



The Thirty-First Annual Report of

Shetland

Recreational Trust

1 April 2015 – 31 March 2016

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Shetland Recreational Trust is an organisation accepted by the Inland Revenue as having Charitable Status

Shetland Recreational Trust is part funded by





Shetland Recreational Trust

I am pleased to introduce the 2015/16 Annual Report of Shetland Recreational Trust.

The report illustrates the enormous range of activities that have taken place over the year. With admissions of 645,728, the continued demand for the services we offer is clear despite ongoing uncertainty due to the difficult financial climate within the public sector.

Following on from the 25% reduction in our maintenance budget the previous year, a further reduction of 17.5% in our operational budget was announced by Shetland Charitable Trust in June 2015 and will be phased in from 2016/17 until 2019/20. When inflation is factored in, this could be as high as 25%.

While we thank and congratulate Shetland Charitable Trust for its continued support, and understand the reasons behind the Trust's actions, it is vital that all parties work together to mitigate the impact as far as is reasonably practicable.

Without this multi-agency co-operation the potential impact on the provision of Sport and Leisure is unlike anything previously seen in Shetland since the inception of Shetland Recreational Trust and it is important that we work with our stakeholders, funders and, more importantly, our customers to fully understand the challenges ahead so that we can continue to offer the level of service the Shetland community deserves.

Worryingly the full impact of the budget reductions on the community could be much greater. The recent Social Return on Investment (SROI) report, produced by accountants RSM, showed that for every £1 invested in Sport and Leisure in Shetland there was a corresponding benefit of £3 in reduced health and social care cost and higher employability.

The report goes to highlight that any slackening in this investment will have significant consequences on the services provided by NHS Shetland and Shetland Islands Council at a time when childhood obesity levels are at an all-time high, with over 27% of children entering Primary 1 being described as being 'at risk of overweight or obesity'.

Overall 66% of the population are either overweight or obese and it is important that we continue to work with NHS Shetland and Shetland Islands Council to ensure access to suitable facilities is maintained to allow people to exercise more and lead healthier lives.

Indeed, with work underway on the new Anderson High School at Clickimin there will be more opportunities than ever before

to get involved in sport. The new 60m x 40m indoor training facility, which started on site in March, will provide an environment in which the general public and various sporting groups can avoid the inclement weather, we so often face throughout the year in Shetland, and help increase participation and enjoyment as well as retaining even more young people in sport.

As well as benefiting pupils during the day, it will free up space within the existing leisure complex in the evenings and at weekends for gymnastics, badminton, table tennis, etc. so that many more people will see a direct benefit from the new facility than just those who actually use it.

Also, with Aspire, the new strength and conditioning facility at Clickimin, opening in August the next generation of athletes will have access to fully qualified instructors and the latest equipment to help them achieve their full potential.

I would like to take this opportunity to thank all the staff and trustees for their continued hard work and enthusiasm in such challenging times. Only together will we be able to continue to provide such high class facilities throughout Shetland and continue to provide, what I feel is, a world class service.

I for one welcome the challenge.

Bryan J Leask
Chairman



Shetland Recreational Trust Chairman, Bryan Leask.

Photo: Kevin Jones



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 B J Leask
Chairman
42 Nederdale, Lerwick

Mr I Kinniburgh
The Knowe, Toab, Virkie
(resigned 23 September 2015)

Mr L P Summers
Seabreeze, Casho, Quarff

Mr N A Martin
Vice Chairman
Swinister, Sandwick

Mrs A Y Leask
17 Ackrigarth, Lerwick

Mr D H Thomson
40 Bruce Cres, Lerwick

Mrs M Phillips
Holmsgarth, Lerwick

Mr G P Keith
South Gardie, Aith, Bixter

Mr P Riddell
5 South Road, Lerwick

Mr L R Williamson
5 Knab Road, Lerwick

Managers

General Manager
James Johnston

Clickimin Leisure Complex Manager
Robert Geddes

Whalsay Leisure Centre Manager
Rhonda Sandison

Depute General Manager & Operations Manager
Shona Nisbet

Unst Leisure Centre Manager
Matthew Cox

Scalloway / South Mainland Pools Manager
Steven Smith

Support Services Manager
Hazel Sutherland

Yell Leisure Centre Manager
David Gear

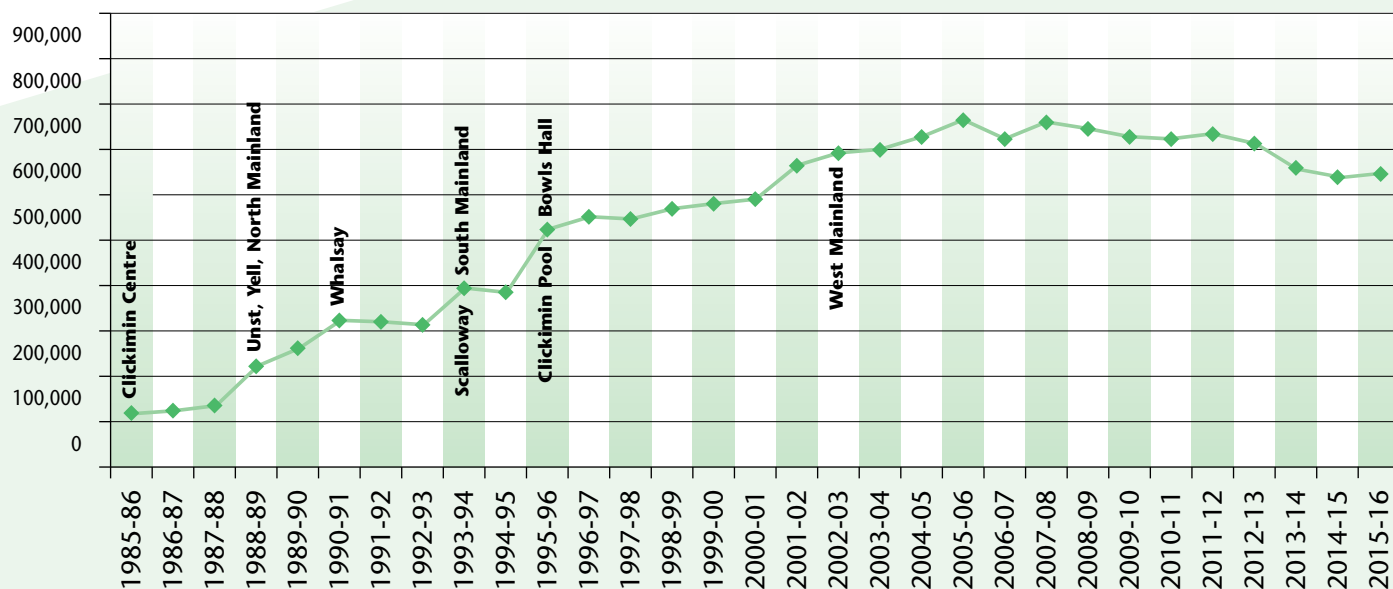
West Mainland Leisure Centre Manager
Ian Simpson

Technical Services Manager
David Wagstaff

North Mainland Leisure Centre Manager
Lorraine Gifford



Admissions



Total admissions at all centres 1985 to 2016

16,559,498

Centre opening dates

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



Principles of Operations, Aims and Objectives

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

The facilities will cater for:

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

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

GENERAL AIMS AND OBJECTIVES

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

REVIEW OF FINANCIAL POSITION

The financial position of the Trust is set out in the annual audited financial 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.

Bryan J Leask
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:

Harper Macleod LLP
Incorporating Dowle, Smith & Rutherford
St Olaf's Hall, 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



Aerial view of the Complex with the ongoing construction in the background

Photo: John Coutts

Clickimin Leisure Complex attracted 343,893 customers through its doors in its 30th year of business. A three month closure of the pool due to a fault with a roof bolt around the glazing area of the pool roof contributed to a decline in admissions and a challenging period for the Complex. Following structural reports, a complex scaffolding job and fix, the pool building re-opened to the public in October 2015.

The closure contributed to an overall decrease in admissions of 2841. During the closure period, staff adapted their hours to minimise losses to the Complex and were relocated to other facilities, namely Scalloway Pool and North Mainland Leisure Centre to assist with programmes and to increase overall

opening hours of these sites. These adjustments helped the Trust meet the demand of the customers who would normally access the facilities at Clickimin.

On a positive note the closure allowed for some remedial works to take place around the pool building. Re-tiling, grouting of areas and the replacement of some glazing panels were some of the jobs that were completed which usually can't be done within operating hours.

Amidst all the construction work going on around the Complex the newly refurbished athletics track opened again in September. The programme of works is now complete and the track restored to the expected standard once more for all to use.

Growth in the health and fitness sector continues and this allowed the opening of the Aspire Conditioning Studio to the public for a trial period from January – March. The continual change in the fitness industry is challenging to keep up with trends but the flexibility offered by having two gyms, and the more functional focus of the equipment in Aspire is a positive step for the Complex.

Clickimin continues to offer a wide range of activities and classes for younger customers. These start from 4 months old and is setup to support children of all abilities to grow and learn in a fun and safe environment. The activities and classes delivered by the staff at Clickimin saw a growth of almost 10% on last year's admissions.



Apex, Aspire and Studio Classes

Over the last year Health & Fitness has expanded and grown at Clickimin and Karen Woods (Lead Fitness Advisor) and her team have worked hard to come up with new innovative workouts in both the Studio and Aspire whilst maintaining high standards of service in Apex.

The key growth areas have been older adult group fitness participation and the development of the new conditioning studio Aspire.

With the increase in numbers of retired / older adults taking more interest in their health and wellbeing through regular exercise and healthier eating, Clickimin has seen an increase in the numbers of regular exercise participation particularly in Spinning (indoor group cycling) and Spinning Circuits (Spinning followed by a series of circuit based exercise stations). Most encouraging is the increase in the numbers of men regularly attending group fitness which has been predominately a female activity.

Due to the popularity of the Spin and Circuit class, Karen has developed a new circuit based exercise class, specifically designed for the older adult, which has recently started on Friday afternoons.

Clickimin now offer a specific older adult activity or exercise class every week day.

As well as attending the group fitness sessions, social bonds have been created and many of the group meet up for coffee and a chat after their exercise class proving it is never too late to start a new activity and make new friends.

Aspire has opened up new opportunities to offer a different type of fitness class and training environment to not only the general public but to various sports groups in Shetland.

In June 2015 the Health & Fitness team were trained as Kettle Bell and Suspension System Instructors and this has enabled them to develop and deliver new functional classes which include elements of these training principals.

FuncFit Circuits (Functional Fitness) has introduced our customers to a much more specific training environment using specialist equipment coached by fully qualified instructors.

Sports Specific Strength and Conditioning Training in Aspire has been introduced with various sports groups including SAAC, JRFC, Netball, Hockey, Volleyball and Football attending.

The aims of this type of training are to improve the fitness and condition of the participants / games players whilst reducing risk of injury during games and sports specific training. The Health & Fitness team plan to further develop this over the summer outdoor season and incorporate more teams in

Strength & Conditioning training over the winter months.

In the studio Tjasa Polak has continued to develop as a fitness instructor and has increased her classes to include Tone and Sculpt and Beginners Aerobics along with Zumba and Step. Lana Hodge has further enhanced our Studio timetable with 2 regular Yoga sessions. Spinning continues to prove popular and the Spinning Tour of Lapland sold out within a couple of hours!

Jennifer Thomson and Alan Williamson have been working with the Scottish Institute of Sport and regularly train talented young swimmers as part of ongoing development of young sporting talent.

The next steps for the Health & Fitness team are further development of the training opportunities for all fitness participants in Aspire along with Personal Training (one to one) and Small Group (2/3 persons) Training.

It promises to be a challenging but rewarding year ahead.



They like to call themselves "The Honourable Company of Stationary Cyclists" enjoying a Senior Spin & Tone class!

Photo: Jean Sinclair



Clickimin Leisure Complex

Block Bookings

Clickimin offers facilities to support a large number of clubs and organisations. There is a wide range of user groups utilising all areas of the Complex, below is a list of user groups during the last twelve months:

Active Schools	LHD F.C.	Shetland Ladies Netball Association
Bruce Family Centre	Martial Arts Club	Shetland Mens Volleyball
Burgh Road Rovers	NAFC Marine Centre	Shetland Netball Development Group
Clickimin Bowling Club	Ness Utd	Shetland Roller Derby
Climb Shetland	Old Rangers F.C.	Shetland Rugby Club Juniors
Disability Shetland	Old timers Bowling Club	Shetland Squash Association
Eric Gray Resource Centre	Petrofac F.C.	Shetland Squash Association (Juniors)
GSI F.C.	Shetland Amateur Athletics Club	Shetland Swimming Association
Lerwick Amateur Swimming Club	Shetland Amateur Competitive	Shetland Table Tennis Association
Lerwick Badminton Club	Swimming Club (Masters)	Shetland Transport
Lerwick Celtic F.C.	Shetland Badminton Association	Shetland Triathlon Club
Lerwick Indoor Bowling Club	Shetland Canoe Club	Shetland Volleyball Association
Lerwick Junior Netball Club	Shetland Cricket Association	St Clements Badminton Club
Lerwick Outdoor Bowling Club	Shetland Fencing Club	St Clements Junior Badminton Club
Lerwick Police	Shetland Gymnastics Club	Team Jigoku
Lerwick Swim Team	Shetland Hockey Association	Zetland Heraldic
Lerwick Thistle F.C.	Shetland Indoor Bowling Club	
Lerwick Thistle U 15's F.C	Shetland Karate Club	



Medal winners at the inaugural SACSC / GTS Direct Winter Meet alongside event sponsor, GTS Direct Sales Manager, Steven Kerr
Photo: Kevin Jones



Course Usage

Courses are on offer during school term time, 39 weeks a year. Usage for dry courses is up 9.8%. This increase is due to the successful introduction of new courses in particular junior boxing and also an increase of 120% in numbers attending our Mini Messi's.

