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)

DISNEY DANCE WORKSHOPS

Date: Tuesdays - 22 July, 29 Jul 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 E150!

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 todav!

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

SUMMER PASSPORT

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 Plav
- 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

/hether 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

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

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

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.mvac * Book and pay for your Studio Party by 31 December 2025 to receive discoun ** 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 managemen team reserve the right to cancel or amend the programme at any time

Monday – Friday

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.

August Bank Holiday Fitness Timetable Monday 25 August

10.00am - 10.30am 10.00am - 10.45am 10.10am - 11.10am 11.20am 11.15am 12.00pm 12.00pm - 12.45pm .00pm - 5.40pm .40pm - 6.25pm 6.00pm - 6.45pm 6.35pm - 7.05pm

Indoor Cycling Pilates **Beginners Indoor Cycling** Aqua Zumba Piyo **Beginners Water Fitness** Zumba Indoor Cycling Alianment Yoaa Barre Indoor Cycling Circuits 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 HOLIDAY AT DURSLEY

July



Active

Dursley

Lifestyles

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

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 yearolds who have either just started or are completely new to swimming lessons.

Date: Available every week through the summer:

Time: 8.00am-8.30am or 8.30am-9.00am Price: £38 per 5 day course.

STAGE 4 ONE-TO-ONE LESSONS

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

SWIMMING POOL TIMETABLE

Monday 21 July	/	Thursday 24 Ju	lv
6.00am-9.00am	Lane Swimming	6.00am-9.00am	Lane Swimming
9.00am-10.00am	Adult and Child Swim Lessons	9.00am-10.00am	Adult and Child Swim Lessons
10.00am-10.45am	Aqua Zumba Exercise	10.00am-10.45am	Aqua Stretch
10.45am-11.30am	Class Parent and Toddler	10.45am-1.40pm	Exercise Class Family Swimming
10.45am 11.50am	Swim Session	10.45am 1.40pm	(D Area unavailable
	Beginners Water Fitness		12.00pm-1.30pm)
11.30am-12.15pm	Lane Swimming (D area unavailable)	12.00pm-1.30pm	Adult and Child Swim Lessons
11.30am-1.00pm	Adult and Child Swim	1.50pm-3.25pm	Exterminator
12.15pm-1.40pm	Lessons Family Swimming		Inflatable Fun (2 x 45 minute sessions
	(D area unavailable until		starting at 1.50pm
1.50pm-3.25pm	1.00pm) Aqua Glide Inflatable	3.40pm-6.25pm	and 2.40pm) Junior Swimming
1.50pm 5.25pm	Fun (2 x 45 minute	5.40pm 0.25pm	Lessons
