



NPLQ Lifeguarding Course

Date: 12 - 19 July

Price: £280.00

**Looking for a new opportunity, skill,
and a chance to start a career within leisure?**

Join us on our summer lifeguarding course and become NPLQ qualified!

You must be 16 years old at the time of assessment (19 July) and will need to have a good swimming ability.

What are the benefits of training to become a lifeguard?

- Learn first aid and CPR which could save a life. Meet and work with a great team of individuals.
- The qualification is internationally recognised, so there is potential to travel and work as a lifeguard around the world.
 - The NPLQ is worth 8 UCAS points.

 **Active
Lifestyles**
Dursley

**HOLIDAY
ACTIVITIES**
MAY HALF TERM
**26th May -
1st June 2025**



Gym Development 2025

We are looking for your feedback on our future gym renovation. Please take a few minutes of your time to complete a short survey

Terms and Conditions

For our full 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.



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Swimming Pool Timetable

Monday 26 May - 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	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 & 2.40pm)
3.40pm - 7.05pm	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 27 May

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.30am - 10.15am	Family Swimming
10.15am - 11.10am	Disabled Swimming 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	Floats, Rafts, Splat and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 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 28 May

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 Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm)
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.15pm	Aqua Stretch
6.30pm - 8.15pm	Family Swimming (Shallow end only until 7.15pm)
8.15pm - 9.00pm	Lane Swimming

Thursday 29 May

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Little Ducks Swim School
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	Little Ducks Swim School
1.50pm - 3.25pm	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 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	Swimfit

Friday 30 May

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	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
6.35pm - 9.05pm	Dursley Dolphins Swim Club

Saturday 31 May

8.00am - 9.00am	Junior Lifesaving Club
8.25am - 10.40am	Junior Swimming Lessons
10.45am - 1.40pm	Family Swimming
1.45pm - 3.25pm	Inflatable Fun (2 x 45 minute session starting at 1.45pm & 2.35pm)
3.30pm - 4.15pm	Quiet Swim Session
4.15pm - 6.30pm	Closed for Private Parties
6.30pm - 7.30pm	Lane Swimming

Sunday 1 June

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
7.05pm - 8.05pm	Dursley Tri Club

■ Family swimming session
■ Booking advised

Stage 4

one-to-one lessons

Date: Tuesday 27 May, Wednesday 28 May, Thursday 29 May **Time:** Times vary
Price: £18.00 per lesson

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 stage 4 outcomes – improving their water skills, stroke technique and water confidence.

Beginners Intensive Lessons

Date: Monday 26 May - Friday 30 May
Time: 8.00am-8.30am or 8.30am-9.00am
Price: £38.00

Boost their confidence and ability in the water with a 30 minute lesson everyday. Suitable for ages 4-7 that have either just started or are completely new to swimming.

Lilo & Stitch

Dance Workshop

Join us for a dance workshop run by the Amy Addle Team with songs from Lilo and Stitch!

Parents are invited to come back 10 minutes before the end of the workshop to watch their children perform their dance routine.

Date: Monday 26 May **Time:** 2.55pm - 4.50pm
Price: £10 Suitable for 4-9 year olds
Please provide your child with a drink and a snack

Quiet Swim Session

Date: Saturday 31 May
Time: 3.30pm - 4.15pm, **Price:** £3.00 Child, £5.00 Adult

We are delighted to introduce our new Quiet Swim session.

This session is designed for children and adults who may benefit from a calmer, more relaxed swimming environment with reduced noise. With limited spaces available through pre-booking, we ensure a quieter and more comfortable experience.

Ideal for individuals with sensory sensitivities, dementia, or learning disabilities, these sessions provide a welcoming and supportive space to enjoy the water at a gentle pace.

Bank Holiday Opening Hours

6.00am - 9.00pm

11-14yrs Gym Sessions

Monday 26 May - Sunday 1 June
11.00am-12.00pm & 3.30-4.30pm