Course	Attendances 15/16	Attendances 14/15
Junior Gym	68	129
Baby Bond	0	196
Baby Gym	244	212
Gym Tots	1335	1022
Gym Kids	551	497
Peerie Kickers	413	363
Peerie Olympians	417	366
Junior Athletics	442	543
Pre-school Trampoline	503	537
Gymtastics	419	395
Junior Netball	118	186
Commonwealth Stars	0	115
Trampoline Beginners	125	118
School of Trampolining	211	222
Mini Messi's	370	168
Zumba	63	0
Junior Squash	81	0
Junior Boxing	239	0
Swim Squad Flexibility	479	468
Total	6,078	5,537

Holiday Programme Usage

Course	Attendances 15/16	Attendances 14/15
Easter	1230	1384
Summer	2006	4086
October	1622	1417
Total	4858	6887

Attendances for holiday programmes were down 29.5% on the previous year. The figures for the summer holiday period were down 50.9% which is due to the closure of the Swimming pool on 16 July. Comparing the programmes over Easter and the October periods which were unaffected by the pool closure there was an overall increase in attendances of 1.8%



Connor Lindsay having fun at a Wacky Races session at Clickimin.

Photo: Kevin Jones



Clickimin Leisure Complex



The complex scaffolding structure erected during the pool closure to gain access to repair the roof.

Pool

2015/2016 has been a particularly challenging year for Clickimin Pool. On Thursday 16 July the pool building was closed following the discovery of a fault in the glazed roof above the flumes. Investigations followed and a robust solution was agreed upon which resulted in the pool remaining closed to the public until Friday 9 October; a period of 12 weeks. During this time great efforts were made to provide additional opening hours at some rural facilities in order to ensure that Clickimin Pool customers had some alternatives. Public swimmers, clubs and customers in the Learn to Swim programme all benefitted from this. The Clickimin Pool staff deserve a great deal of praise for being extremely flexible during this period in order to continue to offer a service to our customers.

The pool continued to offer the **Adult & Child, Learn to Swim** and **SwimSkills** programmes in line with Scottish Swimming. Even though 8

weeks of lessons were missed due to the pool closure the area has still performed well with only a very small decline of 3%. 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 9 to 10 years old. At this point, having been given a great foundation, children are directed towards the local swimming clubs to further their swimming development.

Swimming Clubs

There currently remains a high demand for pool space from aquatic-related clubs in Shetland. The allocation of pool space remains increasingly challenging and it is hoped that some progress can be made on the implementation of the Shetland Aquatics Strategy. This document, drafted by Scottish Swimming's Regional Swimming Development Manager following consultation with SRT, SIC and local clubs, should help ensure the pool is

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. Unfortunately it was cut short with the pool closure. As always the pool provided instructors to lead these sessions with Gary Morgan, Daniel Mainland, Luke Aqualina and Jason Kent doing the honours. Clickimin Pool staff were ably assisted by the many volunteers who attend these very busy sessions in order 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. Although being effected by the pool closure the club were still able to operate on their usual Thursday evening slot at Scalloway Pool. Once Clickimin Pool re-opened the club were able to revert back to



their usual booking - the floating floor area and 16m lanes were utilised to teach younger members before the pool is changed to 25m lanes for the older, more advanced swimmers. The club have continued with regular 25m lane bookings on Saturday mornings to cater for their development swimmers. The club held its annual gala in May which was, as always, a great success.

The **Lerwick Swim Team** provide coaching to swimmers who compete at District, National and International level and have a rigorous training schedule to ensure swimmers achieve their maximum potential. During the pool closure Scalloway Pool was utilised from 06:00-08:00 four days a week to accommodate the Swim Team's needs. Once back at Clickimin they continued to book the highest quantity of pool-time of all clubs that use the pool with 3-hour bookings on Monday, Wednesday and Friday evenings, a 2-hour booking on Tuesday evenings and 1-hour bookings on Tuesday and Friday



Kayla Johnson, clearly enjoying herself as she took part in the SACSC Annual Swimming Gala. Photo: Kevin Jones

mornings. This is an all-year-round booking with only a small break during July.

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. Although being effected by the pool closure the club were still able to operate on their usual Saturday evening slot at Scalloway Pool. Once Clickimin Pool re-opened the club were able to revert back to their usual booking - a combination of floating floor, 16m and 25m lanes are used to ensure that the club caters for all abilities. The club also have a regular 25m lane booking on a Tuesday evening which caters for their development swimmers. The session culminates in May with the successful annual club gala.

Shetland Canoe Club continued to book 6 x 25m lanes on a Monday evening for two different sessions throughout the winter months. These sessions, which provide members with the opportunity to learn how to handle the equipment and improve technique in the safety of the pool, were particularly useful for beginners prior to venturing out into open water in the summer months.



LASC enjoyed an evening of fun and games on the last session of club before Christmas. Pictured are the swimmers with their Head Coach 'Santa' Jim Robertson and his two elves Coach Malcolm Hutchison (on left) and Coach/LASC Chair Iain Souter.

Photo: Kevin Jones



Clickimin Leisure Complex



Brooke Williamson gets ready to take part in a race during the SACSC Annual Swimming Gala. Photo: Kevin Jones

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 Junior Inter-County swimming event was held in Clickimin Pool in June. Hundreds of spectators created an electric atmosphere which spurred the home team onto victory.

Other Organisations

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.

Scottish Sea Farms have also continued to book Sea Survival courses in the floating floor area as again it offers a good environment in which candidates can learn the required skills.

Pool Classes	Attendances 15/16	Attendances 14/15
Tadpole Award	612	588
Frog Award	362	335
Duckling Award	287	212
Otter Award	1046	1236
Learn to Swim - Level 1	432	417
Learn to Swim - Level 2	553	610
Learn to Swim - Level 3	764	767
Learn to Swim - Level 4	699	739
Learn to Swim - Level 5	683	620
Learn to Swim - Level 6	511	714
Learn to Swim - Level 7	303	303
Learn to Swim - Level 8	179	135
SwimSkills 1	78	102
SwimSkills 2	117	65
Total	6626	6843



Sporting Events

Groups, clubs and associations utilise the facilities to host a range of sporting events and annual competitions. Below is a flavour of some of the events that have taken place during the year:

Ness United 5 a side Tournament	Lerwick Spurs Sandy Lamont Football Tournament
The Regan Gibbs Futsol Tournament	Lerwick Spurs Roy Wiseman Memorial Tournament
The Star Rent a Car Futsol Tournament	Senior Inter County Netball
Gymnastic Club Display	Senior Shetland Table Tennis Championships
Junior Inter County	Shetland Badminton Association - Senior, U11, U13, U15 and U18 Championships.
Peerie Birl Disability Shetland Sports Day	Shetland Indoor Bowling Club
Kinetics Netball Tournament	Lewis and Muriel Smith Quaich
Junior Netball Tournaments	Lollie Dalziel Memorial trophy
Gymnastics Club 10 th Anniversary Competition	Open Triples
Whitedale Junior Tournaments	Jamieson Trophy
Junior Netball Festival	Senior Ladies Squash Open
Skretting Football Tournament	Shetland v Gordonstoun Inter School Squash Competition
Gymnastic Club Competition	
Works League Football Tournament	



Shetland Senior Intercounty Netball Team after winning their match against Orkney.

Photo: Kevin Jones



Badminton Senior Singles Champion, Kevin Smith.

Photo: Kevin Jones

Special Events

Professional darts player Peter "Snakebite" Wright won the **Dunecht 4x4 Shetland Darts Masters** tournament held on 18 April. The Scotsman, beat his Dutch opponent Raymond van Barneveld 8-6 in the final. Wright and Van Barneveld had earlier defeated Tony O'Shea and John Henderson 8-5 in their respective semi-finals. Also taking part were Robert Thornton, Vincent van der Voort, James Wade and Simon Whitlock.

The Rotary Club's bi-annual **Motor Show** was held at Clickimin on 25 and 26 April attracting over 1200 visitors. The show comprised over fifty vehicles from eleven manufacturers with highlights including the ATV Quadzilla and Toyota GT 86 TRD race car. Money raised from the event goes to charity.

The 35th **Shetland Folk Festival** took place from 30 April to 3 May. Clickimin hosted the children's concert on Friday morning, concerts



Peter Wright, Dunecht 4x4 Shetland Darts Masters winner.

Photo: Kevin Jones



Clickimin Leisure Complex



Scottish Comedian Kevin Bridges.

Photo: Kevin Jones

on Friday and Saturday evening with the traditional Foy on the Sunday evening. The concerts attracted over 2100 people. Artists included Grammy award winning singer Molly O'Brien.

More than 2,200 people turned up on Wednesday 29 and Thursday 30 July to watch the talented Scottish comedian, **Kevin Bridges** perform two shows on his new tour, A Whole Different Story. Bridges was supported by Dougie Dunlop for half an hour. Both comedians 'went down a storm'.

On Saturday 24 October Strongmen from Shetland, Orkney, Ireland and Faroe took part in the **Shetland Transport North Isles Strongest Man Competition** comprising the

following events; Car dead lifts, log press, wheelbarrow loading medley, tyre flip and Atlas stones.

Faroese athlete Bjarni Neilsen took first place in the North Isles Strongest Man competition, with Shetlanders Dhanni Moar and Colin Arthur taking second and third place.

Dhanni Moar also took the Shetland's Strongest Man title.

In the novice section Óli Arnfríðuson Andresen took first place with Shetlanders Danny Arthur and Maurice Williamson in second and third.

The official opening ceremony for the sixth **Shetland Wool Week** was held on Sunday 27 September in the Bowls hall accommodating 300 visitors.

Over 3000 people came to The **Ideal Homes Show** at Clickimin between 18 and 20 September. The event is organised by The Rotary Club and had exhibitors in both the Main and Bowls halls and also the Multi Use studio.

A huge array of products and services from almost 30 local businesses were on display across the three halls. A third of the exhibitors were new to the show. Money raised from the event goes to a host of good causes, including local groups, senior citizen's Christmas lunches and international relief projects. The biggest benefactor from this year's show is the charity Friends of the Neuro Ward – ARI. The charity, which originated in Orkney, raises money to help those affected by a brain trauma on the neuro ward at Aberdeen Royal Infirmary.



Guest Speaker at the Shetland Sports Conference, Dame Kelly Holmes.

Photo: Kevin Jones

The inaugural **Shetland Sports Conference** was held on the 1 and 2 of October which saw 140 people from throughout the sporting community treated to a variety of seminars. Guest speakers were Olympic double gold medallist Dame Kelly Holmes and Karen Darke, a member of the paralympian cyclist team and adventurer.

700 people attended The 28th **Accordion and Fiddle Festival Grand Dance** in the Clickimin Main hall on 10 October.



Colin Arthur stays strong in the car deadlift hold.

Photo: Kevin Jones

For the first time the **Shetland Food Fair** held an event separately from the annual craft fair and attracted a wide range of the isles food and drink producers. The show was opened by celebrity TV chef Tony Singh who also did a cookery demonstration preparing a dhal-inspired dish topped with pan-fried Shetland scallops. Nearly 1500 people attended over the weekend.

Over 4500 people attended Shetland's annual **Christmas Craft Fair** which was held at Clickimin from 13 to 15 November. 100 stallholders from all over Shetland crammed both the Bowls hall and the Main hall. The show comprised items from artwork and photography to jewellery, knitwear, beeswax candles, leather goods, pokerwork, wall hangings, glass work, pottery and clothing, in fact the whole range of crafts right through to greetings cards and seagrass sculptures.



Dhanni Moar, Shetland's Strongest Man 2015.

Photo: Kevin Jones



Clickimin Leisure Complex

Strictly Hearty Dancing was held on Saturday 28 November. Tickets were so in demand that some spectators had to be seated in the Bowls hall, having the events beamed through to them on big screens. After the success of Strictly Clan Dancing in 2009 the people of Shetland were treated to another instalment of the glamorous entertainment and charity extravaganza. This time British Heart Foundation was to be the benefactor of the generous work. Barbara Osborne, BHF's head of volunteer fundraising for Scotland and Northern Ireland, travelled from Edinburgh to be in attendance, and also to honour the event's organiser Diane Watt. Diane is the longest serving BHF volunteer fundraiser in Scotland, with over 40 years work for the organisation. The competition was won by Bryan Irvine and his partner Kerry Sjoberg. Over

£11,000 was raised on the night. American gospel quartet **Ernie Haase and Signature Sound** gave an uplifting performance as part of their Christmas tour to 725 people in Clickimin on 8 December. They were ably supported by the North Ness Boys.

For the second consecutive year Clickimin played host to 2 halls at **Up-Helly-Aa** with the Main hall and Bowls hall being used.

Plans for 2016/17

Work is now underway with the building of the new indoor training facility which is located just to the south of the main building. This is the first phase of a number of projects linked to the agreements in place for the Complex to house the new Anderson High School PE department.

Some details are to be finalised as yet but the year ahead is destined to be one of change for the Complex.

The public have grown to expect a varied programme of activity for all ages and this is something the management and staff strive to offer. With the building of the new facility we plan to develop new programmes and ideas to ensure the facility is utilised to its full potential but also to enhance the experiences of our customers.

Following the trial opening of Aspire it is planned to make the facility available to the public from April, and to include the facility as part of the current subscription packages. Further promotions on studio classes are also planned to boost admissions and to offer the customer an enhanced product.



Bryan Irvine and Kerry Sjoberg, winners of Strictly Hearty Dancing.

Photo: Kevin Jones



Income and Admissions

1 April 2015 - 31 March 2016

		2015-16	2014-15			
Total Income		£630,847	£623,272			
Total Admissions		343,893	346,734			
		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	327,911	334,409	income	£538,312	£522,198
Outdoor	admissions	15,982	12,325	income	£12,473	£8,240
Other	–	–	–	income	£80,062	£92,834
Indoor						
Staff led courses/classes/ activities	admissions	38,084	34,687	income	£127,108	£109,019
Pool	admissions	63,251	71,814	income	£119,571	£126,697
	<i>general admissions</i>	<i>55,008</i>	<i>59,632</i>			
	<i>subscription admissions</i>	<i>8,243</i>	<i>12,182</i>			
Non sport	admissions	28,004	35,032	income	£65,219	£67,375
Health & Fitness	admissions	47,531	47,724	income	£87,439	£87,577
	<i>general admissions</i>	<i>19,072</i>	<i>18,166</i>			
	<i>subscription admissions</i>	<i>28,459</i>	<i>29,558</i>			
Dry activities	admissions	77,190	65,627	income	£103,938	£96,866
Spectators	admissions	56,066	58,385	–	–	–
Education	admissions	17,785	21,140	income	£35,037	£34,664
Outdoor						
Pitches/Athletics track	admissions	15,982	12,325	income	£12,473	£8,240



Unst Leisure Centre

This year income increased 5% with admissions rising 1% thanks to the innovative challenges on offer and the return of junior badminton and netball. The people on the island of Unst continue to use the facility available to them and their commitment to it helps bring non-users in to use it through word of mouth recommendations.

