthly winter competition saw 7 swim teams from throughout the isles compete in the points per race competition. The season started off with 7 swim teams but Scalloway had to drop out due to a lack of swimmers. The Shetland ACSC was victorious in claiming the Beta League title and numerous swimmers walked away having achieved PBs.

Christ Alive and Ten Tonne Dozer

Friday the 13 November 2013 saw the Scalloway Pool play host to a pool party with a difference. Everything that happened in the water was no different than any other pool party, what made it completely different was that they were partying to 2 live bands playing in the reception area. Christ Alive and Ten Tonne Dozer performed all of their favourite tracks as part of a friends and family get together.

Lerwick ASC

With the Clickimin Leisure Complex having a maintenance closure during December, the Lerwick ASC moved their final training sessions for 2013

Local Heavy Metal band Christ Alive perform at the Scalloway Pool as their invited friends and family enjoy themselves in the pool. Heavy Metal band Ten Tonne Dozer also played at the pool that evening.

Photos: Kevin Jones





Scalloway Pool

to the Scalloway Pool. This boosted revenue and admissions for the facility and gave some of the swimmers a taste of swimming in a smaller pool.

North Atlantic Fisheries College

Lecturer Mark Fullerton took sea cadets studying at the college through the emergency procedure of deploying a life raft. The cadets were thankful for training in the pool's relatively tropical water compared to the temperatures of the Atlantic Ocean.

Scalloway Regatta

The Scalloway Regatta's swimming event returned having being absent the previous year with the pool being closed for planned maintenance. With various races and events taking place there were many prizes up for grabs.

Shetland Triathlon Club

Although the Shetland Triathlon Club moved their pool hire to the Clickimin Leisure Complex, they used the pool's spectator area on numerous occasions in the build up to the NatWest Island Games. This was in order to carry out cycling time-trials in temperature and humidity levels that matched those in the host nation of Bermuda.

Swimming Lessons

The increased level of school swimming admissions, and children taking part in other sports and activities outwith the pool, had a knock on effect on attendances at the swimming classes and 2013/14 saw a 13.3% drop in the number of admissions.

AquaFun

Previously known as the Under 5s classes, these classes were rebranded under the Scottish Swimming AquaFun title. This change was brought about as it was recognised that there was a huge variety of Under 5s classes with different criteria in each SRT Facility. Switching to AquaFun ensured continuity with all



The swimmers who competed in Scalloway Regatta Children's Swimming Gala with their trophies and medals.
Photo: Kevin Jones

facilities using the same criteria and allowed children to move between facilities more easily. There was still a high demand for these classes throughout the year with 10 classes a week being fully booked. There are plans to introduce a further 2 classes to the timetable to accommodate further demand. These classes aimed to introduce children to the water and help build up their confidence and ability to move around in the water unaided. Once children turned 5 years old they were fed into the Learn to Swim Classes between Levels 1 and 3.

Individual Swimming Lessons

As with the previous year the vast majority of individual lessons were taught during the school holidays. During the year the pool saw an 85% increase in the number of individual lessons meaning that staff taught a total of 370 individual lessons throughout the year. Parents see the one-to-one lessons as a good way for their children to concentrate on any skills that need a little work done on them. Attention can also be focused on the skills needed to pass Learn to Swim classes. There continues to be a

Scalloway Pool



Triathletes Gemma Passmore, Andrew Aitken and Lynsey Henderson are put through their paces during a time trial before attending the NatWest Island Games in Bermuda.

waiting list for individual lessons at all ages and abilities as they have proved to be very popular.

The pool took part in the Top-Up Swimming Programme in partnership with the SIC. This programme provided a number of school

pupils the opportunity to attend individual lessons in order to reach the recommended swimming ability before they left Primary education. The scheme was funded by money provided to the SIC by the Scottish Government.

Learn to Swim

As mentioned above the Learn to Swim classes which follow the National Programme saw a drop in admissions. In total 232 children passed the award ASA/ISRM Swim Award which allowed them to swim at the deep end. However,

staff were aware that some children lost interest in lessons once they were able to swim at the deep end which contributed to the drop. With less demand, staff were able to consolidate classes meaning that most of the 24 Learn to Swim classes that were programmed throughout each school term were nearly fully booked. With more promotion and advertising it is hoped that these numbers will improve and return to the levels they once were.