	sessions starting at	6.30pm-7.45pm	Family Swimming Lane Swimming
3.40pm-6.30pm	1.50pm and 2.40pm) Junior Swimming	7.45pm-8.30pm 8.30pm-9.15pm	Swim Fit
	Lessons		
6.35pm-7.35pm	Family Swimming (D area unavailable until	Friday 25 July	Louis Colimation
	7.05pm)	6.00am-9.00am 9.00am-9.30am	Lane Swimming Adult and Child
7.35pm-8.20pm 8.20pm-9.05pm	Lane Swimming Swimfit		Swim Lessons
0.20pm 7.03pm	Swiitiite	9.30am-11.00am	Family Swimming (1 lane unavailable)
Tuesday 22 Jul	у	11.00am-11.45am	Aqua Tone Exercise
6.00am-9.00am 9.00am-9.30am	Lane Swimming Adult and Child Swim	1115-cm-12.00cm	Class Baropt and Toddlor
	Lessons	11.15am-12.00pm	Parent and Toddler Swim Session
9.30am-10.15am 10.15am-11.10am	Family Swimming Disabled Swim Session	12.00pm-1.30pm	Adult and Child Swim Lessons
	Aqua Stretch Exercise	12.00pm-1.30pm	Family Swimming
12.00pm-1.40pm	Class Family Swimming		(D area unavailable 12.00pm-1.30pm)
12.00pm 1.40pm	(D area unavailable	1.40pm-2.25pm	Splat and Stepping
42.00 4.20	12.00pm-1.30pm)		Stones Inflatable
12.00pm-1.30pm	Adult and Child Swim Lessons	2.30pm-3.00pm	Fun Adult Swimming
1.50pm-3.25pm	Exterminator Inflatable		Lessons
	Fun (2 x 45 minute sessions starting at	3.40pm-5.35pm	Junior Swimming Lessons
	1.50pm and 2.40pm)	5.45pm-6.30pm	Aqua Stretch
3.40pm-6.30pm	Junior Swimming Lessons	6.35pm-9.05pm	Exercise Class Dursley Dolphins
6.00pm-7.00pm	Family Swimming	0.000000	Swim Club
	(D area unavailable until 6.30pm)	C	L.
7.00pm-7.45pm	Aqua Stretch Exercise	Saturday 26 Jul 8.00am-9.00am	Junior Lifesaving
7.50pm-8.35pm	Class Ladies Only Swim		Club
	Session	8.25am-10.40am	Junior Swimming Lessons
8.40pm-9.25pm	Lane Swimming	10.45am-1.40pm	Family Swimming
Wednesday 23	lulv	1.45pm-3.20pm	Inflatable Fun (2 x 45 minute sessions
6.00am-9.00am	Lane Swimming		starting at 1.45pm
9.00am-9.30am	Adult and Child Swim Lessons	2 2000-9 0000	and 2.35pm) Closed for Private
9.30am-10.30am	Family Swimming	3.30pm-8.00pm	Parties
10.30am-11.15am	Parent and Toddler		
10.45am-11.30am	Swim Session Aqua Tone Exercise	Sunday 27 July 7.00am-7.45am	Lane Swimming
	Class	7.50am-8.55am	Family Swimming
11.30am-1.30pm	Adult and Child Swim Lessons	8.25am-11.15am	Junior Swimming Lessons
12.30pm-1.40pm	Family Swimming	10.45am-3.55pm	Family Swimming
	(D area unavailable 12.30pm-1.30pm)		(D area unavailable
1.50pm-3.25pm	Slippery Slide Inflatable	4.00pm-6.15pm	until 11.15am) Junior Swimming
	Fun (2 x 45 minute sessions starting at		Lessons
	1.50pm and 2.40pm)	6.20pm-7.05pm 7.05pm-8.05pm	Lane Swimming Dursley Tri Club
3.40pm-6.25pm	Junior Swimming	7.00pm 0.00pm	Dursicy In club
6.30pm-7.15pm	Lessons Aqua Tone Exercise		
	Class		
6.30pm-8.15pm	Family Swimming (Shallow end only until		
815pm-0.00pm	7.15pm)		
8.15pm-9.00pm	Lane Swimming		
•			