A third customer satisfaction survey was completed in February 2016 with the centre acting upon the comments received. In May the Will of Iron challenge was made, in which teams had to complete an Ironman triathlon in 5 ½ hours in support of the Willow Foundation who bring special days to the seriously ill aged 16-40 in the UK.



Malcolm Spence with his Long Service certificate along with the first manager of the centre Anna Niven, and current manager Matthew Cox.

Block Bookings

All parts of the centre were used for block bookings with Baltasound Junior High School the main user. This year badminton, bowls, football, netball, swimming and youth activities have all taken place. The centre and clubs work closely together which allows other individuals and organisations the opportunity to use the facility.

Disability Shetland

Thanks to partnership working, two activity sessions take place during term-time which benefit a number of young people. Both swimming and main hall activities are well attended and the positive impact from these physical activities are clear to see.

Northern Neesicks Amateur Swimming Club

The year has seen a number of the more established members moving on which has allowed coaches the opportunity to alter the class make-up of the four sessions offered. The commitment and enthusiasm

of those attending has resulted in them gaining personal achievements throughout the year.

Unst Badminton Association

New for this year was the re-introduction of junior sessions immediately prior to the club night, that saw all the coaches work in pairs to lead the training. The structured approach has seen large improvements in the performances of the young players. The adult sessions have welcomed a few new faces while others have moved on due to educational or work commitments. The club continues to enter the league with a couple of players chosen to train with the County squads.

Unst Bowls Club

Numbers attending this sociable but competitive sport have remained steady with a couple of new players visiting over the season. As always the games are close with all the players striving to outdo their opponents; when it's too difficult to tell the winning bowl, out comes the measure!

Unst Football Association

Although the senior team only had a couple of matches after their link up with Yell to form a Northern Rovers side, the juniors trained throughout the season. There were a number of call-offs which resulted in fewer games played than had been prepared for. Over the last couple of years the junior players have benefitted from the coaching provided, with their performances reflecting the improvements made. The Stanley Cup is a highlight to the year with other tournaments arranged through the season.

Unst Junior Netball Club

Through partnership working with the school, Active Schools and Unst Netball Club, junior sessions were re-started to coincide with a junior netball event. Attendances were such that an easy decision was made to continue offering them for the rest of term during which time the participants skill, awareness and team play have all improved.



Unst Senior Leisure Club

This year the club has said farewell to a few members and hello to some new ones. The format has remained the same with Alison Smith offering Chairobics sessions most weeks as well the usual activities. A warm friendly welcome awaits and with transport provided if required, everyone is able to attend.

Unst Youth Centre

The youth centre uses the facility for their junior and senior members on a Monday. In the past year they have tried everything from traditional sports (football, netball) to those less common in Shetland (sumo!). After their exertions the drink and snack is always welcome.

Fitness Suite

Admissions increased 30% thanks to the installation of new equipment, the 100 Day and Around the World Challenges and the introduction of



The opening of the 'new' fitness suite was worth waiting for.

Personal Training sessions. Personal Training has proved popular with clients attending their own dedicated sessions and using the area at other times to achieve their goals.

fitness suite to use the cardiovascular equipment under the watchful supervision of a gym instructor. This has proved to be a popular session which is held twice a week.

Games Hall

The centre class and course programme continues to evolve to reflect other activities that may be on, or the availability of people to participate. The varied sessions are intended to allow anyone the opportunity to take part and may be tailored to individuals' abilities. In the coming year staff intend to introduce a couple of old favourites.

Chairobics/FitMums

These new classes were both tried at our customers request but unfortunately too few people attended to keep them going. As ever though, the centre is always willing to try a new class in the hope of attracting more custom.

FBX/Tabata/Bootcamp

After initial success with this class, numbers fell off despite the efforts of the instructors. After some discussion, a Tabata format (20 seconds work, 10 seconds rest) class was trialled by Recreation Assistant Faye Cox which proved popular. The brilliance of this class is that it may happen in any part of the facility and may even be used



Unst centre Emma Niven takes control of the ball ahead of Scallywags goal attack Anne-Marie Robinson at a Division Two match held at Clickimin Leisure Complex in September.

Photo: Kevin Jones



Stepaerobic was held to raise funds for Unst Medical Practice.

during a spinning session. Bootcamp sessions were offered in the earlier part of the year but were stopped due to the low numbers attending.



David Niven completes 112 miles for Will of Iron duo!

Football

Football Fever and Little Giants are popular as they allow a lot of energy to be expended whilst participating in enjoyable activities. Little Giants sessions vary the format and instructor to keep ideas fresh and exciting. Recreation Assistant Richard Pottinger continues to build on the previous sessions in developing the young football talent of Unst!

Gymnastic

This year the sessions were geared towards younger customers who learned basic balances and jumps. At the end of every class a short routine was performed using the new skills practised and ones taught previously.

Holiday Activities

Overall numbers attending holiday activities were up on the previous year thanks to good attendances at the pool parties, athletics day and Halloween party. During UnstFest a couple of novel activities were tried that saw a number of visitors make use of the facility. The all-day activities continue to be popular with staff looking to expand on the

range offered. As ever, thanks are due to Baltasound Coastguard for marshalling the 5K route to ensure the safety of those participating.

The Christmas Test Match and Volleyball competitions were again held with similar attendances to last year; another volleyball session was tried afterwards but saw too few participants to make it a regular occurrence.

Jump and Cardiodance

Both classes have been tried on different days and times to suit the main hall timetabling resulting in Cardiodance numbers falling and Jump numbers increasing. In the year ahead the centre will try and consolidate the numbers attending both activities.

Metafit

A new day and time was tried but with numbers remaining low the centre has been looking for ways to increase them. Those who have attended have expressed how much they have benefitted from this training with the results reflecting the effort put in.



Powerbox

This circuit style boxing class continued into the first part of the year before being rested while Tabata was becoming established.

Road Running Circuit

Numbers have fallen although the emphasis on improving running technique and gaining fitness is still at the core of this class. A concerted effort will be made to improve attendances after the summer break.

Rollerwheels

Despite the title, any wheeled device that allows you to move under your own efforts is welcome here. The dance music and disco lights help create the atmosphere but learning a new skill brings its own rewards.

Run, Jump & Throw

Attendances have increased at this junior activity which proved popular with the primary age range. It is an

introduction to athletics with a focus on fun while learning the diverse nature of the sport, and is a great way of encouraging a healthy lifestyle among this age group. Under the watchful eye of the trainers everyone is encouraged to reach their goal for the session.

Spinning

The scheduling of spinning classes was changed in the early part of the year. As this resulted in lower attendances the decision was made to revert to Thursday evenings at 7pm. The Spring course was fully booked and this slot will be kept for the future. It is planned to make more use of the 'Tour' format over the coming year.

Supplestrength

This toning class drew its influence from yoga and pilates, along with calming music, to stretch and relax the participants while performing the flowing movements. It is still too early to say but it is expected to be popular among all age ranges.



Former employees Anna Niven and Davie Leask lighting the commemorative VE Day beacon.



Competitors in the Mini Olympics at UnstFest take a well-deserved rest.



Unst Leisure Centre

The table below gives attendance comparisons:

Activity / Class / Course	Attendances 15/16	Attendances 14/15
Adult & Child	129	66
Cardiodance	134	234
Aquafit	61	61
Bouncy Castle and Play	47	84
Chairobics/FitMums	14	–
Cheer and Dance Camp	62	43
FBX/Bootcamp/Tabata	116	66
Fitness Suite Induction	6	7
Fitness Suite Junior Inductions	2	–
Football Primary	616	658
Gymfit	137	–
Gymtastic	46	351
Halloween Party	46	–
Jump	195	164
Junior Rugby	10	–
Junior Squash	459	236
Ladies Night	–	200
Metafit	31	49
Play Games / Bouncy Castle	93	98
Pool Party	174	81
Powerbox	61	70
Racket Sports	29	43
Rise and Shine	–	9
Road Running	228	202
Road Running Circuit	39	64
Rollerwheels	159	169
Run-Jump-Throw	467	260
Spinning	209	369
Sunday Supersports	–	26
Supplestrength	53	–
Toddler Gym	23	–
Volleyball	3	–
Xmas Cricket	7	7
Xmas Volleyball	11	11
Total	3,667	3,628



Runners and riders about to start the UnstFest 5k.



James Johnston congratulates Matthew Cox after Shetland win the half marathon team silver at the NatWest Island Games in Jersey.



Unst Leisure Centre

Outdoor Areas

Unst Football Club linked with Yell Football Club to enter the 'B' League under the name Northern Rovers and played most of their home games on Yell. The school continues to use this area when they are able and held a competitive sports day on a track laid out on the match pitch. In May a beacon was lit to commemorate the 70th anniversary of the end of the war in Europe.

Football

Junior sessions were offered by Unst Football Club over the summer months and saw good attendances throughout. A few training sessions were arranged for the adults but with work and other commitments, numbers were low.

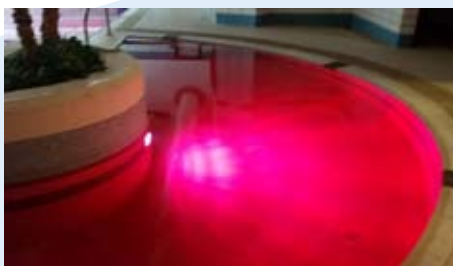
Junior Rugby

Members of the upper primary asked for some rugby sessions. They were offered over the summer term but, although in a short space of time a lot of progress was made, low numbers caused the class to stop.

Road Running

Numbers attending on a weekly basis have fallen however the Big 12 challenge of running/walking a 5k on a monthly basis at various venues around the island have seen overall attendances 13%.

The UnstFest 5k continues to develop and saw cyclists complete two loops of the course; a few participants even hired cycles for the occasion.



The swimming pool turned red for Halloween!

Squash Court

The squash court is used as a multi-purpose area with a variety of different classes, courses and activities taking place within its walls. A highlight of the year was the Christmas Handicap squash event that saw Jamie Macaulay victorious even though he had the largest points handicap and having to return every shot above the service line at the front of the court.

Demand for places on the Junior Squash course led the centre to offer a second session, also overseen by Richard Pottinger.

The fundamentals of squash have been taught and practised with all the attendees progressing in their development over the year.

Swimming Pool

The pool timetable changed over the year between term-time and holidays and reflected the activities that were available in the centre at these times. Northern Neesicks and Disability Shetland have continued with their regular bookings helping to improve the abilities of their clients.

Adult and Child

The number of babies born in Unst over the previous couple of years has helped boost numbers at this activity that was held during term-time by Vaila Thomason.

As an introduction to the water in a calm and caring manner, Adult and Child classes allow young children to develop basic watermanship within a stimulating and enjoyable environment.

Aquafit

With the return of this class to Tuesday evenings a few customers have returned whilst others are able to participate now that their workloads have reduced. The underwater lights and motivational music encourages everyone to maximise their workout.

Daytime Swimming

The timing of these sessions was amended slightly which has resulted in more customers coming along. Customers mention that they like being able to swim over the winter months when it's still light outside.

Plans for 2016/2017

In the coming year a Biomass heating system should be installed that will improve the energy efficiency of the centre. The centre will also endeavour to provide a range of challenges for customers which will help motivate them into adopting a healthier lifestyle.



Income and Admissions

1 April 2015 - 31 March 2016

		2015-16	2014-15			
Total Income		£92,463	£88,274			
Total Admissions		29,491	29,307			
		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	29,041	28,672	income	£84,990	£81,586
Outdoor	admissions	450	635	income	£440	£288
Other	–	–	–	income	£7,033	£6,400
Indoor						
Staff led courses/classes/ activities	admissions	3,892	4,098	income	£12,199	£11,484
Pool	admissions	6,524	6,460	income	£9,593	£8,692
	<i>general admissions</i>	<i>6,079</i>	<i>5,436</i>			
	<i>subscription admissions</i>	<i>365</i>	<i>1,024</i>			
Non sport	admissions	550	680	income	£443	£516
Health & Fitness	admissions	2,675	2,064	income	£1,937	£2,754
	<i>general admissions</i>	<i>429</i>	<i>579</i>			
	<i>subscription admissions</i>	<i>2,164</i>	<i>1,485</i>			
Dry activities	admissions	4,870	3,775	income	£6,818	£4,692
Spectators	admissions	5,043	5,107	–	–	–
Education	admissions	5,487	6,488	income	£54,000	£53,448
Outdoor						
Pitches/Athletics track	admissions	450	635	income	£440	£288



Yell Leisure Centre

It's now over 27 years since the centre opened and the place is as busy as ever with a range of activities attracting young and old alike. Back in 1988 when the centre opened part of the aims and objectives of the Shetland Recreational Trust were that "The facilities will be places for whole communities to meet,

socialise and play". This is still the case and the staff will continue to work hard to ensure that Yell Leisure Centre is a place where members of the community and visitors enjoy spending their precious leisure time.

The centre has seen a number of staff changes over the past year. As

staff have left they have taken their skills with them but new staff have also joined the team bringing with them new skills to offer. Staff training plays a vital role in allowing the centre to continue to offer an interesting and varied programme of activities.

Block Bookings

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.

Injury Shetland

Emma Jamieson ran an osteopathy clinic in the treatment room on Wednesdays. Emma lives in Yell and this arrangement proved more convenient for both Emma and her North Isles clients as it meant they could be treated locally which saved them commuting to Lerwick.

Shetland Kung Fu Club

The club met in the squash court on Monday nights throughout the year with just the occasional missed week. It was another successful year for the club with 2 members moving up from orange to green sash and 3 moving from white to blue sash.

4 of the clubs members are now travelling to Yell from the Shetland Mainland for the classes.

The club ran a butterfly knife course and a control and restraint course which involved arm locks and traps and takedown techniques.

Yell Badminton Club

The club continued to thrive with a number of new beginners joining,



Pictured are the 26 children who competed at the Yell Badminton club under 13 open tournament.

which helped to ensure that the twice weekly club nights in the leisure centre were well attended. The club also hosted its annual restricted, junior and open tournaments in the leisure centre.

These events attracted a total of 113 players with a number travelling to Shetland to compete. Some of the club's junior players attended development squads and were selected to represent Shetland. There were also a record number of seniors attending county training and some elite players were selected for the Shetland team at the island games.

