

Spring Party!

Date: Friday 10th April
Time: 3.30pm-5.30pm
Price: £15.00
Suitable for: 4-8 year olds

Party games followed by soft play, a bouncy castle and a disco!

A brilliant mix of activities to keep everyone entertained from start to finish.

Swim Clinic

Date: Friday 10th April
Time: 8.15am-3.30pm
Price: £23.00
Suitable for: Stage 6+ swimmers

A whole day of swimming technique, indoor cycling and Pilates classes.

Please bring swim and gym clothes, a packed lunch and plenty of snacks and drinks.

Easter Crafts & Soft Play Fun

Date: Monday 30th March
Time: 3.00pm-4.45pm
Price: £15.00
Suitable for: 4-8 year olds

Create mini Easter models and decorate Easter cards, followed by a soft play and bouncy castle session!



Dance Workshops @Dursley



Monster High Themed Dance Workshop

Date: Tuesday 31st March
Time: 3.30pm-5.30pm
Price: £11.50
Suitable for: 4-9 year olds

Join us for a spooktacular dance workshop run by the amazing Amy Addle Team!

Your little ghouls will learn a monstrosly fun dance routine inspired by the freaky-fab world of Monster High.

Parents are invited to come back in 10 minutes before the end, to watch their children perform their routine.

Please make sure your child brings a drink and a snack to keep their energy charged throughout the workshop.

Disney ZOOTOPOPOLIS

Zootropolis Themed Dance Workshop

Date: Tuesday 7th April
Time: 3.30pm-5.30pm
Price: £11.50
Suitable for: 4-9 year olds

Join us for an action-packed dance workshop led by the incredible Amy Addle Team!

Your little dancers will jump, hop and hustle their way through a wild routine inspired by Zootropolis.

Parents are invited to come back in 10 minutes before the end, to watch their children perform their routine.

Please make sure your child brings a drink and a snack to keep them fuelled for all the fun.

Junior Gym

Date: 28th March - 12th April
Instructor supervised sessions
Time: 11.00am-12.00pm and 3.30pm-4.30pm

Suitable for: 11-14 year-olds

Gym sessions running throughout the holiday.

Children may attend anytime with a paying, supervising parent/guardian.

Beginners Intensive Swimming Lessons

Date: March 30th - April 3rd and April 6th - April 10th
Time: 8.30am-9.00am **Price:** £40 per five-day course
Suitable for: 4-7 year-olds

Looking to boost your child's confidence and ability in the water?

Our courses are perfect for 4-7 year-olds who are new to swimming or have recently started classes.

Easter Weekend Gym Opening Times

- **Friday 3 April:** 7.30am - 6.30pm
- **Saturday 4 April:** 8.00am - 5.00pm
- **Sunday 5 April:** 7.30am - 7.00pm
- **Monday 6 April:** 7.30am - 7.30pm

Terms and Conditions

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

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



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



Monday
30 March -
Sunday
12 April
2026

Easter Half Term @Dursley



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

Easter Half Term

Pool Timetable (Dursley)

Monday 30 March

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 and 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	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.35pm	Public Swimming
7.35pm - 8.20pm	Lane Swimming
8.20pm - 9.05pm	Swim Fit

Tuesday 31 March

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.15am	Public Swimming
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 and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.00pm - 7.00pm	Public Swimming (D area unavailable until 6.30pm)
7.00pm - 7.45pm	Aqua Dance Exercise Class
7.50pm - 8.35pm	Ladies Only Swimming
8.40pm - 9.25pm	Lane Swimming

Wednesday 1 April

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 and 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 and 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 2 April

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult & Child Swim Lessons
10.00am - 10.45am	Aqua Stretch Exercise Class
10.45am - 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 and 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	Swim Fit

Friday 3 April (Good Friday)

7.30am - 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 and Toddler Swim Session
12.00pm - 1.30pm	Adult & Child Swim Lessons
12.00pm - 1.30pm	Public Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm - 2.25pm	Slippery Slide Inflatable Fun Session
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