Monday 28 July 6.00am-9.00am 9.00am-10.00am	Lane Swimming Adult and Child	Thursday 31 Jul 6.00am-9.00am 9.00am-10.00am
	Swim Lessons	
10.00am-10.45am	Exercise Class	10.00am-10.45am
10.45am-11.30am	Parent and Toddler Swim Session	10.45am-1.40pm
10.50am-11.20am	Fitness	12.00pm-1.30pm
1.30am-12.15pm	Lane Swimming (D area unavailable)	1.50pm-3.25pm
.30am-1.00pm	Adult and Child Swim Lessons	
2.15pm-1.40pm	Family Swimming (D area unavailable until	2.40
50pm-3.25pm	1.00pm) Exterminator Inflatable Fun (2 x 45 minute	3.40pm-6.25pm 6.30pm-7.45pm
40pm-6.30pm	sessions starting at 1.50pm and 2.40pm) Junior Swimming	7.45pm-8.30pm 8.30pm-9.15pm
	Lessons	Friday 1 August
.35pm-7.35pm	Family Swimming (D area unavailable until 7.05pm)	6.00am-9.00am 9.00am-9.30am
.35pm-8.20pm .20pm-9.05pm	Lane Swimming Swimfit	9.30am-11.00am
uesday 29 July		11.00am-11.45am
.00am-9.00am	Lane Swimming	11.15am-12.00pm
.00am-9.30am	Adult and Child Swim Lessons	12.00pm-1.30pm
.30am-10.15am 0.15am-11.10am 1.15am-12.00pm	Family Swimming Disabled Swim Session Aqua Stretch Exercise Class	12.00pm-1.30pm
2.00pm-1.40pm	Family Swimming (D area unavailable	1.40pm-2.25pm
2.00pm-1.30pm	12.00pm-1.30pm) Adult and Child Swim	2.30pm-3.00pm
.50pm-3.25pm	Lessons Aqua Glide Inflatable	3.40pm-5.35pm
.50pm 5.25pm	Fun (2 x 45 minute sessions starting at	5.45pm-6.30pm
.40pm-6.30pm	1.50pm and 2.40pm) Junior Swimming Lessons	6.30pm-7.30pm 7.30pm-9.00pm
.00pm-7.00pm	Family Swimming (D area unavailable until 6.30pm)	Saturday 2 Aug 8.00am-9.00am
00pm-7.45pm	Aqua Stretch Exercise Class	8.25am-10.40am
50pm-8.35pm	Ladies Only Swim Session	10.45am-1.40pm
8.40pm-9.25pm	Lane Swimming	1.45pm-3.20pm
Vednesday 30		2.20
5.00am-9.00am 9.00am-9.30am	Lane Swimming Adult and Child Swim Lessons	3.30pm-8.00pm
0.30am-10.30am 0.30am-11.15am	Family Swimming Parent and Toddler	Sunday 3 Augus 7.00am-7.45am
0.45am-11.30am	Swim Session Aqua Tone Exercise	7.50am-8.55am 8.25am-11.15am
1.30am-1.30pm	Class Adult and Child Swim	10.45am-3.55pm
2.30pm-1.40pm	Lessons Family Swimming (D area unavailable	4.00pm-6.15pm
.50pm-3.25pm	12.30pm-1.30pm) Exterminator Inflatable Fun (2 x 45 minute sessions starting at	6.20pm-8.00pm
.40pm-6.25pm	1.50pm and 2.40pm) Junior Swimming Lessons	
b.30pm-7.15pm	Aqua Tone Exercise Class	_
6.30pm-8.15pm	Family Swimming (Shallow end only until	
8.15pm-9.00pm	7.15pm) Lane Swimming	