Yell Football Club

The club hired the games hall on Wednesday evenings for circuit training and 4-a-side football during the winter months. In the summer they used the outdoor pitch for

training and matches. Coaching sessions for boys and girls in the lower primary age group were arranged for Sunday mornings with older children training on Wednesday evenings.

2015 marked the 50th anniversary of Yell Football Club and the occasion was celebrated with a dinner dance at the Burravoe Hall in November. The club also worked together with Unst FC to arrange a "24-hour football" fundraiser at Yell Leisure Centre in September, which saw a group of players keep a 4-a-side game going non-stop right around the clock. Current players, juniors, veterans and other sports clubs in the isles helped to ensure the success of the event, which ended with a final score of 573-559. (The 1000th goal was an equaliser to make it 500-all!)



Pearl Keith who won the bowls club annual competition and the award for the most consistent lady player of the year.

The fundraising event took in over £5,000 and this money is being used to establish "North Isles Football Club" - formalising the arrangement between Yell FC and Unst FC to merge their squads for the 2016 Reserve League season. Yell and Unst will continue to field their own sides in the Parish Cup.

Yell Junior Sports Club

This club is run by some of the Mid Yell school staff and is a way for them to provide extracurricular sporting activities. This year they hired 3 courts after school on Mondays for the very popular badminton coaching. They also supported the football club with their junior training sessions.

Yell Netball Club

The seniors began the season with a new strip. They also played in the post-Christmas second division

league which they won for the third consecutive year. The club would like to thank their sponsors R G Jamieson & Son who helped with the cost of the new strip and Halcyon who helped with the considerable travel costs associated with attending matches.

Yell Bowls Club

The clubs membership dropped very slightly when compared to the previous year but the regulars continued to enjoy their weekly meetings at the centre. Last year's competitions were a resounding success with Pearl Keith, one of the most senior members, taking the prize. Pearl also won the award for the most consistent lady player of the year, the corresponding men's award was won by Tamie Thomson. The awards were presented at a lunch in the North Ness Hall, an event much enjoyed by all. The club takes a break



Players at the end of the 24-hour football fundraiser, with business sponsors in the background.



Yell Leisure Centre



Yell football club ran junior training sessions at the weekends and on Wednesday evenings.

over the summer but plan to resume in September when they will be keen to introduce new members, of all ages, to the game of bowls.

Yell Senior Leisure Club

The club met at the centre on Monday afternoons throughout the year. This year the club had 20 members with an average weekly attendance of 12, who came along to take part in a variety of activities including playing pool, cards, table tennis, using the gym and socialising over a cup of tea.

Community Room

The community room was well utilised over the year, some organisations and clubs such as the

senior leisure club had a regular weekly booking. It was also used for meetings, birthday parties etc.

Games Hall

The games hall was used throughout the school term by local schools for PE lessons. In the afternoons it was used for a range of after school activities which were run by centre staff or local clubs. In the evenings and weekends the courts were mainly used by clubs for sporting activities. During school holidays the hall was utilised for children's holiday activities which were also led by centre staff.

Flying Squad (Trampoline Club)

Trampolining took place after school

on Thursdays during the winter months. Trampolining remains a very popular activity with 32 children attending the weekly coaching sessions. A large representation from the club also attended the Shetland Trampoline Championships which was held in West Mainland Leisure Centre.

Fun & Games and Big Kids Fun & Games

Fun & Games for primary 1, 2 & 3 children remained as popular as ever. A number of the older children often asked if they could join in the fun so the centre started a new session called "Big Kids Fun & Games" which was aimed at Primary 4, 5, 6 & 7 children. This also proved to be very popular with an average of 26 children attending both sessions each week throughout the school term.

Holiday Activities

The holiday activity programme continued to be reasonably well attended. Activities aimed at younger children were once again most popular but Fun & Games and Splash Discos also attracted a number of the older children.

Junior Gym Courses

These courses were run by centre staff in conjunction with the Mid Yell school as part of the electives programme. The course covered



The netball coaching courses were well attended.



topics such as safe training techniques, the elements of fitness and how best to structure a workout. This allowed 16 more young people to take full advantage of the excellent gym facilities.

Junior Netball Coaching

The centre ran four junior courses led by staff member Nala Williamson. These courses were extremely popular with a total of **339** attendances. 10 players (8 girls and 2 boys) also played for Yell in the primary netball league. This was a young team aged between Primary 4 -7 and these were the first matches this junior team had ever played. Considering this they did well finishing the season half way up the North League table.

Junior Leisure Club

The popularity of the club continued with 41 primary aged children enrolling for 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 was kept active and entertained.

Personal Training

Faye Cox travelled to Yell on Mondays from her base at Unst Leisure Centre to deliver a 12 week fit for life personal training package. This package included an initial fitness assessment and fitness plan followed by tailored weekly workouts with Faye on hand to keep the 12 people who signed up motivated.

Run-Jump-Throw

These classes, which were led by staff members Nala Williamson and Helena Spence, gave primary 4 – 7 children an opportunity to develop their athletics skills.

Spinning

In this group cycling class, music



The centre ran junior gym courses which allowed the juniors to take full advantage of the excellent gym facilities.

is used to inspire participants to keep on pedalling in time with the beat, resulting in a challenging but enjoyable workout. Classes were run on Thursday nights with a break during the summer period when there was less demand.

Supple Strength / Cardio dance

The centre took advantage of Faye Cox's skills to lead these classes when she was in Yell to do personal training. Supple Strength is a holistic workout which combines strength, flexibility and body conditioning focusing on body alignment, core stability and posture. Cardio dance is a fun disco dance based workout which was enjoyed by both children and adults which gave a family feel to the sessions.

Squash

The squash court was used for spinning classes and Kung Fu, as well as for playing squash

The table below shows the total numbers who attended the classes / activities described above, all of which were delivered by centre staff:

Gym

The gym continued to be a popular area within the centre. The majority of visits were by subscription holders who had unlimited access to the facilities in return for a monthly or annual fee. Staff led activities in the gym included personal training sessions, junior gym courses and inductions for new gym customers.

Dry-side Classes / Activities	Attendances 15/16	Attendances 14/15
Athletics / Run-Jump-Throw	30	111
Bokwa/FBX	3	195
Supple Strength/Cardiodance	52	–
Flying Squad (Trampoline Club)	636	675
Fun and Games	907	505
Holiday Activities	322	368
Junior Gym	48	35
Junior Leisure Club	410	450
Junior Netball coaching	342	–
Spinning	67	78
Total	2,817	2,417



Juniors training at a SwimSkills class.

Outdoor Football Pitch

The football pitch usually opens in late April or early May, but due to the exceptionally wet Spring in 2015 it remained closed until 24 June when it hosted its first match of the season. This did not only affect the football fixtures, the school and junior leisure club were also unable to make use of this outdoor facility as they usually do. The last match was played on 9 September making for a very short season.

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

The pool was used for a variety of activities including, pool parties

Pool Classes / Activities	Attendances 15/16	Attendances 14/15
Aquacise	20	56
Splash Disco/Holiday activities	80	52
Swimming Lessons	1415	1673
Total	1,515	1,781

with and without the inflatable, exclusive pool hires, Aquacise classes, swimming lessons, pool discos and of course public swimming.

Aquacise

Aquacise was run on Tuesday mornings in April and May but then stopped for the summer. Unfortunately the centre was unable to offer classes after the summer due to the lack of an instructor.

Learn to Swim & Swim Skills Classes

Learn to swim classes were run at levels 1 – 8 with the children moving up through the levels as their swimming ability improved. Once

they achieved level 8 they could move on to attending the swim skills classes which involved a higher element of fitness and stamina training. The centre also offered individual private swimming lessons for adults and children.

Plans for 2016/2017

There are plans to refurbish the centre's main entrance. The paving leading to the entrance and the revolving door are currently in a dilapidated condition.

These improvements should also reduce the level of heat loss in that area of the building.



Income and Admissions

1 April 2015 - 31 March 2016

		2013-14	2014-15			
Total Income		£94,718	£91,954			
Total Admissions		36,365	37,399			

		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	36,065	37,034	income	£86,288	£84,399
Outdoor	admissions	300	365	income	£324	£412
Other	–	–	–	income	£8,106	£7,143

Indoor						
Staff led courses/classes/ activities	admissions	3,559	3,788	income	£11,905	£10,020
Pool	admissions	3,100	3,627	income	£4,644	£4,488
	<i>general admissions</i>	<i>2,667</i>	<i>2,495</i>			
	<i>subscription admissions</i>	<i>433</i>	<i>1,132</i>			
Non sport	admissions	4,035	3,350	income	£2,153	£2,750
Health & Fitness	admissions	1,295	1,380	income	£2,559	£1,851
	<i>general admissions</i>	<i>608</i>	<i>432</i>			
	<i>subscription admissions</i>	<i>687</i>	<i>948</i>			
Dry activities	admissions	5,571	5,929	income	£9,027	£8,279
Spectators	admissions	9,504	9,504	–	–	–
Education	admissions	9,001	9,456	income	£56,000	£57,011

Outdoor						
Pitch	admissions	300	365	income	£324	£412



North Mainland Leisure Centre

The centre has enjoyed another successful and busy year. The squash court has been utilised to full capacity with an increase in the number of people playing

squash, various exercise classes and bouncy castle parties keeping the area particularly busy. In the pool there has been an increase in the uptake of private

swimming lessons. With only a week of poor weather making the outdoor pitch unplayable, it has been in steady use throughout the year.

Community Room

Boxing

The boxing bags have been well used this year with the room being booked out nearly every night for training.

Meetings

The community room has continued to be used throughout the year for a variety of meetings with many different companies using the facility.

Crazy Golf

Crazy golf is still a popular activity during the summer months for families who want to do something a little bit different.

Fitness Suite

A wide range of customers use the facility from athletes to those who just

want to get a little bit fitter. It is very busy particularly in the evenings.

Weights Courses

The ladies weights course has its regular participants who attend as part of their fitness regime and some local athletes use the junior advanced course to enhance their training programme.

Games Hall -

Additional Activities

Centre staff regularly run two courses in the adjoining school games hall:

Early Touches

Fun and basic football skills are the emphasis of this high energy activity. Many of the young footballers continue along the pathway to training with one of the clubs in Shetland as they get older.

Gymnastics

This is a very popular course with the children learning basic gymnastics skills, vaulting and tumbling. Some participants come from as far away as Yell.



Kaila Ratter enjoying circuits.



Owen Robertson doing squats during junior advanced weights.



Regional Hockey Facility

Hockey

The hockey girls use the pitch for training and all their league matches which ensures that it is busy all through the summer months.

Football Clubs

To utilise the facility to its maximum the boys take over in the winter and use the pitch for training throughout the darker months preparing them for the soccer season in the summer. The soccer sixes also run a popular 6 a side league.

Staff Out and About

Wi Wis Fir Wis

These exercise classes which are held in Mossbank have been running for a couple of years now and are still very popular. They are an example of staff taking circuits and FBX out in to the community rather than the customers coming to the centre.

Squash Court

The squash court is a very useful space and is used for a wide variety of activities including:

Birthday Parties

There has been an increase of bouncy castle parties for the younger members of the community. These parties offer a great activity and space for the youngsters to enjoy themselves.

Circuits

The circuit class for juniors is another class used by many of the local young athletes to top up their training with general fitness and core strength exercises.

Ladies Circuits

A number of ladies regularly enjoy the fun of working hard with the



Three lovely ladies using the gym Theresa Moreland, Joan Manson, Helen Thompson.



Busy spinning class.

mixture of exercises that a circuit class provides.

Spinning

This popular class attracts a variety of customers. At the moment there are four classes a week which are usually full and it is intended to increase the number of classes.

Swimming Pool

Aqua Aerobics

With maximum attendances each week a second class was requested and has since been put on. Ladies enjoy their exercise in the water with

a variety of music to help them along the way.

Delting Dolphins

The club is going through a building stage at the moment developing younger swimmers. Although there has been some success for the older swimmers with Felix Gifford, Erraid Davies, Megan Perry and Iain Leach competing in the NatWest Island Games with Felix coming away with a gold and bronze medal. Erraid and Megan have also swum in the National Championships. When Erraid broke the 200m SB9 record in 2015 it has meant that the club also has a British record holder.



North Mainland Leisure Centre

Fun Run Pool Inflatable

The fun run has become very popular with children for their birthday parties. It has also been used in the school holidays when some days the pool was full to capacity and children had to queue to get their turn. They really enjoy trying to get from one end of the inflatable to the other without falling in the water.

Individual Swimming Lessons

There has been a massive increase in individual swimming lessons. The one to one lessons suit those who prefer not to be in a group or who need that extra bit of help to improve their swimming.

Ladies Swimming Lessons

Staff make these lessons fun and enjoyable while the ladies learn basic swimming skills and progress on to jumping and diving in to the pool.

Learn to Swim

There are four groups ranging from Level 2 to Level 8 held on Wednesdays, and another two groups ranging from Level 1 to Level 3 held on Mondays. Following the Learn to Swim programme children gain basic water confidence and learn swim



A busy swimming lesson.

stroke and water skills. The children then progress to the more advanced SwimSkills levels and two groups enjoy these lessons which are also held on Wednesdays.

On a Thursday classes are also held which prepare swimmers for taking the National Swimming Standard test and get them used to swimming at the deep end in a safe and enjoyable atmosphere. When the children have passed the National Standard they can join the Deep End Plus course when they

gain even more confidence and learn things like jumping in and diving.

Plans for 2016/2017

There are challenging times ahead but there should be an increase in spinning classes and, with one more fitness instructor on board, an increase in what is on offer in the fitness suite. The centre is also going to team up with Delting Football Club to run a soccer sixes competition next year.



Luke Malcolmson showing dedication still training with a broken arm.