Once children had reached and completed Level 8 they fed into the SwimSkills classes which were introduced to provide a stepping stone between the Learn to Swim programme and the Advanced Swimming sessions.

SwimSkills

The SwimSkills classes were introduced to encourage more young people to remain swimming after completing Learn to Swim Level 8. These classes replaced the Advanced Swimming classes and aimed to help swimmers to develop competitive swimming skills, including proficiency in all four strokes, starting, turning and finishing. SwimSkills Level 1 and 2 were introduced into the pool programme in August 2013 and the 2 classes have been well attended. Once swimmers have completed Level 2 they will hopefully feed into local swimming clubs.

The table below shows attendances at the various pool activities:



Smiles all round. Scalloway Pool Recreation Assistant Jennifer Simpson and her daughter Lily pose for a snap whilst in the pool.

Activity	Attendances 13/14	Attendances 12/13
Adult Swim & Steam	578	420
Aqua Natal	–	66
Holiday Activities	252	195
Learn to Swim Classes	8,151	9,402
Pool Parties	425	150
Individual Lessons	370	200
Schools	3,705	2,136
Total	13,481	12,569



Scalloway Pool

Plans for 2013/2014

Last year's targets were met as follows:

- Continue to ensure that timetabled swimming lessons are available in order to meet the demand;
(Classes continued to be busy and individual lessons nearly doubled in number)
- Introduce a new water-based activity which could help to attract more customers;
(Aqua Discos were introduced into the holiday programme)
- Continue to offer a balanced programme of activities for all age groups and swimming abilities;
(Overall revenue and admissions for 2013/14 increased)

- Look to use social networking sites to reach out to the general public and inform them of what is happening at the Scalloway Pool;
(A Scalloway Pool Facebook page was created)
- Utilise the Shetland Recreational Trusts new MRM Database to enhance to the service provided;
(A customer e-mail database created)
- Look into ways of rejuvenating pool parties at the Scalloway Pool.
(A total of 17 pool parties were booked compared to 6 in the previous year.)

Plans for 2014/2015

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;
- Continue to offer a balanced programme of activities for all age groups and swimming abilities;
- Introduce new water-based activities which could help to attract more junior and adult customers;
- Build on the Scalloway Pool Facebook page and customer email database;
- Investigate ways of lowering expenditure that won't have an impact to the service provided; and
- Carry out a customer survey to find out how service can be improved further.



Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£62,238		
Total Admissions	39,057		
		Total	Total
Indoor	admissions	39,057	income £53,093
Outdoor	admissions	–	income –
Other	–	–	income £9,145
Indoor			
Staff led courses/classes/activities	admissions	9,143	income £26,508
Pool	admissions	8,904	income £12,326
	<i>general admissions</i>	7,527	
	<i>subscription admissions</i>	1,377	
Non sport	admissions	–	income –
Health & Fitness	admissions	579	income £1,145
	<i>general admissions</i>	326	
	<i>subscription admissions</i>	253	
Dry activities	admissions	0	income £0
Spectators	admissions	16,726	– –
Education	admissions	3,705	income £13,114
Outdoor			
Pitches	admissions	–	income –



West Mainland Leisure Centre

The centre had a fairly busy and successful year with 44,351 admissions although this number is down on last year. The swimming pool was closed for a week in February to allow essential maintenance to be carried out and new energy saving features to be installed. The most important of these is a Biomass unit which burns sustainable wood pellets and is expected to reduce heating costs considerably over the coming years.

New LED lighting was fitted in the pool and changing rooms and there are plans to convert the whole building to this energy efficient form of lighting in due course. Sensors

were fitted to the pool cover so that lights automatically switch off when the cover is in use. The pool has a fresh look with new grouting and paint and new seating has been provided in the cubicles. Various fittings were installed around poolside for activities such as the new pool inflatable and diving blocks for the Westside Sharks.

For the third year running staff were rewarded for their hard work when the centre was again awarded a 5 star rating by Visit Scotland. It is hoped that with all the improvements made during the pool closure that this will continue in the future.

Community Room

During the closure in February the community room was also given a makeover and with new flooring, tables and chairs it is a more comfortable and appealing area. Various groups have used the room during the year including Shetland College who ran their computer based courses on Mondays and the Bruce Family Centre who booked it for a few hours on Fridays offering activities for parents and young children which proved extremely popular. Community Sport Hub and Tesco meetings were also held there. The versatile area continues to be used for holding birthday party teas after children have enjoyed their activities.

