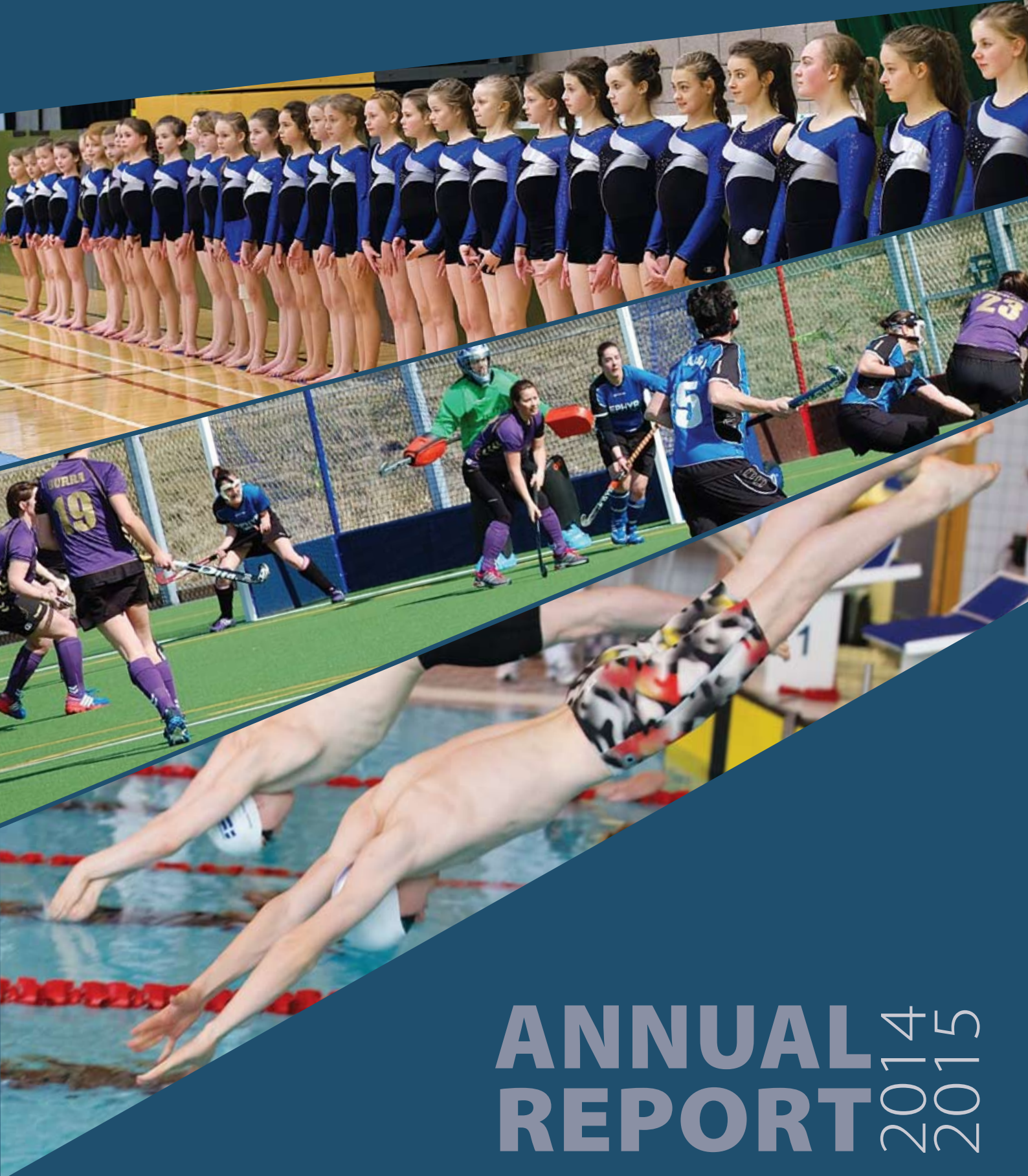




shetland recreational trust



ANNUAL REPORT 2014 2015

**The Thirtieth Annual Report of**


# **Shetland Recreational Trust**

**1 April 2014 – 31 March 2015**

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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  
Charitable Trust





It gives me great pleasure to introduce the 30th Annual Report of Shetland Recreational Trust, my first as Chairman following my election to the post. With Joe Irvine, the former Chair, retiring we have lost a staunch advocate for sport in Shetland and his knowledge and relaxed personality will be sorely missed by everyone at SRT. We wish him well in the future.

The report illustrates the enormous range of activities that have taken place over the year and, with admissions of 637,292, the continued demand for the services we offer is clear. I would like to take this opportunity to thank all the staff and volunteers for their continued hard work and enthusiasm which make the Trust as successful as it is.

While we acknowledge and thank Shetland Charitable Trust for its continued support, the reduction in the SCT grant and the proposed cuts will mean we have to analyse our strategy and objectives. Many hard questions will have to be asked of what we do and how we can provide the level of service the Shetland community has come to expect.

Notwithstanding this uncertainty the Trust has been able to build on an unprecedented year of sport in Scotland with the Glasgow Commonwealth Games providing not only a focus on sport but also a consequential benefit in the equipment the Trust has been able to secure as part of the legacy of the Games. This new equipment will benefit all our customers who are striving to match the success of

Shetland's Commonwealth athletes, Andrea Strachan, Lynda Flaws and Erraid Davies.

We were delighted to welcome Louise Martin CBE, Chair of **sportscotland** and Vice-Chair of the Glasgow Commonwealth Games Organising Committee, to Shetland to open the Regional Hockey Facility in Brae. The new synthetic all-weather pitch will help hockey grow in Shetland and provide a dedicated facility for the sport into the future.

Louise was also the headline speaker at the Shetland Sports Awards where the sporting achievement of Shetland's athletes was celebrated and I would personally like to congratulate all the winners and nominees on the night for their dedication and success.

With the ongoing design of the new Anderson High School project, and its impact on the Clickimin Leisure Complex, taking up much of the senior management's time we are looking forward to work beginning through 2015 and working alongside Shetland Islands Council in providing a campus for the students which will benefit, not only their educational learning but also their physical growth and wellbeing.

While there is much changing around us there is even more to look forward to in the future.

Bryan J Leask  
Chairman



*Newly appointed Chairman Bryan Leask presents former Chairman Joe Irvine with a retirement gift in December 2014.*  
Photo: Paul Riddell



## Trustees

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

**Mr J A Irvine**

Chairman  
Grunnablett, Brae  
*(resigned 10 December 2014)*

**Mr B J Leask**

Chairman  
42 Norderdale, Lerwick  
*(appointed Chairman  
10 December 2014)*

**Mr N A Martin**

Vice Chairman  
Swinister, Sandwick

**Mr G P Keith**

South Gardie, Aith, Bixter

**Mr I Kinniburgh**

The Knowe, Toab, Virkie

**Mrs A Y Leask**

17 Ackrigarth, Lerwick

**Mrs M Phillips**

Holmsgarth, Lerwick

**Mr P Riddell**

5 South Road, Lerwick

**Mr L P Summers**

Seabreeze, Casho, Quarff  
*(appointed 25 February 2015)*

**Mr D H Thomson**

41 Leslie Road, Lerwick  
*(appointed 25 February 2015)*

**Mr L R Williamson**

5 Knab Road, Lerwick

## Managers

**General Manager**

James Johnston

**Depute General Manager &  
Operations Manager**

Shona Nisbet

**Support Services Manager**

Hazel Sutherland

**Technical Services Manager**

David Wagstaff

**Health & Fitness Manager**

Diane Legget  
*(resigned 22 April 2014)*

**Clickimin Leisure Complex Manager**

Robert Geddes

**Unst Leisure Centre Manager**

Matthew Cox

**Yell Leisure Centre Manager**

David Gear

**North Mainland Leisure Centre  
Manager**

Lorraine Gifford

**Whalsay Leisure Centre Manager**

Rhonda Sandison  
*(appointed 1 January 2015)*

**Whalsay Leisure Centre Manager**

Ian Simpson  
*(resigned 18 January 2015)*

**Scalloway / South Mainland Pools  
Manager**

Steven Smith

**West Mainland Leisure Centre Manager**

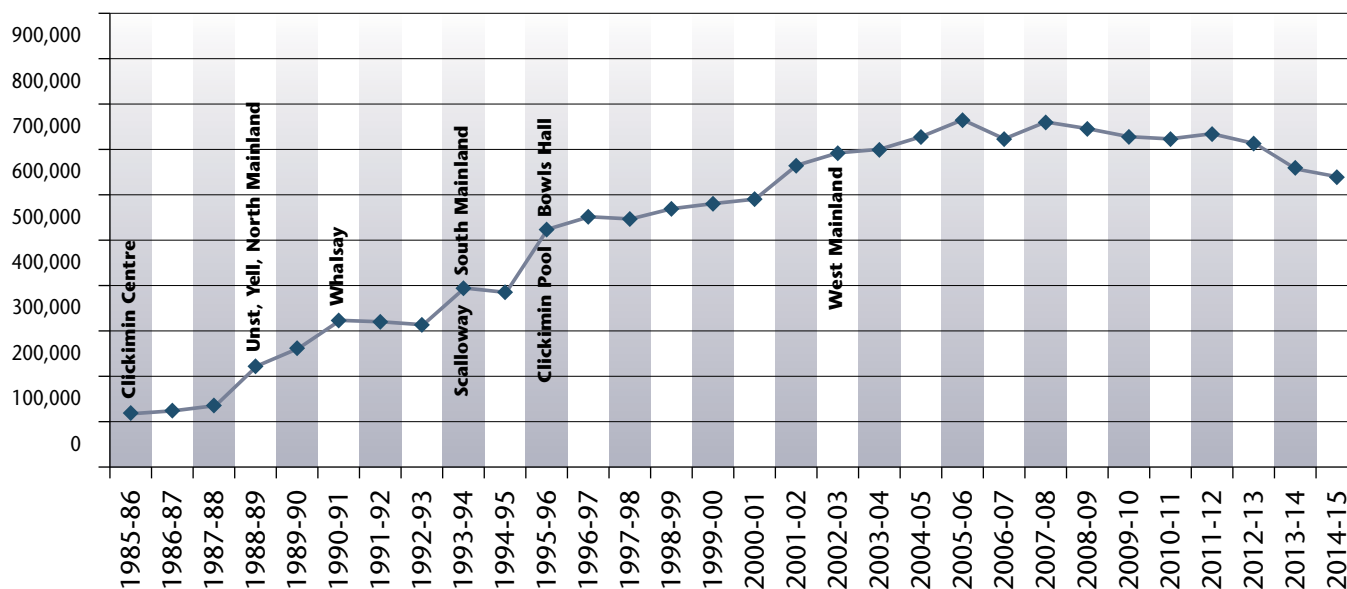
Diane Legget  
*(appointed 23 April 2014)  
(resigned 16 January 2015)*

**West Mainland Leisure Centre Manager**

Ian Simpson  
*(appointed 19 January 2015)*



## Admissions



**Total admissions at all centres 1985 to 2015**  
15,913,770

## 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:

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

Auditors:

KPMG  
191 West George Street  
Glasgow  
G2 2LJ

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



In the past year 346,734 customers have attended a wide range of activities at the Complex, both sporting and non-sporting. This was an 8% decrease from the previous year's figures which are highlighted later in the report. A reduction across all areas including indoor activities, outdoor activities and non-sporting events has contributed to the decrease in both income and admissions. Factors affecting the figures include fewer events being held, the pool closure during December and January, closure of the athletics track for maintenance and the first year of reporting zero income and admissions for the campsite which is now closed.

Many changes have occurred during the past 12 months. Some staff members have moved on and been replaced with new additions to the team. The new staff members have fitted in well and have quickly picked up their roles to minimise any disruption to the programming on offer to the customer. The appearance of the building has also changed. With the aim of keeping operating costs to a minimum, a number of maintenance projects have been ongoing to ensure the building is as efficient as possible. The scope of works not only tackled efficiencies but also covered the fixtures and fittings to ensure the building is presented to an excellent standard despite the original centre entering its thirtieth year and the pool its twentieth year.

During September the outdoor athletics track had refurbishment work done to eliminate the undulations on the home straight and to repair areas of the track that were worn. A full repaint of the track and re-lining was also planned but the weather prevented completion of the works. These are due to be completed in 2015, but in the meantime the track is in full working order for all to use.



*Shetland's three Commonwealth Games competitors who were joint winners of the 2014 Shetland Sports Awards Sportsperson of the Year award. From left: Table tennis player Lynda Flaws, finalist in the women's 50m breaststroke Andrea Strachan and bronze medal in the SB9 100m breaststroke Erraid Davies. Photo: Kevin Jones*

In December 2014, the pool hall had a major refurbishment which required the facility to be closed for a total of just under six weeks. Credit must be given to the Technical Services team for the high quality of work and the effort they all put in to ensure the project was completed on time and with minimal disruption to the public.

The dry facility had a number of energy efficient improvements made including the installation of low energy LED lighting in all public areas. There is evidence already of savings which bodes well for the future.

Significant investment has been put into completing works around the outside areas of the Complex. During 2014 the carparks were relined and new lighting was installed. Speed humps were introduced as a traffic calming measure to help ensure customers can get to and from the building safely.

The Complex has been working with the **sportscotland** institute of sport to develop an area of the building called Aspire. This joint working has led to the expansion of the Performance Development Programme (PDP) for promising athletes in four core sports: athletics, golf, netball and swimming.

The project is in the early stages and there will be further updates in future annual reports. Aspire will enable customers to experience new studio classes which will focus on developing functional training techniques, something that has never been offered before, so there are some exciting times ahead.

The Complex accommodated a range of non-sporting events that seem to have become a regular part of the yearly programme. In July the Complex hosted the Lerwick Queen's Baton Relay event. The day long event involved a large section of the community along with the schools, holding an outdoor event in the morning, then an open official ceremony followed by a successful Commonwealth 'Big Bash' party at night in the main hall. The Glasgow 2014 Commonwealth Games some weeks later proved to be a huge success with local athletes Andrea Strachan, Lynda Flaws and Erraid Davies enjoying great success and providing inspiration to the public of Shetland. It is hoped that the legacy of the Games will inspire people to be more active at all levels, whether just for fun or to reach their goals on a competitive platform.





## Block Bookings

As usual a large number of applications was received and below is a list of the various groups who have had block bookings during the year:

Active Schools  
Baroc F.C.  
Burgh Road Rovers  
Clickimin Bowling Club  
Climb Shetland  
Disability Shetland  
Eric Gray Resource Centre  
Jissen Budokai Karate  
Gremista Rovers F.C.  
GSI F.C.  
Lerwick Celtic F.C.  
Lerwick Indoor Bowling Club  
Lerwick Junior Netball Club  
Lerwick Outdoor Bowling Club  
Lerwick Spurs F.C.  
Lerwick Spurs Under-7s  
Lerwick Swim Team  
Lerwick Thistle F.C.  
LHD F.C.  
Midnight Football  
Ness United  
Old Rangers F.C.  
Old Timers Bowling Club  
Petrofac F.C.

Ping Pong Club  
Shetland Amateur Athletics Club  
Shetland Badminton Association  
Shetland Cricket Association  
Shetland Fencing Club  
Shetland Gymnastics Club  
Shetland Hockey Association  
Shetland Indoor Bowling Club  
Shetland Karate Club  
Shetland Ladies Netball Association  
Shetland Ladies Volleyball  
Shetland Men's Volleyball  
Shetland Roller Derby  
Shetland Rugby Club Juniors  
Shetland Squash Association  
Shetland Table Tennis Association  
Shetland Transport  
Shetland Triathlon Club  
Shetland Volleyball Association  
St Clements Badminton Club  
St Clements Junior Badminton Club  
Under-15 District Netball Training Squad  
Under-17 District Netball Training Squad

## Health and Fitness

The past year has seen a change in the structure of the Health and Fitness department with manager Diane Legget moving initially to the West Mainland Leisure Centre, then leaving Shetland to be with her family in Scotland.

In October Karen Woods was promoted from her position as Advanced Fitness Advisor to the post of Lead Fitness Advisor where her remit is to lead the fitness team with responsibilities for the Apex fitness centre and the studio based exercise class timetable at Clickimin.

Keeping the studio class timetable up to date with new innovations is crucial to its ongoing success and all the staff work hard to find ways to keep things fresh. This includes attending regular training courses to ensure that they have the right skills and knowledge to keep people motivated and coming back for more!



The team of fully qualified and experienced instructors. Back (from left): Janice Hamer (Apex Instructor), Callum Macgregor (Apex and Spinning Instructor), Karen Fraser (Apex/Studio Instructor), Tjasa Polak (Zumba/Step Instructor), Karen Woods (Lead Fitness Advisor), Alan Williamson (Apex/Studio/Strength & Conditioning Instructor), Amy Harper (Apex/FBX instructor). Kneeling in front: Neil Pottinger (Karate/Impact Blitz Instructor) and Jennifer Thompson (Personal Trainer/Specialist Instructor). Missing from the photo are Kerry Geddes (Jog Leader) and Robert Geddes (Spinning Instructor). Photo: Kevin Jones





# Clickimin Leisure Complex



Karen Woods pictured here leading a Stretch and Relax studio class which is currently part of the FitmiX session. A crèche for children aged between 1 to 5 years is available at the same time.