Activity / Class / Course	Attendances 15/16	Attendances 14/15
Aqua Aerobics	634	546
Advanced swimming	1,400	1,701
Circuits	402	437
FBX	370	348
Football	421	318
Gymnastics	100	206
Individual Swimming Lessons	763	517
Inflatable Parties	325	320
Jogging	0	51
Learn to Swim	1,686	2,310
Pool hires / parties	750	1,120
Spinning	604	682
Weights Courses	501	361
Total	7,956	8,917



Income and Admissions

1 April 2015 - 31 March 2016

		2015-16	2014-15			
Total Income		£125,543	£128,893			
Total Admissions		53,765	51,674			

		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	34,513	38,963	income	£101,047	£104,815
Outdoor	admissions	19,252	12,711	income	£13,352	£12,229
Other	–	–	–	income	£11,144	£11,849

Indoor						
Staff led courses/classes/ activities	admissions	8,213	7,772	income	£30,062	£25,755
Pool	admissions	5,646	4,328	income	£9,138	£6,770
	<i>general admissions</i>	4,853	3,502			
	<i>subscription admissions</i>	793	826			
Non sport	admissions	3,020	6,451	income	£2,931	£13,131
Health & Fitness	admissions	5,456	6,244	income	£10,437	£12,891
	<i>general admissions</i>	2,363	2,901			
	<i>subscription admissions</i>	3,093	3,343			
Dry activities	admissions	2,473	2,305	income	£5,479	£3,658
Spectators	admissions	5,000	7,426	–	–	–
Education	admissions	4,705	4,437	income	£43,000	£42,610

Outdoor						
Pitch	admissions	19,064	12,555	income	£12,989	£11,936
Crazy golf	admissions	188	156	income	£363	£293



Whalsay Leisure Centre

The year began with an Open Day to celebrate the 25th anniversary of the opening of the centre. Various activities were run throughout the day including the first session with the centre's brand new pool inflatable. Throughout the year the hard work of staff ensured that the centre remained busy and adult and junior activities were well attended.



Pictured here is Senior Recreation Assistant Angela Williamson who, in August 2015, was presented with a certificate from Chairman of the Trust Bryan Leask to celebrate her 25 years of service at Whalsay Leisure Centre.

Block Bookings

The centre continued to work together with clubs and Active Schools to ensure that as wide a variety of sporting activities were provided to the community as possible. Many sporting clubs made use of the facilities throughout the year for training and events.

Senior Leisure Club

The Senior Leisure Club gives the over 50's in the community an option to come and enjoy an afternoon of gentle exercise when they can choose to swim, use the fitness suite, play bowls or attend the Fitness Vive class which has seen an increase in numbers again this year.

Wast Linga Ramblers Football Club

The Wast Linga Ramblers compete in the Shetland Works League. The team have their training and matches at the Harbison Park and also use the centre for training. They have also continued to host the annual Tom Leask Memorial match at Harbison Park.

Whalsay Badminton Club

The club has seen an increase in

junior members and continues to train weekly during the winter. Some of the members have once again been active in the Shetland Badminton League and attended tournaments throughout Shetland. The club continues to book extra training sessions in the lead up to competitions.

Whalsay Football Club

This year, the junior club increased

their training sessions to three times per week during the winter. The senior team had success in the Parish Cup, beating Burra 2-1 in the final. The senior and junior teams still train at Harbison Park when the weather starts to improve.

Whalsay Golf Club

The Golf Club's indoor sessions were popular again this year when the coaches teach the basics to junior members before the outdoor season



Members of the Senior Leisure Club enjoying their Christmas Party.



Da McEwans v Challengers during the 20th Anniversary Williamson Cup.

Photo: Ivan Reid

begins. Plastic indoor golf sets are used in the main hall, but the club also benefited greatly from the golf nets which were installed in the squash court where they can practice with outdoor equipment.

Whalsay Hockey Club

Whalsay continued to have success with the senior team winning the Lizzie Polson Cup. Several of the Whalsay players were also part of the Intercounty team and the Shetland team who progressed to the semi-finals of the Scottish District Cup. The junior team continued to use the main hall and Harbison Park for training sessions.

Whalsay Junior Trampoline Club

Trampolining remains a popular activity especially among the younger children. New members join the club from primary 3 and up, they learn all the basic moves, and progress to putting together a routine which they perform at the Shetland Trampolining

Championships which last year was held in the Yell Leisure centre.

The club finishes its season with its own competition when competitors are all presented with a certificate highlighting their personal achievements.

Whalsay Netball Club

The junior netball club booked the main hall twice per week to provide training to primary and secondary pupils. The senior club had three teams playing in Shetland leagues again this year with Challengers



Whalsay Junior Golf Club during one of their regular sessions.



Whalsay Leisure Centre



Bairns enjoying the bouncy castles during the 25th anniversary Open Day in April 2015.

winning their division. This year was also the 20th anniversary of the Williamson Cup which was hosted by the senior netball club in September.

Fitness Suite

Usage of the fitness suite remained steady and courses were run throughout the year to educate customers on the use of equipment and the benefits of exercise. Junior Gym remained popular and the 5 week course for 13-15 year olds provided participants with the knowledge and skills that they need to use the fitness suite by themselves.

Games Hall

Adult Activities

FBX remains the most popular class at

the Whalsay Leisure Centre and a FBX challenge was held in January 2016. A Spinning Duathlon challenge was held in the summer to help keep classes interesting and new for regular customers. Staff also added Indoor Cycle to the timetable in January to add a bit of variety to the classes on offer.

Staff are keen to continue to come up with new challenges for customers to take part in and to help attract and maintain interest levels.

Circuit Classes

Yvanna Montgomery and Marcia Pearson continued to run a circuits class on Saturday mornings. A variety of circuits and exercises were used to keep the class fresh.

FBX – Fat Burn Extreme

FBX, as already mentioned, continued to be very popular with three classes running per week. The six week January FBX challenge was run as a get fit incentive. Ten people signed up to the challenge which also involved participating in other centre activities such as Spinning and Circuits.

Junior Activities

Once again, staff provided a wide range of activities to suit all ages. Learn to Swim lessons have remained popular as well as nursery swimming, pool fun, badminton and athletics.

Badminton

Abbey Irvine took primary and secondary badminton classes on



Tuesdays. The earlier class was aimed at children in primary 5 to 7 and the second class for those in secondary 1 to 3. Secondary pupils could then progress into the Badminton Club whose members played immediately after the secondary badminton classes.

Junior Football

A range of football classes was run throughout the year. The staff worked together with Active Schools and Whalsay Football Club to make sure children of all ages got to try football. Deborah Mowat ran Early Touches football for primary 1-2 which taught the children basic skills and rules of the game. This age group also benefited from the Tesco football sessions run by Active Schools and centre staff. The Whalsay Football Club then provided coaching for children in primary 3 and over.

Fit for Girls

Fit for Girls was run in partnership with the Whalsay School and Active

Schools. The purpose of these sessions was to introduce girls to exercise classes and educate them on how to live a healthier lifestyle. The centre ran two seven week blocks of taster classes for the girls. Classes included, FBX, Boxercise, Aqua, Circuits, Spinning, and also gym sessions. The school also provided healthy cookery classes and orienteering days.

Friday Fun and Games

A variety of different sessions were run on Friday afternoons. The sessions incorporated various activities and games aimed at introducing children to bat and ball games and athletics.

Playzone

This unstructured session was introduced to give pre-school children a chance to come and have fun without older children being there. The pirate island bouncy castle was set up for them to play on, along with soft play, a ball pool, toy cars, balls, and music.

Holiday Programme

Staff continued to provide a varied programme of activities during the school holidays. Kidz Kamps and Fundays remained two of the most popular dry activities. Pool Fun was still the favourite swimming pool activity.

Meeting Room

Venture Chiropractic continued to hire the meeting room regularly and it was also used for special events, staff training, meetings and courses.

School Use

The Whalsay School used the main hall most days during term time. The nursery department also used the main hall on a Tuesday. The primary department used the swimming pool on Tuesday mornings to provide lessons for all pupils.

The secondary department also used the fitness suite and swimming pool on Mondays.



Runners line up at the start of the 10K race during the Whalsay Fun Run.

Photo: Ivan Reid



Squash Court

The squash court was a quieter part of the centre this year although some of the exercise classes held in the squash court saw an increase in numbers, especially the Fitness Vive class held on a Tuesday afternoon. Customers continued to book the golf nets in the lead up to the golf season, allowing them to practise throughout the bad weather.

Swimming Pool

Centre staff delivered a wide range of activities in the pool this year. Relaxed, unstructured sessions such as pool fun continued to be popular as well as the Learn to Swim programme delivered on a Wednesday.

Advanced Swimming Training

This session aimed to work on the competitive elements of swimming such as diving, turns, stamina and strokes. The coaching sessions were held on Tuesdays and Fridays. Swimmers who attended Advanced Swimming were involved in various local competitions and some attended district meets in Inverness as part of the Whalsay Amateur Swimming Club. Introduction to Advanced Swimming was also run every second Saturday morning. This class allowed those swimmers who are close to

moving into Advanced Swimming a chance to experience what coaching sessions will be like.

Aqua Aerobics

Aqua Aerobics sessions are enjoyed by customers of all ages. The pool based class allowed participants to work at their own pace making it suitable for all abilities. The class was also suitable for those with injuries or joint problems as the water provided additional support during the cardiovascular and toning exercises.

Learn to Swim Programme

The Learn to Swim programme, run from September to March, remains a popular activity. Staff delivered the programme to primary 1 through to secondary aged children. The children worked towards achieving Scottish Swimming Aqua awards 1-8 and SwimSkills 1. Towards the end of the block, children were given the chance to do some of the distance and speed awards. All swimmers were invited to enter the Whalsay Swimming Club's annual Age Group Championships in March.

Nursery Swimming

The centre ran three classes per week for children at nursery. The classes

aimed to develop water confidence and basic swimming skills before the children moved into the Learn to Swim programme.

Peerie Breeks Swimming

Floats and toys were provided for the children to play with during this unstructured session which provides an ideal opportunity for parents to introduce their children to the pool and improve their water confidence.

Pool Fun

Pool Fun continued to be one of the most enjoyed activities in the pool when children could have fun with the floats, toys and flippers. There was a lifeguard in the water with them, making it an ideal session for those children who were close to passing their deep end test.

Plans for 2016/2017

Over the coming year staff at the Whalsay Leisure Centre will aim to maintain a high level of customer service, continue trying to provide a varied and comprehensive range of activities and, as always, be on the lookout for new ideas to benefit the local community.



Income and Admissions

1 April 2015 - 31 March 2016

		2013-14	2014-15			
Total Income		£128,595	£130,057			
Total Admissions		44,331	45,869			

		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	40,591	43,069	income	£110,215	£112,252
Outdoor	admissions	3,740	2,800	income	£3,989	£2,862
Other	–	–	–	income	£14,391	£14,943

Indoor						
Staff led courses/classes/activities	admissions	11,754	12,227	income	£34,219	£35,458
Pool	admissions	4,737	4,683	income	£7,632	£6,182
	<i>general admissions</i>	4,291	3,516			
	<i>subscription admissions</i>	446	1,167			
Non sport	admissions	740	910	income	£631	£747
Health & Fitness	admissions	1,007	1,066	income	£2,555	£2,867
	<i>general admissions</i>	622	651			
	<i>subscription admissions</i>	385	415			
Dry activities	admissions	5,803	6,172	income	£9,178	£9,988
Spectators	admissions	7,853	7,702	–	–	–
Education	admissions	8,697	10,309	income	£56,000	£57,010

Outdoor						
Pitches/Athletics track	admissions	3,740	2,800	income	£3,989	£2,862



South Mainland Pool

The year 2015/16 carried on from the previous year with an overall increase in income and admissions, with figures for some areas up and some down. The pool staff continued to work hard to ensure that everyone coming through the door received a high quality service and that there were activities timetabled for all ages

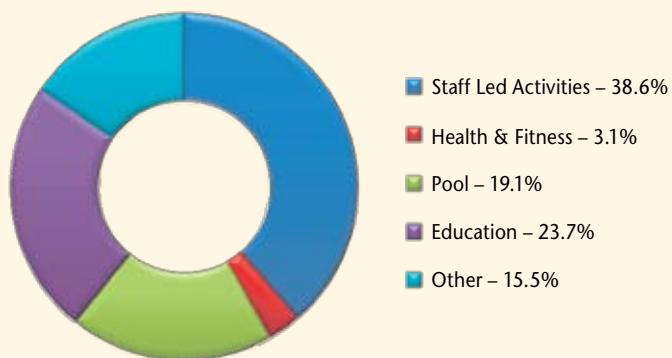
and abilities. This was evident when the annual Customer Satisfaction Survey revealed that 100% of customers were either very satisfied or satisfied with their visit to the facility.

With operational budgets under review the facility moved forward with its energy saving programme

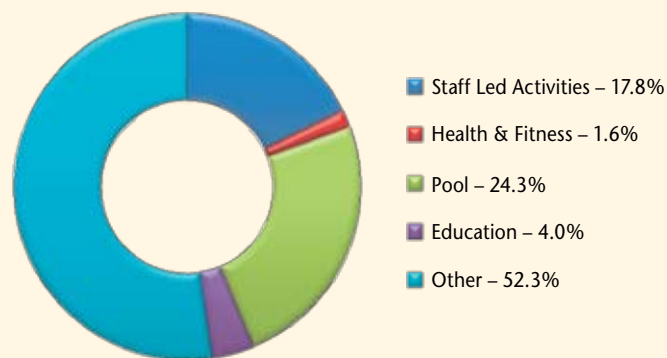
and installed variable speed drives on the pool water circulation pumps and air handling units. There also was a switch to the use of Biomass for heating the facility instead of relying on oil. This saw energy consumption reduced dramatically within the facility and should help to keep energy bills lower in years to come.

2015-16 SMP Revenue & Admissions % Breakdown by Department

% of Total Net Revenue



% of Total Admissions



Activities

Adults Only & Ladies Only Swim / Steam Sessions

The Adults Only sessions on a Monday and Wednesday and the Ladies Only session on a Thursday remained popular with customers who enjoy the opportunity to relax in the steam room or bubble pool.

Aqua Aerobics

Aqua Aerobics sessions were a constant activity on the timetable during term time and attendances remained steady. Customers have been keen to take part in this the low impact workout class every Tuesday evening. With an enthusiastic instructor in Yvonne MacGregor, those who attended were put through their paces in a variety of aerobics and circuit based sessions.

Birthday Parties

The number of pool party bookings were down on the previous year

with fewer children wanting to celebrate their birthdays by splashing about with friends and family in the pool. It is hoped that introduction of inflatable pool parties will boost figures in the coming year.

Holiday Activities

Adult Improvers Swimming

This class was introduced after some customers had indicated they would be interested in improving their swimming strokes. The sessions were included in the school holiday programme as a trial but the initial interest didn't really materialise and attendance was low. Staff believe that it was possibly due to the time that it was scheduled and they are now going to investigate what the most suitable time for customers would be.