Fitness Suite

The fitness suite is still fairly well used although usage has decreased slightly. Lately there has been a steady number of new subscriptions being bought, many of them corporate or one month subscriptions. 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 to children in S3 and S4.

Games Hall

The games hall has again been used for a wide selection of activities during the year as the following list demonstrates:

Aith Badminton Club

The Aith Badminton Club held club nights every Tuesday from 8-9pm. These nights 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.

Birthday Parties

Last year there was a total number of 31 birthday parties; 27 were bouncy castle and soft play parties and only 4 were pool parties. However, the centre has received a new bouncy castle and a new pool inflatable run. With these new exciting inflatables now on offer staff hope to see a large increase in birthday parties, especially pool parties.

Fifty Plus Club

The Fifty Plus Club has been a firm favourite at the centre since the very

start. For 4 hours each week seniors can come and enjoy full use of all the facilities from the fitness suite, pool and health suite to a game of squash or short tennis. Numbers have fallen a bit but staff are hopeful this will pick up shortly. There have been 635 attendances this year.

Fun and Games

Formerly called sports hall athletics, the Fun and Games hour has proved to be very popular with 288 children aged 4-10 coming along to be coached in various sports. Athletics, gymnastics, catch games and sports such as short tennis, dodge ball and football have all been tried and proved a great success.

Junior Badminton

The badminton coaching session on a Tuesday night proved so popular that it was becoming difficult to teach. With 355 attendees it was the most popular junior class next to swimming lessons. To address this a second class was added for the younger beginners on Mondays after school and the older children came on Tuesdays after school. Both classes have proved very popular and the improvement



Mor-Dan-Wan-Bat Competitors.

has been noticeable, especially in the younger group.

Junior Boxing

Adam Tait is the boxing instructor at the centre. Boxing is a fairly new activity here but it has a loyal following already with children who want to try something different. It is a non-contact sport and there are lots of new items of equipment such as punch bags, gloves and head gear for the children to use while learning their skills. Adam himself is a boxer and is all set for his first amateur fight this year in October when he will compete for Aberdeen's Boxing Club. Over the past year there have been 305 attendances at boxing sessions.

Mor-Dan-Wan-Bat

Based on the relatively new sport of Racketlon, a Mor-Dan-Wan-Bat tournament was held in October. The tournament was the brainchild of Trustee Gordon Keith and was held as part of the celebrations for Shetland winning the European Community Sports Award 2013. Each competitor played in all four disciplines (short tennis, squash, badminton and table tennis) against the other competitors in the same age group making it a novel and interesting competition

which everyone seemed to really enjoy. Regional tournaments were held at various Trust centres with the winners in each age group taking part in championships held at Clickimin Leisure Complex in December 2013. Thirteen people of varying ages took part in the West Mainland tournament.

Parent and Toddlers

Parent and Toddlers sessions have proved to be one of the most successful activities over the years and it has been another good year with around 1,333 admissions, an increase on last year. The sessions are held on Thursday mornings in term time and on Mondays and Thursdays during the holidays. Parents and their pre-school children can come and enjoy a swim and have fun playing in the games hall which is full of soft play equipment and toys.

Peerie Kickers

Peerie Kickers has been popular with 334 children aged 5-7 attending this year, although that is a reduction in numbers from the previous year. Coach Matthew Saunders has seen many of the children learn the skills needed at a young age then move up into the Whitedale F.C. Peerie Kickers is very much like an Early Touches football class with the developing young players being introduced to skills such as ball control, shooting and small games.



Two sets of twins Kayla and Grace Anderson, and Martha and Olivia Henry at a Parent and Toddlers session.



West Mainland Leisure Centre

SIC Active Schools

Active Schools and centre staff have worked together during the year to provide a number of events and activities. On Sunday 25 August the centre held an Open Day which Active Schools assisted with. More than 80 people attended and tried their hand at various activities such as gymnastics, zumba, football, rugby and golf and the day was a great success. The centre will continue to work with Active Schools and already have Parkour in the pipeline as well as the Queens Baton Relay to look forward to.

Spinning

Although spinning numbers have dropped it remains a popular class with many people and the Wednesday class was often full as was the Aith Junior High School teacher's class on a Thursday. With new coaches Matthew Saunders and Adam Tait running classes on a Tuesday and Sunday it is hoped to attract more people to come and enjoy this form of exercise and boost numbers for next year.

