

Kids Activities

Let's Play Fun Days

Swimming, multi-sports, arts & crafts, bouncy castle, performing arts, gaming, laser tag, nerf wars, lego building and much more.

Open to children aged 5 – 12 years

Monday 14th April – Thursday 17th April

Tuesday 22nd April – Friday 25th April

For more information please visit www.lets-play.org.uk

'Matilda' Dance Workshop

Date: Thursday 17th April

Price: £9.50 per child

Time: 2.30pm – 4.30pm

Suitable for 4-9 year olds

Join us for a dance workshop run by the Amy Addle Team! Parents are invited to come back 10 minutes before the end of the workshop to watch their children perform their fabulous dance routine.

Please provide your child with a drink and a snack.

Bouncy Castle and Softplay

Date: Monday 14th April & 21st April

Time: 10.00am – 11.00am

or 11.15am – 12.15pm

Price: £4.00 per child

Suitable for children aged 8 and under

We're turning the Sports hall into a play zone for our under eights.

Come and burn off some steam, have a bounce and lots of fun.

Family Rollerskating

Date: Wednesday 16th April

& 23rd April

Time: 1.30pm – 2.45pm

or 3.00pm – 4.15pm

Price: £5.40 per person

Suitable for 8 years and under

A Roller Skating session in a safe and fun environment, suitable for all the family. Please feel free to use your own skates or hire when you arrive.

NPLQ Course

Course date: Monday 14th-Friday 18th April

Assessment date: Saturday 19th April

Course cost: £280 including the AED and PXB board certification.

100% attendance is required. Candidates must be 16 years of age on or before the assessment date.

We will be hiring staff for the outdoor pool season.

Intensive Swimming Lessons

Our four day intensive swimming lessons are suitable for both children on our learn to swim programme looking for an extra boost and those that are new to lesson.

Stage 1 Intensive Swimming Lessons

Date: Monday 14th – Thursday 17th

Time: 9.30am – 10.00am

Price: £30.40

Help build water confidence while introducing water safety skills and the basic skills needed to build swimming ability.

Stage 2 Intensive Swimming Lessons

Date: Monday 14th – Thursday 17th

Time: 10.00am – 10.30am

Price: £30.40

Working on developing streamlined strokes and starting to travel without feet on the floor whilst using a recognised leg kick.

Fitness Class Timetable

Friday 18th April

9.30am – 10.25am

Body Combat

10.30am – 11.15am

Indoor Cycling

10.30am – 11.30am

Pilates

11.00am – 11.45am

Aqua Aerobics

5.15pm – 6.15pm

Body Conditioning

5.45pm – 6.30pm

Indoor Cycling

6.00pm – 6.45pm

Vinyassa Yoga

Saturday 19th April

9.00am – 10.00am

Circuits

9.00am – 10.00am

Body Pump

9.30am – 10.15am

Indoor Cycling

10.30am – 11.30am

Stretch and Mobilise

Sunday 20th April

9.00am – 9.55am

Legs, Bums and Tums

9.00am – 9.45am

Ashtanga Yoga

9.15am – 10.00am

Indoor Cycling

10.00am – 10.55am

Aerobics

Monday 21st April

9.30am – 10.15am

Indoor Cycling

9.30am – 10.25am

Mega Mix

10.30am – 11.15am

Step It Up

11.00am – 11.45am

Aqua Aerobics

5.30pm – 6.25pm

Body Combat

Easter Weekend Gym Opening Times

Friday 18th April 7.00am – 7.00pm

Saturday 19th April 7.30am – 6.00pm

Sunday 20th April 7.30am – 4.00pm

Monday 21st April 7.00am – 7.00pm

Gym development 2025

We are looking for your feedback on our future gym renovation.

Please take a few minutes of your time to complete a short survey.



Terms and Conditions

For terms and conditions please visit our website: www.myactivelifestyles.co.uk

Children under eight years of age must be accompanied by an adult in the water.

Please ask about our admission policy if you intend taking more than one child into the pool.

On busy sessions we guarantee a minimum of 45 minutes unless otherwise stated.

The management team reserve the right to cancel or amend the programme at any time.

HOLIDAY ACTIVITIES



Swimming Pool Timetable

Monday 14th April

6.00am - 7.00am	Dursley Dolphins Swimming Club
7.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (Shallow End only)
11.00am - 12.00pm	Swimming Lessons
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.15pm	Closed for Lets Play Swim Session
2.20pm - 3.05pm	Inflatable Fun Swim Session
3.10pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 8.30pm	Club Swimming
8.30pm - 10.00pm	Lane Swimming

Tuesday 15th April

6.00am - 7.30am	Sevenside Tritons
6.00am - 9.30am	Lane Swimming (2 lanes between 6.00am -7.30am)
9.00am - 11.00am	Swimming Lessons
11.00am - 11.45am	Aqua HIIT
11.00am - 12.00pm	Parent and Toddler (Shallow End only)
12.00pm - 1.30pm	Lane Swimming
1.35pm - 2.20pm	Closed for Lets Play Swim Session
2.20pm - 3.05pm	Inflatable Fun Swim Session
3.10pm - 4.00pm	Public Swimming
4.00pm - 7.15pm	Swimming Lessons
7.20pm - 8.05pm	Aqua Aerobics
8.10pm - 9.00pm	Swim Fit
9.00pm - 10.00pm	Lane Swimming

