



the pickaquoy centre

# SUMMER HOLIDAY PROGRAMME

FRIDAY 3 JULY -  
MONDAY 17 AUGUST

ActiveLife

More people, more active, more often

2026  
SUMMER  
OF SPORT

# THIS SUMMER WE HAVE A GREAT SELECTION OF ACTIVITIES ON OFFER!

## ARENA INFLATABLES

We have our full range of Arena Inflatables on offer with sessions for under 5s, under 11's and sessions for children with additional support needs and their families. During all of our sessions, children must be accompanied by an adult. Available with ActiveLife or pay as you go.

## CLIMBING

All of our holiday climbing favourites return with Fun Climbs & Bouldering, Family Climbs, NICAS 1-3, Wild Climbers and Youth Public Sessions. New this Summer is NICAS Ascend, a new climbing award scheme designed for – and tested with – disabled and neurodivergent climbers.

## RUN JUMP THROW

Run, Jump, Throw is our introductory athletics programme for children aged 5 to 12 to give them an opportunity to participate in athletics using a variety of fun games and activities, promoting general skill development of fundamental movement skills.

## YOUTH STRENGTH & CONDITIONING

for ages 8+, our youth S&C sessions introduces the fundamentals of strength training, Designed to accelerate the health, wellness and movement quality of young people.

## PHOENIX CINEMA

Don't forget to check our Cinema schedule for the holidays! We have a great selection including 'relaxed' screenings each tuesday lunchtime.

## SWIMMING POOL

Unfortunately, our swimming pool is currently closed due to ongoing repairs.

More information on all activities can be found at [www.pickaquoy.co.uk](http://www.pickaquoy.co.uk)

### BOOK ONLINE!

MANY OF OUR SUMMER ACTIVITIES CAN BE BOOKED ONLINE. TAP OR SCAN THE QR CODE TO FIND LINE BOOKING SYSTEM. THE EASIEST WAY TO NAVIGATE THE BOOKING SYSTEM IS TO USE THE 'COURSE SEARCH' FUNCTION.

TAP OR SCAN





## IT'S GAME ON AS THE PICKAQUOY CENTRE DELIVERS ACTIVITIES AS PART OF THE 2026 SUMMER OF SPORT

The £20 million Scottish Government investment will help young people across Orkney get involved in sport and activities

The Pickaquoy Centre has secured funding, facilitated by sportscotland and distributed through Orkney Islands Council, to deliver sport and activities for children and young people across Orkney as part of the 2026 Summer of Sport.

The £20 million initiative, funded by the Scottish Government and facilitated by sportscotland, will offer young people aged three to 26 the opportunity to get active and maybe try something new.

The 2026 Summer of Sport is a unique opportunity for communities across Scotland to embrace the excitement of sport, inspired by the 2026 FIFA World Cup and the 2026 Commonwealth Games, both of which will showcase Scotland on the global stage and inspire young people to take part, get active and begin their own journey in sport and activity.

Through this investment, The Pickaquoy Centre will deliver a range of free activities throughout the summer and beyond, helping remove barriers to participation and ensure more young people have the chance to get involved. The activities included Free of charge are:

**NICAS ASCEND CLIMBING  
RUN JUMP THROW  
YOUTH STRENGTH & CONDITIONING**

As part of the 2026 Summer of Sport, The Pickaquoy Centre is working with sportscotland and partners across the country to ensure these opportunities are available to everyone, regardless of background. The funding will enable the delivery of activities designed to help young people develop healthy habits, build stronger social connections, and foster a lifelong love of movement.

