

SAFER STROUD

COMMUNITY EVENT

FREE MUSIC

& ACTIVITIES

LEISURE CENTRE

50TH BIRTHDAY CELEBRATIONS

JUNE 1ST

10-4PM

STRATFORD PARK

STROUD

SCAN FOR MORE
INFORMATION AND
TO BOOK CERTAIN
ACTIVITIES



SPONSORED BY



LIMITED PARKING AT STRATFORD PARK AND SGS STROUD COLLEGE ON A FIRST COME BASIS.
WHERE POSSIBLE WALK TO THE PARK

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**
MAY HALF TERM
26th May -
1st June 2025

Swimming Pool Timetable

Monday 26 May - Bank Holiday

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 - 3.05pm	Inflatable Swimming (2 sessions starting at 1.30pm and 2.20pm)
3.10pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 7.30pm	Public Swimming

Tuesday 27 May

6.00am - 9.30am	Lane Swimming
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 28 May

6.00am - 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 29 May

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

Friday 30 May

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 31 May

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 1 June

7.30am - 9.00am	Stroud Masters
9.00am - 10.00am	Lane Swimming
10.00am - 10.30am	Parent and Toddler Taster Swimming Lessons
10.35am - 11.20am	Aqua Zumba
11.25am - 12.10pm	Indoor Pool Party
12.15pm - 1.00pm	Indoor Pool Party
1.05pm - 2.40pm	Inflatable Fun Swim Session (2 sessions starting at 1.05pm and 1.55pm)
2.45pm - 4.00pm	Public Swimming
4.00pm - 6.00pm	Lane Swimming

Just turn up
Booking advised

Let's Play Fun Days

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

Date: Tuesday 27th - Friday 30th May
For children aged 5-12 years

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

Superhero Dance Workshop

Date: Tuesday 27th May
Time: 3.00pm - 5.00pm
Price: £9.50 per child
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 Soft Play

Date: Wednesday 28th May
Time: 1.15pm - 2.15pm or 2.30pm - 3.30pm
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 Roller Skating

Date: Saturday 31st May
Time: 1.00pm - 2.15pm or 2.30pm - 3.45pm
Price: £5.40 per person
Suitable for all the family

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.

Stratford Park Lido

Our outdoor pool will open from Saturday 24th May.
For more information and opening times please visit our Website;
myactivefestyles.co.uk/centres/active-lifestyles-lido

Bank Holiday Opening Hours

7.00am - 7.30pm