



Childrens Workshops

Dance Workshops

Date: Tuesdays - 21st July, 28th July, 4th August, 11th August, 18th August, 25th August
Time: 3.30pm-5.30pm
Price: £11.50
Suitable for: 4-9-year-olds

Join the Amy Addle Team for these high-energy workshops, dancing to exciting different themes throughout the holidays (Bluey Dance Mode, Sing, Encanto, K-Pop Demon Hunters, Trolls & Toy Story). Check our social media or online bookings for the theme timetable.

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.



Circus Skills

Date: Fridays - 24th July, 31st July, 7th August, 14th August, 21st August, 28th August
Time: 3.30pm-5.30pm
Price: £20.00
Suitable for: 5-11-year-olds

Join the School of Larks team for aerial and circus skills! Whether you're hanging from the aerial hoops, walking a tightrope or learning some juggling, you're sure to love these 2 hour sessions.

Please provide your child with a drink and snack.

Big Summer Picnics & Play in the Park

Location: Stratford Park & Active Lifestyles Stroud, Stratford Road, Stroud GL5 4AF
Date: Friday - 7th August, 14th August, 21st August & 28th August
Time: 10.00am - 4.00pm
Suitable for: The whole family

Gym Activities

Learn to Lift

Date: Saturdays - 18th July (Deadlifts), 25th July (Squats), 1st August (Bench Press), 8th August (Deadlifts), 29th August (Squats)
Time: 5.00pm & 5.30pm
Price: £6.50
Suitable for: 5.00pm 11-16-year-olds, 5.30pm 17+

Welcome to our friendly 30-minute sessions designed to teach you the fundamentals of strength training. By learning correct technique for key lifts, you'll gain more confidence in the free weight area of the gym. Come along, ask questions, and take your first step into lifting with confidence!

Junior Gym Sessions

Supervised sessions for 11-14-year-olds
Date: Every day throughout the school holidays
Time: 11.00am-12.00pm and 3.30pm-4.30pm
Price: £4.80 per session
Suitable for: 11-14-year-olds

Children aged 11-14 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.

Bank Holiday Gym Times
Monday 31st August, 7.00am-7.30pm

Bank Holiday Monday Fitness Classes
Monday 31st August
Please check the app for Bank Holiday class changes.

Summer Passport

£37.00



ENDLESS SUMMER FUN

...at Active Lifestyles for children and full-time students

Included with a Summer Passport:

- Unlimited Swimming
- Inflatable Fun
- Gym access for children aged 11+ (ages 11-14 at selected times)
- Fitness Classes ages 11+
- 20% off Circus Skills, Activity Days, Swim Clinic, Dance Workshops, Summer Splashdown Pool Party
- Certain activities at Active Lifestyles Stroud

T&Cs apply: Children 11+ can take part in classes
• Children under the age of 8 must be accompanied by a paying adult in the water. Membership available from 1 July-31 August.

Summer Camps



Activity Days

Date: Tuesdays and Thursdays throughout the holidays
Time: 8.30am-3.15pm
Price: £25.00
Suitable for: 4-11-year-olds

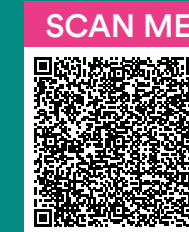
Activity days are BACK! A full day of sports, crafts and a dedicated inflatable swimming session! Be sure to send your child with a swim kit, sun cream, a packed lunch and drink to keep the fun fuelled.

Drop off and pick up from Active Lifestyles Dursley. We will spend our time at a different location so please pack a raincoat for walking.

Swim Clinic

Date: Fridays - 24th July, 31st July, 7th August, 14th August, 21st August, 28th August
Time: 8.15am-3.30pm
Price: £25.00
Suitable for: Stage 6 + swimmers

Join us for a full day of fitness, skill development and fun! Children will take part in a variety of activities throughout the day, including swimming technique sessions, studio training, indoor cycling and a relaxing stretch and mobility session. Please ensure your child brings swimwear and gym clothes, along with a packed lunch, drinks and plenty of snacks to stay fuelled. There will be multiple swimming sessions, so an extra towel is recommended.



Active Lifestyles Dursley

Scan the QR code to book summer activities at the Active Lifestyles Dursley site.



Active Lifestyles Stroud

Scan the QR code to book summer activities at the Active Lifestyles Stroud site.



Active Lifestyles Stroud

Scan the QR code for Lido opening dates and times or please visit our website.

