

## Dance Workshops Wicked Themed

**Date:** Monday 16th February

**Time:** 3.00pm-5.00pm

**Price:** £11.50 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.



## Let's Play Fun Days

**Date:** Monday 16th February - Friday 20th February

**Suitable for:** 5-12 year olds

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](http://www.lets-play.org.uk)



## Superhero Training Camp

**Date:** Wednesday 18th February **Time:** 1.00pm-3.00pm

**Price:** £15 per child **Suitable for:** 4-9 year olds

Children become real-life superheroes as they create their own capes and masks, conquer obstacle courses and battle fun villains.

It's an action-packed camp full of imagination, teamwork and heroic adventures.



## Junior Gym

**Dates & Times:**

Monday 16th February –

Friday 20th February

11.30am-12.30pm,

1.30pm-2.30pm,

3.30pm-4.30pm and

4.30pm-5.30pm

Saturday 21st February and Sunday 22nd February

11.30am-12.30pm and 1.30pm-2.30pm

**Price:** £4.40 per session

Children aged 11-15 years can attend our gym at any time when accompanied by a parent or guardian.

We also have instructor-led supervised sessions, suitable for 11-15 years.



**RLSS UK**

**National Pool Lifeguard Qualification**

**Venue:** Active Lifestyles Stroud

**Date:** Monday 16th February - Saturday 21st February

**Cost:** £260

**How to book:** Call 01453 766771 or  
Email [stroud@myactivelifestyles.co.uk](mailto:stroud@myactivelifestyles.co.uk)

## 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 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

Monday  
16 February -  
Monday  
23 February  
2026

**FEBRUARY  
HALF TERM**  
@STROUD



**STROUD  
DISTRICT  
COUNCIL**

01453 766771

[stroud@myactivelifestyles.co.uk](mailto:stroud@myactivelifestyles.co.uk)

[www.myactivelifestyles.co.uk](http://www.myactivelifestyles.co.uk)



# February Half Term - Pool Timetable

## Monday 16 February

6.00am - 7.00am	Club Swimming
7.00am - 9.30am	Lane Swimming
9.00am - 10.00am	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, Lobster, 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 17 February

6.00am - 9.30am	Lane Swimming
9.00am - 10.30am	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 18 February

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
1.40pm - 2.25pm	Tanker, Splat and Mini Inflatables
2.35pm - 4.00pm	Public Swimming
3.30pm - 7.00pm	Swimming Lessons
7.00pm - 9.30pm	Club Swimming

Key to Swimming Pool Timetable: ■ Booking advised ■ Just turn up

## Thursday 19 February

6.00am - 9.00am	Lane Swimming (2 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 20 February

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 21 February

7.30am - 8.30am	Lane Swimming
8.30am - 12.30pm	Swimming Lessons
12.30pm - 5.00pm	Public Swimming
5.00pm - 6.00pm	NPLQ wet side assessment
5.00pm - 8.00pm	Lane Swimming
8.00pm - 9.30pm	Stroud Valley Canoe Club

## Sunday 22 February

7.30am - 9.00am	Club Swimming
9.00am - 11.00am	Lane Swimming
11.00am - 2.10pm	Public Swimming
2.15pm - 3.50pm	Inflatable Swimming (2 sessions starting at 2.15pm and 3.05pm)
4.00pm - 6.00pm	Pool Parties
6.00pm - 8.00pm	Club Swimming

\*we advise booking in advance for all Aqua Classes to avoid disappointment

Intensive  
Swimming Lessons



## INTENSIVE SWIMMING LESSONS

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

### Beginners Intensive Swimming Lessons

**Date:** Monday 16th February - Friday 20th February

**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.

### Bouncy Castle and Soft Play

**Date:** Monday 16th February

**Time:** 10.00am-11.00am,

11.15am-12.15pm,

12.30pm-1.30pm and

1.45pm-2.45pm

**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.



### Football Camp

**Date:** Tuesday 17th February

**Time:** 12.30pm-2.30pm (Children aged 7-10 years)

**Time:** 2.45pm-4.45pm (Children aged 11-15 years)

**Price:** £11.50

Join us for fast-paced drills, exciting skills, and plenty of fun games on the pitch!

Please register at reception when you arrive. Pick-up at the end of the camp will be from the astroturf.



Museum in the Park

During your visit, take some time to explore the Museum in the Park - entry is completely **FREE** of charge

