

Summer Holiday Programme

Friday 1 July - Monday 14 August

DATE	ACTIVITY	TIME	ADMISSION
MONDAYS (4 Jul, 11 Jul, 18 Jul, 25 Jul, 1 Aug, 8 Aug, 15 Aug)	Fun Climb (4-7 yrs)	0900-1000	£6.55
	Arena Inflatables	1000-1300	ActiveLife or PAYG
	Learn 2 Swim Week*	1050-1120	Free
	Fun Climb (4-7 yrs)	1015-1115	£6.55
	Climbing - Squad Coaching	1430-1630	£8.15
	ASN Arena Inflatables	1530-1630	ActiveLife or PAYG
	Water Walkerz & Stepping Stones	1600-1700	ActiveLife or PAYG
TUESDAYS (5 Jul, 12 Jul, 19 Jul, 26 Jul, 2 Aug, 9 Aug)	Arena Inflatables	100-1030	ActiveLife or PAYG
	Family Climb	1030-1130	£5.00 per person
	Learn 2 Swim Week*	1050-1120	Free
	ASN Jungle World Session	1100-1200	Free
	Fun Climb (4-7 yrs)	1145-1245	£6.55
	Climbing Camp Taster (8-12 yrs)	1330-1500	£9.80
WEDNESDAYS (6 Jul, 13 Jul, 20 Jul, 27 Jul, 3 Aug, 10 Aug)	Arena Inflatables	1000-1400	ActiveLife or PAYG
	Parent and Wee Ones - Pool Session	1000-1230	ActiveLife or PAYG
	Learn 2 Swim Week*	1050-1120	Free
	Lead Climbing (NICAS Level 4)	1200-1330	£9.80
	ASN Obstacle Course and Games	1230-1330	Free
	Games Club	1530-1630	ActiveLife or PAYG
	Family Fun Pool Session	1600-1700	ActiveLife or PAYG
THURSDAYS (7 Jul, 14 Jul, 21 Jul, 28 Jul, 4 Aug, 11 Aug)	Family Cycle	1000-1100	ActiveLife or PAYG
	Learn 2 Swim Week*	1050-1120	Free
	ASN Family Cycle	1100-1200	Free
	Climbing - Parkour (NICAS/Squads)	1230-1430	£9.80 (block of 6)
	Arena Inflatables	1330-1530	ActiveLife or PAYG
	Climbing - Parkour (NICAS/Squads)	1500-1700	£9.80 (block of 6)
	Climbing - Parkour (Adults)	1730-1930	£9.80 (block of 3)
FRIDAYS (1 Jul, 8 Jul, 15 Jul, 22 Jul, 29 Jul, 5 Aug, 12 Aug)	Fun Climb (4-7 yrs)	0900-1000	£6.55
	Arena Inflatables	1000-1400	ActiveLife or PAYG
	ASN Outdoor Athletics	1000-1115	Free
	Fun Climb (4-7 yrs)	1015-1115	£6.55
	Learn 2 Swim Week*	1050-1120	Free
	Climbing Camp Taster (8-12 yrs)	1300-1430	£9.80
	Water Walkerz & Stepping Stones	1600-1700	ActiveLife or PAYG
SATURDAYS (2 Jul, 16 Jul, 23 Jul, 30 Jul, 6 Aug, 13 Aug)	Snorkle & Flippers	1000-1100	ActiveLife or PAYG
	Family Sensory Friendly Pool Session	1715-1815	ActiveLife or PAYG
SUNDAYS (3 Jul, 10 Jul, 17 Jul, 24 Jul, 31 Jul, 7 Aug, 13 Aug)	Arena Inflatables	1600-1700	ActiveLife or PAYG
	Family Cycle	1000-1100	ActiveLife or PAYG
	Pool Inflatable - Commando	1415-1515	ActiveLife or PAYG

★ LEARN TO SWIM WEEK

These sessions are funded by Summer Funding and are free to you! If you don't know what level your child is in, ask at reception at time of booking.

Dates	Level
4 - 8 July	SS1A & SS3
11 - 15 July	SS1A, SS1B & SS2
18 - 22 July	entry & SS1B
25 - 29 July	entry & SS3
1 - 5 August	SS1A, SS1B & SS2
8 - 12 August	entry & SS2

Summer Holiday Camp

Our Summer Holiday Camp runs Monday - Friday, 8:30am - 3:30pm. With a fantastic selection of games, crafts, sports and activities, your child will be kept entertained and stimulated all day long!



Descriptions:



Climbing Camp Taster:

A combo pass for 8-12 year-olds to gain experience on the Climbing Wall and in the Bouldering Cave.

Family Climb:

These instructor led sessions give parents the confidence to belay while their child has a go on the climbing wall.

Climbing Parkour:

You will learn how to use your hands and feet when climbing in the most efficient way possible, helping you identify the quickest route to a given place.

Games Club:

Supervised sessions playing games such as dodgeball, ultimate Frisbee, y-ball, handball, rounders and more!

Family Cycle:

A dedicated slot for families to bring their bikes down to the track and really practice their skills. Please note, this session is unsupervised.

ASN Sessions:

ASN Sessions are created in partnership with Inclusive Orkney and are available free of charge through the Scottish Government Summer Holiday Programme Funding. ASN Obstacles & Games, ASN Athletics, ASN Family Cycle and ASN Jungle World are bookable at The Pickaquooy Centre.

www.pickaquooy.co.uk • 01856 879900

The free Learn 2 Swim Weeks and ASN Sessions are delivered in partnership with Orkney Islands Council through the Scottish Government Summer Holiday Programme Funding.

