SOFTPLAY SESSIONS

Attend one of our soft play sessions and receive a **10% OFF DISCOUNT FOR A STUDIO PARTY!** *T&Cs apply*

Let your little ones play and explore in a safe, fun filled space with our Soft Play Sessions. With Mini Rollercoasters, Soft Play and a Bouncy Castle!

Date: Saturdays
Time: 2 x 60 minute sessions starting at 1.45pm and 2.45pm
Price: £3 per child (Suitable for children under 7)

DISNEY DANCE WORKSHOPS

Date: Tuesdays - 22 July, 29 July, 5 August, 12 August, 19 August, 26 August
Time: 3.30pm-5.30pm
Price: £9.50 per child
Suitable for 4-9 year olds

Join us for a fun-filled Dance Workshop run by the amazing Amy Addle Team! Each week features a new Disney theme song. Parents are invited to return 10 minutes before the end of the workshop to watch their children perform their routines. Please provide your child with a drink and a snack

SUMMER SAVINGS! AUGUST POOL PARTIES ONLY £150!

ONLY £150

Don't miss out on our incredible private pool party offer- just £150! This unbeatable price includes any of our fun inflatables, so you're guaranteed an epic time. Slots available on Saturday afternoons - secure your date today!

To book, call 01453 546441 or visit our centre, Active Lifestyles Dursley.

SUMMER PASSPORT

£35.00 FOR SIX WEEKS OF FUN!

Make a splash at Active Lifestyles!
Children, Teens and Students get all this included:

- Unlimited Swimming
- Inflatable Fun
- Gym for children aged 11+ (11-14 years at select times)
- Fitness Classes
- Soft Play
- 20% Off Dance Workshops and the End of Summer Pool Party! **T&Cs apply
- Children 10+ 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.

SWIM CAMP

Whether you are a competitive swimmer or just love taking part, this Swim Camp is for you!
This fast-paced day will include:

- Land-Based Training
- 2.5 hours of Coached Swimming
- Indoor Cycling Session
- Pilates/Yoga Session

For children stage 6 and above on our Learn-2-Swim programme. Please make sure you send your child with a packed lunch, drink, swimming kit and sportswear.

Date: Fridays - 25 July, 1 August, 8 August, 15 August, 22 August, 29 August
Time: 8.30am-3.30pm
Price: £40 per day

Book onto two camps and get free entry to the End of Summer Pool Party

END OF SUMMER POOL PARTY

Summer's almost over, but the fun doesn't have to be! Gather your friends and family and join our team for the End of Summer Pool Party. With inflatables and catchy tunes, you'll be tickled pink with excitement...

Date: Saturday 30 August
Time: 2 x 55 - minute sessions starting at 2.30pm and 3.30pm
Price: **£5.50** Child, **£6.50** Adult

Terms and Conditions

For terms and conditions please visit our website: www.myactivelifestyles.co.uk
* Book and pay for your Studio Party by 31 December 2025 to receive discount
** To receive discount, please call to book or come into our centre. Discounts cannot be applied online
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 taking more than one child into the pool. 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. 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

INTENSIVE SWIMMING LESSONS

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

BEGINNERS INTENSIVE LESSONS

We're offering week-long courses suitable for 4-7 year-olds who have either just started or are completely new to swimming lessons.

Date: Available every week through the summer. Monday - Friday
Time: 8.00am-8.30am or 8.30am-9.00am
Price: £38 per 5 day course.

STAGE 4 ONE-TO-ONE LESSONS

For children who are currently on our Stage 4 lessons, or those on our waiting list, we are offering a limited number of one-to-one lessons that focus on the 4a and 4b outcomes - improving your child's water skills, stroke technique and water confidence.

Date: Tuesdays, Wednesdays and Thursdays throughout the summer holidays.
Time: Available from 9.30am-1.30pm
Price: £18 per one-to-one lesson.

