

## 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  
Tuesday 22nd July - Friday 29th August  
For more information please visit  
[www.lets-play.org.uk](http://www.lets-play.org.uk)

## BOUNCY CASTLE & SOFT PLAY

**Date:** Monday 21st July, 28th July, 4th August, 11th August and 18th August  
**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, come and burn off some steam, have a bounce and lots of fun.

## DANCE WORKSHOPS

**Date:** Thursday 24th July, 31st July, 7th August, 14th August, 28th August

**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 return 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.

## FAMILY ROLLERSKATING

**Date:** Wednesday 23rd July, 30th July, 6th August, 13th August, 20th August, 27th August  
**Time:** 1.15pm - 2.30pm or 2.45pm - 4.00pm  
**Price:** £5.40 per person  
**Skate hire charge:** £3.50  
Suitable for all the family

A roller skating session in a safe and fun environment. Please feel free to use your own skates or hire when you arrive.

These sessions will be set up in half the sports hall. If you would like to attend a session in the whole hall, these take place every Saturday 1.00pm - 2.15pm and 2.30pm - 3.45pm.

## FOOTBALL CAMP

**Date:** Tuesday 5th August, 19th August  
**Children aged 7 - 10 years** 1.15pm - 3.15pm  
**Children aged 11-15 years** 3.30pm - 5.30pm  
**Price:** £9.50

Practice your match skills with our football coaches. Please register at reception on arrival and collect from the astroturf at the end of the session.

## NETBALL CAMP

**Date:** Tuesday 29th July, 12th August, 26th August  
**Children aged 7 - 10 years** 1.15pm - 3.15pm  
**Children aged 11-15 years** 3.30pm - 5.30pm  
**Price:** £9.50

Build your confidence and teamwork in our netball sessions. Please register at reception on arrival and collect from the sports hall at the end of the session.

### Terms and Conditions

For terms and conditions please visit our website: [www.myactivelifestyles.co.uk](http://www.myactivelifestyles.co.uk)  
Children under eight years of age must be accompanied by a paying 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.

## BEGINNERS INTENSIVE SWIMMING LESSONS

**Date:**  
Monday 28th July - Friday 1st August  
Monday 4th August - Friday 8th August  
Monday 11th August - 15th August  
Monday 18th August - 22nd August  
**Time:** 9.00am - 10.00am  
**Price:** £38 per five day course

Looking to boost your child's confidence and ability in the water?

We're offering week-long courses suitable for 4-7 year-olds that have either just started or are completely new to swimming lessons.

## PRIVATE TUITION

**Price:** £18.00 per 30 minute lesson

We have some additional one-to-one lessons running in the centre over the summer holidays. These are perfect for both adults and children looking to boost their water confidence and swimming abilities.

## JUNIOR GYM SESSIONS

Children aged 11 - 16 years can attend our gym at any time when accompanied by a parent or guardian

We have instructor led supervised sessions:

**11 - 13 years**  
Monday - Friday 11.30 - 12.30pm  
& 3.30pm - 5.30pm  
Saturday & Sunday 11.30am - 12.30pm  
& 1.15pm - 2.15pm

**14 - 15 years**  
Monday - Friday 11.00am - 12.00pm  
& 4.00pm - 6.00pm  
Saturday & Sunday 11.30am - 12.30pm  
& 1.30pm - 2.30pm

## JUNIOR FITNESS CLASSES

**Price:** £4.60  
Suitable for Children aged 11 - 16 years

<b>Circuits</b> Mondays 3.30pm - 4.00pm	<b>Core Fitness</b> Wednesdays 4.30pm - 5.00pm
<b>Total Conditioning</b> Tuesdays 11.30am - 12.15pm	<b>Strength and Stretch</b> Fridays 3.30pm - 4.15pm

