

## ACTIVITY DETAILS

Activity	Age	Price	Included in M4L?	Description
Clifford the Croc	All Ages*	£4.00		Clifford the Croc has escaped into the swimming pool! Can you survive? This action packed hour includes inflatables, big floats and water features. (*Pool admission rules apply)
Summer Fun & Games	P1+	£4.00		An hour of fun sports games, either inside or outside (Weather Dependant). This Session will involve working as a team and having Fun!
Otago	GP referral	£3.80	<b>MORE4life</b>	This fall prevention class includes strength and balance exercises. (*GP referral required to attend)
Bounce Mania	All Ages	£4.00		Bounce as high as you can on our Bouncy Castle. Soft play and junior toys available in this fun session.
Parent & Toddler	All Ages*	£4.00		Soft play, Swimming pool or both for only £3.80 plus £1 for every extra child. Great social session and good for burning off some energy. (*Pool admission rules apply)
Pool Inflation	All Ages*	£4.00		Come and try out our Shiver Me Timbers inflatable fun run. See if you can get to the end without falling off! (*Pool admission rules apply)
Floats & Flippers	All Ages*	£4.00	<b>MORE4life</b>	This 60 minute session includes pool floats, flippers and water features. Perfect for the whole family. (*Pool admission rules apply)
Aqua Circuits	S4+	£6.90	<b>MORE4life</b>	These water based workouts are suitable for all, with a variety of aerobic and toning stations that work the entire body in a relaxed atmosphere with motivational music.
Dumbbell Circuits	S4+	£6.90	<b>MORE4life</b>	Each station targets different muscle groups giving you a full body workout. May be outside depending on the weather.
50+ Swim	50 and over	£5.85 £4.00	<b>MORE4life</b>	Ideal for socialising and improving fitness levels at your own pace. Exclusive use of the Swimming Pool & Health Suite in these 1.5hour sessions.
Climbing Induction	14+ years	£10.65	<b>MORE4life</b>	Complete your climbing competency induction. This allows access to public sessions and the ability to sign in guests.
Climbing Come & Try	All Ages	£10.65 £6.65	<b>MORE4life</b>	Family fun sessions allows up to 6 to this come and try session. Equipment and supervision provided by our Climbing Instructor. An adult must be present to provide assistance.
Learn to Swim Top-up Lessons	5+ years	£5.35		Extra group swimming lessons on a pay weekly basis. Ideal if your child is close to passing a level and hopes to move up after the holidays. Enquire at reception for specific level times.
Yoga	S4+	£6.90	<b>MORE4life</b>	Awesome complement to life. For an active lifestyle and injury prevention. This slow practice provides deep-tissue tension relief with gentle, mat-based laying and seated postures.
Morning Tone	S4+	£5.25	<b>MORE4life</b>	A class dedicated to working your fully body over a range of exercises. Low-medium impact exercises which are perfect for toning and strengthening.



## West Mainland Leisure Centre



# Summer Activities 2025

Monday 30th June - Sunday 17th August inc.

T: 01595 807713

| [www.srt.org.uk](http://www.srt.org.uk)

| [wmlc@srt.org.uk](mailto:wmlc@srt.org.uk)



Shetland Recreational Trust  
Scottish Charity SC002179

**MORE4life**  
Shetland more active. more often

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 June	1 July	2 July	3 July	4 July	5 July
Bounce Mania   1500-1600 Yoga   1830-1915 Aqua Circuits   1930-2015	Parent & Toddler   1000-1200 50+ Swim   1100-1230 Pool Inflatable   1500-1600	Clifford the Croc   1545-1645 Climbing Come & Try   1600-1800 Aqua Circuits   1930-2015	Floats & Flippers   1430-1530 Learn to Swim Top-up Lessons   1600-1700	50+ Swim   1030-1200 Summer Fun and Games   1200-1300	Climbing Induction   1000-1200 Climbing Come & Try   1215-1315 / 1330-1430 Pool Floats & Fun   1330-1430
7 July	8 July	9 July	10 July	11 July	12 July
Bounce Mania   1500-1600 Yoga   1830-1915 Aqua Circuits   1930-2015	Parent & Toddler   1000-1200 50+ Swim   1100-1230 Pool Inflatable   1500-1600	Otago   1515 - 1615 Clifford the Croc   1545-1645 Climbing Come & Try   1600-1800 Aqua Circuits   1930-2015	Floats & Flippers   1430-1530 Learn to Swim Top-up Lessons   1600-1700 Dumbbell Circuits   1800-1850	Morning Tone   0900-0930 50+ Swim   1030-1200 Summer Fun and Games   1200-1300	Climbing Induction   1000-1200 Climbing Come & Try   1215-1315 / 1330-1430 Pool Floats & Fun   1330-1430
14 July	15 July	16 July	17 July	18 July	19 July
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21 July	22 July	23 July	24 July	25 July	26 July
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28 July	29 July	30 July	31 July	1 August	2 August
Yoga   1830-1915 Aqua Circuits   1930-2015	Parent & Toddler   1000-1200 50+ Swim   1100-1230 Pool Inflatable   1500-1600	Clifford the Croc   1545-1645 Climbing Come & Try   1600-1800 Aqua Circuits   1930-2015	Floats & Flippers   1430-1530 Learn to Swim Top-up Lessons   1600-1700	50+ Swim   1030-1200 Summer Fun and Games   1200-1300	Climbing Induction   1000-1200 Climbing Come & Try   1215-1315 / 1330-1430 Pool Floats & Fun   1330-1430
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