

# Whalsay Leisure Centre

## Junior Activity Guide

### April-May

**MORE4life**  
*Shetland more active, more often*

 **Shetland Recreational Trust**  
Scottish Charity SC002179



CONTACT RECEPTION OR BOOK ONLINE 

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Funded by



**Shetland  
Charitable Trust**

Junior Activity Guide – April – May 2026			
STARTING	CLASS / AGE / ABILITY	TIME	COST
<b>MONDAY 13<sup>th</sup> April</b>			
Pool Fun	P2+	3.40-4.30	Pay Weekly £4.20
Trampolining	P1/2	3.40-4.30	5 Weeks £21.00
Secondary Gym Hour	Secondary	4-5	Pay Weekly £5.40
<b>TUESDAY 14<sup>th</sup> April</b>			
Pre-School Fun	P1 & Under	3.40-4.30	Pay Weekly £3.70
Rookie Lifeguard	P4-7	3.45-4.15 4.15-4.45	5 Weeks £29.50
<b>WEDNESDAY 15<sup>th</sup> April</b>			
Learn to Swim	Swim Skills 1A, 1B, 2, 3 & 4	Please ask a member of staff for class times	5 Weeks £29.50
Athletics	P4-7	3.40-4.30	5 Weeks £21.00
<b>THURSDAY 16<sup>th</sup> April</b>			
Gymnastics & Dance	P1-7	3.40-4.30	5 Weeks £21.00
<b>FRIDAY 17<sup>th</sup> April</b>			
Nursery Swimming	Age 3.5+	Please ask a member of staff for class times	5 Weeks £29.50
Racket Sports	P6/7 & S1/2	2.10-3.00	5 Weeks
<b>SATURDAY 18<sup>th</sup> April</b>			
Family Pool Fun	All Ages	11.30-12.30 12.30-1.30	Adult £6.10 Child £4.20

ACTIVITY DETAILS	
Secondary Gym Hour	An hour exclusively for secondary ages to use the gym. <b>You must be completed junior gym to attend.</b> <b>Included in more4life</b>
Pool Fun	This fun session includes, big floats, flippers, balls and woggles. <b>Included in More4Life</b>
Trampolining	This sessions aims to introduce trampoline moves and improve your technique so you can perform trampoline routines
Rookie Lifeguard	Rookie lifeguard is a fun & exciting scheme aimed to teach children self rescue, survival, rescue & lifesaving sport skills in the swimming pool. Swimming stuff along with a T-shirt and shorts needed.
Learn to Swim	Aimed at improving confidence and stroke technique. Please ask at reception for class times.
Athletics	Come along and try different athletics skills Activities include cricket ball throw, long jump, sprints, long distance and more. Warm clothing required, may be outside weather permitting.
Gymnastics	An introduction to basic gymnastic skills with dance routines.
Racket Sports	This is an active schools run activity, bookings to made via the school or scan the QR code on the active <u><a href="#">schools</a></u> poster which can be found in the Centre.
Nursery Swimming	Ideal for building water confidence, encouraging children to become comfortable in and around water, through structured games, songs and activities.
Family Pool Fun	Come and enjoy a session in the pool with the family where you can play with toys, floats and flippers. <b>Included in More4Life</b>