Terms and conditions

For terms and conditions, 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 in the pool unless otherwise stated.
- The management team reserve the right to amend or cancel the programme at any time.
- Please note that non/weak swimmers cannot make use of the deep end of the swimming pool under any circumstances. This may affect the use of certain inflatables during inflatable fun.
- The car park in front of the building is free for up to three hours and the car park at Sainsbury's is free for up to two hours.

Active Lifestyles Dursley

01453 546441
dursley@myactivelifestyles.co.uk
Castle Street, Dursley GL11 4BS

STROUD DISTRICT COUNCIL

Active Lifestyles Dursley

Monday 20th July - Monday 31st August 2026

SUMMER holidays



01453 546441
dursley@myactivelifestyles.co.uk
www.myactivelifestyles.co.uk

20 July - 26 July

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult & Child Swim Lessons
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent & Toddler Swim Session
10.50am - 11.20am	Beginners Water Fitness
11.30am - 1.00pm	Adult & Child Swim Lessons
11.30am - 12.15pm	Lane Swimming (D area unavailable)
12.15pm - 1.35pm	Public Swimming (D area unavailable until 1.00pm)
1.50pm - 3.25pm	Extremator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.35pm	Public Swimming

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.15am	Activity Day Swim
10.15am - 11.10am	Disabled Swim
11.15am - 12.00pm	Aqua Stretch Exercise Class
12.00pm - 1.40pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Adult & Child Swim Lessons
1.50pm - 3.25pm	Aqua Glide Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.00pm - 7.00pm	Public Swimming

6.00am	- 9.00am	Lane Swimming
9.00am	- 9.30am	Adult & Child Swim Lessons
9.30am	- 10.30am	Public Swimming
10.30am	- 11.15am	Parent & Toddler Swim Session
10.45am	- 11.30am	Adult Tone Exercise Class
11.30am	- 1.30pm	Adult & Child Swim Lessons
12.30pm	- 1.40pm	Public Swimming
<i>(D area unavailable 12.30pm - 1.30pm)</i>		
1.50pm	- 3.25pm	Slippery Slide Inflatable Fun <i>(2 x 45 minute sessions starting at 1.50pm & 2.40pm)</i>
3.40pm	- 6.25pm	Junior Swimming Lessons
6.30pm	- 7.15pm	Aqua Tone Exercise Class
6.30pm	- 8.15pm	Public Swimming <i>(Shallow end only until 7.15pm)</i>
8.15pm	- 9.00pm	Lane Swimming

27 July - 2 August

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult & Child Swim Lessons
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent & Toddler Swim Session
10.50am - 11.20am	Beginners Water Fitness
11.30am - 1.00pm	Adult & Child Swim Lessons
11.30am - 12.15pm	Lane Swimming (D area unavailable)
12.15pm - 1.35pm	Public Swimming (D area unavailable until 1.00pm)
1.50pm - 3.25pm	Aqua Glide Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.35pm	Public Swimming

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.15am	Activity Day Swim
10.15am - 11.10am	Disabled Swim
11.15am - 12.00pm	Aqua Stretch Exercise Class
12.00pm - 1.40pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Adult & Child Swim Lessons
1.50pm - 3.25pm	Splat & Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.30am	Public Swimming
10.30am - 11.15am	Parent & Toddler Swim Session
10.45am - 11.30am	Aqua Tone Exercise Class
11.30am - 1.30pm	Adult & Child Swim Lessons
12.30pm - 1.40pm	Public Swimming
	<i>(D area unavailable 12.30pm - 1.30pm)</i>
1.50pm - 3.25pm	Extreminator Inflatable Fun
	<i>(2 x 45 minute sessions starting at 1.50pm & 2.40pm)</i>
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.15pm	Aqua Tone Exercise Class
6.30pm - 8.15pm	Public Swimming
	<i>(Shallow end only until 7.15pm)</i>
8.15pm - 9.00pm	Lane Swimming



3 August - 9 August

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult & Child Swim Lessons
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent & Toddler Swim Session
10.50am - 11.20am	Beginners Water Fitness
11.30am - 1.00pm	Adult & Child Swim Lessons
11.30am - 12.15pm	Lane Swimming (D area unavailable)
12.15pm - 1.35pm	Public Swimming (D area unavailable until 1.00pm)
1.50pm - 3.25pm	Splat & Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons

Tuesday 4 August

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.15am	Activity Day Swim
10.15am - 11.10am	Disabled Swim
11.15am - 12.00pm	Qua Stretch Exercise Class
12.00pm - 1.40pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Adult & Child Swim Lessons
1.50pm - 3.25pm	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.30am	Public Swimming
10.30am - 11.15am	Parent & Toddler Swim Session
10.45am - 11.30am	Aqua Tone Exercise Class
11.30am - 1.30pm	Adult & Child Swim Lessons
12.30pm - 1.40pm	Public Swimming
(D area unavailable 12.30pm - 1.30pm)	
1.50pm - 3.25pm	Aqua Glide Inflatable Fun
(2 x 45 minute sessions starting at 1.50pm & 2.40pm)	
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.15pm	Aqua Tone Exercise Class
6.30pm - 8.15pm	Public Swimming
(Shallow end only until 7.15pm)	
8.15pm - 9.00pm	Lane Swimming

10 August - 16 August

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult & Child Swim Lessons
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent & Toddler Swim Session
10.50am - 11.20am	Beginners Water Fitness
11.30am - 1.00pm	Adult & Child Swim Lessons
11.30am - 12.15pm	Lane Swimming (D area unavailable)
12.15pm - 1.35pm	Public Swimming (D area unavailable until 1.00pm).
1.50pm - 3.25pm	Extremator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.35pm	Public Swimming
7.35pm - 8.30pm	Lane Swimming

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.15am	Activity Day Swim
10.15am - 11.10am	Disabled Swim
11.15am - 12.00pm	Aqua Stretch Exercise Class
12.00pm - 1.40pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Adult & Child Swim Lessons
1.50pm - 3.25pm	Extremator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.00pm - 7.00pm	Public Swimming

9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.30am	Public Swimming
10.30am - 11.15am	Parent & Toddler Swim Session
10.45am - 11.30am	Aqua Tone Exercise Class
11.30am - 1.30pm	Adult & Child Swim Lessons
12.30pm - 1.40pm	Public Swimming (D area unavailable 12.30pm - 1.30pm)
1.50pm - 3.25pm	Slippery Slide Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.15pm	Aqua Tone Exercise Class
6.30pm - 8.15pm	Public Swimming (Shallow end only until 7.15pm)
8.15pm - 9.00pm	Lane Swimming

A photograph of two young girls sliding down a large, black inflatable slide into a pool of water. The girls are wearing purple swimsuits and are smiling as they slide. The slide is set up on a grassy area, and the water is a light blue color.

17 August - 23 August

6.00am - 9.00am Lane Swimming
9.00am - 10.00am Adult & Child Swim Lessons
10.00am - 10.45am Aqua Zumba Exercise Class
10.45am - 11.30am Parent & Toddler Swim Session
10.50am - 11.20am Beginners Water Fitness
11.30am - 1.00pm Adult & Child Swim Lessons
11.30am - 12.15pm Lane Swimming
(D area unavailable)
12.15pm - 1.35pm Public Swimming
(D area unavailable until 1.00pm)
1.50pm - 3.25pm Aqua Glide Inflatable Fun
(2 x 45 minute sessions starting at
1.50pm & 2.40pm)
3.40pm - 6.30pm Junior Swimming Lessons
6.35pm - 7.35pm Public Swimming

6.00am - 9.00am Lane Swimming
9.00am - 9.30am Adult & Child Swim Lessons
9.30am - 10.15am Activity Day Swim
10.15am - 11.10am Disabled Swim
11.15am - 12.00pm Aqua Stretch Exercise Class
12.00pm - 1.40pm Public Swimming
(D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm Adult & Child Swim Lessons
1.50pm - 3.25pm Splat & Stepping Stones
Inflatable Fun
(2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm Junior Swimming Lessons

6.00am	- 9.00am	Lane Swimming
9.00am	- 9.30am	Adult & Child Swim Lessons
9.30am	- 10.30am	Public Swimming
10.30am	- 11.15am	Parent & Toddler Swim Session
10.45am	- 11.30am	Aqua Tone Exercise Class
11.30am	- 1.30pm	Adult & Child Swim Lessons
12.30pm	- 1.40pm	Public Swimming
<i>(D area unavailable 12.30pm - 1.30pm)</i>		
1.50pm	- 3.25pm	Exterminator Inflatable Fun
<i>(2 x 45 minute sessions starting at 1.50pm & 2.40pm)</i>		
3.40pm	- 6.25pm	Junior Swimming Lessons
6.30pm	- 7.15pm	Aqua Tone Exercise Class
6.30pm	- 8.15pm	Public Swimming
<i>(Shallow end only until 7.15pm)</i>		
8.15pm	- 9.00pm	Lane Swimming

24 August - 31 August

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult & Child Swim Lessons
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent & Toddler Swim Session
10.50am - 11.20am	Beginners Water Fitness
11.30am - 1.00pm	Adult & Child Swim Lessons
11.30am - 12.15pm	Lane Swimming (D area unavailable)
12.15pm - 1.35pm	Public Swimming (D area unavailable until 1.00pm)
1.50pm - 3.25pm	Splat & Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.35pm	Public Swimming