To find out more about the 2026 Summer of Sport, visit: [sportscotland.org.uk/2026](https://sportscotland.org.uk/2026)

### DON'T FORGET TO CHECK OUR LATEST LISTINGS FOR THE PHOENIX CINEMA!



OUR UP AND COMING FILM SCREENINGS CAN BE FOUND AT  
[WWW.PICKAQUOY.CO.UK/CINEMA/WHATS-ON/](http://WWW.PICKAQUOY.CO.UK/CINEMA/WHATS-ON/)



**THE PHOENIX  
CINEMA**

@thepickaquoycentre

DAY	ACTIVITY	TIME		ADMISSION
MON	Arena Inflatables - ASN	1000-1100		ActiveLife/£5.15
	Fun Climb (4-7yrs)	1000-1100	exc. 06/07, 17/08	£10.10
	Fun Boulder (4-7yrs)	1000-1100	exc 17/08	£10.10
	Arena Inflatables - under 5s	1130-1230		ActiveLife/£5.15
	Fun Climb (4-7yrs)	1130-1230	exc 06/07, 17/08	£10.10
	Fun Boulder (8-12yrs)	1130-1230	exc 17/08	£10.10
	Family Climb (Adult & 4+)	1330-1430	exc 06/07, 17/08	£10.10
	BoulderComp Session (8+)	1330-1430	exc 17/08	£10.10
	Arena Inflatables - u5s & u11s	1230-1430		ActiveLife/£5.15
TUE	Fun Climb (4-7yrs)	1000-1100		£10.10
	Family Climb (Adult & 4+)	1000-1100		£10.10
	Arena Inflatables - u5s & u11s	1000-1230*	*21/07 1400- 1600	ActiveLife/£5.15
	Youth Strength & Conditioning	1000-1045		FREE! Game on!
	Youth Strength & Conditioning	1100-1200		FREE! Game on!
	Fun Climb (8-12yrs)	1130-1230		£10.10
	NICAS (Levels 1-3)	1130-1230		£10.10
	Bouldering Induction (16+)	1230-1300		£7.40
	Run Jump Throw (p1-2, 5yrs+)	1315-1415	04.08 Only	FREE! Game on!
	Run Jump Throw (p3-5)	1430-1530	04.08 Only	FREE! Game on!
	NICAS Wild Climbers (3-6yrs)	1330-1430		£10.10
	NICAS Wild Climbers (3-6yrs)	1500-1600		£10.10
	Bouldering Induction (16+)	1930-2000		£7.40
Public Climbing	2015-2200		ActiveLife/PAYG	
Wed	BoulderComp Session (8+)	1000-1100		£10.10
	Adult Climb (16+)	1400-1500		£10.40
	Arena Inflatables - u5s & u11s	1400-1630		ActiveLife/£5.15
	NICAS Ascend	1745-1845		FREE! Game on!
	Public Climbing	2015-2200		ActiveLife/PAYG
Thu	Run Jump Throw (p1-2, 5yrs+)	1315-1415	04.08 Only	FREE! Game on!
	Run Jump Throw (p3-5)	1430-1530	04.08 Only	FREE! Game on!
	Arena Inflatables - u5s & u11s	1200-1430		ActiveLife/£5.15
Fri	Arena Inflatables - ASN	1000-1100		ActiveLife/£5.15
	Arena Inflatables - under 5s	1130-1230		ActiveLife/£5.15
	Arena Inflatables - u5s & u11s	1230-1430		ActiveLife/£5.15
	Public Climbing	1800-2030		ActiveLife/PAYG
Sat	Public Climbing	1800-2030		ActiveLife/PAYG
Sun	Arena Inflatables - u5s & u11s	1400-1630		ActiveLife/£5.15

## FOR MORE INFORMATION AND TO BOOK, TAP OR SCAN THE QR CODE

Note: Family climbs & NICAS Ascend can only be booked through reception or on 01856 879900

There is no need to book Arena Inflatables or Public Climbing - Just turn up!

For Public Climbing, non-climbers have to be accompanied by a competent climber.



# SUMMER HOLIDAY CAMP

£32.95 PER CHILD PER DAY  
SECOND CHILD RATE £24.15 PER DAY

8.30AM TO 3.30PM  
INCLUDING DROP OFF AND PICK UP

LUNCHES AVAILABLE FROM PICKY  
CAFE

AVAILABLE FOR  
CHILDREN 5-12 YEARS



  
the pickaquoy centre

SPACE IS LIMITED  
BOOK NOW!  
T: 01856 879900  
W: [WWW.PICKAQUOY.CO.UK](http://WWW.PICKAQUOY.CO.UK)