Week Two

Thursday 31 July Monday 4 August 6.00am-9.00am Lane Swimming Lane Swimming Adult and Child Swim Lessons Aqua Stretch Exercise Class Family Swimming (D Area unavailable 1200nm-130nm) Adult and Child Swim Lessons Splat and Stepping Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm) Junior Swimming Lessons Family Swimming Lane Swimming Swim Fit Lane Swimming Adult and Child Swim Lessons Family Swimming (1 lane unavailable Aqua Tone Exercise Class Parent and Toddler Adult and Child Swim Lessons Family Swimming (D area unavailable 12.00pm-1.30pm) Slipperv Slide Adult Swimming Lessons Junior Swimming Lessons Aqua Stretch Exercise Class Family Swimming Lane Swimming aust Junior Lifesaving Club Junior Swimming Lessons Family Swimming Inflatable Fun (2 x 45 minute sessions starting at Closed for Private Parties Lane Swimming Family Swimmin Junior Swimming Lessons Family Swimming (D area unavailable until 11.15am) Junior Swimming Lessons Lane Swimming

6.00am-9.00am 9.00am-10.00am	Lane Swimming Adult and Child	6.00am-9.00am 9.00am-10.00am	Lane Swi Adult an
40.00	Swim Lessons	10.00	Swim Les
10.00am-10.45am	Exercise Class	10.00am-10.45am	Exercise
10.45am-11.30am	Parent and Toddler Swim Session	10.45am-1.40pm	Family Sv (D Area u
10.50am-11.20am		12.00pm-1.30pm	12.00pm Adult an
11.30am-12.15pm	Lane Swimming (D area unavailable)	1.50pm-3.25pm	Swim Les Extermin
11.30am-1.00pm	Adult and Child Swim Lessons	1.50pm 5.25pm	Inflatable Fun (2 x
12.15pm-1.40pm	Family Swimming (D area unavailable until 1.00pm)	3.40pm-6.25pm	sessions 1.50pm a Junior Sv
1.50pm-3.25pm	Exterminator Inflatable Fun (2	6.30pm-7.45pm	Lessons
	x 45 minute sessions starting at 1.50pm and 2.40pm)	7.45pm-8.30pm 8.30pm-9.15pm	Family Sy Lane Swi Swim Fit
3.40pm-6.30pm	Junior Swimming Lessons	Friday 8 August	
6.35pm-7.35pm	Family Swimming (D area unavailable until	6.00am-9.00am 9.00am-9.30am	Lane Swi Adult an
7.35pm-8.20pm	7.05pm) Lane Swimming	9.30am-11.00am	Swim Les Family Sv
8.20pm-9.05pm	Swimfit	11.00am-11.45am	lane una Aqua Tor Class
Tuesday 5 Augu 6.00am-9.00am	u st Lane Swimming	11.15am-12.00pm	Parent a Swim Ses
9.00am-9.30am	Adult and Child Swim Lessons	12.00pm-1.30pm	Adult an Swim Les
9.30am-10.15am 10.15am-11.10am	Family Swimming Disabled Swim Session	12.00pm-1.30pm	Family Sv (D area u
11.15am-12.00pm	Aqua Stretch Exercise Class	1.40pm-2.25pm	12.00pm Splat and
12.00pm-1.40pm	Family Swimming (D area unavailable	2.20	Stones Ir Fun
12.00pm-1.30pm	12.00pm-1.30pm) Adult and Child Swim	2.30pm-3.00pm	Adult Sw Lessons Junior Sv
1.50pm-3.25pm	Lessons Slippery Slide Inflatable Fun (2 x 45 minute	3.40pm-5.35pm 5.45pm-6.30pm	Lessons Aqua Str
	sessions starting at 1.50pm and 2.40pm)	6.30pm-7.30pm	Exercise Family Sv
3.40pm-6.30pm	Junior Swimming Lessons	7.30pm-9.00pm	Lane Świ
6.00pm-7.00pm	Family Swimming (D area unavailable until 6.30pm)	Saturday 9 Aug 8.00am-9.00am	ust Junior Li Club
7.00pm-7.45pm	Aqua Stretch Exercise Class	8.25am-10.40am	Junior Sv
7.50pm-8.35pm	Ladies Only Swim Session	10.45am-1.40pm	Lessons Family Sv Inflatable
8.40pm-9.25pm	Lane Swimming	1.45pm-3.20pm	45 minut starting a
Wednesday 6 A		2 20 0 00	and 2.35
6.00am-9.00am 9.00am-9.30am	Lane Swimming Adult and Child Swim Lessons	3.30pm-8.00pm	Closed fo Parties
9.30am-10.30am 10.30am-11.15am	Family Swimming Parent and Toddler	Sunday 10 Augu 7.00am-7.45am	<mark>ust</mark> Lane Swi
10.45am-11.30am	Swim Session Aqua Tone Exercise	7.50am-8.55am 8.25am-11.15am	Family Sv Junior Sv
11.30am-1.30pm	Class Adult and Child Swim	10.45am-3.55pm	Lessons Family Sv
12.30pm-1.40pm	Lessons Family Swimming (D area unavailable	100	area una 11.15am)
1.50pm-3.25pm	12.30pm-1.30pm) Aqua Glide Inflatable Fun (2 x 45 minute sessions starting at	4.00pm-6.15pm 6.20pm-8.00pm	Junior Sv Lessons Lane Swi
3.40pm-6.25pm	1.50pm and 2.40pm) Junior Swimming Lessons		
6.30pm-7.15pm	Aqua Tone Exercise Class		
6.30pm-8.15pm	Family Swimming (Shallow end only until		
8.15pm-9.00pm	7.15pm) Lane Swimming		