The fitness instructors trained with Diane Teo (who comes originally from Lerwick ) in her brand of High Intensity Interval Training (HIIT) – **Fatburn Extreme (FBX)**. This type of training has grown in popularity throughout the country with its claim to increase the body’s ability to switch on fat burning hormones and continue to burn fat for a long period of time after the class has finished. Classes are now being delivered not only at Clickimin but also in some of the rural centres and are an enhancement to the other HIIT classes **Metafit** and **Hardcore**.

Two new instructors have joined the studio class team and both bring a novel aspect to the classes on offer, appealing to a different clientele.

Neil Pottinger has incorporated a unique blend of Martial Arts Impact Movement Patterns with traditional

studio circuit based exercises to produce a new concept in studio fitness with his **Impact Blitz Circuits**. Initially he delivered specific martial arts drills to teach the principals of martial arts as a studio class. For participants this was an important part of the learning process and ensured that they could get the most from the circuits.

Tjasa Polak became part of the team in November and her **Zumba** class on Thursday evenings soon took off, proving popular with both regular and new studio class customers. Tjasa then turned her creativity to Step Aerobics and added her Zumba and Latino Dance moves to spice things up and add a twist to the traditional step routines.

Never before has the need to participate in some form of physical activity for general health and

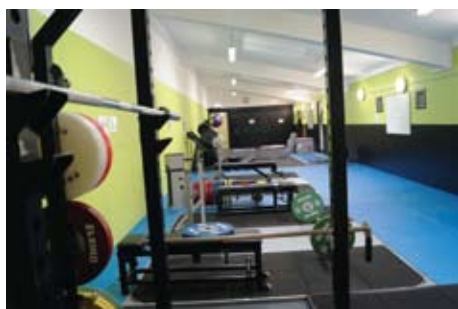
wellbeing been highlighted so much by health professionals. In the Health and Fitness department focus has been on increasing participation of senior and health specific groups who, traditionally, do not participate in structured exercise. On offer are four senior only sessions per week, two low impact exercise to music sessions and two spinning sessions. These classes, which are a starting point for improving health and wellbeing, are amongst the most popular and feedback from customers is that it is not only the exercise that keeps them coming back for more but the fun and social aspect as well.

The **Health Specific Classes** have increased to eight per week and are for individuals who are referred by NHS Shetland. For someone living with a long term health condition the classes, which are fully supported by qualified staff, are invaluable and



Young children having fun in the crèche under the watchful eyes of crèche attendants Amy Harper and Stacey Gardner.

Photos: Jean Sinclair



The new Aspire.



Photos: Jean Sinclair

can greatly enhance their quality of life. Attendees can exercise at a pace that is comfortable for them in the company of people who face similar challenges.

**Apex Fitness Centre** has continued to be busy over the last year with a noticeable increase in the number of males coming through the door. This influx has been due mostly to the increased number of workers at the gas plant at Sullom Voe and they have been a welcome addition to both Apex and the studio classes.

Partnership working is crucial in the ongoing success of Shetland sport not only locally but nationally. In partnership with **sportscotland** and Shetland Island Council, three instructors Karen Woods, Jennifer Thomson and Alan Williamson, have embarked on the **Institute of Sport Strength and Conditioning** programme and are participating in regular training opportunities both at home and at the Institute base in Aberdeen as they move towards accreditation with the Institute. This will further enhance what can be delivered at Clickimin as the knowledge and practical skills gained throughout the process will filter into all aspects of class delivery.

The year ahead looks to be exciting for everyone in the Health and Fitness department and the development of the new functional fitness training area aptly named **Aspire** will be the most exciting challenge of all. Already the team have developed a new concept in studio and gym based circuit classes in Aspire and they are looking forward to introducing these in 2015.

## Children's Courses

Courses are on offer during school term time, 39 weeks a year. Attendances at courses are down 21%, which is largely attributable to no longer having an instructor to run Jazz dancing classes.

| Activity / Class / Course | Attendances 13/14 | Attendances 14/15 |
|---------------------------|-------------------|-------------------|
| Baby Bond                 | 399               | 196               |
| Baby Gym                  | 357               | 212               |
| Commonwealth Stars        | –                 | 115               |
| Gym Kids 3+               | 250               | 320               |
| Gym Kids 4+               | 497               | 177               |
| Gym Tots                  | 852               | 1,022             |
| Gymtastics                | 522               | 395               |
| Jazz Dancing              | 501               | –                 |
| Junior Athletics          | 501               | 543               |
| Junior Gym                | 151               | 129               |
| Junior Netball            | –                 | 186               |
| Junior Squash             | 20                | –                 |
| Mini Messi's              | –                 | 168               |
| Peerie Kickers            | 821               | 363               |
| Peerie Olympians          | 406               | 366               |
| Play N Go                 | 97                | –                 |
| Pre-school Trampoline     | 463               | 537               |
| School of Trampolining    | 495               | 222               |
| Swim Squad Flexibility    | 500               | 468               |
| Trampoline Beginners      | 182               | 118               |
| <b>Total</b>              | <b>7,014</b>      | <b>5,537</b>      |

## Holiday Activities

Attendances for holiday programmes overall were marginally down 0.6%. The figures for the summer holiday period were down 11.8% which is largely due to a 6 day main hall closure in the summer of 2014. The programmes over Easter and the October periods showed a healthy increase in attendances of 20.9% and 23% respectively.

| Holiday Activities | Attendances 13/14 | Attendances 14/15 |
|--------------------|-------------------|-------------------|
| Easter             | 1,145             | 1,384             |
| Summer             | 4,632             | 4,086             |
| October            | 1,152             | 1,417             |
| <b>Total</b>       | <b>6,929</b>      | <b>6,887</b>      |





Schoolchildren enjoying the sunshine at the Queen's Baton Relay.

Photo: Kevin Jones

## Special Events

At the **Shetland Folk Festival** in May 2014, 2,470 guests were entertained over three nights. A highlight was The Chair from Orkney and The Revellers from Shetland playing on stage together at the Friday night concert.

A record number of people took to the Clickimin athletics track to walk for the cancer research fundraising spectacular **Relay for Life**. This was the fifth Shetland relay and there were more than 2,000 participants, with many more coming to support the event. "You are famous!" the crowds were told in an opening speech by Frances Milner, Cancer Research UK head of fundraising, who had come to Shetland with Richard Taylor, national director of marketing, specifically to see how Shetland manages to raise so much money. The sun came out as cancer survivors in their purple t-shirts gathered on the track to see veteran fundraiser Ann Moore cut a purple ribbon to start the 12 hours of walking.

Close to 4,400 visitors enjoyed the **Classic Motor Show** in June. The main hall, bowls hall and outside areas housed an impressive display of cars, bikes, trucks, busses and stationary engines while the squash courts were opened up and packed full of bicycles of all ages and styles. In the multi-use studio a display of miniature classic vehicles was also on show.

The **Queen's Baton Relay** was held in Shetland as part of the build up to the Glasgow 2014 Commonwealth Games. In glorious sunshine schoolchildren from Sound, Bells Brae, Foula and Fair Isle created a great atmosphere joining a samba band, the junior jarl squad and Clyde the Games mascot to cheer on the baton being carried round the track by Martin Leyland and Petur Petursson. In the evening a disco was held in the main hall for all the children involved.

To celebrate the Commonwealth Games, Disability Shetland held a **Peerie Birl for Da Commonwealth** on 12 July 2014. Following the Opening Ceremony and an exciting game of Boccia, there were track and field events to compete in and friendly sportsmanship was shown throughout. With the Jarl Squad, Tavish Scott and Malcolm Bell taking part in the Closing Ceremony it was a memorable day for everyone.

Also in July 1,000 rock fans were ably entertained when folk punk legends **The Levellers** made their third trip to Shetland for a sell-out concert in the main hall. Singer, harp-player and guitarist Mark Chadwick said before the visit he was excited about renewing his contacts with Shetland which he says is an amazing place. The Levellers were ably supported by their own local tribute act The Revellers.

The count of the Shetland ballot papers for the **Scottish**

**Independence Referendum** took place in the bowls hall in on 18 September. At 2.41am the Shetland result was announced with 5,669 voting Yes and 9,951 voting No for an independent Scotland.



Pictured here are some of the competitors at the Disability Shetland Peerie Birl. The fun day was rounded off with an enjoyable Boston Two Step with the Jarl Squad. Photos: Davie Gardner





Almost £8,000 was raised for the Anthony Nolan Trust and the ARCHIE Foundation at the **Folk for James Concert**, which saw fiddler Aly Bain and accordionist Phil Cunningham headline the show, along with a host of local musicians. Over 500 people filled the bowls hall to enjoy the music of the James Leask Band, Yell youngsters Megan Nisbet and Lauren Johnson, Shetland's Heritage Fiddlers and the North Ness Boys.



*The Revellers performing as support act at the Levellers concert.*

Over 700 folk came together in the main hall to enjoy the **Grand Dance of the Accordion and Fiddle Festival** in October. The dance floor was full the whole night as the guests enjoyed the music of eleven bands – six visiting and five local.

**The 2014 Christmas Craft Fair** attracted a record 4,750 visitors. For the first time the fair was extended to accommodate exhibits in the bowls hall. The visitors were able to shop at 98 local exhibitors' stalls with many products on offer including food produce, knitwear, photography and woodwork.

Dedication, guidance and sporting success was celebrated at the **Shetland Sports Awards** held in the bowls hall in November. Sportsmen and women from various sports were recognised for their efforts over the past year. Guest speaker for the event was Chair of **sportscotland** Louise Martin CBE.



*Adam Tait and Stuart Irvine demonstrate their skills at the Shetland Sports Awards.*

During the evening the guests were treated to a boxing exhibition from local athletes Adam Tait and Stuart Irvine. Joint winners of the Sportsperson of the Year award were Commonwealth athletes Erraid Davies, Lynda Flaws and Andrea Strachan. Laura Guthrie picked up the award for the Young Sports Volunteer of the Year.

In the team awards, the Shetland Junior Inter-county Football team won Young Team of the Year, while the Shetland Ladies Hockey Team was awarded Team of the Year. From Athletics, Sophie Moar won Young



*Shetland Sports Awards Lifetime Endeavour Award winner Davie Riddell alongside SIC Convener Malcolm Bell (left) and Tavish Scott MSP.*

*Photos: Kevin Jones*



# Clickimin Leisure Complex

Sportsperson of the Year. Coach of the Year went to Shetland Amateur Athletics Club coach Martin Leyland, and founder member of the Shetland Juvenile Football Association and

football coach Davie Riddell, received the Lifetime Endeavour Award.

For the first time Clickimin Centre provided two halls to host the January

2015 **Up Helly Aa** when, as well as the main hall, the bowls hall was used as a venue with guests in both areas partying the night away with the visiting squads!



Shetland's gymnasts line up at the end of a successful coaching day with Team Scotland Commonwealth Games gymnastics coach Sandy Richardson in January 2015. Inset: Mhia Mouat demonstrating a conditioning position during the coaching session.

Photos: Kevin Jones

## Sporting Events

Listed below are some of the many sporting events held at Clickimin during the past twelve months:

- Disability Shetland Bowls Tournament
- Junior Netball Tournaments
- Kinetics Netball Tournament
- Lerwick Spurs Roy Wiseman Memorial Football Tournament
- Lerwick Spurs Sandy Lamont Football Tournament
- Men's Squash Championship
- Senior Badminton Championships
- Senior Singles Badminton Tournament
- Shetland Indoor Bowling Club – Lewis & Muriel Smith Quaich
- Shetland Indoor Bowling Club – Lollie Dalziel Memorial Trophy

- Shetland Indoor Bowling Club – Open Triples
- Shetland Indoor Bowling Club Jamieson Trophy
- Shetland Indoor Bowling Club Tournament – Wallace Triples
- Skretting Football Tournament
- U11s Badminton Championships
- U11s, U13s, U15s Squash Championships
- U13s Badminton Championships
- U15s Badminton Championships
- U18s Badminton Championships
- Womens Squash Championship
- Works League Football Tournament

## Swimming Pool

The pool continued to offer the **Adult & Child** and **Learn to Swim** programmes in line with Scottish Swimming. The **SwimSkills** awards, designed by Scottish Swimming to follow on from the Learn to Swim programme to encourage more young people to take up competitive swimming, were also introduced. These lessons are going from

strength-to-strength, building on a 15.4% increase in attendances last year with a further 39.7% increase this year. This has been brought about by a combination of more customers enrolling into the programme and an increase in the number of weeks the programme is offered throughout the year. The programmes allow the pool to offer swimming tuition to children from the age of 4 months through to the completion of SwimSkills 2;

generally around 9 to 10 years old. At this point, having been given a great foundation, they are directed towards the local swimming clubs to further their competitive swimming.

In January 2015 a significant investment was made in the interests of safety with the installation of an underwater and surface camera system called SwimGuard. The cameras, which relay images to four





Concentration during a swimming lesson at Clickimin pool. Photo: Kevin Jones

screens at poolside lifeguarding positions, help eliminate glare and reflection. Since their installation lifeguards have found the cameras an extremely useful tool to help with lifeguarding pools.

This year saw the pool have its second major maintenance closure in a row; following on from last year's 2½ week closure. This lengthier 5½ week closure ran from 20 December through to 28 January inclusive; again encompassing the festive break in order to cause as little disruption to customers as possible. The closure was required to perform essential maintenance tasks in the plant rooms which supply the pool. Other tasks addressed during the closure included:

- Replacement of lighting in the pool hall and changing village;
- Re-painting of the pool hall;
- Re-tiling of the river and other pool tanks;
- Installation of new flooring at reception and walkway to the changing village;
- Installation of new play features in the toddlers pool; and

- Installation of SwimGuard camera system.

There is currently 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 Shetland Recreational Trust, Shetland Islands Council and local clubs, will 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. As always the pool provided instructors to lead the sessions with Gary Morgan and Daniel Mainland again doing the honours. Gary and Daniel 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. The floating floor area and 16m lanes were utilised to teach younger members before the pool was changed to 25m lanes for the older, more advanced swimmers. The club have recently introduced a regular 25m lane booking on Saturday mornings to cater for their development swimmers. The club

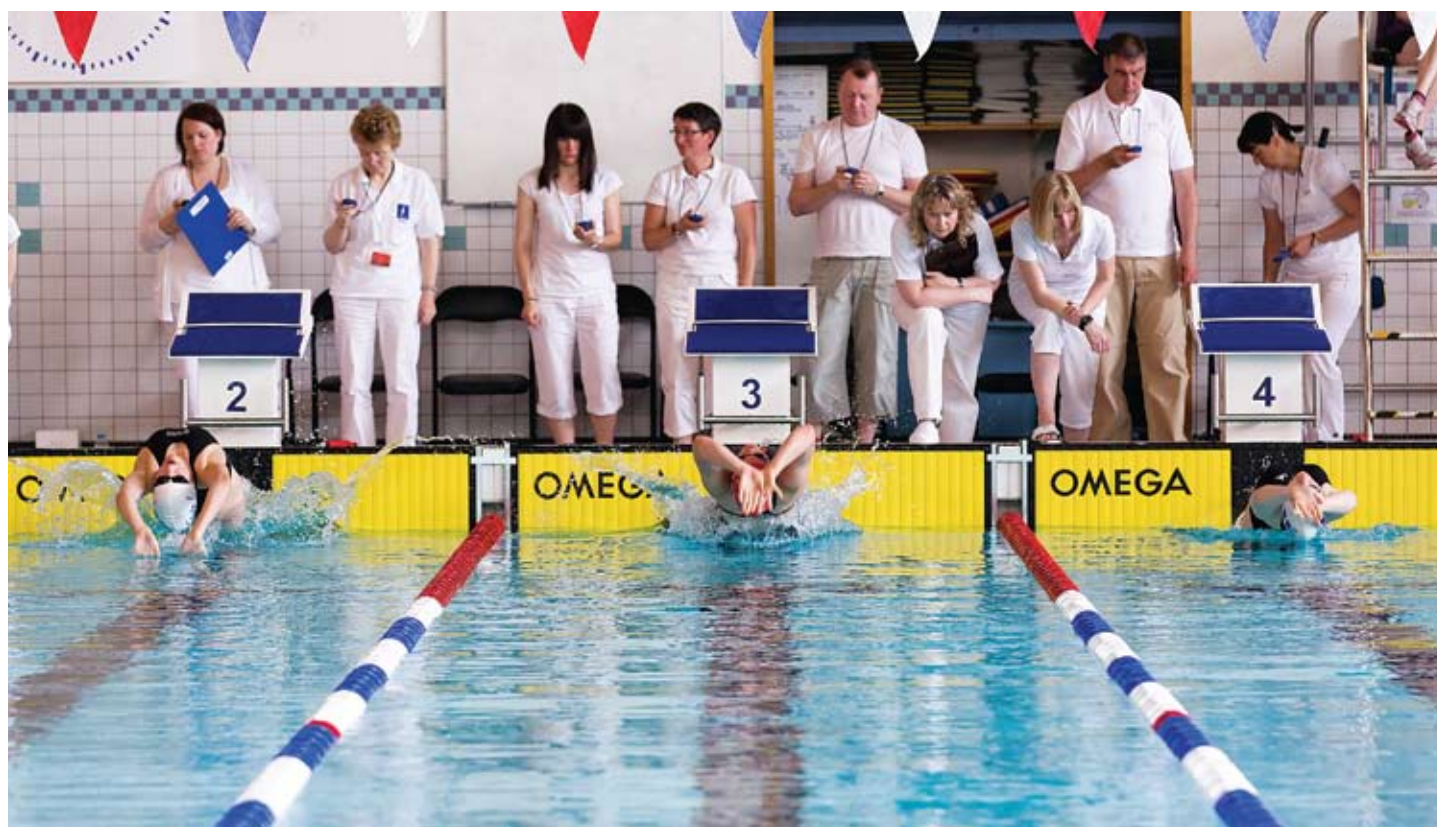


The toddlers pool had a new slide, interactive boards and a squirt station installed during the closure in December 2014. Photo: Gregor Manson





# Clickimin Leisure Complex



From left: Kayla Manson (Lerwick ASC), Kerris Sinclair (Orkney ASC) and Katie Bain (Shetland ACSC) push off the wall at the start of their 200m backstroke heat during the Midsummer Meet in June 2014. Photo: Kevin Jones

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. They continued to book the highest

quantity of pool-time of all clubs that use the pool with 3-hour bookings on Monday, Wednesday and Friday evenings, a 2-hour booking on Tuesday evenings and 1-hour bookings on Tuesday and Friday mornings. This is an all-year-round booking with only a small break during July.