ASA/ISRM Pool Swimming Standard Award

Attendances continued to be steady

at this class with numerous swimmers being taught the skills and techniques required to gain the award which then allowed them to swim in deeper water.

Easter Egg Hunt

It was Employed Trainee Rhea Nicolson's turn to be the Easter Bunny and dish out chocolate treats to everyone who attended. The session included some fun and games before the search for the Easter eggs began.

Flipper Frenzy

These snorkelling sessions were run during the holidays and allowed children and adults to have a go at snorkelling with flippers in the warmth of the swimming pool along with the added fun of playing with the large floats.

Inflatable Sessions

The Aqua Run inflatable sessions were very popular during the school holidays. With the large Aqua Run and smaller Pirate Ship inflatables



being moved between the South Mainland Pool and Scalloway Pool, there were twice as many sessions available compared to the previous year. Throughout the holidays there were at least two inflatable sessions on per week. Children continued to be challenged by the Wobstacle Aqua Run and being able to keep their balance increased their chances of making it to the end.

Rookie Lifeguard

This junior activity was introduced during the school holidays as a 'come and try it' session to gauge interest from customers. It was aimed at swimmers who were deep water confident and wanted to try something other than the Learn to Swim classes. Those who attended were taught a variety of swim skills, rescue skills and resuscitation along with first aid skills, knowledge and understanding. As a result of the positive response received this activity was introduced to the pool's regular timetable in January 2016.

Safe Start

This course remained part of the holiday activity programme and was popular with swimmers who wanted to learn how to perform a safe racing dive in competitions. The class, led by swimming teacher Jan Price, aimed to develop the swimmers ability to dive into deep water starting from the side of pool and progressed to diving off a starting block.

Schools

School swimming lessons for the Sandwick Junior High Primary Department and Cunningsburgh Primary School continued to be taught by PE Teacher Joan Smith on Friday mornings. With a continually growing population at the south end of the island the numbers of school swimming admissions rose for the third year in a row from 1332 in 2014/15 to 1500 in 2015/16.



Rookies – Rookie Lifeguard Arwen Nield towing fellow Rookie Bethany Redfern during a training session.

South Mainland Amateur Swimming Club

South Mainland Amateur Swimming Club continued to attract new comers, very often from those already attending SRT Learn to Swim Level 6 - 8 classes. Youngsters, sometimes as young as 7, quickly adapt to swimming for a full hour offered by the club. While there have been a steady number of new members it is encouraging to note that about half of the three dozen members have been regularly participating for at least 2 years, with several of the teenagers now clocking up more than 5 years.

Club members are encouraged to attend appropriate SRT classes, SwimSkills and Advanced Swimming/

Coaching. In recent months there have been around a dozen moving up from SwimSkills to coaching which is promising for future development.

In the summer a friendly competition was held with visitors from Orkney, Westray Swimming Club.

Some of the youngest competitors did great work in the Beta League team, with young coaches Curstaidh Mackay and Rachel Keay in charge. Several also jumped at the chance of first experiences of swimming 100m and 200m events at competitions held by other clubs at Clickimin.

Competing in local competitions is an aim for most club swimmers and progressing to travelling south to compete is always an achievement. Three members, Eva Jamieson 11,



South Mainland Pool



SMASC swimmers (from left) Nina Price, Jasmin Smith and Sarah-Marie Riise after competing at the North District Age Group Championships in Inverness.



SMASC swimmers met one of their idols whilst swimming at the North District Age Group Championships in Inverness (from left) Jasmin Smith, Hannah Miley (Scottish and Team GB swimmer), Sarah-Marie Riise and Nina Price.

Jennifer Ramsay 10 and Alice Bloomer 12, were all offered places in Shetland Development Squad, whilst now settled in to Shetland County Squad are Jasmin Smith 14, Nina Price 14,

Sarah Marie Riise 13, and Seumas Mackay 15.

All mentioned above are achieving well, both at home and south, with

several medals being won in Buckie, Aberdeen, Stirling and Inverness. The County four competed at District level, with Sarah Marie and Jasmin also making it to Scottish Age Group Championships and to Scottish Schools. Jasmin had a superb District Age Group meet when she won all three breaststroke events and claimed a new Shetland Age Group record in the 100m breaststroke.

Then at the District Championships in March, in the 50m breaststroke, Jasmin broke not only the Shetland record, but also the North District record for the 14 year age group.

Swimming Lessons

The number of swimming admissions remained similar to the previous year, with a slight increase being due to there being an extra week of lessons during the year. Employed Trainee Rhea Nicolson qualified as a Level 1 Teacher and was able to help out teaching the classes. Parents continued to see the importance in their children being able to swim and this meant that most classes timetabled were nearly full to capacity.

Advanced Swimming

Advanced swimming sessions continued to be programmed throughout the year for those who take part in competitions as well as those just wishing to maintain their fitness levels. Attendances at these sessions over the past couple of years had dropped for various reasons; however staff were happy to see an increase this year. The increase in attendances was put down to a number of swimmers moving into the sessions having completed SwimSkills Level 2.

AquaFun

The pools AquaFun classes remained popular for children between 3 and 5 years of age and there were 8 classes held per week to meet the demand.



AquaFun classes aimed to introduce children to a class environment in the water as well as helping them to develop their confidence and ability to move around in the water unaided. Once children turned 5 years old they fed into the Learn to Swim classes between Levels 1 and 3.

Individual Lessons

The number of admissions for Individual Lessons increased slightly in comparison to the previous year. The lessons were mainly attended by children new to the water and those who couldn't attend class lessons for a variety of reasons. Over the course of the year there were also a few adults who attended the lessons in a bid to build on their technique and confidence. The 1 to 1 lessons allow the teacher to give more attention to the swimmer and help concentrate on areas that require more work.

As well as regular individual lessons, the pool continued to take part in the Top-Up Swimming Programme in partnership with the Shetland Islands Council and funded by the Scottish Government. With a change to the normal format of individual lessons, class lessons during school time were introduced to allow those who had transport issues to attend. This programme also continued to provide a number of individual lessons for pupils who required more instruction in order to reach the minimum swimming ability before they left Primary education.

Learn to Swim

Income and admissions for the Learn to Swim classes continued to rise and the classes were popular with children from all over the south mainland of Shetland. There were also a few new faces in attendance whilst the Clickimin Pool was closed for refurbishment. Staff worked hard to ensure that there were enough classes to meet demand. With the population in the local area increasing it is hoped that these figures will continue to rise in the years ahead.



Teacher Vivien Smith putting some of her little swimmers through their paces.

Summer Swim Schools

Due to demand for swimming lessons the pool continued to run summer swim schools covering all levels from AquaFun Level 3 all the way through to Learn to Swim Level 8. These courses involved the swimmers attending one lesson per day over a five day period. Over the 6 week period 33 children attended, an increase on the previous year.

With increased advertising planned it is hoped to improve on that number next summer.

SwimSkills

The SwimSkills classes have been popular and provide the stepping stones for swimmers who have completed the Learn to Swim Programme and wish to continue to swim. The classes which lasted 45 minutes helped swimmers to develop competitive swimming skills, including proficiency in all four strokes, starting, turning and finishing. Once they have completed SwimSkills Level 2 swimmers are able to attend the Advanced Swimming sessions.

Activity	Attendances 15/16	Attendances 14/15
Advanced Swimming	1,170	1,019
Aqua Aerobics	277	263
Birthday Parties	280	450
Holiday Activities	579	760
Individual Lessons	122	131
Learn to Swim Lessons	5,027	4,892
Steam & Swim	604	607
Total	8,059	8,122



VSD – They're not much to look at but these 2 little boxes contain variable speed drives that have helped to reduce energy consumption in the facility.

Plans for 2015/16

Last year's targets were met as follows:

- Ensure that sufficient swimming lessons are timetabled in order to meet demand: *swimming lesson attendances were slightly up on the previous year;*
- Offer a balanced programme of activities for all age groups and swimming abilities: *a variety of activities were programmed and were well attended;*
- Introduce new water-based activities to attract more junior and adult customers: *adult swimming lessons and Rookie Lifeguard sessions were introduced;*
- Utilise the SRT website to make booking into activities easier for customers: *the ability to book swimming lessons was made available online;*

- Build on the South Mainland Pool Facebook page and customer email database: *the Facebook page has 281 followers and there are 186 on the email database;*
- Increase the level of cost effective advertising of the facility and activities: *local advertising and the use social media has helped to reduce advertising costs;*
- Continue to look into ways of reducing energy costs and the impact that the facility has on the environment: *variable speed drives have been installed on the pool circulation pumps and air handling unit along with switching to Biomass for heating the facility.*

Plans for 2016/17

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

- Offer a balanced programme of activities for all age groups and swimming abilities;
- Introduce swimming challenges during the holidays;
- Investigate ways of lowering expenditure that won't have an impact to the service provided;
- Carry out a customer satisfaction survey to find out how service could be improved further;
- Promote birthday parties.



Income and Admissions

1 April 2015 - 31 March 2016

		2015-16	2014-15			
Total Income		£54,805	£52,141			
Total Admissions		37,883	34,460			

		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	37,883	34,460	income	£46,332	£44,670
Other	–	–	–	income	£8,473	£7,471

Indoor						
Staff led courses/classes/ activities	admissions	6,747	6,807	income	£21,165	£20,076
Pool	admissions	9,206	8,572	income	£10,459	£10,526
	<i>general admissions</i>	8,245	7,765			
	<i>subscription admissions</i>	961	807			
Health & Fitness	admissions	604	636	income	£1,708	£1,343
	<i>general admissions</i>	415	473			
	<i>subscription admissions</i>	189	163			
Spectators	admissions	19,826	17,113	–	–	–
Education	admissions	1,500	1,332	income	£13,000	£12,725



Scalloway Pool

It has been another successful year at the pool with staff constantly working hard to ensure that customers were provided with an excellent service as soon as they came through the door. This saw 2015/16 carry on from the previous year with increases in income and admissions in all areas except pool party bookings.

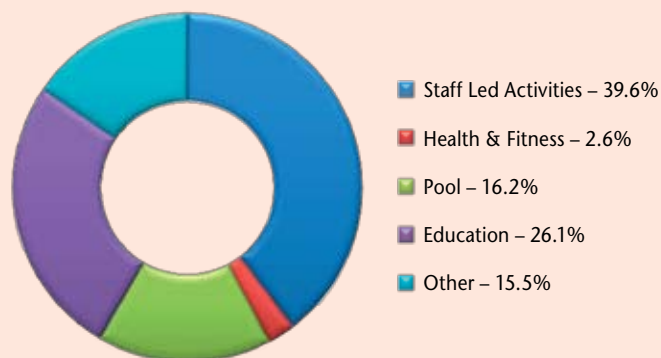
July brought some unexpected news that the Clickimin pool had to close for a period of time to carry out

repairs on the glazed roof. This closure lasted 12 weeks and saw a migration of classes, clubs and customers from the Clickimin pool to the Scalloway Pool. Plans were quickly put in to place and saw the pool opening hours extended with staff starting as early as 5.30am to accommodate swimming club hires. Some staff from Clickimin were also transferred to Scalloway to help cover the additional opening hours and swimming classes.

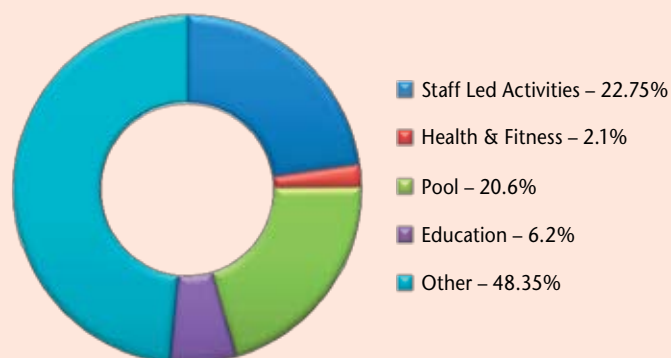
With operational budgets under review the facility moved forward with its energy saving programme and installed variable speed drives on the pool water circulation pumps and air handling units. There was also a switch to the use of Biomass for heating the facility instead of relying on oil. This saw energy consumption reduced dramatically and should help to keep energy bills lower in years to come. The Biomass unit will also eventually provide heating for the primary school and health centre.

2015-16 SMP Revenue & Admissions % Breakdown by Department

% of Total Net Revenue



% of Total Admissions



Activities

Adults Only Swim/Steam Sessions
As in previous years the pool offered adult only sessions on Monday, Wednesday and Thursday evenings. The sessions were popular with locals as well as workmen from the accommodation barge and cruise ship that had taken up residence in the harbour during the building work at Sullom Voe. Although the number of workmen declined as the year went on, admissions remained steady.

Birthday Parties

The number of pool parties booked throughout the year dropped compared to the previous year. A factor that impacted on the numbers was less availability from July to October. The children who did chose to celebrate their birthdays splashing

about in the pool with their friends and family thoroughly enjoyed themselves with loud music, large floats and water cannons.

Christmas Opening Hours

The Scalloway Pool continued to be one of two SRT facilities to open for 3 days over the festive period. The Delting Dolphins and the Lerwick Swim Team took the opportunity to continue their training programme with a two hour session each.

The pool was also open for public swimming sessions. There was a rise in the number of admissions over the period with a total of 180 swimmers coming through the door for a dip in the pool.

Holiday Activities

There was a range of activities timetabled throughout the school

holidays for children of all ages. Activities included Aqua Run inflatable sessions, small inflatable sessions, Floats and Flippers, Rookie Lifeguard and the ASA/ISRM Swim Award Class. Rookie Lifeguard sessions were introduced to gauge interest with a view of making them regular sessions during the normal timetable. Another session that seemed to be a hit was Floats and Flippers, with several sessions reaching maximum numbers during the summer holidays.

Over 50s

These sessions run twice weekly on Tuesday and Friday afternoons between 2pm-3pm and offer exclusive use of the pool, bubble pool and steam room. Attendances at these sessions remained steady with many regulars and a few new faces.



Carpark – The new look Scalloway Pool carpark with increased capacity. In the background is the new biomass heating unit. This was built to provide cheaper heating for the facility and will go on to eventually heat the Scalloway Primary School and new Health Centre.