August Bank Holiday Fitness Timetable
Monday 25 August

7.30am - 8.15am	Indoor Cycling
8.00am - 9.00am	Pilates
10.00am - 10.30am	Beginners Indoor Cycling
10.00am - 10.45am	Aqua Zumba
10.10am - 11.10am	Pivo
10.50am - 11.20am	Beginners Water Fitness
11.15am - 12.00pm	Zumba
12.00pm - 12.45pm	Indoor Cycling
1.45pm - 2.45pm	Alignment Yoga
5.00pm - 5.40pm	Barre
5.40pm - 6.25pm	Indoor Cycling
6.00pm - 6.45pm	Circuits
6.35pm - 7.05pm	Indoor Cycling Express

August Bank Holiday Gym Opening Times

Monday 25 August 6.00am-7.30pm

11-14 years Gym Sessions
(Dursley Only)

Monday 21 July – Sunday 31 August
11.00am-12.00pm & 3.30pm-4.30pm

Active Lifestyles Dursley

21 July - 31 August

HOLIDAY ACTIVITIES AT DURSLEY

STROUD DISTRICT COUNCIL

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

SWIMMING POOL TIMETABLE

Monday 21 July
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and 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-12.15pm Lane Swimming (D area unavailable)
11.30am-1.00pm Adult and Child Swim Lessons
12.15pm-1.40pm Family 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 Family Swimming (D area unavailable until 7.05pm)
7.35pm-8.20pm Lane Swimming
8.20pm-9.05pm Swimfit

Tuesday 22 July
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.15am Family Swimming
10.15am-11.15am Disabled Swim Session
11.15am-12.00pm Aqua Stretch Exercise Class
12.00pm-1.40pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Splat and Stepping Stones Inflatable Fun
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Extermonator 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 Family Swimming (D area unavailable until 6.30pm)
7.00pm-7.45pm Aqua Stretch Exercise Class
7.50pm-8.35pm Ladies Only Swim Session
8.40pm-9.25pm Lane Swimming

Wednesday 23 July
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.30am Family Swimming
10.30am-11.15am Parent and Toddler Swim Session
10.45am-11.30am Aqua Tone Exercise Class
11.30am-1.30pm Adult and Child Swim Lessons
12.30pm-1.40pm Family 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 Family Swimming (Shallow end only until 7.15pm)
8.15pm-9.00pm Lane Swimming

Thursday 24 July
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and Child Swim Lessons
10.00am-10.45am Aqua Stretch Exercise Class
10.45am-1.40pm Family Swimming (D Area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Family Swimming (D area unavailable until 11.15am)
3.40pm-6.25pm Junior Swimming Lessons
6.30pm-7.45pm Family Swimming
7.45pm-8.30pm Lane Swimming
8.30pm-9.15pm Swim Fit

Friday 25 July
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-11.00am Family 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 and Child Swim Lessons
12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm)
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.35pm-9.05pm Dunsley Dolphins Swim Club

Saturday 26 July
8.00am-9.00am Junior Lifesaving Club
8.25am-10.40am Junior Swimming Lessons
10.45am-1.40pm Family Swimming Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm-8.00pm Closed for Private Parties

Sunday 27 July
7.00am-7.45am Family Swimming
7.50am-8.55am Junior Swimming Lessons
8.25am-11.15am Family Swimming (D area unavailable until 11.15am)
10.45am-3.55pm Junior Swimming Lessons
4.00am-6.15pm Lane Swimming
6.20pm-7.05pm Dunsley Tri Club
7.05pm-8.05pm Lane Swimming

Week One

Monday 28 July
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and 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-12.15pm Lane Swimming (D area unavailable)
11.30am-1.00pm Adult and Child Swim Lessons
12.15pm-1.40pm Family Swimming (D area unavailable until 1.00pm)
1.50pm-3.25pm Extermonator 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 Family Swimming (D area unavailable until 7.05pm)
7.35pm-8.20pm Lane Swimming
8.20pm-9.05pm Swimfit

Tuesday 29 July
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.15am Family Swimming
10.15am-11.15am Disabled Swim Session
11.15am-12.00pm Aqua Stretch Exercise Class
12.00pm-1.40pm Family Swimming (D area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Slippery Slide 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 Family Swimming (D area unavailable until 6.30pm)
7.00pm-7.45pm Aqua Stretch Exercise Class
7.50pm-8.35pm Ladies Only Swim Session
8.40pm-9.25pm Lane Swimming