Diving in at the start of a freestyle race during the Midsummer Meet.

Photo: Kevin Jones

Once again the **Shetland Amateur Competitive Swimming Club** met on Saturday evenings from August through to May allowing members to develop their skills and progress through the various stages of swimming tuition. A combination of 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.



Eleanor Hutcheon and Pete Fenwick turn together to start their freestyle length during their Mixed 13 & Over 100m Individual Medley heat in the SACSC Gala in May 2014.  
Photo: Kevin Jones

Following its formation last year the **Shetland Amateur Competitive Swimming Club – Masters Section** has consolidated its position with membership increasing this year. The club, which aims to encourage adults to remain or get involved in competitive swimming, has seen a number of its members attending a variety of Masters events throughout the UK and Europe. Pool management again worked closely to with club officials during the block booking process to make adjustments to their bookings allowing the club to grow.

This year saw a major change to the traditional **Shetland Canoe Club** which, for the previous 19 years saw them hire 6 x 16m lanes on a Thursday evening. The change to a Monday evening has resulted in the club being able to book 6 x 25m lanes which has greatly enhanced the usefulness of the session to members. 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.

**Shetland Swimming Association** regularly booked 25m lanes on Sunday afternoons and evenings to provide coaching for Shetland's elite and developing swimmers who are aiming to compete in the Inter-County and NatWest Island

Games. They also hosted a number of galas throughout the year allowing swimmers to experience the atmosphere of a large competition and gain accredited results in the process.

The **Shetland Triathlon Club** booked a 25m lane on Saturday mornings as part of their rigorous training regime. Some members also attend the SACSC Masters sessions to spend more training time in the pool.

## 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 13/14 | Attendances 14/15 |
|-------------------------|-------------------|-------------------|
| Tadpole Award           | 448               | 588               |
| Frog Award              | 284               | 335               |
| Duckling Award          | 213               | 212               |
| Otter Award             | 1,024             | 1,236             |
| Learn to Swim – Level 1 | 320               | 417               |
| Learn to Swim – Level 2 | 468               | 610               |
| Learn to Swim – Level 3 | 451               | 767               |
| Learn to Swim – Level 4 | 413               | 739               |
| Learn to Swim – Level 5 | 447               | 620               |
| Learn to Swim – Level 6 | 523               | 714               |
| Learn to Swim – Level 7 | 146               | 303               |
| Learn to Swim – Level 8 | 91                | 135               |
| SwimSkills 1            | 69                | 102               |
| SwimSkills 2            | –                 | 65                |
| <b>Total</b>            | <b>4,897</b>      | <b>6,843</b>      |





Andrew Aitken during the 750m swimming leg of the Shetland Sprint Triathlon in July 2014.

Photo: Kevin Jones

## Plans for 2015/2016

2015/16 holds some interesting times and challenges ahead. The introduction of Aspire creates an opportunity to develop fitness classes and look at integrating the area with Apex to enhance customer experience in the fitness suite.

The new Anderson High School project is on the horizon and there are plans to build an indoor training facility which will offer the community the chance to experience an outdoor pitch under cover with protection from the elements. The facility will allow individuals and groups to exercise, train and play all year around without the disruption of the long, dark winters.

As always, staff training will be a priority, both for their personal development and to ensure their skills enable them to develop activities and come up with new ideas.



Emma Williamson, a regular customer at Clickimin pool, proudly shows the fundraising total following the Bressay to Lerwick charity swim in September 2014.

Photo: Kevin Jones





## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15         |                  |                  |                  |                                 |
|-------------------------|--------------------------------|-----------------|------------------|------------------|------------------|---------------------------------|
| <b>Total Income</b>     | <b>£714,343</b>                | <b>£623,272</b> |                  |                  |                  |                                 |
| <b>Total Admissions</b> | <b>377,377</b>                 | <b>346,734</b>  |                  |                  |                  |                                 |
|                         |                                |                 | 2013-14<br>Total | 2014-15<br>Total | 2013-14<br>Total | 2014-15<br>Total                |
| <b>Indoor</b>           | admissions                     |                 | <b>354,082</b>   | <b>334,409</b>   | income           | <b>£581,574</b> <b>£522,198</b> |
| <b>Outdoor</b>          | admissions                     |                 | <b>23,295</b>    | <b>12,325</b>    | income           | <b>£42,700</b> <b>£8,240</b>    |
| <b>Other</b>            |                                |                 | –                | –                | income           | <b>£90,069</b> <b>£92,834</b>   |
| <b>Indoor</b>           |                                |                 |                  |                  |                  |                                 |
| Staff led activities    | admissions                     |                 | 37,978           | 34,687           | income           | £110,474   £109,019             |
| Pool                    | admissions                     |                 | 76,818           | 71,814           | income           | £133,173   £126,697             |
|                         | <i>general admissions</i>      | 65,781          |                  | 59,632           |                  |                                 |
|                         | <i>subscription admissions</i> | 11,037          |                  | 12,182           |                  |                                 |
| Non sport               | admissions                     |                 | 37,755           | 35,032           | income           | £110,566   £67,375              |
| Health & Fitness        | admissions                     |                 | 50,626           | 47,724           | income           | £83,786   £87,577               |
|                         | <i>general admissions</i>      | 20,290          |                  | 18,166           |                  |                                 |
|                         | <i>subscription admissions</i> | 30,336          |                  | 29,558           |                  |                                 |
| Dry activities          | admissions                     |                 | 68,203           | 65,627           | income           | £97,789   £96,866               |
| Spectators              | admissions                     |                 | 61,933           | 58,385           |                  | –   –                           |
| Education               | admissions                     |                 | 20,769           | 21,140           | income           | £45,786   £34,664               |
| <b>Outdoor</b>          |                                |                 |                  |                  |                  |                                 |
| Caravan & Campsite      | admissions                     |                 | 8,111            | –                | income           | £30,444   –                     |
| Pitches/Athletics track | admissions                     |                 | 15,184           | 12,325           | income           | £12,256   £8,240                |



This year income increased 5% with admissions falling 3% due to lower numbers making use of dry activities and a reduction in educational users. This was despite a slight reduction in centre opening hours and a larger reduction in pool opening hours. Staff led courses/classes/activities income increased 40% and admissions by 31% thanks to the wide range that was on offer.

In 2014 a non-user survey was conducted at all Trust



*Non-user survey prizewinners Gary Cleaver and Fiona Sinclair along with SRT Chairman Bryan Leask who made the presentation. Photo: Paul Riddell*

facilities to gather information on why some people do not use the services and facilities provided. Those who took part were entered into a prize draw with Unst proving very lucky for both Christina Walker and Gary Cleaver who won an ASUS Fonepad, along with Fiona Sinclair from Walls. In February 2015 a second customer satisfaction survey was also carried out. Information from these surveys was used to enhance what the centre offers and helped identify other means of meeting sport and leisure needs on the island.



*Manager of Unst Leisure Centre Matthew Cox presented Christina Walker with her prize. Photo: Faye Cox*

## Block Bookings

The community room, main hall, swimming pool, squash court and outdoor pitches have all been used for block bookings with Baltasound Junior High School the main user. Over the terms the centre has assisted the school and allowed a variety of novel activities to take place. A number of sports and leisure clubs have also made use of the centre.

Staff work closely with all organisations that wish to make block bookings and attempt to satisfy their requirements. Most clubs have developed a routine over the years and by accounting for this, requests for bookings are usually met. The clubs are also amenable to amending their bookings to allow for club matches or other special events, helping with the smooth running of the centre.

## Disability Shetland

The Wednesday evening session has gone from strength to strength with numbers increasing throughout the year. Margaret Pennington has overseen this revival and actively encourages all those who may benefit to attend the after school sessions. Through close working with the school, Disability Shetland also operates a morning swimming session during school hours which a number of children benefit from.

## Northern Neesicks Amateur Swimming Club

The decision was taken to stop attending the Beta League competition this year although it is hoped the club will return in the future. The three sessions have been well attended and a number of swimmers have improved their

technique thanks to the effort and guidance of the coaches. New members of any ability are always welcome.

## Unst Badminton Association

After a couple of years which saw numbers at these sessions fall, this year saw a stabilisation with two courts being required most nights with a third added occasionally. The club continues in the Shetland Badminton League and the cup competitions, and has a few members attending County training with David Sutherland representing the 'A' County.

## Unst Bowls Club

The bowls club have seen good attendances throughout their booking period and have frequently





had players waiting before sending a few shots down. Each end is keenly played with the final outcome not decided before the final bowl has been played.

## Unst Football Association

The club trained throughout the year using the main hall over the winter before venturing out onto the pitches after the clocks had gone forward. Although still unable to field a team in the league, a Parish Cup team was formed to continue the long association with this competition. A number of Unst players registered for other teams to keep their competitive instincts honed. Junior coaching continues to be well-attended with a number of parents and coaches helping. This assistance has been rewarded with the inclusion of a couple of players in the junior Shetland team. The Stanley Cup and UnstFest tournaments also saw a lot of closely contested matches before champions were declared.

## Unst Senior Leisure Club

Numbers attending the Friday sessions have fallen this year and the club will be looking to attract new members during the coming year. The fitness suite continues to be the most popular pursuit with swimming a close second. After their physical exertions a welcome cup of tea and biscuits await on the balcony before board games are played.

## Unst Squash Club

Gordon Thomson has continued to offer squash tuition for those secondary pupils who wish to improve their play. A mix of technique work, drills and tactical awareness has helped develop their skills in all aspects of the game. A hard contested Christmas handicap tournament occurred during the Christmas opening period and helped burn off a few of those extra calories that had been consumed.

## Unst Youth Centre

Both the junior and senior youth clubs have made regular use of the main hall over the past year. Over the winter months this is a perfect place to run-off some energy before returning to the youth centre for some food and drink and to try out an alternative activity.

## Fitness Suite

Income increased 191% and admissions rose 39% thanks to the 100 Day Challenges and an increased interest in personal fitness by members of the Unst community. The encouragement of staff has also led to a number of new gym users who previously didn't come to the centre regularly.

The introduction of 10 Week Fitness Programmes has proved popular, with the clients attaining the results they

were looking for; Belle Spence and Donna Johnson were both happy with their success stories. Belle finished her programme at the centre and what an achievement she made! Over the 10 weeks Belle lost 5.7lbs and not only that she now feels more energetic, has increased her stamina and overall her day to day activities feel easier. Belle said the best part of the programme was the variety she had in her workouts and having a programme to keep motivating her to exercise every day! Donna also completed a programme and lost 5lbs and ran her first whole mile in a while! The personal training session every week and the flexible training schedule meant she could fit in her exercise even with a full time job and looking after her son. Belle and Donna both show that even with work and family commitments, goals can still be achieved with just a little determination and the right attitude.



*Belle Spence and Donna Johnson who successfully completed the 10 week fitness programme.*



Alan Jamieson leads a class of secondary pupils through a FBX class.

## Games Hall

Although a core group of classes and courses run year to year many are added or rested depending on the numbers that attend. In planning a programme the centre tries to utilise the whole facility and staffing opportunities. Changes to the timings of activities are frequently as a result of customer requests as the centre strives to be available for all.

The Shetland Community Orchestra used the games hall for a concert that was attended by over 100 people.

## Athletics Zone and Run, Jump & Throw

Athletics was such a popular class among the primary age group that a second session was made available. In the autumn term it became Run, Jump & Throw and linked in with the classes that were being arranged throughout Shetland. The centre is looking to develop this class over the coming year.

## Football

Little Giants and Football Fever continue to be among the most popular after school activities offered. They were held on Thursday after school and ensured those attending were all included and participated

throughout. Recreation Assistant Richard Pottinger structured the sessions to allow the development of skills through technique work. Little Giants had a variety of leaders over the year who all worked together to ensure that an interesting and active session was available.

## FBX

This new class was trialled in the summer and proved popular with those looking to push themselves a little harder. Both instructors, Alan Jamieson and Faye Cox, ensured that everyone left the class knowing they put their all into it.

## Gymtastic

Due to the classes popularity another session was added which helped increase attendances by 130%. A routine was developed over the term which was then presented to the parents during the final week. The level of skill demonstrated reflects the effort put in under the guidance of Recreation Assistant Faye Cox.

## Holiday Activities

Holiday activities were available at Easter, summer, the October break and Christmas with attendances up on the previous year. Pool party attendance was slightly down with numbers using the bouncy castle significantly up. New for the centre were all-day activities: Dance Camp, Alan's Football Academy and Cheer Camp and these proved popular. The UnstFest 5K fun run is now firmly established with more entrants and finishers than before, marshalled excellently by Baltasound Coastguard. A request has been made to have a cycle route as well which will be looked at for next year.

This year the Test Match and Volleyball competition were held on 29 December and saw competitive games with a fun element. The test saw the introduction of a different



A tiring morning on the bouncy castle.





*Action from the Christmas netball tournament.*

ball that was harder to catch but softer when hit.

## **Jump and Cardiodance**

Both classes saw increased attendances and welcomed a few new faces. Jump uses the Reebok step and allows anyone to complete the session thanks to the encouragement of the instructor. Cardiodance is now a family affair with up to three generations of a family

participating and following the moves demonstrated by Recreation Assistant Faye Cox. Both classes allow a workout while having fun.

## **Ladies Night**

Ladies Night was more successful but after discussions with those attending the decision was made to stop the session at Christmas to allow other classes to be offered.

## **Metafit**

The number of classes was reduced which reflected the small group sizes. A few individuals stopped attending but started doing FBX instead! High intensity exercise has many benefits and it is worth putting the effort in.

## **Powerbox**

New for this year junior and senior powerbox sessions were offered. The



*Francesca Leyland and the secondary school pupils she led through a West End dance workshop.*



class utilises various boxing training techniques to improve cardio-vascular endurance and physical strength. With motivating pumping music, this class keeps everyone working to the final bell!

## Rise and Shine

Thursday mornings saw this trial class aimed at encouraging people to exercise first thing in the morning. With low attendances, an alternative means of encouraging individuals to train was sought.

## Road Running Circuit

Developing running technique and running skills is often more difficult than going for a run. These sessions work the running body so that economy is improved which benefits everyone when they return to a steady state run.

## Rollerwheels

The beauty of this session is that it allows customers to develop their wheel skills in a controlled environment. With disco music and multi-coloured lights, it is a great way to burn off some energy.

## Spinning

Two classes and one course were available during term-time with beginners encouraged to try the Saturday session. Early morning rides that coincided with the Tour de France and Tour of Spain were also tried and proved popular. In a novel twist on the final day riders were guided through their workout following instructions on a DVD which took the riders on a 60 minute tour of glorious American countryside.

## Sunday Supersports

This morning class aimed at the younger customers varies every week and uses all parts of the leisure centre to introduce people to the range of activities the centre offers. Numbers are generally small which allows the instructor the chance to give specific advice to help improve performance.

## Toddler Gym

This was tried a couple of times but without any attendances so it was rested until the following year.

The table below gives attendance comparisons:

| Activity / Class / Course       | Attendances 13/14 | Attendances 14/15 |
|---------------------------------|-------------------|-------------------|
| Adult & Child                   | 127               | 66                |
| Aquafit                         | 25                | 61                |
| Athletics Zone / Run-Jump-Throw | 41                | 260               |
| Bouncy Castle and Play          | 47                | 84                |
| Cardiodance                     | 131               | 234               |
| Cheer and Dance Camp            | –                 | 43                |
| FBX                             | –                 | 66                |
| Fitness Suite Induction         | 17                | 7                 |
| Fitness Suite Junior Inductions | 8                 | –                 |
| Football Primary                | 612               | 658               |
| Fun Badminton                   | 4                 | –                 |
| Gladiators                      | 15                | 0                 |
| Gymtastic                       | 151               | 351               |
| Jump                            | 142               | 164               |
| Junior Squash                   | 133               | 236               |
| Ladies Night                    | 101               | 200               |
| Metafit                         | 164               | 49                |
| Mor-Dan-Wan-Bat                 | 22                | –                 |
| Play Games / Bouncy Castle      | 69                | 98                |
| Pool Party                      | 86                | 81                |
| Powerbox                        | –                 | 70                |
| Racket Sports                   | 93                | 43                |
| Rise and Shine                  | –                 | 9                 |
| Road Running                    | 101               | 202               |
| Road Running Circuit            | 58                | 64                |
| Rollerwheels                    | 110               | 169               |
| Spinning                        | 299               | 369               |
| Sunday Supersports              | –                 | 26                |
| Toddler Gym                     | 12                | 0                 |
| Unbreakable                     | 3                 | –                 |
| Volleyball                      | 10                | –                 |
| Xmas Cricket                    | 10                | 7                 |
| Xmas Volleyball                 | 10                | 11                |
| <b>Total</b>                    | <b>2,601</b>      | <b>3,628</b>      |

## Outdoor Areas

Income and admissions both fell this year reflecting the lack of a senior team in the football league. There continues to be a strong core of

interested primary players who'll hopefully continue using the training and match pitches. The school makes use of this area, weather permitting, and the multi-court was used throughout the year.