	Thursday 7 Aug	just	Monday 11 A
	6.00am-9.00am 9.00am-10.00am	Lane Swimming Adult and Child Swim Lessons	6.00am-9.00an 9.00am-10.00a
	10.00am-10.45am		10.00am-10.45a
	10.45am-1.40pm	Family Swimming (D Area unavailable	10.45am-11.30a
	12.00pm-1.30pm	12.00pm-1.30pm) Adult and Child	10.50am-11.20a
)	1.50pm-3.25pm	Swim Lessons Exterminator	11.30am-12.15p
-		Inflatable Fun (2 x 45 minute	11.30am-1.00pr
D til	3.40pm-6.25pm	sessions starting at 1.50pm and 2.40pm) Junior Swimming	12.15pm-1.40pr
IS		Lessons Family Swimming Lane Swimming Swim Fit	1.50pm-3.25pn
	Friday 8 Augus		3.40pm-6.30pr
D til	6.00am-9.00am 9.00am-9.30am	Lane Swimming Adult and Child Swim Lessons	6.35pm-7.35pm
	9.30am-11.00am	Family Swimming (1 lane unavailable)	7.35pm-8.20pn 8.20pm-9.05pr
		Aqua Tone Exercise Class	Tuesday 12 A
m	12.00pm-1.30pm	Parent and Toddler Swim Session Adult and Child	6.00am-9.00an 9.00am-9.30am
ion		Swim Lessons Family Swimming (D area unavailable	9.30am-10.15ar 10.15am-11.10ar
ise	1.40pm-2.25pm	12.00pm-1.30pm) Splat and Stepping Stones Inflatable	11.15am-12.00p
	2.30pm-3.00pm	Fun Adult Swimming	12.00pm-1.40p
m	3.40pm-5.35pm	Lessons Junior Swimming	12.00pm-1.30p
able	5.45pm-6.30pm	Lessons Aqua Stretch Exercise Class	1.50pm-3.25pm
1)	6.30pm-7.30pm 7.30pm-9.00pm	Family Swimming Lane Swimming	
until	Saturday 9 Aug 8.00am-9.00am	j ust Junior Lifesaving	3.40pm-6.30pr
ise	8.25am-10.40am	Club Junior Swimming	6.00pm-7.00pn
		Lessons Family Swimming	7.00pm-7.45pm
	1.45pm-3.20pm	Inflatable Fun (2 x 45 minute sessions	7.50pm-8.35pn
	3.30pm-8.00pm	starting at 1.45pm and 2.35pm) Closed for Private	8.40pm-9.25pr
m		Parties	Wednesday 6.00am-9.00an 9.00am-9.30am
	Sunday 10 Aug 7.00am-7.45am	Lane Swimming	
	7.50am-8.55am 8.25am-11.15am	Junior Swimming	9.30am-10.30ai 10.30am-11.15a
m	10.45am-3.55pm	Lessons Family Swimming (D area unavailable until	10.45am-11.30a

4.00pm-6.15pm Junior Swimming

6.20pm-8.00pm Lane Swimming

Week Three

area unavailable unti

3.40pm-6.25pm Junior Swimming 6.30pm-7.15pm Aqua Tone Exercise 6.30pm-8.15pm Family Swimming

Lessons

(Shallow end only until

Class

8.15pm-9.00pm Lane Swimming

Week One

Monday 11 Aug	ust
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
1.50pm-3.25pm	1.00pm) Aqua Glide Inflatable Fun (2
3.40pm-6.30pm	starting at 1.50pm and 2.40pm) Junior Swimming
6.35pm-7.35pm	Lessons Family Swimming (D
0.00001111.0000111	area unavailable until 7.05pm)
7.35pm-8.20pm 8.20pm-9.05pm	Lane Swimming Swimfit
Tuesday 12 Aug	just
Tuesday 12 Aug 6.00am-9.00am 9.00am-9.30am	Lane Swimming Adult and Child Swim Lessons Family Swimming
9.30am-10.15am	Swim Lessons
10.15am-11.10am	Disabled Swim
11.15am-12.00pm	Session 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	Exterminator
	Inflatable Fun (2 x 45 minute sessions starting at
3.40pm-6.30pm	1.50pm and 2.40pm) Junior Swimming
6.00pm-7.00pm	Lessons Family Swimming (D area unavailable until
7.00pm-7.45pm	6.30pm) Aqua Stretch Exercise
7.50pm-8.35pm	Class Ladies Only Swim
8.40pm-9.25pm	Session Lane Swimming
Wednesday 13	August
6.00am-9.00am	Lane Swimming
9.00am-9.30am	Adult and Child Swim
9.30am-10.30am 10.30am-11.15am	Family Swimming Parent and Toddler Swim Session
10.45am-11.30am	Aqua Ione Exercise
11.30am-1.30pm	Class Adult and Child Swim
12.30pm-1.40pm	Lessons Family Swimming (D area unavailable
1.50pm-3.25pm	12.30pm-1.30pm) Splat and Stepping Stones Inflatable Fun (2 x 45 minute sessions
	starting at 1.50pm and
3.40pm-6.25pm	2.40pm) Junior Swimming

5.45pm-6 6 30 nm-7.30pm-9 Saturda 8.00am-9 8.25am-10.45am-1.45pm-3 3.30pm -Sunday 7.50am-8.25am-10.45am-4.00pm-6.20pm-Week Four