Wednesday 30 July
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.30am Family Swimming
10.30am-11.15am Parent and Toddler Swim Session
10.45am-11.30am Aqua Tone Exercise Class
11.30am-1.30pm Adult and Child Swim Lessons
12.30pm-1.40pm Family Swimming (D area unavailable 12.30pm-1.30pm)
1.50pm-3.25pm Extermonator 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 Family Swimming (Shallow end only until 7.15pm)
8.15pm-9.00pm Lane Swimming

Thursday 31 July
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and Child Swim Lessons
10.00am-10.45am Aqua Stretch Exercise Class
10.45am-1.40pm Family Swimming (D Area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and 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-6.25pm Junior Swimming Lessons
6.30pm-7.45pm Family Swimming
7.45pm-8.30pm Lane Swimming
8.30pm-9.15pm Swim Fit

Friday 1 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-11.00am Family 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 and Child Swim Lessons
12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Slippery Slide Inflatable Fun
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.30pm-7.30pm Family Swimming
7.30pm-9.00pm Lane Swimming

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

Sunday 3 August
7.00am-7.45am Family Swimming
7.50am-8.55am Junior Swimming Lessons
8.25am-11.15am Family Swimming (D area unavailable until 11.15am)
10.45am-3.55pm Junior Swimming Lessons
4.00am-6.15pm Lane Swimming
6.20pm-8.00pm Lane Swimming

Week Two

Monday 4 August
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and 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-12.15pm Lane Swimming (D area unavailable)
11.30am-1.00pm Adult and Child Swim Lessons
12.15pm-1.40pm Family Swimming (D area unavailable until 1.00pm)
1.50pm-3.25pm Extermonator 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 Family Swimming (D area unavailable until 7.05pm)
7.35pm-8.20pm Lane Swimming
8.20pm-9.05pm Swimfit

Tuesday 5 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.15am Family Swimming
10.15am-11.15am Disabled Swim Session
11.15am-12.00pm Aqua Stretch Exercise Class
12.00pm-1.40pm Family Swimming (D area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Slippery Slide 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 Family Swimming (D area unavailable until 6.30pm)
7.00pm-7.45pm Aqua Stretch Exercise Class
7.50pm-8.35pm Ladies Only Swim Session
8.40pm-9.25pm Lane Swimming

Wednesday 6 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.30am Family Swimming
10.30am-11.15am Parent and Toddler Swim Session
10.45am-11.30am Aqua Tone Exercise Class
11.30am-1.30pm Adult and Child Swim Lessons
12.30pm-1.40pm Family Swimming (D area unavailable 12.30pm-1.30pm)
1.50pm-3.25pm Splat and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm-6.25pm Junior Swimming Lessons
6.30pm-7.15pm Aqua Tone Exercise Class
6.30pm-8.15pm Family Swimming (Shallow end only until 7.15pm)
8.15pm-9.00pm Lane Swimming

Thursday 7 August
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and Child Swim Lessons
10.00am-10.45am Aqua Stretch Exercise Class
10.45am-1.40pm Family Swimming (D Area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and 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-6.25pm Junior Swimming Lessons
6.30pm-7.45pm Family Swimming
7.45pm-8.30pm Lane Swimming
8.30pm-9.15pm Swim Fit

Friday 8 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-11.00am Family 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 and Child Swim Lessons
12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Splat and Stepping Stones Inflatable Fun
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.30pm-7.30pm Family Swimming
7.30pm-9.00pm Lane Swimming

Saturday 9 August
8.00am-9.00am Junior Lifesaving Club
8.25am-10.40am Junior Swimming Lessons
10.45am-1.40pm Family Swimming Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm-8.00pm Closed for Private Parties

Sunday 10 August
7.00am-7.45am Family Swimming
7.50am-8.55am Junior Swimming Lessons
8.25am-11.15am Family Swimming (D area unavailable until 11.15am)
10.45am-3.55pm Junior Swimming Lessons
4.00am-6.15pm Lane Swimming
6.20pm-8.00pm Lane Swimming