## Football

Both the centre and club offered junior sessions over the summer months which were well attended. A few matches were played but everyone is hopeful there will be more next year.

## Road Running

The Saturday session involved a run around Baltasound that gave everyone a chance to measure themselves but still be part of the group. The Monday evening class took place behind the centre on the grass pitches and concentrated on technique, running faster and developing endurance. New faces were welcomed and those completing the UnstFest 5K were able to evaluate the progress they had made. A Santa fun run/walk was held in December that saw 34 hardy souls complete the courses and then refuel courtesy of Victoria's Vintage Tearooms on the balcony. Advice, encouragement, laughter and motivation are all included in



*Jenny Howitt and Karen Parkin enjoy their refreshments after the Santa fun run.*

the sessions with the participants themselves the best advert.

## Squash Court

The squash court has had a quiet year although with Unst Squash Club offering secondary pupils

coaching, and the centre under the able tutelage of Richard Pottinger offering primary coaching, a number of children still enjoyed playing. The Christmas Handicap event is always eagerly awaited and last year saw a number of memorable games. This area is also used for FBX, Metafit, Toddler Gym, Spinning, Sunday Supersports and table tennis.

## Junior Squash

Four courses were available over the course of the year and all proved popular with up to nine children attending a training session. By following a session plan the techniques and drills learned were practised and used in games with progressions added over the following weeks. It is hoped that these players will continue to develop as they progress through the school.

## Swimming Pool

With changes to the staff and amended opening hours the centre



*Competitors at the Christmas squash handicap.*





changed its public swimming timetable this year resulting in slightly increased usage. The pool is hired regularly during term-time and sees a number of visitors during the school holidays.

## Adult and Child

The Parent and Toddler class was re-named Adult and Child in keeping with the Scottish Swimming Learn to Swim programme. The weekly classes suit those with young families in Unst. The calm, caring introduction to the water in this session is the best way to begin a swimming career and is ably led by Vaila Thomason.

## Aquafit

A new day and time has seen increased attendances over the year with the earlier time suiting parents. A variety of equipment is used to provide resistance so that the participants are able to feel the difference it is making. Music is chosen to suit the session and all agree it helps to keep you motivated.

## Daytime Swimming

There have been slight alterations to both these sessions resulting in less time available but with numbers remaining the same. In the customer survey it was suggested that at busy

times a lane for adult swimming could be provided. Staff will monitor pool numbers to determine if this would be suitable for everyone.

## Plans for 2015/2016

Next year the centre is looking to upgrade the fitness suite and there are plans to install a Biomass heating system which will help with energy conservation.

To encourage an active lifestyle, centre staff will continue to promote a range of fitness challenges over the coming year.



Left: Brenda Priest completes the 100 Day Challenge. Right: Operations Manager Shona Nisbet presents Kathryn Lomax with her 100 Day Challenge medal.





## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15        |                  |                  |        |                  |                  |
|-------------------------|--------------------------------|----------------|------------------|------------------|--------|------------------|------------------|
| <b>Total Income</b>     | <b>£84,085</b>                 | <b>£88,274</b> |                  |                  |        |                  |                  |
| <b>Total Admissions</b> | <b>30,279</b>                  | <b>29,307</b>  |                  |                  |        |                  |                  |
|                         |                                |                | 2013-14<br>Total | 2014-15<br>Total |        | 2013-14<br>Total | 2014-15<br>Total |
| <b>Indoor</b>           | admissions                     |                | <b>29,409</b>    | <b>28,672</b>    | income | <b>£77,249</b>   | <b>£81,586</b>   |
| <b>Outdoor</b>          | admissions                     |                | <b>870</b>       | <b>635</b>       | income | <b>£502</b>      | <b>£288</b>      |
| <b>Other</b>            |                                |                | –                | –                | income | <b>£6,334</b>    | <b>£6,400</b>    |
| <b>Indoor</b>           |                                |                |                  |                  |        |                  |                  |
| Staff led activities    | admissions                     |                | 3,133            | 4,098            | income | £8,200           | £11,484          |
| Pool                    | admissions                     |                | 6,524            | 6,460            | income | £8,709           | £8,692           |
|                         | <i>general admissions</i>      | 5,758          |                  | 5,436            |        |                  |                  |
|                         | <i>subscription admissions</i> | 766            |                  | 1,024            |        |                  |                  |
| Non sport               | admissions                     |                | 690              | 680              | income | £550             | £516             |
| Health & Fitness        | admissions                     |                | 1,484            | 2,064            | income | £944             | £2,754           |
|                         | <i>general admissions</i>      | 248            |                  | 579              |        |                  |                  |
|                         | <i>subscription admissions</i> | 1,236          |                  | 1,485            |        |                  |                  |
| Dry activities          | admissions                     |                | 4,139            | 3,775            | income | £5,138           | £4,692           |
| Spectators              | admissions                     |                | 4,911            | 5,107            |        | –                | –                |
| Education               | admissions                     |                | 8,528            | 6,488            | income | £53,708          | £53,448          |
| <b>Outdoor</b>          |                                |                |                  |                  |        |                  |                  |
| Pitch                   | admissions                     |                | 870              | 635              | income | £502             | £288             |



It has been another busy year at the centre with the staff and local clubs and groups all working hard to ensure that as many people as possible can take full advantage of the excellent facilities on offer.

In February a customer satisfaction survey was carried out at the centre. This showed that of the 90 people

who took part 100% were either very satisfied or satisfied with the cleanliness of facilities and the level of service provided by staff.

One respondent wrote:  
*"Our leisure centre is a much needed and valued facility. The staff are excellent and work hard to ensure they offer a very high standard of service".*

Another commented:  
*"Really pleased with the facilities, staff are superb, very helpful and professional. Excellent facilities".*

Staff were extremely gratified to know that their efforts had been appreciated and they will continue to endeavour to meet the needs of the community in the coming year.

## 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.

### Shetland Kung Fu Club

The club had another successful year with 2 members moving up from blue sash to orange sash, 3 moved from orange sash to green sash and 3 got their first grade white sash. A number of local children started to show an interest in Kung Fu so a new junior section of the club was started with between 6 and 10 children attending weekly. In July the club travelled to Orkney to attend a competition where they got a first place, two second places and a third place. The club also ran an adult pressure point striking course and a Chinese broad sword course.

### Yell Badminton Club

Attendances at club nights grew considerably when compared to the previous couple of years and it was particularly pleasing to see increased numbers of juniors attending. There was also a high entry to the annual junior, restricted and open tournaments. The club fielded two teams in the Shetland first division league, playing their home matches in the leisure centre. The club also had representation in the junior and senior inter county teams.

### Yell Bowls Club

The club hired two bowls mats on Tuesday nights between 7pm and 9pm during the winter months. Numbers attending increased slightly when compared to the last couple of years and the club was particularly pleased to welcome some new junior members.

### Yell Football Club

The football club hired the games hall on Wednesday and Friday nights for training and 5-a-side during the winter months. In the summer they made use of the outdoor pitch for training and matches. The club continued to organise coaching

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

### Yell Junior Sports Club

The club is run by some of the Mid Yell school staff and this year they provided weekly badminton and football coaching in the centre after school. This was clearly appreciated by the children as large numbers regularly attended.

### Yell Netball Club

The club played in the first division pre Christmas league and the second division post Christmas league. They occasionally used the gym for fitness



Yell Netball club were post Christmas second division champions for the second time in the clubs three-year history.  
Photo: Kevin Jones





*Santa got some of his little elves to help distribute presents to members of the Senior Leisure Club at Christmas.*

training and organised a friendly netball match against the football team which they won. This winning streak was maintained when they went on to win the second division league for the second time in the clubs three year history.

## Yell Senior Leisure Club

The club continues to have a healthy weekly attendance. Activities include: playing cards or pool, using the gym and socialising over a cup of tea. The club organised outings to the North Mainland and Unst where they had a meal and visited local attractions including the Valhalla brewery. We can report that they all returned having had a great time, and in good spirits!

## 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 and it was also used for meetings, birthday parties etc.

## Games Hall

The games hall is still the area of the facility which is in most demand. It 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 or for studio classes which were led by centre staff. During school holidays the hall was utilised for children's holiday activities which were also led by centre staff.

## Bokwa

Bokwa is a group exercise class where participants draw letter and number shapes with their feet on the floor while performing an energising and

addictive cardio workout routine. Classes ran from September to January.

## FBX (Fatburn Extreme)

This new activity for Yell was initially very popular but unfortunately classes had to stop for a while during the season due to the lack of an available instructor.

## Flying Squad (Trampoline Club)

Trampolining took place after school on Wednesdays and Thursdays during the winter months. It was very popular with 34 children attending the weekly coaching sessions and 19 taking part in the Shetland Championships which were hosted by the club at Yell Leisure Centre.

## Fun & Games

Fun & Games is an after school activity where primary 1, 2 & 3





One of the end of term school activities was a fancy dress dodgeball competition which staff and pupils took part in and was won by S3.

children play a variety of games which are led by centre staff. This remained popular with an average of over 13 children attending every week.

## Holiday Activities

Attendances at holiday activities increased considerably when compared to last year. Activities aimed at younger children were the best attended, but some new activities for the older children were introduced and were also well attended contributing to the overall success of the holiday programme.

## Junior Gym Courses

These courses were run by staff in conjunction with the Mid Yell school as part of the electives programme. The course covered topics such as safe training techniques, the elements of fitness and how best to structure a workout; this allowed the children to take full advantage of the excellent gym facilities.

## Junior Leisure Club

This after school activity club met at the centre on Thursday afternoons from 3.30pm to 5.30pm between April and June. There was always

a wide range of different activities on offer including crafts, sports, swimming and games which meant that everyone found something to do which they enjoyed. This probably explains why it was so popular with 45 children attending weekly.

## Run-Jump-Throw

These classes, which were led by staff member Nala Williamson, gave primary 4 – 7 children an opportunity to develop their athletics skills and attracted a total of 111 attendances over two courses.



Sonia Poniecka paints a mug at the Junior Leisure Club; crafts is one of the many activities on offer at the club.





## Spinning

In this group cycling class, music is used to inspire participants to keep on pedalling in time with the beat, resulting in a challenging but enjoyable workout. One class was run per week with a break during the summer period when there was less demand.

## Squash

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

The table (*top right*) shows the total numbers who attended the classes and activities described above, all of which were delivered by centre staff:

## Gym

The new gym is now in its second year of operation and has been well used over the year with a slight increase in attendances.

## Outdoor Football Pitch

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



5 year old Sam Fraser celebrates achieving the ASA/ISRM pool swimming standard (deep end test).

| Dry-side Classes / Activities  | Attendances 13/14 | Attendances 14/15 |
|--------------------------------|-------------------|-------------------|
| Athletics / Run-Jump-Throw     | 66                | 111               |
| Bokwa/FBX                      | 179               | 195               |
| Flying Squad (Trampoline Club) | 772               | 675               |
| Fun and Games                  | 687               | 505               |
| Holiday Activities             | 230               | 368               |
| Junior Gym                     | 66                | 35                |
| Junior Leisure Club            | 390               | 450               |
| Spinning                       | 149               | 78                |
| Racket Zone                    | 24                | –                 |
| <b>Total</b>                   | <b>2,563</b>      | <b>2,417</b>      |

| Pool Classes / Activities   | Attendances 13/14 | Attendances 14/15 |
|-----------------------------|-------------------|-------------------|
| Aquacise                    | 90                | 56                |
| Swimming Classes            | 1,628             | 1,673             |
| Swimming Lessons for Adults | 41                | –                 |
| <b>Total</b>                | <b>1,759</b>      | <b>1,729</b>      |

## Schools

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

## Swimming Pool

### Aquacise

Attendances at Aquacise dropped slightly in the beginning of the year so the centre carried out customer

research. It was found that some potential customers, particularly those with a distance to drive, weren't keen to go out on winter nights. The class was re-scheduled to Tuesday mornings and this proved to be more popular.

### Learn to Swim and SwimSkills 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 SwimSkills 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 2015/2016

The main objective will be to ensure that the programme of activities continues to meet the needs of the local and wider community. This will be achieved through staff training, listening to customer feedback and by working in partnership with other service providers.



## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15        |                          |                          |        |                          |                          |
|-------------------------|--------------------------------|----------------|--------------------------|--------------------------|--------|--------------------------|--------------------------|
| <b>Total Income</b>     | <b>£90,820</b>                 | <b>£91,954</b> |                          |                          |        |                          |                          |
| <b>Total Admissions</b> | <b>39,001</b>                  | <b>37,399</b>  |                          |                          |        |                          |                          |
|                         |                                |                | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |        | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |
| <b>Indoor</b>           | admissions                     |                | <b>38,521</b>            | <b>37,034</b>            | income | <b>£83,136</b>           | <b>£84,399</b>           |
| <b>Outdoor</b>          | admissions                     |                | <b>480</b>               | <b>365</b>               | income | <b>£524</b>              | <b>£412</b>              |
| <b>Other</b>            |                                |                | –                        | –                        | income | <b>£7,160</b>            | <b>£7,143</b>            |
| <b>Indoor</b>           |                                |                |                          |                          |        |                          |                          |
| Staff led activities    | admissions                     |                | 3,408                    | 3,788                    | income | £9,348                   | £10,020                  |
| Pool                    | admissions                     |                | 2,949                    | 3,627                    | income | £4,357                   | £4,488                   |
|                         | <i>general admissions</i>      | 2,426          |                          | 2,495                    |        |                          |                          |
|                         | <i>subscription admissions</i> | 523            |                          | 1,132                    |        |                          |                          |
| Non sport               | admissions                     |                | 4,464                    | 3,350                    | income | £3,666                   | £2,750                   |
| Health & Fitness        | admissions                     |                | 1,190                    | 1,380                    | income | £1,151                   | £1,851                   |
|                         | <i>general admissions</i>      | 298            |                          | 432                      |        |                          |                          |
|                         | <i>subscription admissions</i> | 892            |                          | 948                      |        |                          |                          |
| Dry activities          | admissions                     |                | 6,690                    | 5,929                    | income | £10,458                  | £8,279                   |
| Spectators              | admissions                     |                | 9,504                    | 9,504                    |        | –                        | –                        |
| Education               | admissions                     |                | 10,316                   | 9,456                    | income | £54,156                  | £57,011                  |
| <b>Outdoor</b>          |                                |                |                          |                          |        |                          |                          |
| Pitch                   | admissions                     |                | 480                      | 365                      | income | £524                     | £412                     |





A highlight of the year was the transformation of the Midway Pitch into a Regional Hockey Facility which is now one of the best hockey facilities in Scotland. The project was partly funded by **sportscotland** and by the Shetland LEADER Programme with the official opening performed by Louise Martin, Chair of **sportscotland**, on 30 August 2014. The facility is now being well used by the hockey players and sometimes also by footballers.

There was another highlight in July when the pool became the centre of media attention by being the home training base of swimmer Erraid Davies who won bronze in the SB9 100m breaststroke final at the Glasgow 2014 Commonwealth Games.

Throughout the year the whole centre remained busy, especially the

community room, squash court and fitness suite. On 19 and 20 April the centre held an open weekend which included a Hockeyfest. Facilities and activities were free over the two days and included spinning, fitness suite inductions, fun sessions in the pool, and fun and games at the hockey pitch. There is further information on the Regional Hockey Facility and Hockeyfest in the Community Sport Hub section of this report.

## Community Room

### Boxing

The boxing bags which are used in the community room, are still popular with workers from the oil and gas terminal at nearby Sullom Voe. With some semi-professionals using the facility to train when away from home, this facility is fully booked most nights.

### Meetings

The room has been used to maximum capacity with many companies making it a base for their training needs.

## Crazy Golf

The crazy golf course still encourages families to partake in some outdoor fun with some very intense games taking place.

## Fitness Suite

This great facility continues to be used by a wide range of customers of various ages, from those who just want to increase their fitness level and make themselves feel better, to those who enjoy a higher intensity workout.

## Weights Courses

Through the year these courses have

been filled to capacity and enjoyed by all who attended.

## Games Hall Activities

### Early Touches

Employed Trainee Joe Bruce has taken the lead in teaching basic football skills to the younger members of the community during these classes.

### Gymnastics

Although attendances dropped this year as fewer courses were run, gymnastics remains an enjoyable



David Taggart working out using the boxing bags.



Lori Duncan practises her goal flicks at the official opening of the Regional Hockey Facility.  
Photo: Kevin Jones

## Staff Out and About

### Voe & District Agricultural Annual Show

Four members of staff took advantage of the large numbers of people attending the Voe Show in August to promote the centre and to undertake a non-user survey.

### Wi Wis Fir Wis

The centre made a bid and won the contract to supply a fitness service to the Mossbank community. The classes were held in the local hall and proved so successful that they were continued after completion of the scheme.

## Squash Court

The squash court is used for a variety of activities, however in the past year more people have been playing squash with it being particularly

activity for many youngsters who learn basic tumbling and vaulting skills. The Early Touches and Gymnastics courses were delivered by centre staff in the Brae High School games hall.

