

Junior Gym Sessions

Supervised sessions for 11 - 15 year olds

Date: Monday 28th March - Friday 12th April

Time: 11.30am - 12.30pm, 3.30pm - 4.30pm & 4.30pm - 5.30pm
Saturday & Sunday:
11.30am - 12.30pm & 1.30pm - 2.30pm

Price: £4.80 per session

Suitable for: 11 - 15 years

Children aged 11 - 15 may also attend at any time when accompanied by a paying parent/guardian.

Easter Family Roller Skating Disco

Date: Saturday 4th April

Time: 1.00pm - 2.15pm or 2.30pm - 3.45pm

Price: £6.00 per person

Skate hire charge: £3.50

Suitable for: All the family

Glide around to egg-citing tunes, show off your smooth moves under the disco lights, and enjoy a cracking good time with friends.

Whether you're a confident skater or just finding your wheels, it's the perfect way to celebrate half term with music, laughter and plenty of Easter sparkle.

Please feel free to use your own skates or hire when you arrive.

Let's Play Fun Days

Date: Monday 30th March - Thursday 2nd April
Tuesday 7th April - Friday 10th April

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



Dance Workshops @Stroud



Disney ZOOTROPOLIS

Zootropolis Themed Dance Workshop

Date: Monday 30th March

Time: 3.15pm - 5.15pm

Price: £11.50 per child

Suitable for: 4 - 9 year olds

Join us for an action-packed dance workshop led by the incredible Amy Addle Team!

Your little dancers will jump, hop and hustle their way through a wild routine inspired by Zootropolis.

Parents are invited to come back in 10 minutes before the end, to watch their children perform their routine.

Please make sure your child brings a drink and a snack to keep them fuelled for all the fun.



Monster High Themed Dance Workshop

Date: Wednesday 8th April

Time: 3.30pm - 5.30pm

Price: £11.50 per child

Suitable for: 4 - 9 year olds

Join us for a spooktacular dance workshop run by the amazing Amy Addle Team! Your little ghouls will learn a monstrously fun dance routine inspired by the freaky-fab world of Monster High.

Parents are invited to come back in 10 minutes before the end, to watch their children perform their routine.

Please make sure your child brings a drink and a snack to keep their energy charged throughout the workshop.



Beginners Intensive Swimming Lessons

Date: Monday 30th March - Friday 3rd April

Monday 6th April - Friday 10th April

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

Price: £40 per five-day course

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

Our week-long courses are perfect for 4-7 year-olds who are new to swimming or have recently started classes.



Museum in the Park

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

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 amend or cancel the programme at any time.



Active Lifestyles
Stroud

Monday
30 March -
Sunday
12 April
2026

Easter Half Term @Stroud



Active Lifestyles
Stroud

STROUD DISTRICT COUNCIL

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Easter Half Term

Pool Timetable (Stroud)

Monday 30 March

6.00am - 7.00am	Club Swimming
7.00am - 9.30am	Lane Swimming (with 4 lanes)
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 (with 3 lanes)
1.30pm - 2.15pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Splat, Floats & Mini Inflatable Fun Session
3.15pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 8.30pm	Club Swimming
8.30pm - 10.00pm	Lane Swimming (with 4 lanes)

Tuesday 31 March

6.00am - 9.30am	Lane Swimming (with 4 lanes)
9.00am - 10.30am	Swimming Lessons
10.00am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua HIIT
11.00am - 12.00pm	Parent and Toddler (shallow end only)
12.00pm - 1.30pm	Lane Swimming (with 3 lanes)
1.30pm - 2.10pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Tanker & Mini Lobster Inflatable Fun Session
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 - 8.55pm	Swim Fit
9.00pm - 10.00pm	Lane Swimming (with 3 lanes)

Wednesday 1 April

6.00am - 9.30am	Lane Swimming (with 4 lanes)
9.00am - 10.00am	Swimming Lessons
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 (with 3 lanes)
1.45pm - 2.30pm	Crusher Inflatable Fun Session
2.40pm - 4.00pm	Public Swimming
3.30pm - 7.00pm	Swimming Lessons
7.00pm - 9.30pm	Club Swimming

Thursday 2 April

6.00am - 7.00am	Club Swimming
6.00am - 7.00am	Lane Swimming (with 2 lanes)
7.00am - 9.00am	Lane Swimming (with 4 lanes)
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 (with 3 lanes)
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	Club Swimming
9.00pm - 10.00pm	Lane Swimming (with 4 lanes)

Friday 3 April (Good Friday)

7.00am - 9.30am	Lane Swimming (with 4 lanes)
9.00am - 10.00am	Swimming Lessons
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 (with 3 lanes)
1.10pm - 1.55pm	Splat & Mini Lobster Inflatable Fun 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

Saturday 4 April

7.30am - 8.30am	Lane Swimming (with 4 lanes)
8.30am - 12.30pm	Swimming Lessons
12.30pm - 4.00pm	Public Swimming
4.00pm - 6.00pm	Lane Swimming (with 3 lanes)