Week Three

Monday 11 August
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and 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-12.15pm Lane Swimming (D area unavailable)
11.30am-1.00pm Adult and Child Swim Lessons
12.15pm-1.40pm Family 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 Family Swimming (D area unavailable until 7.05pm)
7.35pm-8.20pm Lane Swimming
8.20pm-9.05pm Swimfit

Tuesday 12 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.15am Family Swimming
10.15am-11.15am Disabled Swim Session
11.15am-12.00pm Aqua Stretch Exercise Class
12.00pm-1.40pm Family Swimming (D area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Extermonator 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 Family Swimming (D area unavailable until 6.30pm)
7.00pm-7.45pm Aqua Stretch Exercise Class
7.50pm-8.35pm Ladies Only Swim Session
8.40pm-9.25pm Lane Swimming

Wednesday 13 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.30am Family Swimming
10.30am-11.15am Parent and Toddler Swim Session
10.45am-11.30am Aqua Tone Exercise Class
11.30am-1.30pm Adult and Child Swim Lessons
12.30pm-1.40pm Family Swimming (D area unavailable 12.30pm-1.30pm)
1.50pm-3.25pm Splat and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm-6.25pm Junior Swimming Lessons
6.30pm-7.15pm Aqua Tone Exercise Class
6.30pm-8.15pm Family Swimming (Shallow end only until 7.15pm)
8.15pm-9.00pm Lane Swimming

Thursday 14 August
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and Child Swim Lessons
10.00am-10.45am Aqua Stretch Exercise Class
10.45am-1.40pm Family Swimming (D Area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
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-7.45pm Family Swimming
7.45pm-8.30pm Lane Swimming
8.30pm-9.15pm Swim Fit

Friday 15 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-11.00am Family 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 and Child Swim Lessons
12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Extermonator Inflatable Fun
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.30pm-7.30pm Family Swimming
7.30pm-9.00pm Lane Swimming

Saturday 16 August
8.00am-9.00am Junior Lifesaving Club
8.25am-10.40am Junior Swimming Lessons
10.45am-1.40pm Family Swimming Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm – 8.00pm Closed for Private Parties

Sunday 17 August
7.00am-7.45am Family Swimming
7.50am-8.55am Junior Swimming Lessons
8.25am-11.15am Family Swimming (D area unavailable until 11.15am)
10.45am-3.55pm Junior Swimming Lessons
4.00am-6.15pm Lane Swimming
6.20pm-8.00pm Lane Swimming

Week Four

Monday 18 August
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and Child Swim Lessons
10.00am-10.45am Aqua Stretch Exercise Class
10.45am-11.30am Parent and Toddler Swim Session
10.50am-11.20am Beginners Water Fitness
11.30am-12.15pm Lane Swimming (D area unavailable)
11.30am-1.00pm Adult and Child Swim Lessons
12.15pm-1.40pm Family Swimming (D area unavailable until 1.00pm)
1.50pm-3.25pm Slippery Slide 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 Family Swimming (D area unavailable until 7.05pm)
7.35pm-8.20pm Lane Swimming
8.20pm-9.05pm Swimfit

Tuesday 19 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.15am Family Swimming
10.15am-11.15am Disabled Swim Session
11.15am-12.00pm Aqua Stretch Exercise Class
12.00pm-1.40pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Extermonator Inflatable Fun
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.30pm-7.30pm Family Swimming
7.30pm-9.00pm Lane Swimming

Wednesday 20 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.30am Family Swimming
10.30am-11.15am Parent and Toddler Swim Session
10.45am-11.30am Aqua Tone Exercise Class
11.30am-1.30pm Adult and Child Swim Lessons
12.30pm-1.40pm Family Swimming (D area unavailable 12.30pm-1.30pm)
1.50pm-3.25pm Extermonator (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 Family Swimming (Shallow end only until 7.15pm)
8.15pm-9.00pm Lane Swimming

Thursday 21 August
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and Child Swim Lessons
10.00am-10.45am Aqua Stretch Exercise Class
10.45am-1.40pm Family Swimming (D Area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Family Swimming (D area unavailable until 11.15am)
3.40pm-6.25pm Junior Swimming Lessons
6.30pm-7.45pm Family Swimming
7.45pm-8.30pm Lane Swimming
8.30pm-9.15pm Swim Fit