## Regional Hockey Facility

### Hockey

As mentioned in the introduction, this fantastic facility was officially opened in August 2014. Since then it has been well used by the Shetland Hockey Association clubs training during the winter and playing matches and leagues in the summer.

### Football Clubs

Football can also be played on the pitch and a substantial number of football clubs and the Soccer Sixes have kept the facility busy over the winter months.



Staff promoting the centre and conducting a non-user survey at the Voe Show.





popular with staff who work for Total and Scatsta airport.

## Birthday Parties

With bouncy castle parties held in the squash court, and pool inflatable parties also available, parties at the centre remain a great way to celebrate a child's birthday and have the added benefit that it tires them out so there may be peace at home afterwards!

## Circuits

Circuit classes provide a general fitness workout for young sports people including swimmers and fencers and with more classes being run attendances have increased considerably.

## FBX

Fatburn Extreme classes were introduced in 2014 and are another success story. This new form of exercise session consists of a fixed 20 minute, maximum intensity, rest based workout which benefits the body for hours to come. It is enjoyable for those who like a challenge but is also specific to individuals regardless of age or fitness capabilities - with amazing and rapid results.

## Ladies Circuits

These circuits have remained popular with many mums who have get fit plans, with the emphasis being on exercising whilst having fun.

## Spinning

There was a slight increase in Spinning numbers. With sessions offered both in the mornings and evenings the activity provides a good enjoyable workout for all.

## Trampolining

Trampolining was moved to the squash court and two courses have been run in the new venue.



*Erraid Davies with her Glasgow 2014 Commonwealth Games bronze medal.*

## Swimming Pool

### Aqua Aerobics

Attendances at this superb exercise class increased considerably last year. With the emphasis being on fun, this is an ideal way to exercise as it doesn't put any strain on the joints.

### Delting Dolphins

The Delting Dolphin's year was dominated by the success of Glasgow

2014 Commonwealth Games bronze medallist Erraid Davies who is a member of the club. Erraid is now aiming for even better things and she along with her coach, Lorraine Gifford, are members of the British squad and travel all over Europe for training or competitions. Other club highlights during the year include Iain Leach being selected for the Scottish senior bronze squad and Megan Perry winning a bronze medal at the North District Championships.



## Fun Run Pool Inflatable

This has been a very popular activity during the school holidays, with children having fun and showing great determination to navigate the obstacles in front of them.

## Learn to Swim

Demand for children to attend Learn to Swim lessons was high and numbers increased considerably during the year with many children progressing from Level 1 through to the various advanced SwimSkills levels.

## Rookie Lifeguard Programme

The programme includes the teaching of swim skills, rescue skills, resuscitation and theory lessons to produce young Rookie Lifeguards.

## Schools

The pool is used by the seven north mainland schools and Nesting for the six week block of swimming lessons the children receive each year.

## Plans for 2015/2016

Staff want to promote the centre as much as possible and, in conjunction with Active Schools and the Community Sport Hub Officer, will be touring many of the halls in the north mainland to spread the word and ensure that as many people as possible are aware of all the centre has to offer. Staff will also be working to increase the number of exciting and popular courses and classes available throughout the year.



*A busy Learn to Swim session.*

| Activity / Class / Course   | Attendances 13/14 | Attendances 14/15 |
|-----------------------------|-------------------|-------------------|
| Aqua Aerobics               | 224               | 546               |
| Circuits                    | 85                | 437               |
| Delting Dolphins            | 1,556             | 1,701             |
| FBX                         | –                 | 348               |
| Football                    | 330               | 318               |
| Fundays                     | 23                | –                 |
| Gymnastics                  | 404               | 206               |
| Individual Swimming Lessons | 432               | 517               |
| Inflatable Parties          | 340               | 320               |
| Jogging                     | 56                | 51                |
| Learn to Swim               | 888               | 2,310             |
| Pool hires / parties        | 1,920             | 1,120             |
| Spinning                    | 642               | 682               |
| Trampolining                | 10                | 29                |
| Weights Courses             | 392               | 361               |
| <b>Total</b>                | <b>7,302</b>      | <b>8,946</b>      |





## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15         |                  |                  |        |                  |                  |
|-------------------------|--------------------------------|-----------------|------------------|------------------|--------|------------------|------------------|
| <b>Total Income</b>     | <b>£105,540</b>                | <b>£128,893</b> |                  |                  |        |                  |                  |
| <b>Total Admissions</b> | <b>42,182</b>                  | <b>51,674</b>   |                  |                  |        |                  |                  |
|                         |                                |                 | 2013-14<br>Total | 2014-15<br>Total |        | 2013-14<br>Total | 2014-15<br>Total |
| <b>Indoor</b>           | admissions                     |                 | <b>30,610</b>    | <b>38,963</b>    | income | <b>£82,716</b>   | <b>£104,815</b>  |
| <b>Outdoor</b>          | admissions                     |                 | <b>11,572</b>    | <b>12,711</b>    | income | <b>£13,501</b>   | <b>£12,229</b>   |
| <b>Other</b>            |                                |                 | –                | –                | income | <b>£9,323</b>    | <b>£11,849</b>   |
| <b>Indoor</b>           |                                |                 |                  |                  |        |                  |                  |
| Staff led activities    | admissions                     |                 | 6,902            | 7,772            | income | £23,538          | £25,755          |
| Pool                    | admissions                     |                 | 4,805            | 4,328            | income | £7,388           | £6,770           |
|                         | <i>general admissions</i>      | 4,366           |                  | 3,502            |        |                  |                  |
|                         | <i>subscription admissions</i> | 439             |                  | 826              |        |                  |                  |
| Non sport               | admissions                     |                 | 1,870            | 6,451            | income | £1,526           | £13,131          |
| Health & Fitness        | admissions                     |                 | 5,339            | 6,244            | income | £11,785          | £12,891          |
|                         | <i>general admissions</i>      | 2,986           |                  | 2,901            |        |                  |                  |
|                         | <i>subscription admissions</i> | 2,353           |                  | 3,343            |        |                  |                  |
| Dry activities          | admissions                     |                 | 2,181            | 2,305            | income | £3,813           | £3,658           |
| Spectators              | admissions                     |                 | 6,518            | 7,426            |        | –                | –                |
| Education               | admissions                     |                 | 2,995            | 4,437            | income | £34,666          | £42,610          |
| <b>Outdoor</b>          |                                |                 |                  |                  |        |                  |                  |
| Pitch                   | admissions                     |                 | 11,385           | 12,555           | income | £13,160          | £11,936          |
| Crazy golf              | admissions                     |                 | 187              | 156              | income | £341             | £293             |



The twenty-fifth year of the leisure centre was once again a busy one which saw the installation of a Biomass heating unit, a change in management, and the opening of new golf nets installed in the squash court. The skills, adaptability and drive of the staff were again key in delivering a wide variety of activities to the Whalsay community. The Whalsay School continued to use all of the centre's facilities for the delivery of their PE lessons. The Minibus Association and Whalsay Sports Development Trust (Harbison Park) continued to use the centre to administer bookings.



Bryan Leask, Chairman of SRT, hits the inaugural ball at the official opening of the new golf nets.  
Photo: Willie MacKay

## Birthday Parties

Birthday parties are still a very popular activity at the centre and with a new pool inflatable now available pool parties should be even more exciting.

## Block Bookings

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

## Senior Leisure Club

Attendances at the Senior Leisure Club increased slightly with more

people choosing to come for a swim. The numbers attending the Fitness Vive class also increased. Most of the members said that they enjoy the social aspect of the club and that it helps them to stay active, especially in the winter months.

## Wast Linga Ramblers Football Club

The Wast Linga Ramblers have been competing in the Shetland Works League for a few years now and continue to train in the centre and at Harbison Park. They also hold an annual memorial match in April.

## Whalsay Badminton Club

Whalsay Badminton Club continued to meet up weekly during the

winter to train. They also booked extra training sessions when there was availability in the main hall. The club was active in the Shetland Badminton League again with some of the players attending tournaments throughout the season.

## Whalsay Football Club

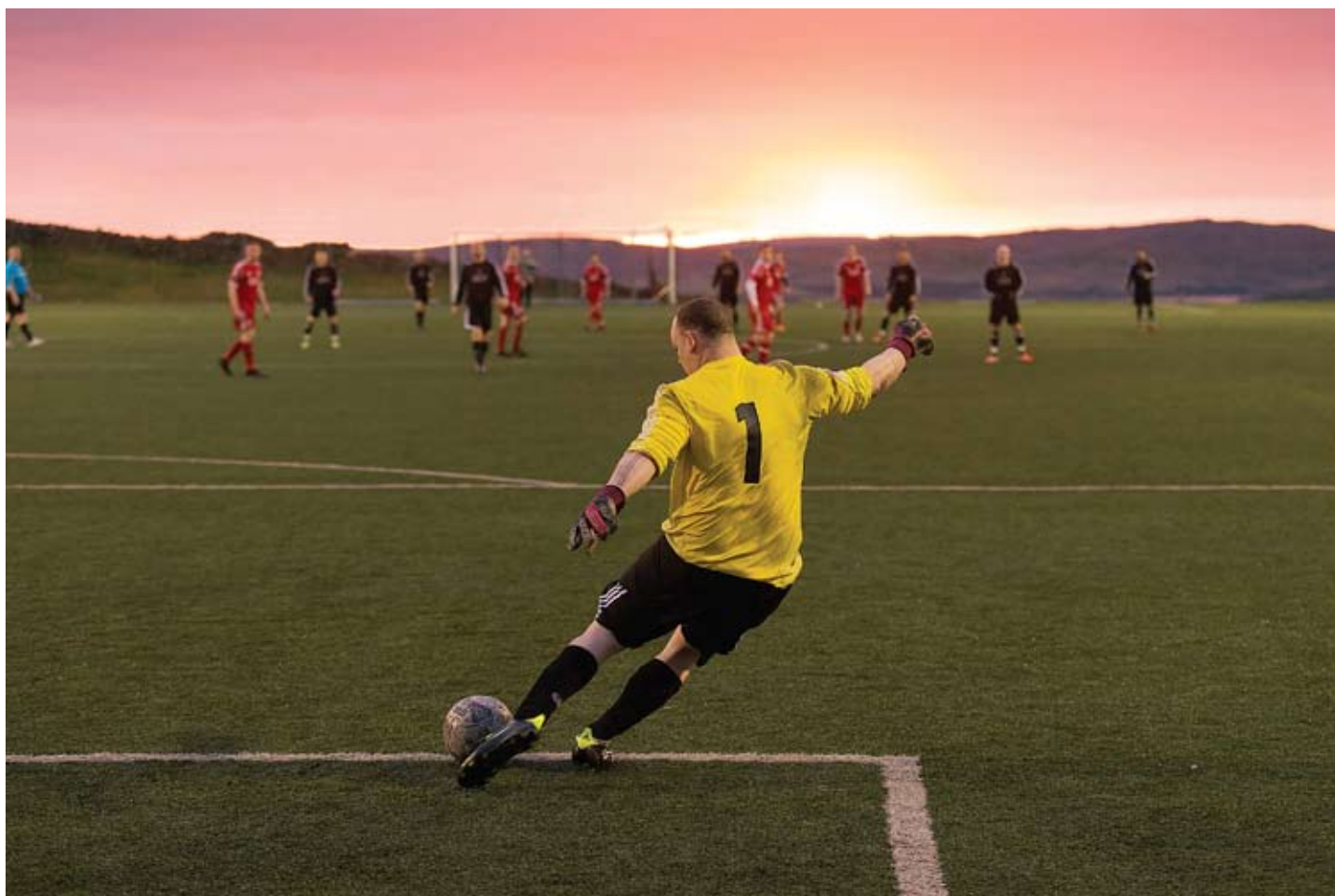
The senior club continued their indoor training sessions throughout the winter months training every second Monday. The junior club also continued their indoor training sessions during winter on Thursdays and Fridays. Both clubs continued to use Harbison Park when the weather permitted.

## Whalsay Golf Club

Indoor golf sessions were booked in April and May using indoor plastic golf sets. This year the club also enjoyed using the new golf nets which were installed in the squash court allowing them to practise with outdoor clubs and balls.

| Birthday Parties      | Bookings 13/14 | Bookings 14/15 |
|-----------------------|----------------|----------------|
| Main Hall Inflatables | 47             | 44             |
| Pool Inflatable       | 13             | 15             |
| Other                 | 3              | 5              |
| <b>Total</b>          | <b>63</b>      | <b>64</b>      |





Whalsay's keeper Kyle Duncan takes a goal kick as the sun sets during the Highland Fuels Cup Final at Harbison Park.

Photo: Kevin Jones



Employed Trainee Maria Sales and Senior Recreational Assistant Angela Williamson set up the trampoline.

## Whalsay Hockey Club

The junior club used the main hall during the winter months for their training and used the Harbison Park during the nicer weather. In adult hockey, Whalsay remained a successful team, winning the Rosebowl. Some of the players were also part of the Shetland team who reached the semi finals in the Scottish District Cup.

## Whalsay Junior Trampoline Club

Trampolining remained a popular activity this year. The club provided training after school on Mondays for those in primary 3 to secondary 1 and booked extra sessions in the run up to competitions. The club focused on teaching the members new skills

and developing routines that could be performed at local competitions.

## Whalsay Netball Club

The junior club continued to provide training for primary and secondary pupils during the winter. The senior club had three teams in the Shetland Leagues and the centre once again hosted the Williamson Cup and the Ruth Shearer cup.

## Fitness Suite

The fitness suite remained popular and a number of courses were run throughout the year for people who were new to the gym environment. The aim was to provide members with a better understanding of the fitness suite equipment.



## Get Fit Quick

Get Fit Quick classes were run at the start of the year although there was a drop in attendances. The class was designed to provide participants with enough knowledge and confidence to vary and develop their workouts when using the fitness suite in their own time.

## Junior Gym

Junior Gym courses were run for those under 16 who wanted to use the gym. Courses ran for 5 weeks and guided the pupils through the skills and knowledge needed to use the fitness equipment. Those who completed the course were then allowed access to the gym in their own time by themselves.

## Games Hall

### Adult Activities

Participation in fitness classes has again seen an increase this year. FBX and Boxercise were added to the timetable to keep it fresh and these proved very popular.

A number of challenges were set up including a Tour de France spinning challenge and a 30 minutes x 30 day challenge. All customers who took part in these challenges found them to be beneficial to their fitness levels and encouraged them to continue attending regular classes. Staff will continue to think of novel ideas to attract and maintain interest levels.

## Boxercise

Boxercise was added to the timetable in February. The circuits based class was adapted for small groups so that it could be held in the squash court.

## Circuit Classes

Bootcamp circuits continued to run on a Saturday morning when various exercise stations and circuit styles were used to keep participants motivated.

## FBX

This year the popular FBX – Fatburn Extreme class was added to the timetable. The high intensity class has been popular with the Whalsay Community, allowing them to get their workout done in just 20 minutes. Demand has been so



An FBX class in the main hall.





| Adult Class / Course | Attendances 13/14 | Attendances 14/15 |
|----------------------|-------------------|-------------------|
| Aqua Aerobics        | 764               | 652               |
| Circuit Training     | 661               | 335               |
| Get Fit Quick        | 191               | 39                |
| Spin & Tone          | 153               | 302               |
| Spinning             | 715               | 342               |
| Studio Classes       | 129               | 1,111             |
| <b>Total</b>         | <b>2,613</b>      | <b>2,781</b>      |

high for this class that some of the quieter spinning and circuits classes were dropped to make more space available for FBX. This has led to a dramatic increase in the attendance levels at the studio classes.

## Junior Activities

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

## Badminton

Deborah Mowat taught two sessions on Thursday afternoons. The first class was for primary 5 to 7 pupils and the second for secondary 1 to 3 pupils. Players could then progress into the Adult Badminton Club who played on Tuesday evenings.

## Holiday Programme

The holiday programmes saw a drop in attendance levels which could be partly due to the exceptionally good weather that Shetland saw last year. Popular dry activities included Fundays and Kidz Kamps with Pool Fun and the pool inflatable boosting wet activity figures.

| Holiday Programme | Attendances 13/14 | Attendances 14/15 |
|-------------------|-------------------|-------------------|
| Easter Holidays   | 222               | 209               |
| Summer Holidays   | 294               | 223               |
| October Holidays  | 409               | 312               |
| <b>Total</b>      | <b>925</b>        | <b>744</b>        |

## Jungle Run and Games

This session was held on Friday afternoons for school age children and involved the jungle run inflatable and a variety of games and relay races. This took advantage of the school finishing earlier at 2pm.

## Junior Football

The centre staff, Active Schools and Whalsay Football Club provided a range of football classes throughout the year. Peerie Kickers introduced nursery bairns to the basics of the game. Tesco football sessions run by Active Schools and the Whalsay Football Club continued this introduction with primary 1 and 2 pupils, improving co-ordination, team work and learning the rules of the game. Football sessions were held in the main hall and occasionally on the Harbison pitch when the weather allowed.

## Pre-School Fun

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

## Secondary Fitness

This course was available for Secondary age children to attend. The

6 week block gave the pupils a taste of various fitness classes including Spinning and Boxercise.

## Meeting Room

The meeting room continued to be hired regularly by Venture Chiropractic but remains a quiet area. Further review is needed in how to improve usage.

## School Use

The Whalsay School continued to use all areas during term times. The main hall was the most popular area used by nursery, primary and secondary departments. The swimming pool was also used to provide pupils with swimming lessons, and the squash court and fitness suite were used by the secondary department.

