



SOFTPLAY SESSIONS

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)

Attend one of our soft play sessions and receive a **10% OFF DISCOUNT FOR A STUDIO PARTY!** *T&C's apply



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!

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	Piyo
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




21 July - 31 August

Active Lifestyles Dursley

HOLIDAY ACTIVITIES AT DURSLEY



STROUD DISTRICT COUNCIL

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www.myactivelifestyles.co.uk



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