Friday 22 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-11.00am Family 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 and Child Swim Lessons
12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Aqua Glide Inflatable Fun
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.30pm-7.30pm Family Swimming
7.30pm-9.00pm Lane Swimming

Saturday 23 August
8.00am-9.00am Junior Lifesaving Club
8.25am-10.40am Junior Swimming Lessons
10.45am-1.40pm Family Swimming Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm-8.00pm Closed for Private Parties

Sunday 24 August
7.00am-7.45am Family Swimming
7.50am-8.55am Junior Swimming Lessons
8.25am-11.15am Family Swimming (D area unavailable until 11.15am)
10.45am-3.55pm Junior Swimming Lessons
4.00am-6.15pm Lane Swimming
6.20pm-8.00pm Lane Swimming

Week Five

Monday 25 August - Bank Holiday
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and 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-12.15pm Lane Swimming (D area unavailable)
11.30am-1.00pm Adult and Child Swim Lessons
12.15pm-1.40pm Family 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 Family Swimming (D area unavailable until 7.05pm)
9.30am-11.00am Family 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 and Child Swim Lessons
12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Slippery Slide Inflatable Fun
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.30pm-7.30pm Family Swimming
7.30pm-9.00pm Lane Swimming

Tuesday 26 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.15am Family Swimming
10.15am-11.15am Disabled Swim Session
11.15am-12.00pm Aqua Stretch Exercise Class
12.00pm-1.40pm Family Swimming (D area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Extermonator 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 Family Swimming (D area unavailable until 6.30pm)
7.00pm-7.45pm Aqua Stretch Exercise Class
7.50pm-8.35pm Ladies Only Swim Session
8.40pm-9.25pm Lane Swimming

Wednesday 27 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-10.30am Family Swimming
10.30am-11.15am Parent and Toddler Swim Session
10.45am-11.30am Aqua Tone Exercise Class
11.30am-1.30pm Adult and Child Swim Lessons
12.30pm-1.40pm Family Swimming (D area unavailable 12.30pm-1.30pm)
1.50pm-3.25pm Splat and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm-6.25pm Junior Swimming Lessons
6.30pm-7.15pm Aqua Tone Exercise Class
6.30pm-8.15pm Family Swimming (Shallow end only until 7.15pm)
8.15pm-9.00pm Lane Swimming

Thursday 28 August
6.00am-9.00am Lane Swimming
9.00am-10.00am Adult and Child Swim Lessons
10.00am-10.45am Aqua Stretch Exercise Class
10.45am-1.40pm Family Swimming (D Area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm Adult and Child Swim Lessons
1.50pm-3.25pm Family Swimming (D area unavailable until 11.15am)
3.40pm-6.25pm Junior Swimming Lessons
6.30pm-7.45pm Family Swimming
7.45pm-8.30pm Lane Swimming
8.30pm-9.15pm Swim Fit

Friday 29 August
6.00am-9.00am Lane Swimming
9.00am-9.30am Adult and Child Swim Lessons
9.30am-11.00am Family 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 and Child Swim Lessons
12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm Slippery Slide Inflatable Fun
2.30pm-3.00pm Adult Swimming Lessons
3.40pm-5.35pm Junior Swimming Lessons
5.45pm-6.30pm Aqua Stretch Exercise Class
6.30pm-7.30pm Family Swimming
7.30pm-9.00pm Lane Swimming

Saturday 30 August
8.00am-9.00am Junior Lifesaving Club
8.25am-10.40am Junior Swimming Lessons
10.45am-1.30pm Family Swimming Inflatable Fun
1.35pm-2.20pm End of Summer Pool Party (2 x 55 minute sessions starting at 2.30pm and 3.30pm)
2.30pm-4.30pm Private hire

Sunday 31 August
7.00am-7.45am Lane Swimming
7.50am-8.55am Family Swimming
8.25am-11.15am Junior Swimming Lessons
10.45am-3.55pm Family Swimming (D area unavailable until 11.15am)
4.00pm-6.15pm Junior Swimming Lessons
6.20pm-8.00pm Lane Swimming

Week Six

Just turn up
Booking Advised