Activity	Attendances 15/16	Attendances 14/15
Adult Swim & Steam	976	892
Christmas opening	180	159
Holiday Activities	784	577
Individual Lessons	297	292
Learn to Swim Lessons	9,790	8,601
Pool parties	590	925
Total	12,617	11,287

Table above showing attendances at the various pool activities:

Pool Hires

Various clubs and groups hired the pool during the year. As in the previous year, most of the swimming club bookings were transferred to Scalloway to ensure continuity in training while the Clickimin pool was closed for routine maintenance. The clubs included the Lerwick Amateur Swimming Club, Lerwick Swim Team, Shetland Amateur Competitive Swimming Club as well as the Shetland Triathlon Club. The bookings filled every available slot and even included a few training sessions that started at 6am.

Additional bookings were also received from the Lerwick Boys Brigade, North Atlantic Fisheries College, the Parent and Toddler Group from Burra and Scalloway and the Scalloway Youth Club did a sponsored swim.

The Shetland Swimming Association continued to hire the pool once a month between September and March in order to host the Beta

League Swim meets. This competition was won by the Westside Sharks for the third year in a row.

Schools

Children from schools in Scalloway, Hamnavoe, Tingwall and Whiteness used the pool throughout the

year, with each pupil receiving 6 weeks of swimming as part of their Physical Education classes. There was a rise in admissions in this area due to larger school class numbers and the Bells Brae ASN Department choosing to use the pool during the Clickimin pool closure. Admissions rose from 2,236 in 2014/15 to 2,919 in 2015/16.

Swimming Lessons

Staff worked hard to provide the right balance of swimming lessons throughout the year to meet the demand, as well as looking to attract new custom. A variety of extra



South Mainland ASC swimmer Rhys Ward competes in his breaststroke heat during the final Beta League of the season.



Salloway Pool



Swimmers take flight during a Beta League Swim Meet.



AquaFun – Teacher Craig Robertson in the middle of teaching (from left Alfie Sandison, Robbie Johnson and Jessie Harmer in their AquaFun class.

lessons were put on to accommodate swimmers from Clickimin pool who wished to continue to learn how to swim while it was closed during the August to October period. The Salloway Pool teacher levels were bolstered with Employed Trainee Laura Nicolson and Casual Recreation Assistant Alexis Robertson both gaining their Level 1 Teaching Aquatics certificates.

AquaFun

These classes, targeted children between the age of 3 and 5 were very popular with parents wanting to introduce their children to a class environment at an early age. Throughout the first 3 terms of the year there were between 10 and 12 classes at this level available per week. In term 4 there were 15 classes made available to accommodate the demand. The classes introduce children to the water and build on their confidence and swimming ability before they progress in to the Learn to Swim classes at age 5 years.



Individual Swimming Lessons

As always there was a keen interest in individual swimming lessons throughout the school holidays with a similar level of attendance as the previous year. These one to one lessons allowed the teacher to concentrate on specific areas of the pupil's stroke, and work on any areas that required attention to help the child pass the specific class they were participating in during term time. With a waiting list for this type of lesson staff are looking at how they could be incorporated into the pool's regular class timetable throughout the year.

Learn to Swim

Swimming lessons for children aged 5+ continued to be as popular as ever and followed the Scottish Swimming Association Learn to Swim framework. Admissions to the lessons increased on the previous year's figures and it is hoped that admissions will continue to improve over the next year. This increase was down to more classes being available for children to choose from, along with those programmed while the Clickimin pool was closed. A change from the previous year saw more swimmers staying on to try and complete Levels 7 and 8 before progressing into the SwimSkills classes.

SwimSkills

Staff continued to provide SwimSkills Level 1 and 2 classes for swimmers who had completed the Learn to Swim Level 8. The 45 minute sessions were held on Fridays and continued to help develop swimming technique further as well as building stamina. Swimmers who progressed in these classes would then move on to swimming competitively for one of the local swimming clubs.

Top-Up Swimming Programme
As in the previous last few years the pool supported the Top-Up Swimming Programme in partnership with the Shetland Islands Council,



Mascot – Hamnavoe Primary School pupil Seb Inkster and Keegan Brown take their school mascot Stingy the Stingray for a swim.

funded by the Scottish Government. This programme provided a number of pupils from the outlying schools the opportunity to attend class lessons so that they could reach the recommended swimming ability before leaving Primary education. This year saw a move to have the lessons taken during school time which removed any issues with transportation.

Plans for 2015/16

Last year's targets were met as follows:

- Ensure that sufficient swimming lessons are offered to meet the demand: *class admissions rose by 1,189. Numbers were also boosted by additional classes run during Clickimin pool closure;*
- Offer a balanced programme of activities for all age groups and swimming abilities: *the timetable met demand and extra sessions and opening hours were programmed during the Clickimin pool closure;*
- Introduce new water-based activities which could help to attract more junior and adult customers: *adult improver swimming lessons and Rookie Lifeguard were trialled during the school holidays;*

- Continue to look into ways of reducing energy costs and the impact that the facility has on the environment: *variable speed drives have been installed on the pool circulation pumps and air handling unit along with a switch to Biomass for heating the facility;*
- Utilise the SRT website to make booking into activities easier for customers: *swimming lessons were made available to book online.*

Plans for 2016/17

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

- Offer a balanced programme of activities for all age groups and swimming abilities;
- Introduce swimming challenges during the holidays;
- Investigate ways of lowering expenditure that won't have an impact to the service provided;
- Carry out a customer satisfaction survey to find out how service could be improved further.



Income and Admissions

1 April 2015 - 31 March 2016

		2015-16	2014-15			
Total Income		£87,962	£77,929			
Total Admissions		47,027	41,152			

		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	47,027	41,152	income	£74,367	£66,965
Other	–	–	–	income	£13,595	£10,964

Indoor						
Staff led courses/classes/activities	admissions	10,691	10,136	income	£34,834	£28,477
Pool	admissions	9,685	9,292	income	£14,235	£13,634
	<i>general admissions</i>	<i>7,617</i>	<i>7,745</i>			
	<i>subscription admissions</i>	<i>2,068</i>	<i>1,547</i>			
Health & Fitness	admissions	992	904	income	£2,298	£2,231
	<i>general admissions</i>	<i>590</i>	<i>640</i>			
	<i>subscription admissions</i>	<i>402</i>	<i>264</i>			
Spectators	admissions	22,740	18,584		–	–
Education	admissions	2,919	2,236	income	£23,000	£22,623



West Mainland Leisure Centre was again successful for a fifth year in gaining a 5 star rating in the Visit Scotland Quality Assurance Scheme, making it the only SRT centre to hold such an accolade. Staffing has settled down in the last year with Ian Simpson managing Senior Matthew Saunders, Katriona Mouat, Stephanie Keith and Darren Forrest all full time recreation assistants. Mhairi Maclean was appointed as the centres newest trainee in June 2015 and Maria Simpson was appointed to cover a part time maternity post in February 2016. With staffing levels promising, this last year has seen the addition of many new activities for both adults and children as well as the return of some previously popular ones. Overall admissions increased by 9,282 and revenue increased by £21,736 on the previous year. Staff lead activities were significant in the positive figures achieved this year.



A friendly welcome at WMLC

Birthday parties

Birthday parties remained popular this year with 18 inflatable jungle run sessions held in the pool and 44 sessions in the hall, 18 being a bouncy castle party. Most of these take place during the weekends and make use of the large community room for party teas. The centre now offers a Splash Disco and Roller party option which have both been popular. A few 'Nerf battle' parties were also held in the centre over the year with obstacles set up to hide behind and kids bringing their own nerf devices.

Block bookings

Aith Badminton Club

From September 2015 to March 2016 the Aith Badminton Club used the main hall facilities for their club training on Tuesdays from 1930-2100, having an extra half an hour of training to the previous year. This training was open to anyone in secondary 1+ and was for all

abilities ranging from beginners up to Shetland Squad Members. On average twelve people attended the training each week and the club took part in the annual badminton league in the first division where the club competed well. League matches were organised when suitable hall space could be found.

The Wastside Rebels

Shetland Works League team The Wastside Rebels booked indoor training on Wednesday nights between October 2015 and March 2016 from 1900-2100. The Rebels numbers have remained healthy this year with some training sessions seeing so many players attending that some opted to use the fitness suite or play squash instead. The home games are a treat for the Rebels fans coming in their numbers to cheer on and watch their team play, even with their own Rebel hill at the side of the pitch.

Wastside Netball Club

The Wastside Netball Club have been

running club nights for a number of years on Monday evenings from 1800-2000. The first hour of the session is for Primary pupils from Primary 4 to Primary 7. Most of the girls come from the associated primary schools of Aith, Happyhansel and Skeld, however a number of girls come from the Weisdale area. Average number attending each night is about 28. The second hour of the session is for Secondary pupils from Secondary 1 to Secondary 4, again most are from Aith Junior High, but also a number of girls come from the Weisdale area who attend the Anderson High School. Attendance again is very high, averaging about 24. This year the club have been encouraging upper primary girls to play with the secondary girls to give them experience, as they hopefully will be part of the Wastside teams for next year's competitions. This year the club entered 3 teams into the league competition organised by the Shetland Junior Netball Development Group running from



West Mainland Leisure Centre



Wastside A-Team, winners of the Under 13's Winter League

September 2015 to March 2016 held in different leisure centres throughout Shetland over the winter. A number of the club players have been selected for and played for Shetland at Under 13, Under 15 level and also Under 18 level.

Whitedale Football Club

The Whitedale Senior team trained for two hours on Monday nights from October 2015 until the end of March 2016. These sessions proved valuable for players to work on ball and fitness drills. During the 2014-15 summer season, Whitedale finished mid table in the Shetland Premier league and came close to winning the Reserve league, only missing out by a few points. Silverware was added when the reserve team won the Joint Cup.

The juniors booked a vast range of hall time during the winter months to work on drills to build skills and confidence. These sessions were important in the development of the club with all age groups competing well and winning some silverware during the season. This year saw a new team form for Whitedale with the lasses having their own session.

At the non competitive level of 7s, 9s & 11s our player numbers are high

with a good few girls also taking part, Whitedale runs an Under 9s & 11s festival which is always a very successful day for all concerned and a great fund raiser for the club. That age group also takes part in the festivals hosted by Rangers & Thistle. The older boys from the Under 11s also travelled to Orkney for a weekend of football which again was a great success.

Last years Under 13s were very successful winning their league & the Cup competition and also joint winners of the 7 aside tournament, this was a very talented group with the majority of the squad involved with the Shetland team.

The Under 15s with a small squad managed to finish second in the league and were runners up in the cup so overall a successful season.

The Under 18s won the first of the league competitions and were runners up in two cup finals with several of their players breaking into the senior A team.

Overall Whitedale juniors are in a very good position with plenty players and coaches who are keen for the club to do well.

Community Room

The Bruce Family held their weekly class in the Community Room on Friday mornings bringing together parents/carers and preschool children until summer 2015. This fun session allowed parents to get to know each other and delivered stimulating educational play for their youngsters. Some parents took this opportunity to take their children swimming, or to attend a fitness class while their children played.

The Community Room is busy with party teas most weekends and occasionally through the week with meetings from groups such as The Westside Sharks, The Wastside News and also as a drop in Enjo shop. It is a great space for meetings and training courses with the new television able to show presentations. Many have taken the opportunity to use the space for training courses over the last year including netball coaching, volleyball, National Pool Lifeguard Qualification etc.

Fifty Plus

A steady number of regulars as well as new customers continue to use the Fifty Plus sessions on Tuesdays and Fridays. These allocated two hour slots allow users to use the fitness suite, squash court plus swimming pool and health suite. This leisurely session is ideal to get the heart pumping, to keep fit and mobile as well as socialising.

Fitness Suite

The Fitness Suite has continued to be a busy part of the centre after the refurbishment last year which saw the addition of free weights and the reshuffle of equipment. This year new graphics were installed to the outside of the Fitness Suite in the Foyer to brighten up the area and to offer privacy inside the Fitness Suite without blocking out any natural light

With the Aith Junior High School continuing to use the facilities many



Aith Secondary 3 young ambassadors organised a dodgeball tournament for P6 – Secondary 2 to raise money for the British Heart Foundation.

children aged 13-15 completed their fitness suite inductions through class PE or through the centres own Junior Gym Course. The Junior Gym Course consists of three sessions to give an insight into how to improve fitness levels and how to use the machines safely to gain early access to the Fitness Suite.

Games Hall

Badminton

Two popular sessions are currently running for children in P3-P5 and also P6-S2. Both classes aim to develop the initial movement patterns, hand-eye coordination and racquet skills through fun structured activities.

Circuits

Ian started up a Circuit Session in mid-February 2015. His class offers

a total body workout, comprising simple but effective exercises to tone and strengthen the body. Working at individual stations while in a group setting helps motivation and pushes you to your full potential. Attendances are steady with some weeks seeing an influx when some sporting groups attend to build on their fitness pre-season.

Fun and Games

Fun and Games has proved very popular again this year. This one hour session for children in Primary 1 – 4 aims to improve hand eye coordination, balance and speed through a variety of fun games. It consists of plenty of running around playing playground games with their friends after school and trying out new sporting events such as the long jump and relays. Parachute games

and obstacle races are also popular in this class.

Hip Hop Dance

After good attendance at a Hip Hop taster on the Open Day and many comments enquiring about a dance class, Bronwyn Mathieson started a Hip Hop class at the West Mainland Leisure Centre. The first 5 week block worked on flexibility, balance and strength through dance. They also looked at dance moves and linking them together, the children had input themselves to make two routines. At the end of the 5 weeks, parents were invited along to watch their performance.

Peerie Kickers Football

Peerie Kickers has continued to be a firm favourite, with pre-school children now having their own 'Peerie



West Mainland Leisure Centre

Dribblers.' Peerie Kickers is always well attended being either fully booked or having very few spaces left each term. The class aims to help build young footballers co-ordination, skills, confidence and techniques through various fun games and drills. It also aims to improve teamwork through small sided matches.

Peerie Dribblers Football

Peerie Dribblers has proved a hit in its first year since it started in February 2015. It has been at capacity most terms with a mixture of pre-school boys and girls coming to have a run around, whilst also improving their motor skills by introducing basic ball games and activities.

Parent and Toddlers

Numbers for the Parent and Toddlers two hour weekly session remain positive. Children can come for a run around in the hall with soft play, toys, balls etc. This year the Parent and Toddlers session benefitted from some new equipment, such as sit on cars/bikes. The swimming pool is also reserved for children and adults to gain confidence in the water with toys and water features. What is appealing is the ability to attend both sessions during this two hour slot.