Westside Football

It was a successful year for football on the Westside with the Parish Cup team winning the trophy for the first time in its history, and Whitedale also winning two trophies. Whitedale do all of their winter training between September and April at the centre for children aged 6 up to senior training. Shetland Works League Team Wastside Rebels also do indoor training on Wednesday nights between September and April and have recently added a second night of fitness training.

Westside Netball Club

From August 2013 to March 2014 Westside Netball Club organised weekly 2 hour sessions when the under 13 and under 15 year old girls trained and played full half matches. Competitions were also held at the centre which attracted teams from all over Shetland. The club has proved to be extremely popular and has had to train an extra 2 coaches this year to keep up with demand.

Swimming Pool

Ladies Steam and Swim

This session, held on Wednesday evenings, has seen a reduction in numbers. It offers ladies an hour in which to swim and relax in the steam room and sauna and they enjoy having privacy of the facilities to themselves.

Learn to Swim Programme

Swimming lessons have been busier than ever increasing to 3,087 attendances. In addition to the 8 ASA swimming levels 4 new Aquafun levels for children under the age of 5 have been introduced. Aquafun levels are held on a Monday and level 1-8 classes are held on Tuesdays, Thursdays and Saturdays. As well as these swimming classes staff have worked with Aith Junior High School and Active Schools to put on Top Up swimming lessons which are designed to increase the number of children who can swim before they leave primary school.



Westside United, the 2013 Westside Parish Cup champions.



Above: Westside Sharks were delighted to receive coaching from Olympic swimmer and Commonwealth Games double gold medal winner Caitlin McClatchey in August. Below: Sean Walterson (left) and Elsie Msalila (right) taking part in the Westside Sharks Gala.

Photos left and below: Kevin Jones



Westside Sharks Swimming Club

The Westside Sharks have gone from strength to strength and now book two nights a week for training. They are hoping for a third night this year. With over 50 members it is a rapidly growing and exciting club. They held their first gala in June 2013 when 45 swimmers attended. The Sharks have also been competing in the Beta League this season and are guaranteed to finish in the top two. In April they are taking 17 swimmers to their first competition outwith Shetland when they will attend the Inverness C grade Gala.

Activity / Class / Course	Attendances 13/14	Attendances 12/13
Adult Evening	28	93
Badminton Junior	355	369
Boxing Junior	305	–
Circuit Training	131	115
Fifty Plus Club	635	853
Fitness Suite Inductions	33	28
Learn to Swim Classes	3,087	814
Ladies Steam and Swim	74	99
Parent and Toddlers	1,333	1,244
Peerie Kickers Football	334	429
Spinning	243	300
Fun & Games	288	230
Weights and Tone Up Class	21	113
Total	6,867	4,687



West Mainland Leisure Centre

Plans for 2014/2015

There is always room for development when it comes to children's core sporting pathways such as athletics, gymnastics, squash etc. This also

includes pre-school classes where it is essential to engage children from a very young age and encourage a healthy active lifestyle. In the coming year the centre will be looking to expand the range of classes on offer to children of all ages.

It is also planned to develop fitness classes and give customers further opportunity to improve their individual fitness levels. As always, staff training will be undertaken as this is key to the success of the overall activity plans for the forthcoming year.



The exciting new pool inflatable 'Rumble in the Jungle'.



Income and Admissions

1 April 2013 - 31 March 2014

Total Income	£118,789		
Total Admissions	44,351		
		Total	Total
Indoor	admissions	44,111	income £109,540
Outdoor	admissions	240	income £77
Other	–	–	income £9,172
Indoor			
Staff led courses/classes/activities	admissions	5,816	income £15,695
Pool	admissions	5,960	income £10,217
	<i>general admissions</i>	<i>5,375</i>	
	<i>subscription admissions</i>	<i>585</i>	
Non sport	admissions	2,610	income £2,639
Health & Fitness	admissions	2,630	income £5,616
	<i>general admissions</i>	<i>1,491</i>	
	<i>subscription admissions</i>	<i>1,139</i>	
Dry activities	admissions	7,690	income £11,147
Spectators	admissions	5,369	– –
Education	admissions	14,036	income £64,226
Outdoor			
Pitches	admissions	240	income £77



Community Sport Hubs

The Community Sport Hub initiative, **sportscotland's** contribution to the Scottish Government's 2014 legacy plan, is an exciting and innovative approach to the development of sport in local clubs. It is designed to increase the number of people of all ages participating in sport in communities across Scotland. In Shetland, **sportscotland** is working with its partners, Shetland Recreational Trust and Shetland Islands Council, to develop eight Hubs, five of which have already been formed. These are in Unst, Yell, North Mainland, West Mainland and Whalsay.