## Gym Opening Hours

Monday - Friday 6.00am - 10.00pm  
Saturday and Sunday 7.30am - 8.00pm

**Active Lifestyles**  
Stroud

21 July  
- 31 August

# HOLIDAY ACTIVITIES AT STROUD

**STROUD DISTRICT COUNCIL**

01453 766771  
[stroud@myactivelifestyles.co.uk](mailto:stroud@myactivelifestyles.co.uk)  
[www.myactivelifestyles.co.uk](http://www.myactivelifestyles.co.uk)



## SWIMMING POOL TIMETABLE

## Week One

Monday 21st July		Thursday 24th July	
6.00am - 7.00am	Dursley Dolphins Swimming Club	6.00am - 9.00am	Lane Swimming (2 lanes between 6.00am - 7.00am)
7.00am - 9.30am	Lane Swimming	9.00am - 10.00am	Swimming Lessons
9.30am - 11.00am	Public Swimming	10.00am - 10.45am	Aqua Zumba
11.00am - 11.45am	Aqua Aerobics	11.00am - 12.00pm	Accessible Swimming
11.00am - 12.00pm	Parent and Toddler (shallow end only)	12.00pm - 1.30pm	Lane Swimming
11.00am - 12.00pm	Swimming Lessons	1.30pm - 2.30pm	Closed for Let's Play Swim Session
12.00pm - 1.30pm	Lane Swimming	2.30pm - 3.15pm	Aqua Strength
1.30pm - 3.05pm	Inflatable Fun (2 x 45 minute sessions starting at 1.30pm and 2.20pm)	3.15pm - 4.00pm	Public Swimming
3.10pm - 4.00pm	Public Swimming	4.00pm - 6.30pm	Swimming Lessons
4.00pm - 6.30pm	Swimming Lessons	6.30pm - 9.00pm	Sevenside Tritons
6.30pm - 8.30pm	Sevenside Tritons	9.00pm - 10.00pm	Lane Swimming
8.30pm - 10.00pm	Lane Swimming		
Tuesday 22nd July		Friday 25th July	
6.00am - 9.30am	Lane Swimming	6.00am - 9.30am	Lane Swimming
9.00am - 11.00am	Swimming Lessons	9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua HIT	11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (shallow end only)	11.00am - 11.45am	Parent and Toddler (shallow end only)
12.00pm - 1.30pm	Lane Swimming	11.50am - 1.00pm	Lane Swimming
1.30pm - 2.15pm	Closed for Let's Play Swim Session	1.00pm - 2.00pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Inflatable Fun	2.00pm - 3.00pm	Senior Swimming
3.10pm - 4.00pm	Public Swimming	3.00pm - 4.00pm	Public Swimming
4.00pm - 7.00pm	Swimming Lessons	3.00pm - 7.00pm	Swimming Lessons
6.30pm - 7.15pm	Public Swimming	7.00pm - 8.30pm	Sevenside Tritons
7.20pm - 8.05pm	Aqua Aerobics	8.30pm - 10.00pm	Lane Swimming
8.10pm - 9.00pm	Swim Fit		
9.00pm - 10.00pm	Lane Swimming	Saturday 26th July	
		6.30am - 8.30am	Sevenside Tritons
		8.30am - 12.30pm	Swimming Lessons
		12.30pm - 5.00pm	Public Swimming
		5.00pm - 8.00pm	Lane Swimming
Wednesday 23rd July		Sunday 27th July	
6.00am - 9.30am	Lane Swimming	7.30am - 9.00am	Stroud Masters
9.30am - 10.15am	Public Swimming	9.00am - 11.00am	Lane Swimming
10.15am - 11.00am	Closed for Let's Play Swim Session	11.00am - 2.15pm	Public Swimming
11.00am - 11.45am	Aqua Aerobics	2.20pm - 3.55pm	Inflatable Fun (2 x 45 minute sessions starting at 2.20pm and 3.10pm)
11.00am - 12.00pm	Swimming Lessons		
12.00pm - 1.30pm	Lane Swimming	4.00pm - 6.00pm	Lane Swimming
1.35pm - 2.20pm	Inflatable Fun	6.00pm - 8.00pm	Sevenside Tritons
2.25pm - 4.00pm	Public Swimming		
3.30pm - 7.00pm	Swimming Lessons		
7.00pm - 9.30pm	Sevenside Tritons		