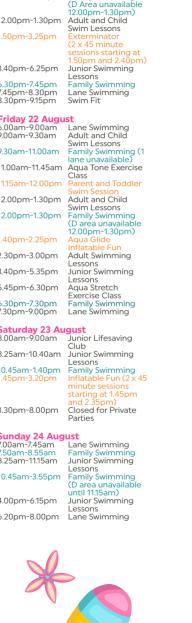
Thursday 14 Au	aust
Thursday 14 Au 6.00am-9.00am	Lane Swimming
9.00am-10.00am	Adult and Child
	Swim Lessons
10.00am-10.45am	Aqua Stretch
10.45am-1.40pm	Exercise Class Family Swimming
10.45am 1.40pm	(D Area unavailable
	12.00pm-1.30pm)
12.00pm-1.30pm	Adult and Child Swim Lessons
4.50 0.05	Swim Lessons
1.50pm-3.25pm	Slippery Slide Inflatable Fun (2 x 45 minute
	Fun (2 x 45 minute
	sessions starting at
	sessions starting at 1.50pm and 2.40pm)
3.40pm-6.25pm	Junior Swimming
(20	Lessons
6.30pm-7.45pm	Family Swimming Lane Swimming Swim Fit
7.45pm-8.30pm 8.30pm-9.15pm	Swim Fit
0.500111 7.150111	Switting
Friday 15 Augu	ct
Friday 15 Augu 6.00am-9.00am	Lane Swimming
9.00am-9.30am	Adult and Child
	Swim Lessons
9.30am-11.00am	Swim Lessons Family Swimming (1
11.00 pm-11.4E	lane unavailable)
11.00am-11.45am	Aqua Tone Exercise Class
11.15am-12.00pm	Parent and Toddler
1.1.00111 12.00p111	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	Exterminator
	Inflatable Fun
2.30pm-3.00pm	Adult Swimming
	Lessons
3.40pm-5.35pm	Junior Swimming
5.45pm-6.30pm	Lessons Aqua Stretch
5.45pm 0.50pm	Exercise Class
6.30pm-7.30pm	Family Swimming
7.30pm-9.00pm	Family Swimming Lane Swimming
Saturday 16 Au	gust
8.00am-9.00am	Junior Lifesaving
0.05 and 10.40 and	Club Junior Swimming
8.25am-10.40am	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)
2 20000 - 9 00000	and 2.35pm)
3.30pm – 8.00pm	Closed for Private Parties
Sunday 17 Aug	ust
Sunday 17 Augu 7.00am-7.45am 7.50am-8.55am	Lane Swimming
7.50am-8.55am	Family Swimming Junior Swimming
8.25am-11.15am	Junior Swimming
10.45	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
_	