Sunday 5 April (Easter Sunday)

7.30am - 10.00am	Lane Swimming (with 4 lanes)
10.00am - 2.10pm	Public Swimming
2.15pm - 3.50pm	Tanker and Splat Inflatable Fun Session (2 x 45 minute sessions starting at 2.15pm & 3.05pm)

Monday 6 April (Easter Monday)

7.00am - 9.30am	Lane Swimming (with 4 lanes)
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 (with 3 lanes)
1.40pm - 2.25pm	Splat, Floats and Mini Inflatable Fun Session
2.35pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons

Tuesday 7 April

6.00am - 9.30am	Lane Swimming (with 4 lanes)
9.00am - 10.30am	Swimming Lessons
10.00am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua HIIT
11.00am - 12.00pm	Parent and Toddler (shallow end only)
12.00pm - 1.30pm	Lane Swimming (with 3 lanes)
1.30pm - 2.10pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Splat and Mini Lobster Inflatable Fun Session
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 - 8.55pm	Swim Fit
9.00pm - 10.00pm	Lane Swimming (with 3 lanes)

Key to the Pool Timetable:

■ Booking advised ■ Just turn up

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

Wednesday 8 April

6.00am - 9.30am	Lane Swimming (with 4 lanes)
9.00am - 10.00am	Swimming Lessons
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 (with 3 lanes)
1.40pm - 2.25pm	Tanker and Splat Inflatable Fun Session
2.35pm - 4.00pm	Public Swimming
3.30pm - 7.00pm	Swimming Lessons
7.00pm - 9.30pm	Club Swimming

Thursday 9 April

6.00am - 7.00am	Club Swimming
6.00am - 7.00am	Lane Swimming (with 2 lanes)
7.00am - 9.00am	Lane Swimming (with 4 lanes)
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 (with 3 lanes)
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	Club Swimming
9.00pm - 10.00pm	Lane Swimming (with 4 lanes)

Friday 10 April

6.00am - 9.30am	Lane Swimming (with 4 lanes)
9.00am - 10.00am	Swimming Lessons
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 (with 3 lanes)
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 (with 3 lanes)

Saturday 11 April

8.30am - 12.30pm	Swimming Lessons
12.30pm - 5.00pm	Public Swimming
5.00pm - 8.00pm	Lane Swimming (with 3 lanes)

Sunday 12 April

7.30am - 9.00am	Club Swimming
9.00am - 11.00am	Lane Swimming (with 4 lanes)
11.00am - 1.15pm	Public Swimming
1.25pm - 3.50pm	Crusher Inflatable Fun Session (3 x 45 Min Sessions starting at 1.25pm, 2.15pm & 3.05pm)
4.00pm - 6.00pm	Pool Parties
6.00pm - 8.00pm	Club Swimming

Trampolining

Date: Tuesday 7th April

Time: Ages 5-7: 9.30am - 10.15am

Ages 8-10: 10.20am - 11.05am & 11.10am - 11.55am

Price: £9.50 per child

Join our high-energy trampolining sessions, where you can bounce in a safe and fully instructor-led environment. Whether you're a first-time bouncer or a mini acrobat in the making, our friendly coaches will help you build confidence and learn new skills.

A parent or guardian must remain in the session and stay for the full duration while their child participates.

Bouncy Castle and Soft Play

Wednesday 1st April: 1.00pm-2.00pm & 2.15pm-3.15pm

Friday 3rd April: 9.30am-10.30am & 10.45am-11.45am

Monday 6th April: 9.30am-10.30am & 10.45am-11.45am

Friday 10th April: 1.00pm-2.00pm & 2.15pm-3.15pm

Price: £4.50 per child

Suitable for: Children aged 8 and under

Let your little ones jump, bounce and explore at our Bouncy Castle and Soft Play session. A brilliant way to burn off energy, build confidence, and make new friends - while parents enjoy watching the fun unfold!

Easter Egg Hunt

Date: Saturday 4th April

Time: 10.00am - 4.00pm

Suitable for: 4 - 9 year olds

Hop Into an Egg-strordinary Easter Adventure!

Get ready for an eggciting day out in the park! Our **FREE Family Easter Egg Hunt** comes with a fun twist. Instead of collecting eggs, you'll be searching for specially named eggs hidden all around the park!

Slip on your detective hat, sharpen those sleuthing skills, and see if your family can crack the clues to find every single egg! With prizes to be won and plenty of springtime fun along the way, it's the perfect Easter day out for all ages.

Easter Weekend Gym Opening Times

• **Friday 3 April:** 7.00am - 7.00pm

• **Saturday 4 April:** 7.30am - 6.00pm

• **Sunday 5 April:** 7.30am - 4.00pm

• **Monday 6 April:** 7.00am - 7.00pm