## Week Two

Monday 28th July		Thursday 31st July	
6.00am - 7.00am	Dursley Dolphins Swimming Club	6.00am - 9.00am	Lane Swimming
7.00am - 9.30am	Lane Swimming	9.00am - 10.00am	Swimming Lessons
9.30am - 11.00am	Public Swimming	10.00am - 10.45am	Aqua Zumba
11.00am - 11.45am	Aqua Aerobics	11.00am - 12.00pm	Accessible Swimming
11.00am - 12.00pm	Parent and Toddler (shallow end only)	12.00pm - 1.30pm	Lane Swimming
11.00am - 12.00pm	Swimming Lessons	1.30pm - 2.30pm	Closed for Let's Play Swim Session
12.00pm - 1.30pm	Lane Swimming	2.30pm - 3.15pm	Aqua Strength
1.30pm - 2.15pm	Closed for Let's Play Swim Session	3.15pm - 4.00pm	Public Swimming
2.20pm - 3.05pm	Inflatable Fun	4.00pm - 6.30pm	Swimming Lessons
3.10pm - 4.00pm	Public Swimming	6.30pm - 9.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons	9.00pm - 10.00pm	Lane Swimming
6.30pm - 8.30pm	Public Swimming		
8.30pm - 10.00pm	Lane Swimming		
Tuesday 29th July		Friday 1st August	
6.00am - 9.30am	Lane Swimming	6.00am - 9.30am	Lane Swimming
9.00am - 11.00am	Swimming Lessons	9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua HIIT	11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (shallow end only)	11.00am - 11.45am	Parent and Toddler (shallow end only)
12.00pm - 1.30pm	Lane Swimming	11.50am - 1.00pm	Lane Swimming
1.30pm - 2.15pm	Closed for Let's Play Swim Session	1.00pm - 2.00pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Inflatable Fun	2.00pm - 3.00pm	Senior Swimming
3.10pm - 4.00pm	Public Swimming	3.00pm - 4.00pm	Public Swimming
4.00pm - 7.00pm	Swimming Lessons	3.00pm - 7.00pm	Swimming Lessons
6.30pm - 7.15pm	Public Swimming	7.00pm - 10.00pm	Lane Swimming
7.20pm - 8.05pm	Aqua Aerobics		
8.10pm - 9.00pm	Swim Fit		
9.00pm - 10.00pm	Lane Swimming		
Wednesday 30th July		Saturday 2nd August	
6.00am - 9.30am	Lane Swimming	7.30am - 8.30am	Lane Swimming
9.30am - 10.15am	Public Swimming	8.30am - 12.30pm	Swimming Lessons
10.15am - 11.00am	Closed for Let's Play Swim Session	12.30pm - 5.00pm	Public Swimming
11.00am - 11.45am	Aqua Aerobics	5.00pm - 8.00pm	Lane Swimming
11.00am - 12.00pm	Swimming Lessons		
12.00pm - 1.30pm	Lane Swimming		
1.35pm - 2.20pm	Inflatable Fun		
2.25pm - 4.00pm	Public Swimming		
3.30pm - 7.00pm	Swimming Lessons		
7.00pm - 9.00pm	Public Swimming		
9.00pm - 10.00pm	Lane Swimming		
		Sunday 3rd August	
		7.30am - 9.00am	Stroud Masters
		9.00am - 11.00am	Lane Swimming
		11.00am - 2.15pm	Public Swimming
		2.20pm - 3.55pm	Inflatable Fun (2 x 45 minute sessions starting at 2.20pm and 3.10pm)
		4.00pm - 6.00pm	Lane Swimming
		6.00pm - 8.00pm	Public Swimming