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.15am	Activity Day Swim
10.15am - 11.0am	Disabled Swim
11.15am - 12.00pm	Qua Stretch Exercise Class
12.00pm - 1.40pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Adult & Child Swim Lessons
1.50pm - 3.25pm	Exterminator Inflatable Fun (2 x 45 minute sessions starting 1.50pm & 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.00pm - 7.00pm	Public Swimming (D area unavailable until 6.30pm)

9.30am - 10.30am Public Swimming
10.30am - 11.15am Parent & Toddler Swim Session
10.45am - 11.30am Aqua Tone Exercise Class
11.30am - 1.30pm Adult & Child Swim Lessons
12.30pm - 1.40pm Public Swimming (D area
 unavailable 12.30pm - 1.30pm)
1.50pm - 3.25pm Aqua Glide Inflatable Fun
 (2 x 45 minute sessions starting at
 1.50pm & 2.40pm)
3.40pm - 6.25pm Junior Swimming Lessons
6.30pm - 7.15pm Aqua Tone Exercise Class
6.30pm - 8.15pm Public Swimming
 (Shallow end only until 7.15pm)
8.15pm - 9.00pm Lane Swimming

Thursday 27 August
6.00am - 9.00am Lane Swimming
9.00am - 10.00am Adult & Child Swim Lessons

12.00pm - 1.30pm *unavailable 12.00pm- 1.30pm)*
 1.50pm - 3.25pm *Adult & Child Swim Lessons*
 Slippy Slide Inflatable Fun
 (2 x 45 minute sessions starting at
 1.50pm & 2.40pm)
 3.40pm - 6.25pm Junior Swimming Lessons
 6.30pm - 7.45pm Public Swimming
 7.45pm - 8.30pm Lane Swimming
 8.30pm - 9.15pm Swimfit

Friday 28 August

6.00am - 9.00am Lane Swimming
 9.00am - 9.30am Adult & Child Swim Lessons
 9.30am - 11.00am Public Swimming
 11.00am - 11.45am Aqua Tone Exercise Class
 11.15am - 12.00pm Parent & Toddler Swim Session

Imaginative Fun

2.30pm - 3.00pm	Adult Swimming Lessons
3.00pm - 3.35pm	Public Swimming
3.40pm - 5.35pm	Junior Swimming Lessons
5.45pm - 6.30pm	Aqua Stretch Exercise Class
6.35pm - 9.00pm	Lane Swimming

Saturday 29 August

8.00am - 9.00am	Junior Swimming Club
8.25am - 10.40am	Junior Swimming Lessons
10.45am - 1.40pm	Public Swimming
1.45pm - 2.30pm	Inflatable Fun
2.35pm - 3.20pm	Summer Splashdown Party
3.30pm - 8.00pm	Closed for Private Parties

Sunday 30 August

6.00pm - 7.00pm Lane Swimming
 7.05pm - 8.05pm DRC Tri Club
Monday 31 August
Bank Holiday
 7.00am - 9.00am Lane Swimming
 9.00am - 10.00am Adult & Child Swim Lessons
 10.00am - 10.45am Aqua Zumba Exercise Class
 10.45am - 11.30am Parent & Toddler Swim Session
 10.50am - 11.20am Beginners Water Fitness
 11.30am - 12.15pm Lane Swimming
 (D area unavailable)
 11.30am - 1.00pm Adult & Child Swim Lessons
 12.15pm - 1.40pm Public Swimming
 (D area unavailable until 1.00pm)
 1.50pm - 3.25pm Aqua Glide Inflatable Fun
 (2 x 45 minute sessions starting at 1.50pm & 2.40pm)

Pool Activities

Private Tuition

Date: Every weekday morning 20th July - 31st August

Time: 8.00am - 8.30am or 8.30am - 9.00am

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 summer fun.

Call to check availability.

Date: *Saturday 29th August*

Time: 2.35pm - 3.20pm

Price: *Adult £6.75 Child £5.00*

Suitable for: *All ages!*

Say goodbye to the summer holidays with a party! Bring family & friends to dance, play pool games, use the inflatables and rafts.

A photograph of two young women in a swimming pool. They are holding a large, colorful, segmented ring that looks like a giant hula hoop. The ring is made of many interlocking segments in various colors including blue, yellow, orange, red, and purple. The women are smiling and looking towards the camera. The water in the pool is a deep blue color.



Summer Passport Discounted