

Family Roller Skating

Date: Every Saturday

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

Price: £6.00 per person.

Skate hire: £3.50

Suitable for: The whole family

Enjoy a roller-skating session in a safe and fun environment. You are welcome to bring your own skates or hire a pair on arrival.

Bubble Football

Date: Friday 7th August, 14th August,
21st August, 28th August

Time: 11.00am - 12.00pm,
1.00pm - 2.00pm & 3.00pm - 4.00pm

Price: £5.00 per child **Suitable for:** 9-14 year-olds

Get ready to bounce, laugh and roll with our exciting Bubble Football sessions.

Jump inside your giant inflatable bubble and take to the pitch for a hilarious twist on the beautiful game.

Multi Sports

Date: Monday 27th July, 3rd August,
10th August, 17th August, 24th August,
31st August

Time: 2.00pm - 4.00pm **Price:** £5.00 per family

Suitable for: 9-16 year-olds (younger siblings are welcome when accompanied by an adult)

Bring your friends or come along with family members to enjoy a great variety of activities, trying out different sports.

In the event of bad weather, please check that the bookings are proceeding.

Bouncy Castle and Soft Play

Date: Monday 27th July, 3rd August, 10th August,
17th August, 24th August

Time: 10.35am - 11.35am, 11.40am - 12.40pm

Price: £4.50 per child **Suitable for:** Children aged 8 and under

Let your little ones jump, bounce and explore at our Bouncy Castle & 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.

SEND Bouncy Castle and Soft Play

Date: Monday 27th July, 3rd August,
10th August, 17th August, 24th August

Time: 9.30am - 10.30am

Price: £4.50 per child

Suitable for: Children aged 8 and under

Our SEND sessions offer a welcoming and inclusive environment for children with Special Educational Needs and Disabilities to play, explore and have fun.

These sessions provide a relaxed space where children can develop social skills and enjoy activities at their own pace.

A parent or guardian must remain with their child for the duration of the session.

Indoor Inflatable Assault Course

Date: Tuesday 28th July, 11th August

Time: 10.30am - 11.30am, 11.40am - 12.40pm,
12.50pm - 1.50pm, 2.00pm - 3.00pm

Price: £10.00

Suitable for: 4-10 year-olds

Children can climb, crawl, jump, squeeze and race their way through a series of fun inflatable obstacles designed to challenge their agility, balance and coordination. It's perfect for children who love a challenge.

A parent or guardian must remain with their child for the duration of the session.



Dance Workshops

Date: Wednesday 22nd July, 29th July,
5th August, 12th August, 19th August,
26th August

Time: 3.30pm - 5.30pm **Price:** £11.50 per child

Suitable for: 4-9 year-olds

Join the Amy Addle Team for these high-energy workshops, dancing to exciting different themes throughout the holidays (Sing, Bluey Dance Mode, K-Pop Demon Hunters, Encanto, Toy Story & Trolls). 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.

Dinky Decorators

Sprinkles, Smiles & Sweet Treats

Date: Thursday 6th August, 20th August

Time: 1.00pm - 2.30pm **Price:** £15.00

Suitable for: 4-6 year-olds

Join us for a fun-filled creative adventure designed especially for little chefs aged 4 - 6! Each child will receive their very own chef's hat to decorate, a certificate, access to soft play and delicious creations to make and take home. It's perfect for little bakers who love to create, play and have fun.

We are happy to cater for dietary and allergy requirements where possible – please let us know prior to booking.



Summer Passport

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 11-15 at selected times)
- Fitness Classes ages 11+
- Bouncy Castle and Soft Play
- 20% off Dance Workshops, Indoor Inflatable Assault Course, Dinky Decorators, Schools Out Summer Pool Party, Family Roller Skating

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.

Trampolining

Date: Tuesday 18th August,
25th August

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

Ages 8-10: 10.20am - 11.05am

Price: £9.50 per child

Join our high-energy trampolining sessions, where you can bounce in a safe and fully instructor-led environment.

A parent or guardian must remain with their child for the duration of the session.

Let's Play Fun Days

Date: Every weekday, 21st July -
28th August

Suitable for: 5-12 year-olds

Let's Play Fun Days offer action-packed holiday sessions.

For more information, please visit:
www.lets-play.org.uk

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.

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.

SCAN ME



**Active
Lifestyles
Stroud**

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

SCAN ME



**Active
Lifestyles
Stroud**

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

SCAN ME



**Active
Lifestyles
Dursley**

Scan the QR code to see what summer activities **Active Lifestyles Dursley** have available.

Terms and Conditions

For full terms and conditions, visit our website: www.myactivelifestyles.co.uk

- Children under eight years of age must be accompanied in the water by a paying adult.
- Please ask about our Admission Policy if you intend to bring more than one child into the pool.
- During busy sessions, we guarantee a minimum of 45 minutes in the pool unless otherwise stated.
- The management team reserves the right to amend or cancel the programme at any time.

**Active
Lifestyles
Stroud**

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**STROUD
DISTRICT
COUNCIL**

**Active
Lifestyles
Stroud**

Monday
20th July -
Monday
31st August
2026

SUMMER holidays



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