## Week Three

Monday 4th August		Thursday 7th August	
6.00am - 7.00am	Dursley Dolphins Swimming Club	6.00am - 9.00am	Lane Swimming
7.00am - 9.30am	Lane Swimming	9.00am - 10.00am	Swimming Lessons
9.30am - 11.00am	Public Swimming	10.00am - 10.45am	Aqua Zumba
11.00am - 11.45am	Aqua Aerobics	11.00am - 12.00pm	Accessible Swimming
11.00am - 12.00pm	Parent and Toddler (shallow end only)	12.00pm - 1.30pm	Lane Swimming
11.00am - 12.00pm	Swimming Lessons	1.30pm - 2.30pm	Closed for Let's Play Swim Session
12.00pm - 1.30pm	Lane Swimming	2.30pm - 3.15pm	Aqua Strength
1.30pm - 2.15pm	Closed for Let's Play Swim Session	3.15pm - 4.00pm	Public Swimming
2.20pm - 3.05pm	Inflatable Fun	4.00pm - 6.30pm	Swimming Lessons
3.10pm - 4.00pm	Public Swimming	6.30pm - 9.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons	9.00pm - 10.00pm	Lane Swimming
6.30pm - 8.30pm	Public Swimming		
8.30pm - 10.00pm	Lane Swimming		
Tuesday 5th August		Friday 8th August	
6.00am - 9.30am	Lane Swimming	6.00am - 9.30am	Lane Swimming
9.00am - 11.00am	Swimming Lessons	9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua HIT	11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (shallow end only)	11.45am - 11.45am	Parent and Toddler (shallow end only)
12.00pm - 1.30pm	Lane Swimming	11.50am - 1.00pm	Lane Swimming
1.30pm - 2.15pm	Closed for Let's Play Swim Session	1.00pm - 2.00pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Inflatable Fun	2.00pm - 3.00pm	Senior Swimming
3.10pm - 4.00pm	Public Swimming	3.00pm - 4.00pm	Public Swimming
4.00pm - 7.00pm	Swimming Lessons	3.00pm - 7.00pm	Swimming Lessons
6.30pm - 7.15pm	Public Swimming	7.00pm - 10.00pm	Lane Swimming
7.20pm - 8.05pm	Aqua Aerobics		
8.10pm - 9.00pm	Swim Fit		
9.00pm - 10.00pm	Lane Swimming		
Wednesday 6th August		Saturday 9th August	
6.00am - 9.30am	Lane Swimming	7.30am - 8.30am	Lane Swimming
9.30am - 10.15am	Public Swimming	8.30am - 12.30pm	Swimming Lessons
10.15am - 11.00am	Closed for Let's Play Swim Session	12.30pm - 5.00pm	Public Swimming
11.00am - 11.45am	Aqua Aerobics	5.00pm - 8.00pm	Lane Swimming
11.00am - 12.00pm	Swimming Lessons		
12.00pm - 1.30pm	Lane Swimming		
1.35pm - 2.20pm	Inflatable Fun		
2.25pm - 4.00pm	Public Swimming		
3.30pm - 7.00pm	Swimming Lessons		
7.00pm - 9.00pm	Public Swimming		
9.00pm - 10.00pm	Lane Swimming		
Sunday 10th August			
6.00pm - 9.00am	Stroud Masters		
9.00am - 11.00am	Lane Swimming		
11.00am - 2.15pm	Public Swimming		
2.20pm - 3.55pm	Inflatable Fun (2 x 45 minute sessions starting at 2.20pm and 3.10pm)		
4.00pm - 6.00pm	Lane Swimming		
6.00pm - 8.00pm	Public Swimming		

