

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



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



01453 766771
stroud@myactivelifestyles.co.uk
www.myactivelifestyles.co.uk

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

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|-----------------|---------------------------------------|
| 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

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|-----------------|---|
| 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

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| 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

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| 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

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|----------------|---|
| 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

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|-----------------|-----------------|--------------|
| Booking advised | Booking advised | Just turn up |
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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.