## Squash Court

The squash court remains a quiet part of the centre. However the introduction of new exercise classes and the golf nets have helped to increase the number of people using the court and this rise is expected to continue.

## Golf Nets

Golf nets were installed in the squash court to help increase participation of juniors and adults and extend the short golfing season. The nets were officially opened on Tuesday 17 March 2015 by Bryan Leask, Chairman of Shetland Recreational Trust. The provision of golf nets was a joint venture between ClubGolf Scotland Regional Manager Willie MacKay, the Whalsay Golf Club and the Community Sport Hub Officer and will provide players with a practice area they can use all year round. See also the Community Sport Hub section of this report.

## Junior Squash and Racquetball

These courses are great way to introduce children to the game of



squash and although numbers have not been high they will remain part of the timetable.

## Swimming Pool

All sessions in the pool proved to be popular again with a wide range of activities delivered to suit varied abilities. They included structured sessions such as the Learn to Swim programme and more relaxed sessions like Pool Fun.

## Advanced Swimming

Advanced Swimming sessions are designed to improve stamina, stroke, dives and turns and are ideal for preparing swimmers to take part in swimming and competitions as part of the Whalsay Amateur Swimming Club at local and district galas.

## Aqua Aerobics

Although numbers at Aqua Aerobics fell they were still enjoyed by everyone who attended. The class is an excellent form of exercise as it provides cardiovascular and toning exercises while providing additional support of the body, allowing those with injuries and joint problems to take part.

## Learn to Swim

All centre staff were involved in delivering the Learn to Swim Programme again this year. The programme remains popular and is delivered in two 12 week blocks running from September to March. The programme covers all ages from primary 1 to secondary children. Levels 1-8 and Swim Skills 1 were covered as well as distance badges and speed badges. The block finished off with a fun gala for all the swimmers to take part in.



*Some of the nursery swimmers with their certificates.*

## Nursery Swimming

Nursery swimming incorporated structured fun and games to help develop water confidence and basic skills necessary for swimming. There were three classes per week and all were fully booked. Bairns worked towards gaining their Aqua Fun awards.

## Peerie Breeks Swimming

This was an unstructured session that allowed parents to introduce their children to the water and socialise with others. Floats and toys were provided for the children to play with.

## Pool Fun

This was an ideal session for bairns that were close to passing their deep end test as there was a lifeguard in the water. Bairns used the floats, toys and flippers during this fun session that continued to be popular throughout the year.

## Plans for 2015/2016

Staff are looking forward to celebrating the centre's 25th Anniversary in the coming year. An open day is planned with free various activities on offer to encourage the community to try something new and continue to support the centre.

The meeting room has remained quiet so staff are eager to work with the community to find activities that could increase admissions in this area. Staff also remain keen to develop adult class and junior activities timetables to keep them fresh and encourage everyone to make that return visit. Maintaining a high level of service and, where possible, improving on income and admissions figures, remain top priorities at the Whalsay Leisure Centre.





## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15         |                  |                  |                  |                                 |
|-------------------------|--------------------------------|-----------------|------------------|------------------|------------------|---------------------------------|
| <b>Total Income</b>     | <b>£134,031</b>                | <b>£130,057</b> |                  |                  |                  |                                 |
| <b>Total Admissions</b> | <b>52,761</b>                  | <b>52,875</b>   |                  |                  |                  |                                 |
|                         |                                |                 | 2013-14<br>Total | 2014-15<br>Total | 2013-14<br>Total | 2014-15<br>Total                |
| <b>Indoor</b>           | admissions                     |                 | <b>49,146</b>    | <b>50,075</b>    | income           | <b>£114,313</b> <b>£112,252</b> |
| <b>Outdoor</b>          | admissions                     |                 | <b>3,615</b>     | <b>2,800</b>     | income           | <b>£3,789</b> <b>£2,862</b>     |
| <b>Other</b>            |                                |                 | –                | –                | income           | <b>£15,929</b> <b>£14,943</b>   |
| <b>Indoor</b>           |                                |                 |                  |                  |                  |                                 |
| Staff led activities    | admissions                     |                 | 11,826           | 14,770           | income           | £34,691   £35,458               |
| Pool                    | admissions                     |                 | 4,833            | 4,683            | income           | £6,946   £6,182                 |
|                         | <i>general admissions</i>      | 4,202           |                  | 3,516            |                  |                                 |
|                         | <i>subscription admissions</i> | 631             |                  | 1,167            |                  |                                 |
| Non sport               | admissions                     |                 | 1,780            | 910              | income           | £1,524   £747                   |
| Health & Fitness        | admissions                     |                 | 1,238            | 1,066            | income           | £2,731   £2,867                 |
|                         | <i>general admissions</i>      | 730             |                  | 651              |                  |                                 |
|                         | <i>subscription admissions</i> | 508             |                  | 415              |                  |                                 |
| Dry activities          | admissions                     |                 | 5,551            | 6,172            | income           | £9,415   £9,988                 |
| Spectators              | admissions                     |                 | 8,162            | 7,702            |                  | –   –                           |
| Education               | admissions                     |                 | 15,756           | 14,772           | income           | £59,006   £57,010               |
| <b>Outdoor</b>          |                                |                 |                  |                  |                  |                                 |
| Pitch                   | admissions                     |                 | 3,615            | 2,800            | income           | £3,789   £2,862                 |



The year 2014/15 carried on from the previous year with an increase in both income and admissions, most notably when it came to the AquaFun and Learn to Swim classes.

The dedicated staff continued to work hard to ensure the smooth running of the facility seven days a week and were always on hand to provide a welcome and friendly atmosphere for

customers. The variety of different activities ensures that whatever the age or swimming ability, there is always something for everyone.

Through the summer holidays Recreation Assistant Ross Stopper held a National Pool Lifeguard Qualification course as part of his on-going training in becoming a qualified Trainer Assessor. He led

five candidates through two weeks of training which culminated in all candidates gaining the qualification. Scott Riise who attended the course went on to join his brother Jason in becoming a casual member of staff.

September saw a change in personnel when Employed Trainee Ben Morris completed his 2 years of training and was replaced by Rhea Nicolson.

### % of Total Net Revenue



- Staff Led Activities – 38.5%
- Health & Fitness – 2.6%
- Pool – 20.2%
- Education – 24.4%
- Other – 14.3%

### % of Total Admissions



- Staff Led Activities – 19.7%
- Health & Fitness – 1.8%
- Pool – 25.0%
- Education – 3.9%
- Other – 49.6%

## Activities

### Adults Only & Ladies Only Swim / Steam Sessions

These sessions have become more popular, and for many customers they have become part of their weekly routine, offering an opportunity to escape and relax in the steam room or bubble pool in a peaceful and quiet atmosphere. Throughout the darker months the attractive LED lighting allowed for even more relaxed surroundings. Staff were also on hand to give tips and advice on how to improve swimming techniques when asked.

### Aqua Aerobics

Attendance at Aqua Aerobics sessions has increased by 13.8% with 263 people attending the classes throughout the year. Customers have been keen to take part in this low impact workout class every Tuesday

evening. The increase is all down to the hard work and enthusiasm shown by instructor Yvonne MacGregor who puts her ladies through their paces in a variety of aerobics and circuit based training sessions. It is hoped that numbers will continue to increase with the class returning to its more popular time slot.

### Birthday Parties

Pool party bookings increased to 18 over the year with children wanting to celebrate their birthdays by splashing about with friends and family in the pool. The spectator area continued to be available for the children to enjoy their party food afterwards. It is hoped that introduction of a small inflatable for pool parties will boost these figures further in the coming year.

### Shetland Triathlon Club

The South Mainland Pool was the central venue for the Shetland Triathlon Club to hold their annual

Junior Triathlon Event. This event saw youngsters from all over Shetland descend upon the South Mainland to pit their wits against each other on a fine Saturday afternoon in September. The triathletes were split into 5 categories depending on age and were given different distances to cover, ranging from 8 year olds having to swim 2 lengths, cycle



All smiles from Cameron Johnston as she prepares for the swimming leg of her Junior Triathlon. Photo: Kevin Jones





The young triathletes who competed in September's popular Junior Triathlon all sporting the medals they received for taking part.  
Photo: Kevin Jones

600m and run 400m to the 15-16 year olds having to swim 20 lengths, cycle 5km and run 2.2km. With the event being yet another success and drawing a large crowd of participants, it is planned to host a further 2 junior triathlons at the facility in 2015.

## Holiday Activities

### Aqua Discos

This activity continued to be programmed through the school holidays. Children were able to splash dance to their favourite music with their friends whilst playing with large floats and toys and being blasted with

water jets. The pool held a Halloween themed Aqua Disco and there was a competition for the best neapy lantern and fancy dress with even the staff getting dressed up to join in the fun.

### 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

In a time honoured tradition it was up to Employed Trainee Ben Morris to play the part of the Easter Bunny. It began with a warm up play session in the pool followed by some organised games that everyone could take part in. When it came to the hunt, the children hunted high and low for a prize and no one left disappointed.

### 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 that there was the added fun of playing with the large floats.

### Inflatable Sessions

The Aqua Run inflatable sessions continued to be very popular during



Staff members Sean Bell and Rhea Nicolson get into the swing of things for the Halloween Aqua Disco.



Over the moon! Local Cunningsburgh girl Jessie Tait after passing her ASA/ISRM Swim Award at the age of 5.



# South Mainland Pool

the school holidays. With two inflatables being moved between the South Mainland Pool and Scalloway Pool there were twice as many sessions available compared to the previous year.

Children, along with some parents, pitted their wits against the slippery challenge of trying to get from the start all the way to the slide at the far end without ending up the pool. A smaller inflatable Viking galley was also introduced to the holiday activity timetable and was very popular.

## Safe Start

This course was introduced into the holiday activity programme and was popular with swimmers who wanted

to learn how to perform a safe racing dive in competitions. The class aimed to develop the swimmers ability to dive into deep water from the side of the pool and from a starting block. The swimmers enjoyed themselves and it is planned for this to be a regular holiday activity.

## Swim Gym

This adult activity was introduced during the summer holidays as a 'come and try it' session to gauge interest from customers. It was aimed at swimmers who wanted a bit of structure to their swim rather than just ploughing up and down the pool. Schedule cards provided a training programme to follow and allowed swimmers to train at various levels of

intensity. The response was positive and it is hoped that it can become a regularly timetabled activity in the years to come.

## Schools

School swimming lessons for the Sandwick Junior High Primary Department and Cunningsburgh Primary School continued to be taught by PE Teacher Joan Smith. 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. With children only receiving 6 lessons a year it was very rare to see anyone off ill or sitting on the side not participating.



*A new inflatable Viking galley was introduced into the children's holiday fun sessions.*





Local Sandwick Junior High School pupils (Left to Right) Fraser Smith, Harry Tait, Stuart Smith testing their ROV that they had built under the supervision of Bob Spanswick and Malcolm Adamson.

## South Mainland Amateur Swimming Club

Club membership has remained steady with 30 - 35 swimmers regularly attending the club session held on Thursdays. Nearly all also attend SRT classes and courses: Learn to Swim Levels 7 and 8, SwimSkills or Advanced Swimming sessions. The year from April 2014 to March 2015 was a time of firsts and lasts. In April several youngsters tested out the club session for the first time, with nearly all deciding to join.

At the same time Darin Eldridge, having been a SMASC member for 10 years, represented South Mainland in his last competition south where he clinched two medals at the Buckie Age Groups, while first timer at the event Adam Millar set Shetland records for 10 year boys.

In May, Scott Riise competed for Shetland in Atlantic Challenge and was also in the Junior Inter County team along with Sophie Morris, Darin Eldridge and Donnie Price.

In June, Jasmin Smith and Sarah Marie Riise became the first ever South Mainland girls to swim at the Scottish National Age Group Championships where it was their first experience of competing in a 50m pool while for Donnie Price it was his last appearance for the club prior to moving to Edinburgh.

The Bridge of Don September Splash provided the first opportunity to compete south for Alice Bloomer (11) and Emily Black (10). A last timer at this junior competition was Sophie Morris (14), who successfully made it to podium place along with Jasmin Smith. Sarah Marie Riise won gold the following day at Cults Otters

meet. Also that month Adam Millar attended the first of three District Regional Programme training days in Aberdeen.

In November Nina Price and Adam Millar qualified for the North District Age Group Meet for the first time where Sarah Marie Riise and Adam picked up their first District medals. All three along with Jasmin Smith progressed to the District Age Group Championships held at Aberdeen in March. Adam's successes were many, but the highlight was to return home with the Sam Muir Quaich as top boy in the 10 - 12 year age group, repeating the success of Donnie Price six years previously.

In Shetland there were several first outings to competitions amongst the youngest club members at the Beta League and at the Junior Sprints and Championships. Competing at Clickimin was new for eight year olds Michaela Christie, Molly Fraser, Cerys Harrop, Reece Black, Jacob Adamson and nine year old Callum Mackay. Jacob and Cerys won their first individual swimming medals while the girls, along with Jennifer Ramsay and Eva Jamieson were awarded medals in relay events.

At the Beta League, teenagers Curstaidh Mackay, Rachael and Kirsten Key gained their first experiences of coaching the team, the majority of whom were taking part for their first season and were certainly the youngest swimmers participating. South Mainland finished in last place but such was the enthusiasm and enjoyment witnessed that it proves that sometimes it's very definitely the taking part that counts.

At the last competition in the 12 months, the Shetland Senior Sprints, Yoel Howard 16, collected two silvers, his first individual medals. Adam Millar was overall first in the 11 - 12 year age group. Also presented on the day were the trophies for distance



*The medal haul from the Shetland Junior Swimming Championships for the South Mainland Amateur Swimming Club. Back row from left Eva Jamieson, Cerys Harrop, Micheala Christie, Jan Price (coach), and Calum Mackay. Front row from left Jennifer Ramsay, Reece Black and Jacob Adamson.*

awards for 2014 which were all won by Donnie Price.

## Swimming Lessons

The success story of the year was the continued growth in admissions for the AquaFun and Learn to Swim class lessons. Staff worked hard to promote the lessons at the facility and this has seen an average of 128 children enrolled and 25 classes available each week. Factors that contributed to this increase were the continued growth in population in the surrounding area, as well as more and more parents realising the importance of their children being able to swim. The reduction in school swimming allocation is also believed to be a factor that has helped to boost attendances.

## 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 however dropped for the second year in a row with a few of the regular attendees going off to college and university as well as those who had other commitments. With some swimmers nearing the completion of SwimSkills Level 2 it is hoped that these figures will improve over the next few years.

## AquaFun

These classes have remained popular for children between 3 and 5 years of age and there were 8 classes timetabled 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 were fed into the Learn to Swim classes between Levels 1 and 3.

## Individual Lessons

The number of admissions for Individual Lessons dropped in comparison to the previous year. The drop is a due to a likely combination of class lessons becoming more popular and less time available in the timetable to run the classes. The lessons were mainly attended by children new to the water and those who couldn't attend class lessons for a variety of reasons. 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 the Shetland Islands Council and funded by the Scottish Government. This programme provided a number of school pupils the opportunity to attend individual lessons in order to reach the recommended swimming ability before they left Primary education.

## Learn to Swim

Income and admissions for the Learn to Swim classes continued to rise and these classes were popular with children from all over the south mainland of Shetland. Staff worked hard to ensure that there were enough classes timetabled to meet demand. With the population in the local area increasing it is hoped that the figures will continue to rise in the years ahead.

## Summer Swim Schools

With swimming lessons being more popular than ever the pool ran 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 25 children attended and this will become a regular feature for the summer holidays. With increased advertising planned it is hoped to improve on that number next summer.





| Activity              | Attendances 13/14 | Attendances 14/15 |
|-----------------------|-------------------|-------------------|
| Advanced Swimming     | 1,556             | 1,019             |
| Aqua Aerobics         | 231               | 263               |
| Birthday Parties      | 350               | 450               |
| Holiday Activities    | 742               | 760               |
| Individual Lessons    | 360               | 131               |
| Learn to Swim Lessons | 4,016             | 4,892             |
| Steam & Swim          | 487               | 607               |
| <b>Total</b>          | <b>7,742</b>      | <b>8,122</b>      |

## 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 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.

## Plans

Last year's targets were met as follows:

- As well as looking to encourage new custom, ensure that timetabled swimming lessons are available in order to meet the current demand: *there were 876 additional admissions to the AquaFun and Learn to Swim classes;*

- Promote birthday parties: *there was an increase in party bookings;*
- Introduce further new junior and adult activities which could help to attract more customers to use the facility: *more swimming classes were introduced to meet demand and adults were introduced to Swim Gym during the summer holidays;*
- Ensure that there is a balanced programme of activities for all age groups and swimming abilities: *a variety of activities was programmed and was well attended;*
- Build on the newly created South Mainland Pool Facebook and customer email database: *the Facebook page has 170 followers and there are 103 on the email database;*
- Investigate ways of lowering expenditure that won't have an impact to the service provided: *a variety of lighting has been installed and a new Biomass heating system*

*is currently being installed. Activities were also programmed to utilise staff better; and*

- Carry out a customer survey to identify how services can be improved further: *throughout the year staff carried out both a Customer Satisfaction Survey and a Non-user Questionnaire.*

## Plans for 2015/2016

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

- Ensure that sufficient swimming lessons are timetabled in order to meet demand;
- Offer a balanced programme of activities for all age groups and swimming abilities;
- Introduce new water-based activities to attract more junior and adult customers;
- Utilise the SRT website to make booking into activities easier for customers;
- Build on the South Mainland Pool Facebook page and customer email database;
- Increase the level of cost effective advertising of the facility and activities; and
- Continue to look into ways of reducing energy costs and the impact that the facility has on the environment.



## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15        |                          |                          |        |                          |                          |
|-------------------------|--------------------------------|----------------|--------------------------|--------------------------|--------|--------------------------|--------------------------|
| <b>Total Income</b>     | <b>£44,080</b>                 | <b>£52,141</b> |                          |                          |        |                          |                          |
| <b>Total Admissions</b> | <b>31,257</b>                  | <b>34,460</b>  |                          |                          |        |                          |                          |
|                         |                                |                | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |        | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |
| <b>Indoor</b>           | admissions                     |                | <b>31,257</b>            | <b>34,460</b>            | income | <b>£38,279</b>           | <b>£44,670</b>           |
| <b>Other</b>            |                                |                | –                        | –                        | income | <b>£5,801</b>            | <b>£7,471</b>            |
| <b>Indoor</b>           |                                |                |                          |                          |        |                          |                          |
| Staff led activities    | admissions                     |                | 6,929                    | 6,807                    | income | £18,976                  | £20,076                  |
| Pool                    | admissions                     |                | 8,586                    | 8,572                    | income | £9,842                   | £10,526                  |
|                         | <i>general admissions</i>      | 7,265          |                          | 7,765                    |        |                          |                          |
|                         | <i>subscription admissions</i> | 1,321          |                          | 807                      |        |                          |                          |
| Health & Fitness        | admissions                     |                | 487                      | 636                      | income | £1,096                   | £1,343                   |
|                         | <i>general admissions</i>      | 350            |                          | 473                      |        |                          |                          |
|                         | <i>subscription admissions</i> | 137            |                          | 163                      |        |                          |                          |
| Spectators              | admissions                     |                | 14,023                   | 17,113                   |        | –                        | –                        |
| Education               | admissions                     |                | 1,225                    | 1,332                    | income | £8,338                   | £12,725                  |





Like the previous year, 2014/15 continued to be very busy for the Scalloway Pool. The year saw increases in income and admissions in all areas except junior swim, individual swimming lessons and school admissions. The reduced opening hours phased in during July is likely to have contributed to the reduction in junior swims as less time was available for public swimming.

With the Clickimin pool closed for 6 weeks for refurbishment at the end of 2014 and most of January 2015, the pool was a hive of activity with most of the swimming clubs transferring their bookings to Scalloway. This brought a huge influx of new faces to the facility and allowed the swimmers to experience life in more compact surroundings!

Throughout the year there were a few personnel changes with some staff moving on to new challenges. These changes saw Employed Trainee Craig Robertson gaining promotion to a Part Time Recreation Assistant role along with Ben Morris who was a former Employed Trainee at the South Mainland Pool. The vacant Employed Trainee position was filled by Scalloway girl Laura Nicolson, the first ever Scalloway resident to be a trainee at the pool.

Along with regular staff training sessions, the pool was used for two other training courses. During April

2014, Senior Recreation Assistant Stacey Laurenson put four candidates through their paces to become lifeguards as part of her on-going training to become a Trainer Assessor. These four candidates all passed their National Pool Lifeguard Qualification with two of them going on to work for SRT. During the Clickimin pool's refurbishment closure the pool was used for the practical part of the Teaching Aquatics Level 2 course that was run by SRT and instructed by the

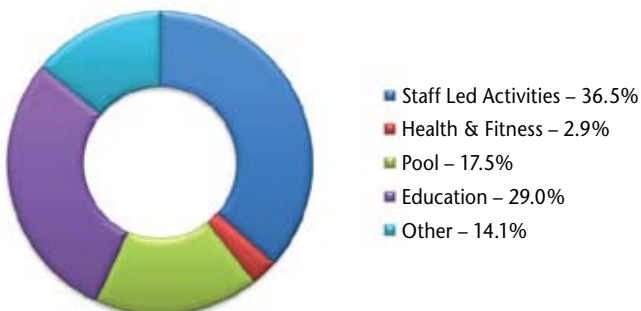
Aberdeen based Scottish Swimming tutor Hilary Stewart.

Outside the pool building it was all change, with the former junior high school becoming the new primary school, and the previous primary department transformed into a new health centre. This development meant a huge revamp to the building access and egress and provided an increased number of parking spaces which was welcomed by customers.

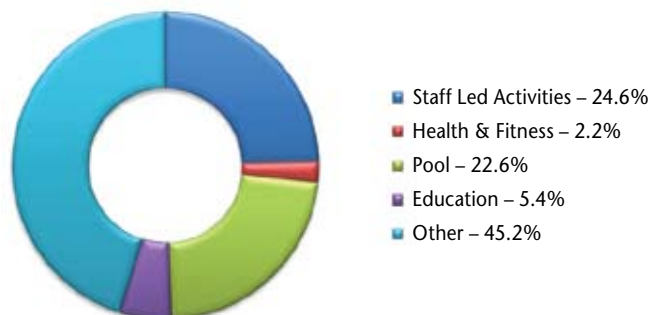


*Recreation Assistant Craig Robertson towing his fellow colleague Ben Morris to the side of the pool during a staff training session.*

## % of Total Net Revenue



## % of Total Admissions





## Activities

### Adults Only Swim/ Steam Sessions

The pool continued to offer adult only sessions on Monday and Thursday evenings as well as ladies only sessions on Wednesday evenings. These sessions were popular with locals along with workmen from the accommodation barge and cruise ship that have taken up residence in the harbour during the building work going on at Sullom Voe.

### Birthday Parties

Continuing on from the previous year's increase in bookings a total of 37 pool parties were held, more than double the number last year. An alteration to the pool's opening hours at the weekend seemed to provide more options for those wishing to celebrate their birthdays splashing about in the pool with their friends and family.

### Christmas Opening Hours

As in previous years the Scalloway Pool was one of two SRT facilities to open for 3 days over the festive

period. The Lerwick Swim Team took the opportunity to continue their training schedule with a two hour session each day. There was a drop in the number of public admissions over the period with 159 swimmers choosing to take advantage of the additional opening hours.

### Holiday Activities

There was a range of fun activities available to children of all ages during the school holidays. Activities included Aqua Run inflatable sessions, Easter Egg Hunt, Floats and Flippers, Water Polo and the ASA/ISRM Swim Award Class. The introduction of the challenging new pool inflatable, which was shared with the South Mainland Pool, proved to be very popular and helped increase holiday activity income and admissions.

### Over 50s

These sessions run twice weekly on Tuesday and Friday afternoons between 2pm-3pm. Over 50s have exclusive use of all that the Scalloway Pool has to offer during this time. Exercise is important no matter what the age or swimming ability and staff are always on hand to help and support customers with their fitness routine. The sessions continue to attract new faces and are a good way for people to socialise in a fun and relaxed environment.

The table below shows attendances at the various activities:

### Pool Hires

Throughout the year the pool was hired by local various clubs

| Activity              | Attendances 13/14 | Attendances 14/15 |
|-----------------------|-------------------|-------------------|
| Birthday Parties      | 425               | 925               |
| Holiday Activities    | 252               | 577               |
| Individual Lessons    | 370               | 292               |
| Learn to Swim Lessons | 8,151             | 8,601             |
| Swim & Steam          | 578               | 892               |
| <b>Total</b>          | <b>9,779</b>      | <b>11,287</b>     |



The cruise ship Gemini and the accommodation barge the Bibby Challenge berthed in the Scalloway Harbour to provide accommodation for workers at Sullom Voe. The workers have continued to use the facilities during their stay.





*The new aqua run inflatable that was introduced to the holiday activities.*

and groups. As mentioned in the introduction, during the period that Clickimin pool was closed for refurbishment, most of the swimming club bookings were transferred to Scalloway to ensure continuity in training. Clubs that used the pool included the Lerwick Amateur Swimming Club, Lerwick Swim Team, Shetland Amateur Competitive Swimming Club as well as the Shetland Triathlon Club. These bookings filled every available slot and even included a few training sessions that started at 7am. Additional bookings were also received from the Lerwick Boys Brigade and Scalloway Parent and Toddler Group.

## Beta League

The Shetland Swimming Association continued to hire the pool once a month between October and March in order to host the Beta League Swim meets. This competition saw six teams compete against each other for the title and is seen as a good way of introducing new and young club



*Overall winners of the Beta League, Westside Sharks, with their trophy which was presented to their team captain Ellie Jamieson following the final meet of the season.*

*Photo: Kevin Jones*





*Westside Sharks celebrate their victory by leaping into the pool after they were presented with the Beta League trophy.*

*Photo: Kevin Jones*

members to competitions. With the 2013/14 competition only finishing in April 2014 due to weather delays, this meant two league competitions within the year were completed. This saw swimming Coach Elaine Drakeford lead the Westside Sharks to two titles in a row. Although the Westside Sharks were the overall league winners many competitors walked away with their own PB's and a sense of achievement.

## North Atlantic Fisheries College

Lecturer Mark Fullerton used the pool to teach sea cadets studying at the college how to deploy a life raft in the event of having to abandon ship. Along with the sea cadets, NAFC lecturer Leslie Tait led candidates who work on the various sea farms dotted all around the isles through various sea survival skills as part of their required training. The skills, knowledge and understanding learned on these courses could someday save their own and crewmates lives if ever needed.

## Schools

The pool continued to be used by the schools from Scalloway, Hamnavoe, Tingwall and Whiteness throughout the year, with each pupil receiving 6 weeks of swimming as part of their Physical Education classes. There was

drop in admissions in this area due to the Anderson ASN Department choosing to use the Clickimin pool after the summer holidays, also Whiteness Primary returned to their normal allocation of swimming lessons after an increase the previous year.

## Swimming Lessons

During the year the staff worked hard at continually promoting swimming lessons leading to an additional 450 admissions. This 5.5% increase was a welcome boost to the overall income and admissions figures. With 39 classes per week throughout each term it meant that there was an average of 226 children attending swimming lessons weekly.

## AquaFun

These classes, aimed at children between the age of 3 and 5, continued to be very popular with parents wanting to introduce their children to a class environment at an early age. Throughout each term there were between 10 and 12 classes at this level available per week. 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 Lessons

With a drop in the number of teaching staff available and less free pool space due to other activities being held, there was a drop in the number of individual swimming lessons from 370 last year to 292 this year. These one to one lessons allowed the teacher to concentrate on specific areas of the pupil's stroke, and work on any area that required attention to help the child pass the specific Learn to Swim level class they were participating in. With a waiting list for this type of lesson popularity remains high and there was never an empty slot when the lessons were scheduled. The pool also continued to take part in the Top-Up Swimming Programme in partnership the Shetland Islands Council, funded by the Scottish Government. This programme provided a number of school pupils the opportunity to attend individual lessons so that they could reach the recommended swimming ability before leaving Primary education.

## Learn to Swim

Swimming lessons for children aged 5+ continued to be popular and followed the Scottish Swimming Association Learn to Swim framework. Admissions to these lessons increased on the previous year's figures and it is hoped that admissions will continue





to improve over the next year. Despite healthy attendance levels, staff noted that there was a drop in admissions to classes Level 7 and up. This was probably due to children passing their ASA/ISRM Swim award which allows them to swim in deeper water by themselves and being able to do that is often the main target of many children.

## SwimSkills

Staff continued to provide SwimSkills Level 1 and 2 classes for those swimmers who had completed the Learn to Swim Level 8. These 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.

## Plans

Last year's targets were met as follows:

- Continue to ensure that timetabled swimming lessons

are available in order to meet the demand: *admissions to swimming class lessons rose by 450;*

- Continue to offer a balanced programme of activities for all age groups and swimming abilities: *admissions to adult's activities rose along with the number of admissions to the junior holiday activities throughout the year;*
- Introduce new water-based activities which could help to attract more junior and adult customers: *an additional Adults Only session was introduced for a trial period and water polo was introduced into the children's holiday activity timetable;*
- Build on the Scalloway Pool Facebook page and customer email database: *the Facebook page currently has 315 followers and there are 145 customers on the email database;*
- Investigate ways of lowering expenditure that won't have an impact to the service provided: *activities were programmed to utilise staff better and staffing hours were restructured;* and
- Carry out a customer survey to

find out how service could be improved further: *throughout the year staff carried out both a Customer Satisfaction Survey and a Non-user Questionnaire.*

## Plans for 2015/2016

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

- Ensure that sufficient swimming lessons are offered to meet the demand;
- Offer a balanced programme of activities for all age groups and swimming abilities;
- Introduce new water-based activities which could help to attract more junior and adult customers;
- Utilise the SRT website to make booking into activities easier for customers; and
- Continue to look into ways of reducing energy costs and the impact that the facility has on the environment.



## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15        |                          |                          |        |                          |                          |
|-------------------------|--------------------------------|----------------|--------------------------|--------------------------|--------|--------------------------|--------------------------|
| <b>Total Income</b>     | <b>£62,238</b>                 | <b>£77,929</b> |                          |                          |        |                          |                          |
| <b>Total Admissions</b> | <b>39,057</b>                  | <b>41,152</b>  |                          |                          |        |                          |                          |
|                         |                                |                | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |        | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |
| <b>Indoor</b>           | admissions                     |                | <b>39,057</b>            | <b>41,152</b>            | income | <b>£53,093</b>           | <b>£66,965</b>           |
| <b>Other</b>            |                                |                | –                        | –                        | income | <b>£9,145</b>            | <b>£10,964</b>           |
| <b>Indoor</b>           |                                |                |                          |                          |        |                          |                          |
| Staff led activities    | admissions                     |                | 9,143                    | 10,136                   | income | £26,508                  | £28,477                  |
| Pool                    | admissions                     |                | 8,904                    | 9,292                    | income | £12,326                  | £13,634                  |
|                         | <i>general admissions</i>      | <i>7,527</i>   | <i>7,745</i>             |                          |        |                          |                          |
|                         | <i>subscription admissions</i> | <i>1,377</i>   | <i>1,547</i>             |                          |        |                          |                          |
| Health & Fitness        | admissions                     |                | 579                      | 904                      | income | £1,145                   | £2,231                   |
|                         | <i>general admissions</i>      | <i>326</i>     | <i>640</i>               |                          |        |                          |                          |
|                         | <i>subscription admissions</i> | <i>253</i>     | <i>264</i>               |                          |        |                          |                          |
| Spectators              | admissions                     |                | 16,726                   | 18,584                   |        | –                        | –                        |
| Education               | admissions                     |                | 3,705                    | 2,236                    | income | £13,114                  | £22,623                  |





West Mainland Leisure Centre was successful for a fourth 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. There were a few staffing changes in 2014-15 which included Diane Legget taking up the position of manager in April before Ian Simpson moved from managing the Whalsay Leisure Centre to take over in January 2015.

Upgrade work by the Technical Services team has meant that running costs have been reduced, especially following the fitting of pool sensors which control lighting and ventilation air flow when the area is not in use. The new Biomass heating system has also been very effective, reducing heating costs and giving an overall efficient means of heating the centre. For the first time since the centre opened, the 3 court main hall floor was sanded and varnished. The hall is now in tip top condition for use by clubs, organisations and general customers.

*The staff pictured in February 2015. From back left: Stephanie Keith and Katriona Mouat (Recreation Assistants), Matthew Saunders (Senior Recreation Assistant) and Ian Simpson (Manager). In front: Grant Jenkins (Casual Recreation Assistant) and Darren Forrest (Recreation Assistant). Missing from photo, Doug Forrest (Cleaner), Shona Moncrieff, Joshua Morrison, Martha Smith, Elaine Inkster (Casual Recreation Assistants).*



## Activities

### Birthday Parties

Birthday parties remained popular with 15 inflatable sessions held in the pool and 37 sessions in the main hall. Most of these take place during the weekends and make use of the large community room for party teas. It is planned to build on these numbers and make the party option as attractive as possible.

### Boxing

Adam Tait continued to instruct boxing coaching sessions on Thursday nights which were well attended by boys and girls from the West Side. Having a keen interest in boxing himself Adam knew many drills and fun games to teach the children. His passion was clear to anyone who watched or attended the class, and this rubbed off on the young boxers. Until he left the centre in July 2014

Adam had also incorporated boxing into the Circuits class which ensured a total body workout for participants each week.

### Fifty Plus

A steady number of customers attended the Fifty Plus sessions on Tuesdays and Thursdays. These allocated slots allowed use of the fitness suite and squash court plus swimming pool and health suite





Shetland's Under 18 Badminton Inter-County team with the Peterson Shield following their victory over Orkney.

Photo: Kevin Jones

providing a great chance to keep fit and mobile as well as socialise.

## Fun and Games

Fun and Games has proved very popular again this year. The one hour session for children in Primary 1-4 consists of plenty of running around playing tag and playground games with friends after school. The parachute games also proved to be a hit.

## Holiday Activities

A full summer holiday programme was implemented and, for the first time, Playzone was introduced. The two hour drop in sessions were full



Dean Guthrie lunges forward as he returns a drop shot during his singles match.

Photo: Kevin Jones





to capacity, providing the perfect run around space to let off steam and included the trampoline, bouncy castle, soft play, football goals, parachute etc. Cheerleading was delivered for the first time to budding pre-school and P1-3 dancers and was extremely popular and great fun for the children, parents and instructor Diane Legget!