## Week Four

<b>Monday 11th August</b>	<b>Thursday 14th August</b>
6.00am - 7.00am	6.00am - 9.00am Lane Swimming
	9.00am - 10.00am Swimming Lessons
7.00am - 9.30am	10.00am - 10.45am Aqua Zumba
9.30am - 11.00am	11.00am - 12.00pm Accessible
11.00am - 11.45am	Swimming
11.00am - 12.00pm	12.00pm - 1.30pm Lane Swimming
	1.30pm - 2.30pm Closed for Let's Play Swim Session
11.00am - 12.00pm	2.30pm - 3.15pm Aqua Strength
12.00pm - 1.30pm	3.15pm - 4.00pm Public Swimming
1.30pm - 2.15pm	4.00pm - 6.30pm Swimming Lessons
	6.30pm - 9.00pm Public Swimming
2.20pm - 3.05pm	9.00pm - 10.00pm Lane Swimming
3.10pm - 4.00pm	
4.00pm - 6.30pm	
6.30pm - 8.30pm	
8.30pm - 10.00pm	
<b>Tuesday 12th August</b>	<b>Friday 15th August</b>
6.00am - 9.30am	6.00am - 9.30am Lane Swimming
9.30am - 11.00am	9.30am - 11.00am Public Swimming
11.00am - 11.45am	11.00am - 11.45am Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (shallow end only)
	11.50am - 1.00pm Lane Swimming
12.00pm - 1.30pm	1.00pm - 2.00pm Closed for Let's Play Swim Session
1.30pm - 2.15pm	2.00pm - 3.00pm Senior Swimming
	3.00pm - 4.00pm Public Swimming
2.20pm - 3.05pm	3.00pm - 7.00pm Swimming Lessons
3.10pm - 4.00pm	7.00pm - 10.00pm Lane Swimming
4.00pm - 7.00pm	
6.30pm - 7.15pm	
7.20pm - 8.05pm	
8.10pm - 9.00pm	
9.00pm - 10.00pm	
<b>Wednesday 13th August</b>	<b>Saturday 16th August</b>
6.00am - 9.30am	7.30am - 8.30am Lane Swimming
9.30am - 10.15am	8.30am - 12.30pm Swimming Lessons
10.15am - 11.00am	12.30pm - 5.00pm Public Swimming
	5.00pm - 8.00pm Lane Swimming
11.00am - 11.45am	
11.00am - 12.00pm	
12.00pm - 1.30pm	
1.35pm - 2.20pm	
2.25pm - 4.00pm	
3.30pm - 7.00pm	
7.00pm - 9.00pm	
9.00pm - 10.00pm	
	<b>Sunday 17th August</b>
	7.30am - 9.00am Stroud Masters
	9.00am - 11.00am Lane Swimming
	11.00am - 2.15pm Public Swimming
	2.20pm - 3.55pm Inflatable Fun (2 x 45 minute sessions starting at 2.20pm and 3.10pm)
	4.00pm - 6.00pm Lane Swimming
	6.00pm - 8.00pm Public Swimming

