

LET'S PLAY FUN DAYS

Date: Monday 27th October – Friday 31st October

Suitable for: Open to children aged 5-12 years

Swimming, multi-sports, arts and crafts, bouncy castle, performing arts, gaming, laser tag, Nerf wars, Lego building and much more.

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



HALLOWEEN POOL PARTY

Date: Sunday 2nd November

Time: 2.00pm-2.55pm,

3.00pm-3.55pm, 4.00pm-4.55pm and 5.00pm-5.55pm

Price: £5.50 Child, £6.50 Adult

Join our spooktacular team for a Halloween pool party, with fun, games and ghostly music. Watch out, things will look a bit different in the pool this evening, maybe there's something in the water...

BEGINNERS

INTENSIVE SWIMMING LESSONS

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

Date: Monday 27th October – Friday 31st October

Time: 9.00am-9.30am and 9.30am-10.00am

Price: £38 per five-day course

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

JUNIOR GYM SESSIONS

We have instructor-led supervised sessions:

Date: Monday – Friday 3.30pm-4.30pm and 4.30pm-5.30pm

Saturday and Sunday 11.30am-12.30pm and 1.30pm-2.30pm

Price: £4.40 per session

Suitable for: 11-15 years

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

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 a paying adult in the water.

Please ask about our admission policy if you intend to take 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.



Active Lifestyles Stroud
Stratford Road, Stroud,
Gloucestershire
GL5 4AF



27 October -
2 November
2025

OCTOBER HALF TERM @Stroud



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OCTOBER HALF TERM SWIMMING POOL TIMETABLE

Monday 27th October



6.00am-7.00am	Club Swimming
7.00am-9.30am	Lane Swimming
9.00am-9.30am	Swimming Lessons
9.30am-11.00am	Public Swimming
11.00am-11.45am	Aqua Tone
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 Let's Play Swim Session
2.20pm-3.05pm	Tanker, Floats and Rafts Inflatable Fun
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 28th October

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
1.30pm-2.10pm	Closed for Let's Play Swim Session
2.20pm-3.05pm	Crusher Inflatable Fun
3.15pm-4.00pm	Public Swimming
4.00pm-7.00pm	Swimming Lessons
6.30pm-7.15pm	Public Swimming
7.20pm-8.05pm	Aqua Aerobics
8.10pm-9.00pm	Swim Fit
9.00pm-10.00pm	Lane Swimming



Wednesday 29th October

6.00am-9.30am	Lane Swimming
9.30am-10.15am	Public Swimming
10.15am-11.00am	Closed for Let's Play Swim Session
11.00am-11.45am	Aqua Aerobics
11.00am-12.00pm	Swimming Lessons
12.00pm-1.30pm	Lane Swimming
1.35pm-2.20pm	Lobster, Floats and Mini Inflatable Fun
2.25pm-4.00pm	Public Swimming
3.30pm-7.00pm	Swimming Lessons
7.00pm-9.30pm	Club Swimming

Thursday 30th October

6.00am-7.00am	Club Swimming (one lane)
6.00am-9.00am	Lane Swimming (3 lanes between 6.00am-7.00am)
9.00am-10.00am	Swimming Lessons
10.00am-10.45am	Aqua Zumba
10.50am-12.00pm	Disability Focused Swim
12.00pm-1.30pm	Lane Swimming
1.30pm-2.25pm	Closed for Let's 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
9.00pm-10.00pm	Lane Swimming

Friday 31st October



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 (shallow end only)
11.50am-1.00pm	Lane Swimming
1.00pm-2.00pm	Closed for Let's Play Swim Session
2.00pm-3.00pm	Senior Swimming
3.00pm-4.00pm	Public Swimming
4.00pm-6.00pm	Swimming Lessons
6.05pm-6.50pm	Aqua Power
7.00pm-8.30pm	Club Swimming
8.30pm-10.00pm	Lane Swimming

Saturday 1st November

6.30am-8.30am	Club Swimming
8.30am-12.30pm	Swimming Lessons
12.30pm-5.00pm	Public Swimming
5.00pm-8.00pm	Lane Swimming

Sunday 2nd November

7.30am-9.00am	Stroud Masters
9.00am-11.00am	Lane Swimming
11.00am-1.50pm	Public Swimming
2.00pm-5.55pm	Halloween Pool Parties (4 x 55 minute sessions starting at 2.00pm, 3.00pm, 4.00pm and 5.00pm)
6.00pm-8.00pm	Sevenside Tritons

Key to Swimming Pool Timetable

 Booking advised
 Booking advised
 Just turn up

DANCE WORKSHOPS

K-Pop Demon Hunters Themed Dance Workshops

Date: Monday 27th October

Time: 3.15pm-5.15pm

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: Monday 27th October

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.

GHOSTS AND GHOULS BOUNCY CASTLE AND SOFT PLAY DISCO SESSION

Date: Friday 31st October **Time:** 3.30pm-4.30pm

Price: £6.00 per child **Suitable for:** Children aged 8 and under

Dress up in your best Halloween costumes and join our team for a Soft Play and Bouncy Castle session featuring music and disco lights and party games.

HALLOWEEN FAMILY ROLLER SKATING

Date: Wednesday 29th October

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.