Community Sport Hubs can be based in local places such as sports centres, community centres, the natural environment and/or schools and will bring local people together and provide a communal home for local clubs and sports organisations. The five existing Hubs are based in the local Shetland Recreational Trust facility. Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people to get involved and engage in a more active

and healthier lifestyle. Each Hub and what it offers will vary according to local need and local resource. However all Hubs, and this applies throughout the 32 local authorities in Scotland, work to the following five principles:

- Growth in participation;
- Engage the local community;
- Promote community leadership;
- Offer a range of sporting opportunities; and
- Bring all appropriate (key) partners/groups/people together.

Carl Clinton was appointed as Shetland's original Community Sport Hub Officer in January 2013 and during his time in the post, as well as establishing the five Hubs mentioned, he initiated several projects which will benefit various groups throughout the community, including:

- Identifying a second hand tractor and mower which, after refurbishment, was gratefully accepted by the Whalsay Golf Club;
- Assisting with the funding

application for starting blocks for the Westside Sharks Swimming Club;

- Assisting in sourcing, funding and installation of new portable changing rooms for the synthetic pitch at Harbison Park. This will mean changing and toilet facilities are available even when the leisure centre is closed;
- Assisting with the re-formation of the Delting Badminton Club; and
- One of the most innovative projects to date has been the installation of golf practice nets in the squash court at the Whalsay Leisure Centre. Again this has been facilitated by the Community Sport Hub Officer working closely with various partners. With golf very popular on the Bonnie Isle this should be a welcome addition to the facility.

Another success was helping with the organisation of the inaugural Mor-Dan-Wan-Bat tournament, a novel event which was held in celebration of Shetland receiving the European Community of Sport 2013 award and was the idea of Trustee Gordon Keith. Each competitor played in four disciplines (short tennis, squash, badminton and table tennis) against all other competitors in the same age group. Regional tournaments were held at various Trust centres with the winners going through to the championships at Clickimin in December 2013. Everyone who took part seemed to really enjoy the new format. Mr Keith also generously donated handsome shields for all age-group winners.

After Mr Clinton resigned from the post, Maurice Haining was seconded into the role on 1 April 2014 after serving as Assistant Manager at Clickimin Leisure Complex for the last 26 years. Early work will include consolidating the existing Hubs and establishing the new ones at Clickimin, Central Mainland and South Mainland and working closely with other partners such as facility



Members of the Whalsay Golf Club prepare to use the refurbished tractor and mower, pictured with Bertie Cooper, SRT Technical Services Manager.

Community Sport Hubs



Mor-Dan-Wan-Bat Clickimin Regional Tournament winners.

Mor-Dan-Wan-Bat photos: Kevin Jones

managers, local sports organisations, Active Schools, Community Work, Youth Development, Youth Ambassadors and other community groups.

Plans for 2014/2015 include:

- Attending meetings to assist in the planning and organisation of a Commonwealth Games sport themed event at Aith for schools in the West Cluster and assisting
- Supporting and attending the Youth Sports Conference held over the weekend of 12 & 13 April in various venues such as Clickimin Leisure Complex, Mareel and outdoor areas.
- Assisting with the final planning of the Hockeyfest weekend at the Shetland Regional Hockey Facility at Brae, then supporting the event by attending and giving practical help; and

With plans in place to successfully establish three new Hubs as well as build on the five existing ones, the year ahead will be very busy culminating in positive and permanent benefits for the local communities which the Hubs serve.



Jamie Duffy in action at the inaugural Mor-Dan-Wan-Bat event held in October 2013.



Girls under 12 Overall Champion Lindsey Sim with her trophy.



Health and Fitness

There can be no better publicity for leading a healthy active life than that of sportsmen and woman coming together at an international level of competition. Local athletes have been training to the best of their ability to qualify for the Glasgow 2014 Commonwealth Games and without SRT leisure centres there is no doubt this standard could not have been reached.

