

ONLY  
£25

## ACTIVITY DAYS

**Date:** Tuesday 18 February, Thursday 20 February

**Time:** 9.00am-3.00pm

**Price:** £25.00

Suitable for 5-11 year olds

Keep the kids entertained with our fantastic Activity Days! Our team look forward to welcoming you to a jam-packed day of sports challenges, activities, crafts, and an inflatable fun session in the pool. Drop off and collection point is at the Chantry Centre. Please make sure you send your child with a packed lunch, drink and swimming kit.



## TERMS AND CONDITIONS

For terms and conditions please visit our website:  
[www.myactivelifestyles.co.uk](http://www.myactivelifestyles.co.uk)

Children under eight years of age must be accompanied by an adult in the water.

Please ask about our admission policy if you intend taking more than one child into the pool.

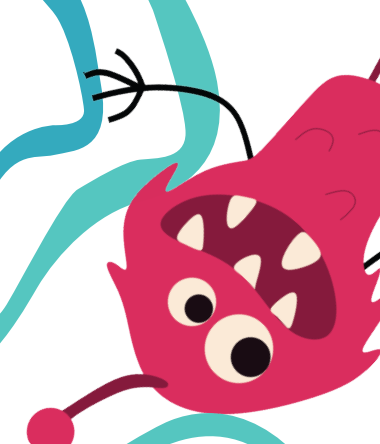
The car park in front of the building is free for up to three hours and the car park at Sainsbury's is free for up to two hours.

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.



01453 546441  
[dursley@myactivelifestyles.co.uk](mailto:dursley@myactivelifestyles.co.uk)  
[www.myactivelifestyles.co.uk](http://www.myactivelifestyles.co.uk)



# HOLIDAY ACTIVITIES

HALF  
TERM  
FEB 2025



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# SWIMMING POOL TIMETABLE

## Monday 17th February

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Little Ducks Swim School
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent and Toddler Swim Session
10.50am - 11.20am	Beginner's Water Fitness
11.30am - 12.15pm	Lane Swimming (D area unavailable)
11.30am - 1.00pm	Little Ducks Swim School
12.15pm - 1.40pm	Family 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	Family Swimming
7.35pm - 8.20pm	Lane Swimming
8.20pm - 9.05pm	Swim Fit

## Tuesday 18th February

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.30am - 10.15am	Activity Day Swim
10.15am - 11.10am	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	Little Ducks Swim School
1.50pm - 3.25pm	Splatt 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	Family Swimming (D area unavailable until 6.30pm)
7.00pm - 7.45pm	Aqua Stretch Exercise Class
7.50pm - 8.35pm	Ladies Only Swimming
8.40pm - 9.25pm	Lane Swimming

## Wednesday 19th February

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.40am - 10.25am	Mini Inflatable Fun (Slide in Shallow-end for under 7's)
10.30am - 11.15am	Parent and Toddler Swim Session
10.45am - 11.30am	Aqua Tone Exercise Class
11.30am - 1.30pm	Little Ducks Swim School
12.30pm - 1.40pm	Family Swimming (D area unavailable 12.30pm - 1.30pm)
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 - 7.15pm	Aqua Insanity
6.30pm - 8.15pm	Family Swimming (Shallow end only until 7.15pm)
8.15pm - 9.00pm	Lane Swimming

## Thursday 20th February

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Little Ducks Swim School
10.00am - 10.45am	Aqua Stretch Exercise Class
10.45am - 11.30am	Activity Day Swim
11.35am - 1.40pm	Family Swimming (D Area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Little Ducks Swim School
1.50pm - 3.25pm	Slippery Slide (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 21st February

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.30am - 11.00am	Family Swimming
11.00am - 11.45am	Aqua Tone Exercise Class
11.15am - 12.00pm	Parent and Toddler Swim Session
12.00pm - 1.30pm	Little Ducks Swim School
12.00pm - 1.30pm	Family Swimming (D area unavailable 12.00pm - 1.30pm)
1.40pm - 2.25pm	Aqua Glide Inflatable Fun Session
2.30pm - 3.00pm	Adult Swimming Lessons
3.00pm - 3.35pm	Family 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 22nd February

8.00am - 9.00am	Junior Lifesaving Club
8.25am - 10.40am	Junior Swimming Lessons
10.45am - 1.40pm	Family 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 23rd February

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 - 7.05pm	Lane Swimming (with Swimfit)
7.05pm - 8.05pm	Dursley Tri Club

- Just turn up
- Booking required

## STAGE 2 INTENSIVE SWIMMING LESSONS

**Date:** Monday 17 February - Friday 21 February  
**Time:** 8.00am - 8.30am or 8.30am - 9.00am  
**Price:** £38.00

ONLY  
£38

We're offering week-long courses of Stage 2 lessons for both those on our Learn to Swim programme and children who do not currently have lessons with us. Boost their confidence and ability in the water.

## MOANA 2 DANCE WORKSHOP

**Date:** Monday 17 February  
**Time:** 3.00pm - 5.00pm  
**Price:** £9.50 per child  
 Suitable for 4-9 year olds

ONLY  
£9.50

Join us for a dance workshop run by the Amy Addle Team! Parents are invited to come back 10 minutes before the end of the workshop to watch their children perform their fabulous dance routine. Please provide your child with a drink and a snack.

## 11-14YRS GYM SESSIONS

**Dates:**  
 Monday 17 February - Monday 24 February

**Times:**  
 11.00am-12.00pm & 3.30pm-4.30pm