## Week Five

Monday 18th August		Thursday 21st August	
6.00am - 7.00am	Dursley Dolphins Swimming Club	6.00am - 9.00am	Lane Swimming
7.00am - 9.30am	Lane Swimming	9.00am - 10.00am	Swimming Lessons
9.30am - 11.00am	Public Swimming	10.00am - 10.45am	Aqua Zumba
11.00am - 11.45am	Aqua Aerobics	11.00am - 12.00pm	Accessible Swimming
11.00am - 12.00pm	Parent and Toddler (shallow end only)	12.00pm - 1.30pm	Lane Swimming
11.00am - 12.00pm	Swimming Lessons	1.30pm - 2.30pm	Closed for Let's Play Swim Session
12.00pm - 1.30pm	Lane Swimming	2.30pm - 3.15pm	Aqua Strength
1.35pm - 2.20pm	Closed for Lets Play Swim Session	3.15pm - 4.00pm	Public Swimming
2.20pm - 3.05pm	Inflatable Fun	4.00pm - 6.30pm	Swimming Lessons
3.10pm - 4.00pm	Public Swimming	6.30pm - 8.00pm	Sevenside Tritons
4.00pm - 6.30pm	Swimming Lessons	8.00am - 9.00pm	Public Swimming
6.30pm - 8.30pm	Public Swimming	9.00pm - 10.00pm	Lane Swimming
8.30pm - 10.00pm	Lane Swimming		
Tuesday 19th August		Friday 22nd August	
6.00am - 9.30am	Lane Swimming	6.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Swimming Lessons	9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua HIT	11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (shallow end only)	11.00am - 11.45am	Parent and Toddler (shallow end only)
12.00pm - 1.30pm	Lane Swimming	11.50am - 1.00pm	Lane Swimming
1.30pm - 2.15pm	Closed for Let's Play Swim Session	1.00pm - 2.00pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Inflatable Fun	2.00pm - 3.00pm	Senior Swimming
3.10pm - 4.00pm	Public Swimming	3.00pm - 4.00pm	Public Swimming
4.00pm - 7.00pm	Swimming Lessons	3.00pm - 7.00pm	Swimming Lessons
6.30pm - 7.15pm	Public Swimming	7.00pm - 10.00pm	Lane Swimming
7.20pm - 8.05pm	Aqua Aerobics		
8.10pm - 9.00pm	Swim Fit	Saturday 23rd August	
9.00pm - 10.00pm	Lane Swimming	7.30am - 8.30am	Lane Swimming
		8.30am - 12.30pm	Swimming Lessons
		12.30pm - 5.00pm	Public Swimming
		5.00pm - 8.00pm	Lane Swimming
Wednesday 20th August		Sunday 24th August	
6.00am - 9.30am	Lane Swimming	7.30am - 9.00am	Stroud Masters
9.30am - 10.15am	Public Swimming	9.00am - 11.00am	Lane Swimming
10.15am - 11.00am	Closed for Let's Play Swim Session	11.00am - 2.15pm	Public Swimming
11.00am - 11.45am	Aqua Aerobics	2.20pm - 3.55pm	Inflatable Fun
11.00am - 12.00pm	Swimming Lessons		(2 x 45 minute sessions starting at 2.20pm and 3.10pm)
12.00pm - 1.30pm	Lane Swimming	4.00pm - 6.00pm	Lane Swimming
1.35pm - 2.20pm	Inflatable Fun	6.00pm - 8.00pm	Public Swimming
2.25pm - 4.00pm	Public Swimming		
3.30pm - 7.00pm	Swimming Lessons		
7.00pm - 8.00pm	Sevenside Tritons		
8.00pm - 10.00pm	Lane Swimming		