This has been another very busy year for **Junior Activities** providing hundreds of young children every week with essential exercise. Amongst the very youngest customers are babies from 6 weeks old attending Baby Bond. This first class introduces mother and baby to SRT and is a step on the pathway of pre-school activities. Baby Gym classes are a follow on and have proved extremely popular during the past year. Parents love having the opportunity to meet other parents and will quite often meet up socially afterwards. As the babies grow older and develop essential skills they move up to the

ever popular Gym Tots, Gym Kids 3+ and Gym Kids 4+ classes. Many children have also now moved up from Gym Kids to the Gym-tastics class which is a fun but important introduction to gymnastics. Children who have attended Gym Kids and Gym-tastics have gone on to become members of the Shetland Gymnastics Club and participated at national events.

The Peerie Kickers and Peerie Olympians classes are always fully booked and are perfect for introducing pre-school children to the sports of football and athletics with many of them having successfully moved on to join football and athletics clubs when they reached school age. The Pre-School Trampoline classes are as popular as ever with children learning some basic elements while having a lot of fun at the same time. Many young customers have now moved up to the busy twice weekly School of Trampolining.

Wacky Races arrived during 2013! The thinking behind this new activity was how best to let young ones get rid of their endless supply of energy and at the same time use their own 'vehicles' to do so. To achieve this, the main hall at Clickimin was set up to resemble a racing car circuit with obstacles to go under, over and through wearing fancy dress and listening to cartoon theme tunes. A very successful activity which worked really well!

Joint working with external organisations resulted in a 2013 **Summer Holiday Programme** being produced which covered a broad programme of activities across Shetland and proved very popular with children and parents who are always enthusiastic about finding out what's on offer for their children during the holidays. Activities at Clickimin included Play Zone, Pre-School Gym, Football, Fun Games and Roller Discos.



A Gym Kids class enjoying the new Octopus Garden inflatable.



Wacky Races were a great success!



Photos: Kevin Jones



Studio Classes are an essential part of customer fitness programmes and **Metafit** has given them the challenge they want when it comes to high impact training. It's hard—that's why it works! It's described as 'an exercise blast that keeps working for 24 hours. A simple yet very effective bodyweight training system that will work all your muscle groups in high maximum intensity intervals with minimal rest'. Each session lasts only 30 minutes – customers love it!

The fitness team at Clickimin have worked hard to develop new classes that cover all abilities. **Yoga** is a holistic approach to exercise and twice a week a large number of customers enjoy a mind, body and soul workout with instructor Willie Shannon. **Fitness Vive** offers an effective well-balanced workout which helps maintain mobility. With the motto '60 is the new 40!' it is one of the most popular classes for older adults. **Spin and Tone** is another class aimed at older adults which has swelled in numbers and there are plans afoot to deliver more classes.

For those not so comfortable in a class situation the toning chairs in the relaxing atmosphere of the health suite offer an ideal alternative – there really is something for everyone!

Health Specific Classes are a pathway for people who need extra support to find the right exercise level to suit their needs. The classes provide a safe and controlled environment where customers, who are referred by NHS Shetland, are guided by SRT Level 4 Fitness Instructors. Not only does this provide a new approach to rehabilitation, it also gives those attending Cardiac Rehabilitation, Exercise after Stroke and Neurology classes a progressive road to lifelong management of exercise within the leisure environment. Results have been measured on individual fitness development and performance, but there has also been a notable emphasis on inclusion and social interaction. A get-together at Christmas for all the class participants was extremely popular and everyone enjoyed hospitality provided by the fitness team.

The **SRT Corporate Leisure Scheme** has seen an increase in companies joining and encouraging their staff to be active. The ongoing work of Petrofac and Total have temporarily increased the population of Shetland and promoted participation in exercise through joining the scheme. The Corporate Scheme offers companies the opportunity to improve the health and wellbeing of their employees by giving discounted rates for subscriptions. In return employers can see improvement in sickness days and fitter, healthier staff.

Apex fitness centre had outstanding success in the National Fitness Awards. The gym was one of six facilities named as finalists in the **Regional Gym of the Year** and the **Local Authority/Leisure Trust Gym of the Year** categories beating off competition from hundreds of nominations nationwide. The accolade was awarded as judges were impressed by the great work done by Apex staff in offering a variety of services to the public and inspiring



Health and Fitness

new customers to exercise regardless of ability.

