

HALLOWEEN POOL PARTY

Date: Sunday 1st November **Time:** 1.50pm and 2.50pm
Price: Adult £7.00 Child £5.50 **Suitable for:** All ages!

Make a splash this Halloween at our spook-tacular Pool Party! Dive into a frightfully fun session featuring coloured water, party games, music, and some very special guests.

Whether you're a little monster or a grown-up ghoul, it's the perfect way to celebrate Halloween with family and friends.

Don't forget your swimwear and get ready for a hauntingly good time!



Silly Science WORKSHOPS

Date: Friday 30th October
Time: 2.45pm-3.45pm & 4.15pm-5.15pm
Price: £15.00 per child
Suitable for: Ages 6-12-year-olds



Get ready for a scientific adventure as **Silly Science comes to Stroud!** Packed with hands-on experiments, bubbling potion making, gooey spooky slime, and thrilling challenges, this high-energy workshop is guaranteed to wow curious minds and budding scientists alike.

A session full of discovery, laughter, and messy fun!

JUNIOR GYM SESSIONS

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 (supervised)

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

BOUNCY CASTLE & SOFT PLAY

Date: Monday 26th October
Time: 9.30am-10.30am & 10.40am-11.40am
Price: £4.50 per child
Suitable for: Children aged 8 and under

Let your little ones jump, bounce, and play at our Bouncy Castle & Soft Play sessions. A great way to burn off energy and make new friends. Relax with comfortable seating while enjoying coffee, cake, and refreshments from Stratford Perk Café.

A parent or guardian must stay with their child throughout the session.



HALLOWEEN FAMILY ROLLER SKATING

Date: Wednesday 28th October
Time: 2.00pm-3.00pm & 3.15pm-4.15pm
Price: £6.00 per person **Skate hire:** £3.50
Suitable for: The whole family

Enjoy roller skating in a safe, fun environment. Bring your own skates or hire a pair on arrival. These sessions use half the sports hall. For full-hall sessions, join us on Saturdays from 1.00pm to 2.15pm or 2.30pm to 3.45pm.



HALLOWEEN HUNT

Date: Saturday 31st October **Time:** 4.30pm **Price:** Free
Suitable for: The whole family

Pull on your costumes and follow us in a Halloween trail through the park. Find all the hidden items and enjoy a special café discount at the finish. Trail cards are also available throughout the afternoon to complete at your own pace.

Terms and Conditions: For full terms and conditions, please 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.



Stratford Road,
Stroud GL5 4AF



26
October -
1 November
2026

OCTOBER HALF TERM @Stroud



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www.myactivelifestyles.co.uk

SWIMMING POOL TIMETABLE

Monday 26 October

6.00am - 7.00am	Club Swimming
7.00am - 9.30am	Lane Swimming (with 4 lanes)
9.00am - 9.30am	Swimming Lessons
9.30am - 10.30am	Public Swimming
10.30am - 11.00am	On Referral Aqua
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 - 2.10pm	Closed for Let's Play Swim Session
2.20pm - 3.05pm	Splat, Tanker & 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 27 October

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 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 28 October

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 and Mini Lobster Inflatable Fun Session (2 x 45 minute sessions starting at 1.35pm & 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)

Key: Booking Advised Just turn up

Thursday 29 October

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 30 October

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 - 11.45am	Parent and Toddler (shallow end only)
11.50am - 1.00pm	Lane Swimming (with 3 lanes)
1.10pm - 1.55pm	Tanker & 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
7.00pm - 8.30pm	Club Swimming
8.30pm - 10.00pm	Lane Swimming (with 4 lanes)

Saturday 31 October

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 1 November

7.30am - 9.00am	Club Swimming
9.00am - 11.00am	Lane Swimming (with 4 lanes)
11.00am - 1.35pm	Public Swimming
1.50pm - 3.45pm	Halloween Pool Party (2 x 55 minute sessions starting at 1.50pm & 2.50pm)
4.00pm - 6.00pm	Private Pool Parties
6.00pm - 8.00pm	Lane Swimming (with 4 lanes)

We advise booking in advance for all Aqua Classes to avoid disappointment

PRIVATE TUITION

Date: Every weekday morning
26th October – 30th October
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.

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



LET'S PLAY FUN DAYS

Date: Monday 26th – Friday 30th October
Suitable for: 5-12-year-olds

Let's Play Fun Days offer Ofsted registered holiday sessions, with half, standard, and extended day options. With swimming, multi-sports, arts and crafts, bouncy castle fun, performing arts, gaming, laser tag, Nerf wars, Lego building and much more, there's lots to keep children entertained throughout the holiday.

For information or to book, visit: www.lets-play.org.uk



DANCE WORKSHOP

Date: Wednesday 28th October **Time:** 3.30pm-5.30pm
Price: £11.50 **Suitable for:** 4-9-year-olds

Join the Amy Addle Team for this high-energy workshop, dancing to K-Pop Demon Hunters – we'd love you to dress up in your best Halloween costumes!

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.