6.00am-9.00am	just	Thursday 21 Au	gust
6.00am-9.00am 9.00am-10.00am	Lane Swimming Adult and Child	6.00am-9.00am 9.00am-10.00am	Lane Swimming Adult and Child
7.00diii 10.00diii	Swim Lessons	7.00aiii 10.00aiii	Swim Lessons
10.00am-10.45am	Agua Zumba	10.00am-10.45am	Agua Stretch
	Exercise Class		Exercise Class
10.45am-11.30am		10.45am-1.40pm	Family Swimming
10 50 and 11 20 and	Swim Session		(D Area unavailable
10.508111-11.208111	Beginners Water Fitness	12.00pm-1.30pm	12.00pm-1.30pm) Adult and Child
11.30am-12.15pm	Lane Swimming	12.00pm 1.50pm	Swim Lessons
11.000.111 12.100.011	(D area unavailable)	1.50pm-3.25pm	Exterminator
11.30am-1.00pm	Adult and Child		(2 x 45 minute
	Swim Lessons		sessions starting at
12.15pm-1.40pm	Family Swimming (D	2 40	1.50pm and 2.40pr
	area unavailable until	3.40pm-6.25pm	Junior Swimming
1.50pm-3.25pm	1.00pm) Slippery Slide	6.30pm-7.45pm	Lessons Family Swimming
1.50pm 5.20pm	Inflatable Fun (2	7.45pm-8.30pm	Lane Swimming
	x 45 minute sessions	8.30pm-9.15pm	Swim Fit
	starting at 1.50pm		
	and 2.40pm)	Friday 22 Augu	st
3.40pm-6.30pm	Junior Swimming	6.00am-9.00am	Lane Swimming
4 2Epm-72Epm	Lessons	9.00am-9.30am	Adult and Child
6.35pm-7.35pm	Family Swimming (D area unavailable until		Swim Lessons
	7.05pm)	9.30am-11.00am	Family Swimming
7.35pm-8.20pm	Lane Swimming	11.00am-11.45am	lane unavailable) Aqua Tone Exercise
8.20pm-9.05pm	Swimfit	11.00dfff=11.45dfff	Class
		11.15am-12.00pm	Parent and Toddle
Tuesday 19 Aug	aust	1	Swim Session
6.00am-9.00am	Lane Swimming	12.00pm-1.30pm	Adult and Child
9.00am-9.30am	Adult and Child		Swim Lessons
0.00 40.45	Swim Lessons	12.00pm-1.30pm	Family Swimming
9.30am-10.15am 10.15am-11.10am	Family Swimming		(D area unavailable
10.13df11=11.10df11	Disabled Swim Session	1.40pm-2.25pm	12.00pm-1.30pm) Aqua Glide
11.15am-12.00pm	Aqua Stretch	1.100111 2.200111	Inflatable Fun
	Exercise Class	2.30pm-3.00pm	Adult Swimming
12.00pm-1.40pm	Family Swimming		Lessons
	(D area unavailable	3.40pm-5.35pm	Junior Swimming
12 00pm_1 20pm	12.00pm-1.30pm)	E 4Epm-4 20pm	Lessons
12.00pm-1.30pm	Adult and Child Swim Lessons	5.45pm-6.30pm	Aqua Stretch Exercise Class
1.50pm-3.25pm	Splat and Stepping	6.30pm-7.30pm	Family Swimming
	Stones Inflatable	7.30pm-9.00pm	Lane Swimming
	Fun (2 x 45 minute		
	sessions starting at	Saturday 23 Au	gust
240	1.50pm and 2.40pm)	8.00am-9.00am	Junior Lifesaving
3.40pm-6.30pm	Junior Swimming Lessons		Club
6.00pm-7.00pm	Family Swimming (D	8.25am-10.40am	Junior Swimming
0.0000000000000000000000000000000000000	area unavailable until	10.45am-1.40pm	Lessons Family Swimming
	6.30pm)	1.45pm-3.20pm	Inflatable Fun (2 x
7.00pm-7.45pm	Aqua Stretch	opini oizopini	minute sessions
750	Exercise Class		starting at 1.45pm
7.50pm-8.35pm	Ladies Only Swim		and 2.35pm)
8.40pm-9.25pm	Session Lane Swimming	3.30pm-8.00pm	Closed for Private
0.40pm 7.25pm	Earle Swittining		Parties
Wednesday 20	August	Cum day 24 Ave	
6.00am-9.00am	Lane Swimming	Sunday 24 Aug 7.00am-7.45am	Lane Swimming
9.00am-9.30am	Adult and Child Swim	7.50am-8.55am	Eamily Swimming
	Lessons	8.25am-11.15am	Family Swimming Junior Swimming
9.30am-10.30am	Family Swimming Parent and Toddler		Lessons
10.30am-11.15am	Parent and Toddler Swim Session	10.45am-3.55pm	Family Swimming
10/15am-1130am	Aqua Tone Exercise		(D area unavailable
10.4Jaiii 11.30aiii	Class	4.00	until 11.15am)
11.30am-1.30pm	Adult and Child Swim	4.00pm-6.15pm	Junior Swimming Lessons
	Lessons	6.20pm-8.00pm	Lane Swimming
12.30pm-1.40pm	Family Swimming	0.200111 0.0000111	Earle Swittining
	(D area unavailable		
150	12.30pm-1.30pm)		
1.50pm-3.25pm	Exterminator (2 x 45 minute sessions starting	A	
	at 1.50pm and 2.40pm)		
3.40pm-6.25pm	at 1.50pm and 2.40pm) Junior Swimming		
	Lessons		
6.30pm-7.15pm	Aqua Tone Exercise		
4 20mm 045mm	Class Family Swimming	- 1	
6.30pm-8.15pm	Family Swimming (Shallow end only until		
	7.15pm)		