Wednesday 16th April

6.30am - 7.30am	Club Swimming
7.30am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Swimming Lessons
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.15pm	Closed for Lets Play Swim Session
2.20pm - 3.05pm	Inflatable Fun Swim Session
3.10pm - 4.00pm	Public Swimming
3.30pm - 7.00pm	Swimming Lessons
7.00pm - 9.30pm	Sevenside Tritons

Thursday 17th April

6.00am - 9.30am	Lane Swimming (2 lanes between 6.00am - 7.00am)
9.00am - 11.00am	Swimming Lessons
11.00am - 12.00pm	Accessible Swimming
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.30pm	Closed for Lets Play Swim Session
2.30pm - 3.15pm	Aqua Strength
3.15pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 9.00pm	Sevenside Tritons

Friday 18th April Good Friday

7.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 11.45am	Parent and Toddler Swimming
11.50am - 1.00pm	Lane Swimming
1.10pm - 1.55pm	Inflatable Fun Swim Session
2.00pm - 3.00pm	Senior Swimming
3.00pm - 4.00pm	Public Swimming
3.00pm - 7.00pm	Swimming Lessons

Saturday 19th April

6.30am - 8.30am	Sevenside Tritons
8.30am - 2.00pm	Swimming Lessons
2.00pm - 4.00pm	Public Swimming
4.00pm - 6.00pm	NPLQ Exams
6.00pm - 8.00pm	Lane Swimming

Sunday 20th April Easter Sunday

7.30am - 9.00am	Stroud Masters
9.00am - 11.00am	Lane Swimming
11.00am - 1.00pm	Public Swimming
1.05pm - 2.40pm	Inflatable Swimming (2 sessions starting at 1.05pm and 2.40pm)
2.45pm - 4.00pm	Public Swimming

Monday 21st April Easter Monday

6.00am - 7.00am	Dursley Dolphins Swimming Club
7.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (Shallow End only)
11.00am - 12.00pm	Swimming Lessons
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.15pm	Inflatable Fun Swim Session
2.20pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons

Tuesday 22nd April

6.00am - 7.30am	Sevenside Tritons
6.00am - 9.30am	Lane Swimming (2 lanes between 6.00am -7.30am)
9.00am - 11.00am	Swimming Lessons
11.00am - 11.45am	Aqua HIIT
11.00am - 12.00pm	Parent and Toddler (Shallow End only)
12.00pm - 1.30pm	Lane Swimming
1.35pm - 2.20pm	Closed for Lets Play Swim Session
2.20pm - 3.05pm	Inflatable Fun Swim Session
3.10pm - 4.00pm	Public Swimming
4.00pm - 7.15pm	Swimming Lessons
7.20pm - 8.05pm	Aqua Aerobics
8.10pm - 9.00pm	Swim Fit
9.00pm - 10.00pm	Lane Swimming

Wednesday 23rd April

6.30am - 7.30am	Club Swimming
7.30am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Swimming Lessons
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.15pm	Closed for Lets Play Swim Session
2.20pm - 3.05pm	Inflatable Fun Swim Session
3.10pm - 4.00pm	Public Swimming
3.30pm - 7.00pm	Swimming Lessons
7.00pm - 9.30pm	Sevenside Tritons

Thursday 24th April

6.00am - 9.30am	Lane Swimming (2 lanes between 6.00am - 7.00am)
9.00am - 11.00am	Swimming Lessons
10.00am - 11.00am	Public Swimming (alongside lessons)
11.00am - 12.00pm	Accessible Swimming
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.30pm	Closed for Lets Play Swim Session
2.30pm - 3.15pm	Aqua Strength
3.15pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 9.00pm	Sevenside Tritons

Friday 25th April

6.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 11.45am	Parent and Toddler Swimming
11.50am - 1.00pm	Lane Swimming
1.00pm - 2.00pm	Closed for Lets Play Swim Session
2.00pm - 3.00pm	Senior Swimming
3.00pm - 4.00pm	Public Swimming
3.00pm - 7.00pm	Swimming Lessons
7.00pm - 10.00pm	Lane Swimming

Saturday 26th April

6.30am - 8.30am	Sevenside Tritons
8.30am - 2.00pm	Swimming Lessons
2.00pm - 5.00pm	Public Swimming
5.00pm - 8.00pm	Lane Swimming

Sunday 27th April

7.30am - 9.00am	Stroud Masters
9.00am - 11.00am	Lane Swimming
11.00am - 1.00pm	Public Swimming
1.05pm - 2.40pm	Inflatable Swimming (2 sessions starting at 1.05pm and 2.40pm)
2.45pm - 4.00pm	Public Swimming
4.00pm - 6.00pm	Lane Swimming
6.00pm - 8.00pm	Sevenside Tritons

■ Just turn up
■ Booking required

