

ACTIVITY DETAILS

Activity	Age	Price	MORE4life Shetland more active, more often	Description
Bounce Mania	All Ages	£3.70		Bounce as high as you can on our Bouncy Castle. Soft play and junior toys also available in this fun session.
Peerie Tots	All Ages	£4.05 + £1 per extra child		Soft play and toys in the main hall. Great social session and good for burning off some energy. (*Under 1 years free)
Pool Inflatable	All Ages*	£4.20		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*	£4.20	✓	Pool floats, flippers and water features. Perfect for the whole family. (*Pool admission rules apply)
Learn to Swim Top-up Lessons	5+ years	£5.65		Extra group swimming lessons on a pay weekly basis. Ideal if your child is close to passing a level.
Climbing Come & Try	All Ages	£11.20/£7.00	✓	Family fun sessions with no prior climbing experience required. Equipment and supervision by our Climbing Instructor. An adult must be present to provide assistance.
Climbing Induction	14+ years	£11.20		Complete your climbing competency induction. This allows access to public sessions and the ability to sign in guests.
Aqua Circuits	S4+	£6.90	✓	Water-based workouts suitable for all, with a variety of aerobic and toning stations that work the entire body.
Dumbbell Circuits	S4+	£6.90	✓	Each station targets different muscle groups giving you a full body workout. May be outside depending on the weather.
50+ Swim	50 and over	£6.10/£4.20	✓	For socialising and improving fitness levels at your own pace. Exclusive use of Swimming Pool & Health Suite.
Otago	GP referral	£3.70	✓	This fall prevention class includes strength and balance exercises. (*GP referral required to attend)
Yoga	S4+	£6.90	✓	Slow practices that provide deep-tissue tension relief with gentle, mat-based laying and seated postures.
SIC Multi Activity Day	P1-7	FREE	INCLUDES 2026 SUMMER OF SPORT	Westside school catchment Activity day - Bouncy castle, climbing, swimming, crafts, sports & games. Bring swimwear and a packed lunch.
SIC Badminton	All Ages	FREE (use consent form below)	INCLUDES 2026 SUMMER OF SPORT	For all the family. First hour priority group: pre-school & primary, second hour: secondary.
SIC Table Tennis	All Ages	FREE (use consent form below)	INCLUDES 2026 SUMMER OF SPORT	The whole family is welcome to come and try some table tennis fun! Primary pupils should be accompanied by a parent/guardian.
SIC Turbo Tuesday	8 - 13yrs	FREE (use consent form below)	INCLUDES 2026 SUMMER OF SPORT	Fun-filled activity day for ages 8-13 featuring sports, swimming, games and crafts. Bring a packed lunch, water and swimwear.
SIC Picnic and Play	All Ages	FREE	INCLUDES 2026 SUMMER OF SPORT	A fun day out on the pitch with games and activities led by the SIC Sport & Leisure team. No booking required.
SIC Netball Roadshow	P1- S2	FREE (use consent form below)	INCLUDES 2026 SUMMER OF SPORT	Boys and girls are welcome to join in fun drills, skills challenges and Commonwealth Games activities! Prizes to be won! P1-3 10:00 - 11:30 P4-6 11:30 - 13:30 P7-S2 13:30 - 15:30

SIC Summer of Sport Booklet and Consent Form :
www.shetland.gov.uk/sport-leisure/summerofsport2026



West Mainland Leisure Centre



SUMMER ACTIVITIES 2026

Monday 6th July - Sunday 16th August inc.

T: 01595 807713

| www.srt.org.uk

| wmlc@srt.org.uk



Shetland Recreational Trust
 Scottish Charity SC002179



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 July	7 July	8 July	9 July	10 July	11 July
Bounce Mania 1530-1630 Yoga 1830-1915 Aqua Circuits 1930-2015	50+ Swim 1030-1130 Pool Inflatable 1500-1600 1-1 Swim Lessons 1630-1730 SIC Badminton 1800-2000	Otago 1530 - 1630 1-1 Swim Lessons 1530-1630 Climbing Come & Try 1600-1800 Aqua Circuits 1930-2015	Learn to Swim Top-up Lessons 1a/b 1530-1600 2/3 1600-1630 Dumbbell Circuits 1800-1850	Aqua Circuits 0930-1015 50+ Swim 1030-1130 Floats & Flippers 1415-1515	Peerie Tots 1000-1200 Climbing Induction 1000-1200 Climbing Come & Try 1215-1315 / 1330-1430 1-1 Swim Lessons 1330-1430
13 July	14 July	15 July	16 July	17 July	18 July
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20 July	21 July	22 July	23 July	24 July	25 July
SIC Multi Activity Day 1000-1500 Bounce Mania 1530-1630 Yoga 1830-1915 Aqua Circuits 1930-2015	50+ Swim 1030-1130 Pool Inflatable 1500-1600 1-1 Swim Lessons 1630-1730	Otago 1530 - 1630 1-1 Swim Lessons 1530-1630 Climbing Come & Try 1600-1800 Aqua Circuits 1930-2015	SIC Picnic & Play 1100-1500 Learn to Swim Top-up Lessons 1a/b 1530-1600 2/3 1600-1630 Dumbbell Circuits 1800-1850	SIC Netball Roadshow 1000-1530 Aqua Circuits 0930-1015 50+ Swim 1030-1130 Floats & Flippers 1415-1515	Peerie Tots 1000-1200 Climbing Induction 1000-1200 Climbing Come & Try 1215-1315 / 1330-1430 1-1 Swim Lessons 1330-1430
27 July	28 July	29 July	30 July	31 July	1 August
SIC Table Tennis 1000-1200 Bounce Mania 1530-1630 Aqua Circuits 1930-2015	50+ Swim 1030-1130 Pool Inflatable 1500-1600 1-1 Swim Lessons 1630-1730	Otago 1530 - 1630 1-1 Swim Lessons 1530-1630 Climbing Come & Try 1600-1800 Aqua Circuits 1930-2015	Learn to Swim Top-up Lessons 1a/b 1530-1600 2/3 1600-1630 Dumbbell Circuits 1800-1850	Aqua Circuits 0930-1015 50+ Swim 1030-1130 Floats & Flippers 1415-1515	Peerie Tots 1000-1200 Climbing Induction 1000-1200 Climbing Come & Try 1215-1315 / 1330-1430 1-1 Swim Lessons 1330-1430
3 August	4 August	5 August	6 August	7 August	8 August
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10 August	11 August	12 August	13 August	14 August	15 August
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