## Week Six

Monday 25th August		Thursday 28th August	
7.00am - 9.30am	Lane Swimming	6.00am - 9.00am	Lane Swimming
9.30am - 11.00am	Public Swimming	9.00am - 10.00am	Swimming Lessons
11.00am - 11.45am	Aqua Aerobics	10.00am - 10.45am	Aqua Zumba
11.00am - 12.00pm	Parent and Toddler (shallow end only)	11.00am - 12.00pm	Accessible Swimming
11.00am - 12.00pm	Swimming Lessons	12.00pm - 1.30pm	Lane Swimming
12.00pm - 1.30pm	Lane Swimming	1.30pm - 2.30pm	Closed for Let's Play Swim Session
1.30pm - 3.05pm	Inflatable Fun (2 x 45 minute sessions starting at 1.30pm and 2.20pm)	2.30pm - 3.15pm	Aqua Strength
		3.15pm - 4.00pm	Public Swimming
3.10pm - 4.00pm	Public Swimming	4.00pm - 6.30pm	Swimming Lessons
4.00pm - 6.30pm	Swimming Lessons	6.30pm - 8.00pm	Sevenside Tritons
6.30pm - 7.30pm	Public Swimming	8.00pm - 9.00pm	Public Swimming
		9.00pm - 10.00pm	Lane Swimming
Tuesday 26th August		Friday 29th August	
6.00am - 9.30am	Lane Swimming	6.00am - 9.30am	Lane Swimming
9.00am - 11.00am	Swimming Lessons	9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Hilt	11.00am - 11.45pm	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler	11.00am - 11.45am	Parent and Toddler (shallow end only)
12.00pm - 1.30pm	Lane Swimming	11.50am - 1.00pm	Lane Swimming
1.30pm - 2.15pm	Closed for Let's Play Swim Session	1.00pm - 2.00pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Inflatable Fun		Senior Swimming
4.00pm - 4.00pm	Public Swimming	2.00pm - 3.00pm	Public Swimming
4.00pm - 7.00pm	Swimming Lessons	3.00pm - 4.00pm	Public Swimming
6.30pm - 7.15pm	Public Swimming	3.00pm - 7.00pm	Swimming Lessons
7.20pm - 8.05pm	Aqua Aerobics	7.00pm - 10.00pm	Lane Swimming
8.10pm - 9.00pm	Swim Fit		
9.00pm - 10.00pm	Lane Swimming		
Wednesday 27th August		Saturday 30th August	
6.00am - 9.30am	Lane Swimming	7.30am - 8.30am	Lane Swimming
9.30am - 10.15am	Public Swimming	8.30am - 12.30pm	Swimming Lessons
10.15am - 11.00am	Closed for Let's Play Swim Session	12.30pm - 5.00pm	Public Swimming
		5.00pm - 8.00pm	Lane Swimming
11.00am - 11.45am	Aqua Aerobics		
11.00am - 12.00pm	Swimming Lessons		
12.00pm - 1.30pm	Lane Swimming		
1.35pm - 2.20pm	Inflatable Fun		
2.25pm - 4.00pm	Public Swimming		
3.30pm - 7.00pm	Swimming Lessons		
7.00pm - 8.00pm	Sevenside Tritons		
8.00pm - 10.00pm	Lane Swimming		
Sunday 31st August		Sunday 31st August	
		7.30am - 9.00am	Stroud Masters
		9.00am - 11.00am	Lane Swimming
		11.00am - 2.15pm	Public Swimming
		2.20pm - 3.55pm	Inflatable Fun (2 x 45 minute sessions starting at 2.20pm and 3.10pm)
		4.00pm - 6.00pm	Lane Swimming
		6.00pm - 8.00pm	Public Swimming

# SUMMER PASSPORT

**Available to purchase from 1st July – 31st August**

Suitable for children and full-time students.

This membership includes:

- Unlimited Public Swimming\*
  - Inflatable Fun\*
  - Gym Access for 11+ (selected times with an instructor or anytime when accompanied by a parent or guardian)
  - Fitness Classes (Junior sessions and access to all classes from age 14)
  - Soft Play (children aged 8 and under)
  - 20% Off Dance Workshops (4 - 9 year olds)
  - 20% off Rollerskating
  - 20% off Football camp
  - 20% off Netball camp
- \*Children under the age of 8 must be accompanied by a paying adult over 18 years of age and must be supervised by a paying adult at all times in the water.

\*Children under the age of 8 must be accompanied by a paying adult in the water.

**\*\*T&Cs apply**

# STRATFORD PARK LIDO

**Monday – Friday**

12.00pm – 1.00pm	Lane Swimming
1.15pm – 3.15pm	Public Swimming
3.45pm – 5.45pm	Public Swimming
6.00pm – 7.00pm	Lane Swimming

## Saturday and Sunday

11.00am – 12.00pm	Lane Swimming
12.15pm – 2.15pm	Public Swimming
2.45pm – 4.45pm	Public Swimming
5.00pm – 6.00pm	Lane Swimming

**Open throughout the Summer**

