

# THE GREATEST SHOWMAN

## The Greatest Showman Dance Workshop

**Date:** Wednesday 27th May

**Time:** 3.30pm - 5.30pm

**Price:** £11.50 per child

**Suitable for:** 4 - 9-year-olds

Step into the spotlight with our Greatest Showman – themed Dance Workshop!

Children will enjoy an exciting dance workshop led by the amazing Amy Addle Team, learning a high-energy routine. Parents are invited to return 10 minutes before the end of the session to watch their children perform what they've learned and celebrate their hard work.

Please ensure your child brings a drink and a snack to keep their energy levels up throughout the workshop.

## Bouncy Castle and Soft Play

### Date & Times:

Monday 25th May 9.30am, 10.30am, 11.30am

Wednesday 27th May 2.00pm, 3.00pm

**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 sessions. A brilliant way to burn off energy, build confidence and make new friends – while parents enjoy watching the fun unfold in a safe, relaxed environment. A parent or guardian must remain with their child for the duration of the session.



## Junior Gym Sessions

Supervised sessions for 11-15-year-olds

**Date:** Every day throughout the school holidays

**Time:** Monday - Friday  
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-year-olds

Children aged 11-15 may also attend at other times when accompanied by a paying, supervising parent or guardian. Please get in touch to arrange an induction prior to your first visit.



To get our app, scan the QR code

## Bank Holiday Class Times

Please check our app for timetable changes on Bank Holiday Monday.

## Bank Holiday Gym Opening Times

**Date:** Monday 25th May

**Time:** 7.00am - 7.30pm

## 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 in the pool unless otherwise stated.
- The management team reserve the right to amend or cancel the programme at any time.

**Active Lifestyles**  
Stroud

01453 766771

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

Stratford Road, Stroud GL5 4AF

**STROUD DISTRICT COUNCIL**

**Active Lifestyles**  
Stroud

Monday  
25th May -  
Sunday  
31st May

# MAY HALF TERM

@STROUD



**STROUD DISTRICT COUNCIL**

01453 766771

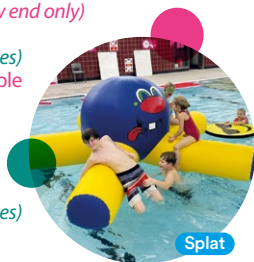
[stroud@myactivelifestyles.co.uk](mailto:stroud@myactivelifestyles.co.uk)

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# May Half Term - Swimming Pool Timetable

## Monday 25th May (Bank Holiday)

7.00am - 9.30am	Lane Swimming (with 4 lanes)
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 (with 3 lanes)
1.35pm - 3.10pm	Splat, Tanker & Mini Inflatable Fun (2 x 45 minute sessions starting at 1.35pm and 2.25pm)
3.15pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 7.30pm	Lane Swimming (with 4 lanes)



## Tuesday 26th May

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	Crusher & Mini 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 - 8.55pm	Swim Fit
9.00pm - 10.00pm	Lane Swimming (with 3 lanes)

## Wednesday 27th May

6.00am - 9.30am	Lane Swimming (with 4 lanes)
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)
1.35pm - 3.10pm	Splat, Tanker & Mini Inflatable Fun (2 x 45 minute sessions starting at 1.35pm and 2.25pm)
3.15pm - 4.00pm	Public Swimming
3.30pm - 7.00pm	Swimming Lessons
7.00pm - 9.00pm	Club Swimming
9.00pm - 10.00pm	Lane Swimming (with 4 lanes)

## Thursday 28th May

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 29th May

6.00am - 9.30am	Lane Swimming (with 4 lanes)
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	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 30th May

7.30am - 8.30am	Lane Swimming (with 4 lanes)
8.30am - 12.30pm	Swimming Lessons
12.30pm - 5.00pm	Public Swimming
5.00pm - 8.00pm	Lane Swimming (with 3 lanes)

## Sunday 31st May

7.30am - 9.00am	Club Swimming
9.00am - 11.00am	Lane Swimming (with 4 lanes)
11.00am - 2.10pm	Public Swimming
2.20pm - 3.55pm	Crusher Inflatable Fun (2 x 45 minute sessions starting at 2.20pm and 3.10pm)
4.00pm - 6.00pm	Private Pool Parties
6.00pm - 8.00pm	Lane Swimming (with 4 lanes)

Monday  
25th May -  
Sunday  
31st May

## Private Tuition

**Date:** Monday 25th May - Friday 29th May

**Time:** 9.00am - 9.30am or 9.30am - 10.00am

**Price:** £18.50

**Suitable for:** Anyone looking for 1:1 support to build swimming confidence or improve technique.

Enjoy a 30 minute personal swimming lesson in the morning, leaving the rest of the day free for half-term fun.

Book five sessions to receive a discounted rate.



## Let's Play Fun Days

**Date:** Tuesday 26th May - Friday 29th May

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

Let's Play Fun Days offer action-packed holiday sessions including swimming, multi-sports, arts and crafts, bouncy castle fun, 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)



## Automated External Defibrillator (AED) Training

**Date:** Wednesday 27th May

**Time:** 5.30pm - 9.30pm

**Price:** £40 per person

**Suitable for:** Ages 16+



Be the difference in an emergency – learn AED and lifesaving skills in just four hours.

This AED training programme is designed to give individuals aged 16 and over the confidence and skills to act quickly when it matters most. Participants will learn how to safely use an AED, understand essential CPR techniques and gain hands-on practical experience.

Upon successful completion, participants will receive a recognised qualification.

## Key to Swimming Pool Timetable

■ Booking advised ■ Just turn up

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



Museum in the Park

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