Trampolining

Trampolining has been very popular since it started in February 2015, with waiting lists ever growing. In January 2016 another class was added to reduce this but again the list grew. This session aims to introduce trampoline moves in a safe environment. It works on improving technique so that trampoline routines can be performed.

Health Suite

A small but very functional area adjacent to the pool is the Health Suite with sauna and steam room giving customers the option to relax and unwind. There is a Ladies night on Wednesdays and Adults session



Some of the 50 plus group enjoying a relaxing swim and steam session

on Thursdays which provides the opportunity to get together, have a swim, chat in privacy and enjoy some relaxing social time.

Holiday Activities

Each school holiday the West Mainland Leisure Centre aim to put on a full holiday programme with existing popular activities as well as new ones. In October 2015 Splash Discos were introduced. Splash Discos proved to be very popular! It was fully booked each week during the October holidays so an additional lifeguard was added to these sessions to ensure that no one missed out.

Playzones two hour drop in sessions were full to capacity most holidays. It provided the perfect run around space to let off steam and included the trampoline, bouncy castle, soft play, football goals and parachute etc. The pool inflatable was also a great success every holiday with a weekly drop in session and ever popular were the one to one swimming lessons. Some of the summer programme activities were repeated during the October holidays and were welcomed by parents.

School Use

Aith Junior High School continues to be the most frequent user of the centre with PE Teachers Kerry Redfern and Elspeth Spence delivering the curriculum through daily use Mondays to Fridays. This important partnership plays a vital role in the future of the centre giving children 5 star facilities on their doorstep. In return this improves their health, fitness and general wellbeing. The pupils start early in Nursery school so they become familiar with the surroundings and use the centre outwith school hours.

Swimming Pool Aqua Circuits

Aqua Circuits have continued with attendances being good every week. This is a 45 minute class that consists of an aerobic warm up and several circuit stations around the pool to work and tone the whole body. The water resistance ensures that the workout is gentle yet effective enough for everyone.



Inflatable

The new pool inflatable 'Rumble in the Jungle' has been in frequent use, especially during the holiday periods where children and parents have competed against each other to see how fast they can complete the run - a fun, energetic and exhilarating experience!

Learn to Swim Programme

More emphasis has been put on delivering a high standard of swimming lessons with a further increase in usage to 3972. Stephanie Keith, Matthew Saunders and Katriona Mouat, combine to make an experienced team helping to deliver more classes, including one to one lessons. From October 2015 we were able to deliver one to one lessons during the school term time, as we had two newly qualified swimming teachers Mhairi Maclean and Darren Forrest. The one to one lessons offer children an additional boost to their group lessons or an alternative.

As part of the ASA/ISRM Level classes, the centre provides Aquafun classes for preschool children. Additional swimming tuition can be provided through the Top Up Swimming Programme which aims to ensure all children have the chance to learn to swim before leaving primary school.

Westside Sharks Swimming Club

During the past year 60 children ranging in age from 6 to 14 have taken part in training sessions on Mondays and Wednesdays. Six swimmers have also taken part in the Shetland Development Squad training. All the swimmers, whether or not they choose to compete, have improved their technique, stamina and fitness through their dedication and hard work.

The Club have been to a number of competitions this year with

some excellent results. In April, 16 swimmers went to the Inverness Graded Meet. Nearly everyone achieved at least one personal best time and the club won three golds, a silver and two bronzes along with three 'speeding tickets'. 17 swimmers participated in the Brae Building Centre Head to Head meet in May where the club won 12 medals along with the shields for both the 10 and under girls (Mia Kirkness) and boys (Robbie Jamieson); and eight swimmers took part in the JW Gray plc Midsummer Meet in Lerwick for older swimmers where we had some more super personal bests and a relay bronze.

Nearly all the swimmers took part in our Club Gala in May, and then had a great night at the prize giving in June. Thirteen shields were awarded to the age group champions and Sarah Hazell won the Walls Bakery Cup for the most improved swimmer, not only for her swimming but also for the great fundraising and other support she gives the club. Magnus Bullough and Marissa Henry also won cups for their hard work and improvement.

During the autumn, 20 young swimmers took part in the Shetland junior sprints, where there were lots of personal bests, and the club won four relay golds and a number of individual



Mhairi working on her SVQ unit – maintain the safety of the pool environment and its users



West Mainland Leisure Centre



A full class working hard at this early morning pre-school spinning class.

medals. Mia Kirkness won the trophy for 10 year old girls, and Magnus Bullough the one for 9 year old boys. Four older swimmers took part in the Shetland Senior Championships and achieved several personal bests.

The older swimmers again achieved some fantastic personal best times in their 100m swims at the Lerwick Sumburgh Hotel meet in February; and they also won two medals. In the Junior Championships in February, the 19 swimmers won 23 individual medals and three gold relay medals. The club also won the shields for 10 year old girls (Mia) and 9 year old boys (Magnus). And then in March, the Westside Sharks just edged past Whalsay to win the Beta League again for the third year running after a very close final meet.

In the past year, two of our coaches have done the UKCC level 1 Coaching Course and one has started the Level

2 Coaching Course. Eight volunteers did the Safeguarding in Sport child protection training, held at West Mainland Leisure Centre.

The club was also delighted to be nominated for the Shetland Sports Award for Young Team of the Year in 2015.

Squash Court

Besides regular casual bookings for squash, this multi-functional area is used to deliver various studio classes. In an effort to better utilise the space, table tennis and soft play are both now offered in the squash court.

Spinning

Spinning has again proved popular and is attended by people of various age groups and abilities. The classes are held in the squash court by instructors Ian Simpson and Matthew Saunders. Since early 2016 the leisure centre have run three well attended classes each week.

FBX

FBX – Fat Burn Extreme took a break in October 2015, with it starting up again early 2016. Classes are well attended to the craze fitness class which is rest based, unique to others. Classes are held in the Squash court as the Main Hall is fully booked with block bookings most evenings.

Plans for 2016/17

The staff will work hard to ensure there is a wide and varied programme to the community and try to keep the programme fresh where possible. The Technical Service Department will remain key to ensure the building is maintained to a high standard and building efficiencies can be further explored. Large events will continue to be encouraged in the future along with exploring feedback from our users and non-users surveys. We will strive to increase admission figures whilst operating as efficiently as possible.



Income and Admissions

1 April 2015 - 31 March 2016

		2015-16	2014-15			
Total Income		£133,703	£111,967			
Total Admissions		52,973	43,691			
		2015-16 Total	2014-15 Total		2015-16 Total	2014-15 Total
Indoor	admissions	52,718	43,526	income	£120,607	£101,527
Outdoor	admissions	255	165	income	£96	£66
Other	–	–	–	income	£13,000	£10,374
Indoor						
Staff led courses/classes/ activities	admissions	10,959	7,122	income	£34,617	£18,458
Pool	admissions	7,874	5,721	income	£13,431	£10,428
	<i>general admissions</i>	<i>7,575</i>	<i>4,730</i>			
	<i>subscription admissions</i>	<i>299</i>	<i>991</i>			
Non sport	admissions	1,750	2,330	income	£1,111	£1,868
Health & Fitness	admissions	3,249	2,708	income	£6,724	£6,163
	<i>general admissions</i>	<i>1,836</i>	<i>1,615</i>			
	<i>subscription admissions</i>	<i>1,413</i>	<i>1,093</i>			
Dry activities	admissions	7,664	7,745	income	£11,724	£11,664
Spectators	admissions	9,168	4,954	–	–	–
Education	admissions	12,054	12,946	income	£53,000	£52,946
Outdoor						
Pitches/Athletics track	admissions	255	165	income	£96	£66



Following on from a busy first year in the post the Community Sport Hub Officer, Maurice Haining, continued to liaise with sports clubs and activity groups in each of the existing Sport Hubs to try to help them develop and improve. Efforts were made to help clubs increase their memberships, in particular in the junior sections, and coach education was identified as another key area which would allow clubs to be more sustainable.

Working closely with professionals from other organisations for the benefit of the local communities in Yell, Unst, Whalsay, North Mainland and West Mainland – the Hub Officer formed positive relationships with the Sports Development Officer, SRT rural Centre managers, Active Schools co-ordinators, Community Development Officers and Health Board staff.



Active Schools co-ordinator Danny Peterson supervises the squash fun session at the Whalsay Open Day.

South Mainland Community Sport Hub

One of the objectives agreed for this year was to establish the South Mainland Community Sport Hub and this was achieved with five groups initially joining – Ness Junior Netball Club, Ness United Football Club, Sandwick Badminton Club, South Mainland Amateur Swimming Club and the south mainland Jazzercise group. The five existing Hubs have been based in the SRT leisure centre but the Sandwick Junior High School was chosen as a meeting point for the South Mainland Hub. The head teacher at the school has been very supportive and provided rooms for Hub meetings as well as agreeing to provide the games hall for a planned Open Day.

Strong ties were maintained and developed with other sport related groups, in particular the Coaching & Volunteering Group and the Club Sport and Participation & Pathways Operational Group. There was also active involvement with other bodies sharing similar objectives such as the NHS Physical Activity Special Interest Group, who had as their main aim 'making the inactive, active'.

The over-riding principle behind the Community Sport Hub initiative is about working together to improve what is on offer and there were some good examples of this during the year. In April an Open Day was held at the Whalsay Leisure Centre to celebrate its 25th anniversary. This proved to be a great success with the Whalsay Leisure Centre manager and staff working alongside the Active Schools co-ordinator and Sport Hub Officer to provide an action filled day for the island's youngsters.



One young swimmer lands with a splash during the pool inflatable session at the Whalsay Open Day.



Ness United goalkeeper Erik Peterson being sent the wrong way by a future Ness striker?



Beautiful sunshine for the Sandwick Family Funday. Hub clubs took part in this community fund raising event with money raised shared between local sports clubs and activity groups.

Family Cycle Day

In July a Family Cycle Day was held in Lerwick and, again working alongside the Council's Sport & Leisure team and the Active Schools co-ordinators, the Hub Officer helped to provide another successful community event. The streets

around the Jubilee Flower Park were closed off on what was a glorious Sunday afternoon and over 100 riders took to the streets, many in family groups. The cycling lasted for two hours and was followed by a picnic and live music.



Above: Keith Leslie seems to be struggling to keep up with daughter Caitlin!

Right: Families enjoy the sunshine and music as they relax after the cycling.





Community Sport Hubs



The Forward Directions group after their last badminton session.

Forward Directions badminton

The Hub Officer was approached by staff at the Eric Gray Resource Centre to provide some badminton coaching for their Forward Directions group, which is a service for young people aged 18 – 25 who have been diagnosed with autism, Asperger Syndrome or additional support needs. The badminton sessions were seen as a way for the group to participate in a structured activity and to help them gain confidence while learning new skills. Feedback from the organisers was very positive and again showed how Community Sport Hubs can make a difference in the local community.

Projects

The Hub Officer was also involved in a number of projects within individual Hubs including one in Whalsay. There have been a number of successes in the 'Bonnie Isle' over the last couple of years including the portable changing rooms and the golf nets installed in the leisure centre squash courts. The Houll Loch is home to the Whalsay Model Yacht Club and it is also used by many other user groups including walkers, anglers and as a safe place for families to walk with pushchairs. The whole community, including other clubs, has backed the upgrading of the access road and the Hub Officer has been working with the Model Yacht Club to try to access funding.

The poor condition of the access road to the Houll Loch can be clearly seen in the photo (right). The Hub Officer has been trying to help the club source funding to upgrade this as the area is regularly used by many members of the community. The model yachts are stored in the building on the shores of the loch.

Working in partnership with the council's Sports Development Officer,

a Safeguarding and Protecting Children Course was run in the Whalsay Junior High School at the request of the Whalsay Riding Club.

Six members of the riding club attended and the course was also opened up to members of all other hub clubs.





*The NatWest Island Games 4x100 Women's Relay team discuss their winning race with MC Tavish Scott after being presented with their Team of the Year award by **sportscotland** chief executive Stewart Harris. From left: Mr Scott, Sophie Moar, Kristi Grant, Faye Cox and Tamar Moncrieff.*

Photo: Kevin Jones

Shetland Sports Awards

The Shetland Sports Awards was the biggest individual event in which the Hub Officer was involved. The 2015 Awards surpassed all expectations and a total of 268 guests enjoyed a fantastic night celebrating the achievements of Shetland's sports people. This has become a very important evening in the sporting calendar and the success of the event is down to the partners working closely together. Shetland Recreational Trust and the Sport Hub Officer co-ordinated the event, working closely with the Shetland Islands Council, The Shetland Times and Platform Shetland. Support was also received from **sportscotland** and, as always, Tavish Scott MSP's vital role as Master of Ceremonies added to the success of the evening.

One of the highlights was a display from the Shetland Gymnastics Club who received a rapturous reception at the end of their energetic display. Winner of the Sportsperson of the Year Award was swimmer Andrea Strachan with Karen Lobban's achievements in archery earning her the Junior Sportsperson Award.



The Shetland Gymnasts team forms a pyramid during their well-received display at Shetland Sports Awards 2015. From top to bottom and left to right: Eva Smith, Jess Fraser, Maddie Smith, May Young, Aimee Smith, Arwen Grieve, Christy Henderson, Karri Odie, Sophie Grant, Hannah Robertson, Karis Williamson and Evie Craigie.

Photo: Kevin Jones



Community Sport Hubs

Community Sport Hubs in figures

Each community sport hub is unique but the common thread is that each works to the following five principles:

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

As can be seen from the above the first principle is to achieve growth in participation. The table below reflects how the number of clubs and members in Shetland's Community Sport Hubs has increased since the initiative began in 2012. Figures for 2015/16 are not yet available but will hopefully continue to reflect a continued growth.

Community Sport Hub	2012/13		2013/14		2014/15	
	Clubs	Members	Clubs	Members	Clubs	Members
Unst CSH	6	152	7	230	7	224
Yell CSH	9	85	10	247	9	234
Whalsay CSH	9	232	9	379	11	390
North Mainland CSH	4	196	4	182	4	228
West Mainland CSH	3	88	6	190	5	239
South Mainland CSH	–	–	–	–	5	264
Totals	31	753	36	1,228	41	1,579

The future of Shetland's Community Sport Hubs

Maurice Haining's secondment as Community Sport Hub Officer finished at the end of 2015 and following a review, Shetland Islands Council's Sport and Leisure Service have agreed that a member of their team will take on the responsibility for supporting the Hubs going forward.