

Thursday 21st February

Filton Free Fun Day

Small Pool Activities



09:00 – 10:00 Dinki Dolphins* (0-5yrs)

10:00 – 16:00 Splash Session*



12:00 – 14:00

CPR/Choking drop-in
session for parents



Soft-Play

09:00 – 16:00

30 min sessions

Main Pool Activities

09:00 – 10:00 Fun & Games with Kelly & Jas (5-8yrs)

Free Swim (8yrs+)

10:00 – 11:00 Aqua Fit (Adults only)

11:00 – 11:30 Adult drop-in lessons

11:30 – 12:00 Synchro/ taster session* (Stage 5+)

12:00 – 12:45 Mermaid taster session* (Stage 5+)

13:00 – 15:00 Splash Session*

15:00 – 16:00 Free Swim* (1/2 pool)

Main Hall Activities

09:00 – 10:00 Legs, Bums & Tums

10:00 – 10:30



10:30 – 11:00 ZUMBA (Gold)



12:30 – 16:00 Bouncy Castle (15min sessions)

Bar



10:00 – 16:00 Open for soft drinks & cakes

Also Available

Police attendance for bike security tagging
Community Garden
Active in Life
Weightwatchers



Please Note:

- *Parents must accompany children in the water for the Dinki Dolphins session
- *Synchro, Rookies and Mermaid sessions require prior booking
- *Under 8yrs must be accompanied by an adult during splash and free swim sessions
- *Some activities will be limited to maximum numbers
- *Managers decision is final