

Kids Activities

Activity Days

Dates: Tuesday 15 April, Thursday 17 April, Tuesday 22 April, Thursday 24 April
Time: 9.00am-3.00pm
Price: £25.00
Suitable for 5-11 year olds

Entertain the kids 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.

Stage 2 Intensive Swimming Lessons

Date: Monday 14 April - Friday 18 April,
Monday 21 April - Friday 25 April
Time: 8.00am-8.30am or 8.30am-9.00am
Price: £38.00

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.

'Wicked' Dance Workshop

Date: Monday 14 April
Time: 2.55pm - 4.50pm
Price: £9.50 per child
Suitable for 4-9 year olds

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

Date: Monday 14 April - Monday 28 April
Time: 11.00am-12.00pm & 3.30pm-4.30pm

Fitness Class Timetable

Friday 18th April

7.30am - 8.15am Indoor Cycling
8.00am - 9.00am Pilates
9.20am - 10.20am Piloxing
10.30am - 11.30am Pilates
11.00am - 11.45am Aqua Tone
12.00pm - 12.45pm Indoor Cycling
2.00pm - 3.00pm Range of Motion Yoga
5.00pm - 5.45pm Indoor Cycling
5.45pm - 6.30pm Aqua Stretch

Saturday 19th April

8.15am - 9.00am Indoor Cycling

Sunday 20th April

8.00am - 9.00am Range of Motion Yoga
9.00am - 9.45am Indoor Cycling
9.15am - 10.00am 80's Aerobics
10.10am - 11.00am Step
11.10am - 12.10pm Les Mills Body Pump
5.00pm - 5.45pm Indoor Cycling Rave

Monday 21st April

7.30am - 8.15am Indoor Cycling
8.00am - 9.00am Pilates
10.10am - 11.10am Piyo
10.50am - 11.20am Beginners Water Fitness
11.15am - 12.00pm Zumba
5.45pm - 6.30pm Zumba
5.45pm - 6.30pm Indoor Cycling
6.35pm - 7.05pm Core Blimey

Easter Weekend Gym Opening Times

Friday 18 April 7.30am-6.30pm

Saturday 19 April 8.00am- 5.00pm

Sunday 20 April 7.30am- 6.30pm

Monday 21 April 7.00am-7.30pm

Terms and Conditions

For terms and conditions please visit our website: 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.

HOLIDAY ACTIVITIES



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Swimming Pool Timetable

Monday 14th April

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 15th April

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	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	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 16th April

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
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	Little Ducks Swim School
12.30pm - 1.40pm	Family Swimming (D area unavailable 12.30pm - 1.30pm)
1.50pm - 3.25pm	Aqua Glide (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
6.30pm - 8.15pm	Family Swimming (Shallow end only until 7.15pm)
8.15pm - 9.00pm	Lane Swimming

Thursday 17th April

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	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	Family Swimming
7.45pm - 8.30pm	Lane Swimming
8.30pm - 9.15pm	Swim Fit

Friday 18th April Good Friday

7.30am - 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	Slippery Slide 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

Saturday 19th April

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)
4.30pm - 5.30pm	Lane Swimming

Sunday 20th April Easter Sunday

7.30am - 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

Monday 21st April Easter Monday

7.00am - 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	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 22nd April

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	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	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

■ Just turn up
■ Booking required

Wednesday 23rd April

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.40am - 10.25am	Mini Inflatable Fun
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	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
6.30pm - 8.15pm	Family Swimming (Shallow end only until 7.15pm)
8.15pm - 9.00pm	Lane Swimming

Thursday 24th April

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 Swimmin (D Area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Little Ducks Swim School
1.50pm - 3.25pm	Exterminator (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 25th April

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	Splat and Stepping Stones 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 26th April

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 27th April

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

