

ACTIVITY	AGE / CLASS	PRICE	DESCRIPTION * POOL ADMISSIONS APPLIES TO ALL POOL ACTIVITIES
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.
Deep End class	All Ages	£4.20	Perfect boast for those working towards passing their Deep End test. (Jump in, Tread Water , Swim 25meters, Float on Front and Back)
Pool Inflatable	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!
Splash Disco	All Ages*	£4.00	Enjoy the same fun as Floats & Flippers but with added music and disco lights! (27th Oct Spooky Splash Disco will be Halloween themed)
Floats & Flippers	All Ages*	£4.00	This 60 minute kids session includes pool floats, flippers and water features.
Peerie Tots Soft Play	0-5 years	£3.85	Great social session in the Main Hall, great for burning off some energy with toys and soft play.
Yin Yoga	S4+	£6.90	Yin Yoga—Slow, relaxing and re-energising for body and mind. Suitable for all abilities.
Otago	*GP referral	£3.50	This fall prevention class includes a basic warm-up along with strength and balance exercises. (*GP referral required to attend)
Strength & Tone	S4+	£5.25	Work your whole body in this short but effective session. Mixture of body-weight, dumbbell and barbell exercises which can be adapted to all ability levels.
Dumbbell Circuits	S4+	£6.90	A mix of cardio, dumbbell and barbell stations provide a great workout for the whole body.
Aqua Circuits	S4+	£6.90	These water based workouts are suitable for all, with a variety of aerobic and toning stations that work the entire body.
Climbing Induction	14+ years	£10.65	Complete or refresh your Climbing competency induction. Once complete this allows you access to public sessions and the ability to sign in guests.
Climbing Come & Try	All Ages	£10.65 /£6.65	Family fun sessions allows up to 4 to this come and try session. Equipment and supervision provided by our Climbing Instructor.



West Mainland Leisure Centre

OCTOBER HOLIDAY ACTIVITIES

Monday 12th - Tuesday 27th October



Funded by
**Shetland
Charitable Trust**

01595 807713

Monday 12th

Bounce Mania
1530 - 1630

Yin Yoga
1830 - 1915

Aqua Circuits
1930 - 2015

Tuesday 13th

Pool Inflatable
1530 - 1630

Splash Disco
1915 - 2015

Wednesday 14th

Otago
1530 - 1630

Strength & Tone
1700 - 1730

Climbing Come & Try
1600 - 1700
1700 - 1800

Aqua Circuits
1930-2015

Thursday 15th

Deep End Class
1600 - 1630

Dumbbell Circuits
1800 - 1850

Friday 16th

Aqua Circuits
0930 - 1015

Floats & Flippers
1415 - 1515

Saturday 17th

Peerie Tots soft play
10:15 - 11:45

Climbing Come & Try
1015 - 1115
1130 - 1230

Climbing Induction
1245-1445

Monday 19th

Bounce Mania
1530 - 1630

Aqua Circuits
1930 - 2015

Tuesday 20th

Pool Inflatable
1530 - 1630

Splash Disco
1915 - 2015

Wednesday 21st

Otago
1430 - 1530

Strength & Tone
1700 - 1730

Climbing Come & Try
1600 - 1700
1700 - 1800

Aqua Circuits
1930 - 2015

Thursday 22nd

Deep End Class
1600 - 1630

Dumbbell Circuits
1800 - 1850

Friday 23th

Aqua Circuits
0930 - 1015

Floats & Flippers
1415 - 1515

Saturday 24th

Peerie Tots soft play
1015 - 1145

Climbing Come & Try
1015 - 1115
1130 - 1230

Climbing Induction
1245 - 1445

Monday 26th

Bounce Mania
1530 -1630

Aqua Circuits
1930 - 2015

Tuesday 27th

Pool Inflatable
1530 - 1630

Spooky Splash Disco
1915 - 2015

Wednesday 28th

Back to School

**New Centre
Activities start from
Wednesday 28th
October**



Shetland Recreational Trust
Scottish Charity SC002179