To simplify the gym induction process in all SRT centres it was decided to introduce the **Health Commitment Statement (HCS)** and remove the PARQ (Physical Activity Readiness Questionnaire) which required customers to answer a number of personal health questions. The new HCS removes the need for this process and puts the emphasis on the customer accepting responsibility for their own decision about their ability to exercise.

The new gym at **Yell Leisure Centre** has proved very popular with customers and usage has increased. The more spacious facility boasts the latest Technogym equipment including a visio screen entertainment system which is an extra bonus as customers can tune into their favourite channels while working out.

Customers like to stay focused and what better than the **3k x 30 day challenge!** Held successfully for the first time in 2012, the challenge was again held in November 2013 and saw dedicated customers turn up 5 days out of 7 to a SRT centre to complete their daily 3k. Feedback showed that having a goal is

motivational and the results showed that after the challenge had finished customers continued using the centres as they felt it had kick started an exercise programme for them.

Staff at Clickimin were keen to lead by example and decided to put together their own **Around the World** challenge whilst working! Each participating member of staff donned a pedometer and recorded how many kilometres they had clocked up during a working shift each day. They also took this a stage further and added their own personal exercise achievements. During the winter months there were some impressive figures – some clocking up 9kms in a shift! In total, over 3 months, staff covered 15,032kms!

Health and Fitness at SRT focuses on delivering activities and pathways that can help encourage and divert young people away from falling into problem areas. Working along with SRT, partners Police Scotland, Dogs against Drugs, SIC Education and SIC Community Safety services, looked at how to create a stronger voice and educate children on how to look after themselves and make the right choices in life. A **Shared Responsibility** joint project named 'The Rainforest' engaged primary

schools across Shetland to look at the problems cocaine production causes to the Amazon and to people across the world and create pieces of art to show their interpretation of the problems. The art, which was displayed at Clickimin, was impressive and the project was a success with over 300 children attending.

SRT played an active role in supporting the first **Mid-Summer Cycle** in Lerwick in June 2013. The central streets were closed off to encourage safe cycling and around 100 children and adults thoroughly enjoyed the safe environment. This coincided with 'Bike Week' and promoted Spinning which continues to be a very popular activity across all centres. Cycling is seen as a seasonal activity and it is therefore essential to promote Spinning to customers during the dark nights.

Another wonderful night was had at the **Shetland Sports Awards** in November 2013 when Shetland sports people were recognised for their achievements or their contribution to sport. A number of the best performers were selected from public nominations and another difficult decision process was gone through in selecting the overall winners. Some of the many successful



Emma Leask, Sportsperson of the Year.



Rhoda Polson accepts her Lifetime Endeavour Award from Tam Rowley.



Neil Pottinger with some of the members of the Shetland Budokai Karate Club demonstrating their skills. Photos: Kevin Jones

competitors at the NatWest Island Games held in Bermuda were among the nominations.

The Awards, now in their seventh year, have gathered momentum and with a working partnership between SRT, the Shetland Times, SIC Sport and Leisure, Platform Shetland and **sportscotland** the annual occasion has become a sell-out event. The winner of the Sports Person of the Year was Emma Leask. This young sportswoman has been an ambassador for sport for a good few years and reached a tremendous level of personal achievement during the year. The overall Coach of the Year Petur Petursson 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. Petur was also selected as winner of the Regional (Highlands and Islands) **sportscotland** Coach of the Year. Rhoda Polson was presented with the Lifetime Endeavour Award for her outstanding contribution to swimming over the years and her support to the Shetland/Orkney Inter-County. A high energy martial arts demonstration from Shetland Budokai Karate Club members led by instructor Neil Pottinger impressed the audience with their standard and abilities and enhanced the evening's entertainment.

Other Health and Fitness promotions during the year included:

- Shetland Islands Council – promotion of the lifelong

management of exercise at induction and retirement seminars;

- Early Years Collaborative – partnership working delivering a shared commitment to giving children the best start in life and improving life chances;
- Legacy of Glasgow 2014 Commonwealth Games – joint partnership working to plan future sporting developments;
- Shetland Youth Strategy – contribution to the outcome of the strategy;
- Tesco Diabetes support campaign – support from SRT by providing equipment for staff challenges;
- Private sector businesses – promotional fitness visits; and
- Bridges Project – visits to projects run by the group.



Notes



Notes



Notes



Cover photograph by John Coutts

Printed by THE SHETLAND TIMES, Lerwick. Telephone 01595 742000.

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