The Peerie Commonwealth Stars sessions fed off the various sports delivered in Glasgow 2014 Commonwealth Games and children were very keen to try out new sports they had seen on TV. The pool inflatable was also a great success with four drop in sessions weekly and very 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.

## Junior Badminton Inter-County

In March 2015 the centre hosted the Under 18s Badminton Inter-County against Orkney. The Inter-County consists of six male singles, six female singles, three male level doubles, three female level doubles and six mixed doubles totalling twenty four games. There were a lot of close games with Shetland coming out on top winning 13-11.

## Parent and Toddlers

Numbers for the Parent and Toddlers two hour weekly sessions remain positive with 1,477 admissions. Children can come and enjoy themselves in the main hall with a soft play and mini obstacle course. The swimming pool is also reserved for the adults and children who gain confidence in the water playing with toys and water features.

## Peerie Kickers

Peerie Kickers, which has been a firm favourite at the centre, has continued and now the pre-school children have

| Activity / Class / Course | Attendances 13/14 | Attendances 14/15 |
|---------------------------|-------------------|-------------------|
| Aqua Circuits             | –                 | 74                |
| Badminton Junior          | 355               | 84                |
| Boxing Junior             | 305               | 70                |
| Circuit Training          | 131               | 65                |
| Fatburn Extreme (FBX)     | –                 | 311               |
| Fifty Plus Club           | 635               | 472               |
| Fun & Games               | 288               | 180               |
| Learn to Swim Classes     | 3,087             | 3,580             |
| Parent and Toddlers       | 1,333             | 1,477             |
| Peerie Dribblers Football | –                 | 70                |
| Peerie Kickers Football   | 334               | 132               |
| Spinning                  | 243               | 76                |
| Trampolining              | –                 | 52                |
| <b>Total</b>              | <b>6,711</b>      | <b>6,643</b>      |

their own 'Peerie Dribblers.' Both sessions have been well attended.

## Block Bookings

### Aith Badminton Club

The Aith Badminton Club used the main hall for their club training on a Tuesday from 8pm – 9pm. This training was open to ages 14+ and was for all abilities ranging from beginners up to Shetland Squad Members. On average ten people attended the training each week and the club took part in the annual Badminton League in the first division where the club finished second overall.

### Men's Shetland Island Games Volleyball Team

Thursday nights from 7.30pm the volleyball team used the main hall for training purposes. Training started in early November 2014 and when new manager Ian Simpson arrived the centre extended their opening hours allowing the team to train longer. This training proved successful when competing on the Scottish Mainland in preparation for the Natwest Island Games at the end of June 2015.

### Wastside Netball Club

The Wastside Netball Club had two training sessions, a primary session

and a secondary session. These were lead mainly by Janice Johnston every Monday night up until the end of March 2015. The sessions were popular with 20 plus bairns attending both sessions each week.

### West Side Rebels

Shetland Works League team West Side Rebels booked indoor training on Wednesday nights between November and April from 7pm – 9pm. The Rebels numbers remain healthy with at least ten players attending each training session. The home games are a treat for the Rebels fans who come in their numbers to watch and cheer their team on, even with their own 'Rebel hill' at the side of the pitch. This season in itself was



Shetland U15 centre Sophie Morris considers her options before passing the ball in the Scottish Youth Cup match.

Photo: Kevin Jones



*Shetland and Newtonhill under 15 and under 13 players got together following their Scottish Youth Cup first round matches held at the centre in January 2015.*

*Photo: Kevin Jones*

not a great one for the Rebels as they finished sixth out of eight teams. The Rebels did find their strengths when it came to the indoor season winning both tournaments that were held at Clickimin.

Twenty one swimmers entered the Shetland Junior Sprints in November and Junior Championships in February. They achieved: over 100 PBs, 21 individual and 4 relay golds, 25 individual and 1 relay silver, and 14 individual and 1 relay bronze. Three swimmers won shields in the sprints (Mia Kirkness, James

Masson and Jos Hatrick) and 3 in the Championships (Mia Kirkness, Robbie Jamieson and Magnus Bullough). The club had 1 swimmer in the Shetland Senior Age Group Championships in November and 5 in the Senior Sprints in March and all did well to achieve personal bests in their races. In May 10 swimmers were in the

## Westside Sharks Swimming Club

The Westside Sharks increased their weekly booking to Mondays and Wednesdays. Eighty eight children now attend coached sessions and have made quite a stamp on the local swimming scene. In April the Sharks won the local Beta League, with 433 points, beating all the more established clubs in Shetland. Later that month 17 swimmers travelled to the Inverness Graded Meet. They achieved 25 personal bests, 3 individual golds and a gold and 2 bronzes for relays. They also got 3 speeding tickets which means the swimmers had gone 'too fast' in those races. In May, 43 swimmers took part in the club gala, and received medals and shields at the prizegiving in June. Noah Quinnell won the Walls Bakery Cup for most improved swimmer in 2013-14.



*Westside Sharks captain Ellie Jamieson accepts the Beta League trophy from President of Delting Dolphins swimming club Helen Perry. The final meet of the season was held at Scalloway Pool in March 2015.*

*Photo: Kevin Jones*





Brae Building Centre Head to Head Meet, 7 swimmers entered the JW Grays Midsummer Meet in June, and 6 swam in the Sumburgh Hotel Meet in February. Across these meets several PBs and a gold, 2 silvers and 6 bronzes were achieved.

In March 2015 there was the last Beta League meet of the season, and the Sharks won the league again, for the second year running. During 2014-15 the club have also been doing the Positive Coaching Scotland Programme and a further eight parents have trained as timekeepers and two are doing Judge 1 training.

## Whitedale Football Club

The Whitedale Senior team trained for two hours on Monday nights from October until the end of March 2015. 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.

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.

## Community Room

Technology plays a large part in attracting customers who want internet access and a professional meeting space. A new 62" TV was installed to provide business related customers with the opportunity to host meetings in a comfortable well-appointed environment. Companies such as Tesco have made use of these facilities and it is hoped more will follow suit.

Yoga, led by instructor Nikki Sharp, has been held twice weekly and this is an extremely popular class with

customers coming from all areas to attend in the peaceful and quiet setting. The Bruce Family Centre held their weekly class on Friday mornings bringing together parents/carers and pre-school children. This fun session allows parents to get to know each other and delivers stimulating educational play for their youngsters.

## Fitness Suite

A refurbishment of the gym has seen an increase in usage due partly to the installation of free weights. These range from 2kg up to 25kg and have drawn customers who like the flexibility of tempering their workout to suit their needs. A reshuffle of equipment has made the area more user friendly and provides equipment suitable for wheelchair users.

## Health Suite

A small but very functional area adjacent to the pool, the Health Suite has a sauna and steam room giving customers the option to relax and unwind. There is a Ladies Night on Wednesdays and Adults session on Thursdays which provides the opportunity to get together, have a swim, chat in privacy and enjoy some relaxing social time.

## School Use

Aith Junior High School continues to be the most frequent user of the centre with PE teachers Michael Boxwell and Kerry Redfern delivering the curriculum through daily use Mondays to Fridays. Allister Williamson, Elspeth Spence and Elaine Drakeford were added temporarily to the PE team when Michael moved on. This important partnership plays a vital role in the future of the centre giving children 5 star facilities on their doorstep and in return their health, fitness and general wellbeing is improved. The throughput of pupils starts early in Nursery school so that children become familiar with the surroundings and enjoy using the centre outwith school hours.

## Squash Court

Besides regular casual bookings for squash, this multi-functional area is used to deliver various studio classes.

### FBX

FBX – Fatburn Extreme was introduced in October 2014 when instructors Matthew Saunders and Katriona Mouat became qualified. Classes have been well attended at this new and very popular fixed 20 minute, maximal intensity, rest based workout. The three classes a week are held in the squash court as the main hall is fully booked with block bookings most evenings.

### Spinning

Spinning classes were also run in the squash court by instructors Matthew Saunders and Adam Tait until July 2014. However, classes have recently started up again and have proved as popular as ever with Ian Simpson and Matthew taking two classes a week.

## Swimming Pool

### AquaDance

A very successful novel class called AquaDance was held after the October holidays. The class delivered various dance styles including ballet, jazz and even the Cha Cha Cha! Aqua Circuits has now replaced AquaDance. This 45 minute class 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 when children and parents have competed against each other to see how fast they can complete the run – a fun, energetic and exhilarating experience!



*Fun on the pool inflatable Rumble in the Jungle!*

## Learn to Swim Programme

More emphasis has been put on delivering a high standard of swimming lessons with an increase

in admissions. Stephanie Keith, along with instructors Matthew Saunders and Katriona Mouat, make an experienced team helping to deliver more classes, including one to one

lessons. The centre now also provides Aquafun classes for pre-school 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.

## Plans for 2015/2016

With staffing levels having stabilised there are plans to offer a full and consistent programme to the West Mainland catchment area in the coming year and staff will work hard to ensure there is a wide variety of activities available. The intention is to continue to liaise with the Technical Services Department to continue to develop building efficiencies. The centre has all the required facilities to host large events and coaching courses and these will be encouraged in the future wherever possible. Staff will continue to seek feedback from users and non-users to build upon the positive work delivered.





## Income and Admissions

1 April 2014 - 31 March 2015

|                         | 2013-14                        | 2014-15         |                          |                          |        |                          |                          |
|-------------------------|--------------------------------|-----------------|--------------------------|--------------------------|--------|--------------------------|--------------------------|
| <b>Total Income</b>     | <b>£118,789</b>                | <b>£111,967</b> |                          |                          |        |                          |                          |
| <b>Total Admissions</b> | <b>44,351</b>                  | <b>43,691</b>   |                          |                          |        |                          |                          |
|                         |                                |                 | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |        | <b>2013-14<br/>Total</b> | <b>2014-15<br/>Total</b> |
| <b>Indoor</b>           | admissions                     |                 | <b>44,111</b>            | <b>43,526</b>            | income | <b>£109,540</b>          | <b>£101,527</b>          |
| <b>Outdoor</b>          | admissions                     |                 | <b>240</b>               | <b>165</b>               | income | <b>£77</b>               | <b>£66</b>               |
| <b>Other</b>            |                                |                 | –                        | –                        | income | <b>£9,172</b>            | <b>£10,374</b>           |
| <b>Indoor</b>           |                                |                 |                          |                          |        |                          |                          |
| Staff led activities    | admissions                     |                 | 5,816                    | 7,122                    | income | £15,695                  | £18,458                  |
| Pool                    | admissions                     |                 | 5,960                    | 5,721                    | income | £10,217                  | £10,428                  |
|                         | <i>general admissions</i>      | <i>5,375</i>    | <i>4,730</i>             |                          |        |                          |                          |
|                         | <i>subscription admissions</i> | <i>585</i>      | <i>991</i>               |                          |        |                          |                          |
| Non sport               | admissions                     |                 | 2,610                    | 2,330                    | income | £2,639                   | £1,868                   |
| Health & Fitness        | admissions                     |                 | 2,630                    | 2,708                    | income | £5,616                   | £6,163                   |
|                         | <i>general admissions</i>      | <i>1,491</i>    | <i>1,615</i>             |                          |        |                          |                          |
|                         | <i>subscription admissions</i> | <i>1,139</i>    | <i>1,093</i>             |                          |        |                          |                          |
| Dry activities          | admissions                     |                 | 7,690                    | 7,745                    | income | £11,147                  | £11,664                  |
| Spectators              | admissions                     |                 | 5,369                    | 4,954                    |        | –                        | –                        |
| Education               | admissions                     |                 | 14,036                   | 12,946                   | income | £64,226                  | £52,946                  |
| <b>Outdoor</b>          |                                |                 |                          |                          |        |                          |                          |
| Pitch                   | admissions                     |                 | 240                      | 165                      | income | £77                      | £66                      |



# Community Sport Hubs

Part of the role of the Community Sport Hub Officer is to help co-ordinate events and to support member clubs and groups in their activities. A good example of this was demonstrated in April when a busy year got off to a good start with Open Days at the North Mainland Leisure Centre. A total of 446 children and adults came along to try out various activities including spinning, diving for Easter eggs, crazy golf and to enjoy the swimming pool inflatable. The Shetland Ladies Hockey Association organised a Hockeyfest over the same weekend and this included some fun activities for youngsters on Saturday morning followed by the mixed Inter county match against Orkney in the afternoon. Sunday saw the Town Hall 7s event and the Moulder Memorial Trophy.

Similarly the hub officer helped to co-ordinate a busy Open Day at Whalsay Leisure Centre on 23 May when many of the hub clubs participated and offered fun sessions to everyone. Activities included games hall inflatables, golf net practice and tuition, extreme frisbee, pool inflatables and trampoline.

The hub officer also works closely with other partners and, at the West Mainland, supported the organisation of the Queen's Baton Relay event on 1 July 2014. Every school child in Shetland was involved in this day and pupils from the Westside cluster, together with Whalsay, came together at Aith to celebrate the Baton's journey from its arrival by road until it departed by lifeboat! Before, during



Top left: Fun games for youngsters at the North Mainland Hockeyfest in April. Top right: Goalmouth action. Above: The winning team in the mixed Inter county match. Photos: Maurice Haining





Above: The sun shone for the Queen's Baton Relay at Aith in July.

and after, there were constant activities such as rugby, netball, dance mats and athletics for the youngsters while the local population turned out in large numbers to ensure the event had a real community feel.

In Whalsay the hub officer had worked in conjunction with the Scottish Football Partnership to source 'portable' changing rooms. All that was required was for the Whalsay Football Club to have founs prepared and the two units were then supplied and delivered to site at no cost to the local club.



Claire Johnston arrives at the playing field with the baton.  
Photos: Maurice Haining



External view of the new changing units in Whalsay. Photo: Maurice Haining

Inset: Internal view. Photo: Colin Leask





# Community Sport Hubs

Working alongside Shetland Islands Council, the hub officer was also instrumental in helping to organise coach education for various sports, in particular archery, boxing and badminton. Funding was obtained to allow the participants to earn their qualifications at a vastly reduced cost – in some cases at no cost - to the individual. In badminton a total of four coaches achieved their UKCC Level 1 qualification while another five were able to move up to the Advanced Level 1. Eight archery coaches achieved UKCC Level 1 status and fourteen participants earned the Introduction to Coaching Award offered by Boxing Scotland.



Top: Badminton Scotland Advanced Level One coaches with Instructor Bob Ullah. Middle: Ryan Jamieson with Boxing Scotland Instructor, and ex-Scottish International, James Docherty. Bottom: Some of the archers who achieved UKCC Level 1 status. Photos: Maurice Haining

Through the Community Sport Hubs Shetland was offered the chance to apply for some equipment which had been used at the Commonwealth Games in Glasgow. Following the success of the Boxing Coaching course we were delighted to receive not just gloves, pads, punch bags and protective gear but also one of the practice rings used at the Games. It has already been put to good use at the annual Shetland Sports Awards. Some welcome additions to the bank of athletics equipment were also received.

The Community Sport Hub Officer co-ordinated the official opening of the Shetland Regional Hockey Facility at Brae and Louise Martin, Chair of **sportscotland**, was invited to perform the opening ceremony.



Louise Martin, Chair of **sportscotland**, officially opening the new Regional Hockey Facility. Photo: Kevin Jones

Louise was very impressed with everything she saw during her short visit and had no hesitation in accepting a further invitation to return later in the year, this time as keynote speaker at the Shetland Sports Awards. This event was the biggest single project undertaken by the hub officer during the year and, through working closely with the Shetland Times, Platform Shetland, SIC Sport & Leisure and the Clickimin Leisure Complex Manager, a very successful evening was delivered. Over 200 guests enjoyed a boxing demonstration bout, an excellent three course meal and an after dinner talk by Louise Martin. The year was an exceptional one and it was somewhat surreal to have three Commonwealth athletes jointly receiving the main Sports person of the Year Award! The evening was compered by Tavish Scott MSP and as always his participation was greatly appreciated. See the Clickimin Leisure Complex section of the report for more information.

As well as working with SRT facility managers the hub officer works together with various partners including NHS Health Improvement Advisors, SIC Sports Development Officer, Active Schools Co-ordinators, PE staff, Youth





Junior golfers try out the new nets after the opening ceremony at Whalsay Leisure Centre.

Photo: Robert Anderson

Development Officer and Community Development Officer. He is involved in a variety of other groups too but all with a view to helping improve how sport and physical activity is delivered throughout Shetland. These include the Physical Activity Special Action Group, the Coaching and Volunteering Group and the Club Sport Participation & Pathways Group.

In March 2015 the golf practice nets, installed in the squash courts at Whalsay Leisure Centre, were officially opened. The idea was conceived by ClubGolf Regional Manager, Willie MacKay, the Whalsay Golf Club, and Shetland's then Community Sport Hub Officer, Carl Clinton. Willie MacKay said: "From the start when the golf club were keen to explore the idea, I can honestly say

that in over 10 years working in ClubGolf this project was partnership working at its best."

Recent meetings have been held with the community 'professionals' in the five existing Community Sport Hubs to review how successful they have been and to discuss the best way forward, in particular with a view to longer term sustainability. Initial meetings have been held with community professionals and clubs in the South Mainland area and the Community Sport Hub there is in its infancy. Unlike the hubs in Yell, Unst, Whalsay, North Mainland and West Mainland, which are all linked to the SRT facility, this hub will be based in the Sandwick Junior High School. The creation of the final two Community Sport Hubs – Central Mainland and Clickimin – are planned for the near future.











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Cover photographs by Kevin Jones & Maurice Haining

