

ACTIVITY	AGE / CLASS	PRICE	COVERED BY MORE4LIFE	DESCRIPTION
Easter Dive	All ages	£5.80 / £4.00		Collect a numbered ring from the bottom of the pool for the chance to win an Easter Egg! Just pay for a swim as normal. <b>*Pool admission rules apply.</b>
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 / £6.75		Family fun sessions allows up to 4 to this come and try session. Equipment and supervision provided by our Climbing Instructor. An adult must be present to provide assistance.
Jump Frenzy	All ages	£3.50		Bouncy Castle, soft play, and more! Children aged under 6 years must be accompanied by an adult & children under 1 years go free.
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! <b>*Pool admission rules apply.</b>
Splash Disco	All ages	£5.80 / £4.00		Enjoy a session in the pool with our big floats, pool toys and flippers in a disco environment! <b>*Pool admission rules apply.</b>
Floats & Flippers	All ages	£5.80 / £4.00		An hour jam-packed full of fun, with our big floats and a varied sizes of flippers available. Watch out for the water cannons...
Pool Stepping Stones	6+ Years	£3.50		Try get to the end of our stepping stones without falling off, it's harder than it sounds! Includes floats, toys and water features!
Peerie Tots	0-5 years	£3.85		Take your child to soft play, swimming pool or both for only <b>£3.85 + £1</b> for every extra child. Great social session & good for burning off some energy. <b>*Pool admission rules apply.</b>
1 to 1 Swim Lessons	3+ years	£21.15		1 to 1 swimming lessons can help boost confidence in the water and improve swim strokes. Please ask at reception for full range of times.
Aqua Circuits	Secondary 4+	£6.90		Water based workouts are suitable for all, with a variety of aerobic & toning stations that work the entire body.
Dodgeball	6+ years	£3.50		Bring along your friends & families for a fun hour of dodgeball.
Spin & Tone	Secondary 4+	£6.90		Challenge yourselves with simple moves at varying intensities on our static exercise bikes, with motivational music and an instructor to guide you all the way.



# Easter Activities

## Adult & Junior Guide

*Monday 7th April*

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*Sunday 20th April inc.*



shetland recreational trust  
Scottish Charity SC002179

**Tel: 01595 807713**

**MON 7TH**

**Pool Inflatable**  
1530 - 1630

**Aqua Circuits (A)**  
1930 - 2015

**TUE 8TH**

**Peerie Tots**  
1000 - 1200

**1to1 Swim Lessons**  
1430 - 1600

**Splash Disco**  
1915 - 2015

**WED 9TH**

**1to1 Swim Lessons**  
1215 - 1315

**Floats & Flippers**  
1500- 1600

**Jump Frenzy**  
1600- 1700

**Climbing come & try**  
1600 - 1700  
1700 - 1800

**Aqua Circuits (A)**  
1930 - 2015

**THU 10TH**

**Pool Stepping Stones**  
1530 - 1630

**1to1 Swim Lessons**  
1700 - 1800

**Dumbbell Circuits (A)**  
1800 - 1850

**FRI 11TH**

**Spin & Tone (A)**  
0915 - 1000

**Dodgeball (J)**  
1300 - 1400

**Floats & Flippers**  
1415 - 1515

**SAT 12TH**

**1to1 Swim Lessons**  
1015 - 1115

**Easter Dive**  
1130 - 1430

**Climbing Induction**  
1000 - 1200

**Climbing come & try**  
1215 - 1315  
1330 - 1430

**MON 14TH**

**Pool Inflatable**  
1530 - 1630

**Aqua Circuits (A)**  
1930 - 2015

**TUE 15TH**

**Peerie Tots**  
1000 - 1200

**1to1 Swim Lessons**  
1430 - 1600

**Splash Disco**  
1915 - 2015

**WED 16TH**

**1to1 Swim Lessons**  
1215 - 1315

**Floats & Flippers**  
1500 - 1600

**Jump Frenzy**  
1600 - 1700

**Climbing come & try**  
1600 - 1700  
1700 - 1800

**Aqua Circuits (A)**  
1930 - 2015

**THU 17TH**

**Pool Stepping Stones**  
1530 - 1630

**1to1 Swim Lessons**  
1700- 1800

**FRI 18TH**

**Dodgeball (J)**  
1300 - 1400

**Floats & Flippers**  
1415 - 1515

**SAT 19TH**

**1to1 Swim Lessons**  
1015- 1115

**Easter Dive**  
1130 - 1430

**Climbing Induction**  
1000 - 1200

**Climbing come & try**  
1215 - 1315  
1330 - 1430

**\*Please check our Timetable for Individual Lessons, Public and Lane Swimming**

**KEY: Junior (J) |Adult (A)**