Saturday 4 April

8.00am - 9.00am	Junior Lifesaving Club
8.25am - 10.40am	Junior Swimming Lessons
10.45am - 1.40pm	Public Swimming
1.45pm - 4.10pm	Inflatable Fun (3 x 45 minute sessions starting at 1.45pm, 2.35pm and 3.25pm)
4.30pm - 5.30pm	Lane Swimming

Sunday 5 April (Easter Sunday)

7.30am - 8.55am	Public Swimming
8.25am - 11.15am	Junior Swimming Lessons
10.45am - 3.55pm	Public Swimming (D area unavailable until 11.15am)
4.00pm - 6.15pm	Junior Swimming Lessons
6.20pm - 7.05pm	Lane Swimming

Monday 6 April (Easter Monday)

7.30am - 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 and 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 - 1.40pm	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 and 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.35pm	Lane Swimming

Tuesday 7 April

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 10.15am	Public Swimming
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	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.00pm - 7.00pm	Public Swimming (D area unavailable until 6.30pm)
7.00pm - 7.45pm	Aqua Dance Exercise Class
7.50pm - 8.35pm	Ladies Only Swimming
8.40pm - 9.25pm	Lane Swimming

Wednesday 8 April

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 and 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 and 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 9 April

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult & Child Swim Lessons
10.00am - 10.45am	Aqua Stretch Exercise Class
10.45am - 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 and 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	Swim Fit

Friday 10 April

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult & Child Swim Lessons
9.30am - 11.00am	Public Swimming (1 Lane unavailable)
11.00am - 11.45am	Aqua Tone Exercise Class
11.15am - 12.00pm	Parent and Toddler Swim Session
12.00pm - 1.30pm	Adult & Child Swim Lessons
12.00pm - 1.30pm	Public Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm - 2.25pm	Splat and Stepping Stones Inflatable Fun Session
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 - 9.05pm	Dursley Dolphins Swim Club

Saturday 11 April

8.00am - 9.00am	Junior Lifesaving Club
8.25am - 10.40am	Junior Swimming Lessons
10.45am - 1.40pm	Public Swimming
1.45pm - 3.20pm	Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm - 8.00pm	Closed for Private Parties

Sunday 12 April

7.00am - 7.45am	Lane Swimming
7.50am - 8.55am	Public Swimming
8.25am - 11.15am	Junior Swimming Lessons
10.45am - 3.55pm	Public Swimming (D area unavailable until 11.15am)
4.00pm - 6.15pm	Junior Swimming Lessons
6.20pm - 7.05pm	Lane Swimming
7.05pm - 8.05pm	DRC Tri Club

Key to the Pool Timetable:

■ Booking advised ■ Just turn up

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

Classes Timetable (Dursley)

Friday 3rd April

7.30am - 8.30am	Pilates
7.45am - 8.30am	Indoor Cycling
9.20am - 10.20am	Piloxing
12.00pm - 12.45pm	Indoor Cycling
2.00pm - 3.00pm	Range of Motion Yoga
4.45pm - 5.30pm	Spin Class
5.45pm - 6.30pm	Aqua Stretch
5.45pm - 6.30pm	Strength & Conditioning

Saturday 4th April

8.15am - 9.00am	Indoor Cycling
9.10am - 10.00am	Strength Circuits
10.20am - 10.50am	Feel Good Fitness

Sunday 5th April

8.00am - 9.00am	Range of Motion Yoga
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Monday 6th April

7.45am - 8.30am	Indoor Cycling
9.20am - 10.05am	Les Mills Body Combat
10.00am - 10.45am	Aqua Zumba
10.00am - 10.30am	Beginners Indoor Cycling
10.50am - 11.20am	Beginners Water Fitness
12.15pm - 12.45pm	Pump Circuits
5.00pm - 5.45pm	Barre
5.40pm - 6.25pm	Indoor Cycling
5.45pm - 6.30pm	Zumba
6.35pm - 7.05pm	Indoor Cycling Express
6.35pm - 7.05pm	Core Blimey