8.15pm-9.00pm Lane Swimming

Week Five

Swim Lessons .50pm-3.25pm Exterminator (2 x 45 minute sessions starting at 3.40pm-6.25pm Junior Swimming Lessons .30pm-7.45pm Family Swimming .45pm-8.30pm Lane Swimming 3.30pm-9.15pm Swim Fit Friday 22 August 6.00am-9.00am Lane Swimming 2.00am-9.30am Adult and Child Swim Lessons 9.30am-11.00am Family Swimming (1 lane unavailable 1.00am-11.45am Agua Tone Exercise Class 1.15am-12.00pm Parent and Toddler 2.00pm-1.30pm Adult and Child Swim Lessons 2.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm) .40pm-2.25pm Aqua Glide 2.30pm-3.00pm Adult Swimming Lessons 3.40pm-5.35pm Junior Swimming Lessons 5.45pm-6.30pm Aqua Stretch Exercise Class .30pm-7.30pm Family Swimming 7.30pm-9.00pm Lane Swimming Saturday 23 August 3.00am-9.00am Junior Lifesaving Club 3.25am-10.40am Junior Swimming Lessons 0.45am-1.40pm Family Swimming .45pm-3.20pm Inflatable Fun (2 x 45 starting at 1.45pm 3.30pm-8.00pm Closed for Private Parties Sunday 24 August 7.00am-7.45am Lane Swimming 7.50am-8.55am Family Swimming 3.25am-11.15am Junior Swimming Lessons 0.45am-3.55pm Family Swimming (D area unavailable until 1115am) 4.00pm-6.15pm Junior Swimming Lessons 6.20pm-8.00pm Lane Swimming



Monday 25 Aug	just - Bank Holiday
6.00am-9.00am	Lane Swimming
9.00am-10.00am	Adult and Child
40.00	Swim Lessons
10.00am-10.45am	Aqua Zumba
10.45am-11.30am	Exercise Class 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	1.00pm) 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)
	7.05pm
Tuesday 26 Aug	aust
6.00am-9.00am	Lane Swimming
9.00am-9.30am	Lane Swimming Adult and Child
9.30am-10.15am	Swim Lessons
10.15am-11.10am	Family Swimming Disabled Swim
10.100111 11.100111	Session
11.15am-12.00pm	Aqua Stretch
12.00000-1.40000	Exercise Class
12.00pm-1.40pm	Family Swimming
	(D area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm	Adult and Child
4.50 0.05	Swim Lessons
1.50pm-3.25pm	Exterminator Inflatable Fun
	(2 x 45 minute
	sessions starting at
	sessions starting at 1.50pm and 2.40pm) Junior Swimming
3.40pm-6.30pm	Junior Swimming
6.00pm-7.00pm	Lessons Family Swimming (D
2.000011	area unavailable until
	6.30pm)
7.00pm-7.45pm	Aqua Stretch
7.50pm-8.35pm	Exercise Class Ladies Only Swim
7.50pm 0.55pm	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
0.000	Swim Lessons
9.30am-10.30am 10.30am-11.15am	Family Swiming Parent Family Survey
10.50dH1=11.15dM	Swim Session
10.45am-11.30am	Aqua Tone Exercise
	Class
11.30am-1.30pm	Adult and Child
12 30pm-1 40pm	Swim Lessons

12.30pm-1.40pm Family Swimming

3.40pm-6.25pm Junior Swimming

8.15pm-9.00pm Lane Swimming

Lessons

Clace

1.50pm-3.25pm Aqua Glide

6.30pm-7.15pm

6.30pm-8.15pm

(D area unavailable

Aqua Tone Exercise

(Shallow end only until

Family Swimming

12.30pm-1.30pm)

Thursday 28 August 6.00am-9.00am Lane Swimming 9.00am-10.00am Adult and Child Swim Lessons 10.00am-10.45am Agua Stretch Exercise Class 10.45am-1.40pm Family Swimming (D Area unavailabl 12 00pm-1 30pm 12.00pm-1.30pm Adult and Child Swim Lessons 1.50pm-3.25pm Exterminator $(2 \times 45 \text{ minute})$ 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 29 August 6.00am-9.00am Lane Swimming 9.00am-9.30am Adult and Child Swim Lessons 9.30am-11.00am Family Swimming (lane unavailable 11.00am-11.45am Agua Tone Exercise Class 11.15am-12.00pm Parent and Toddler 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 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
0.05 40.40	Club
8.25am-10.40am	Junior Swimming Lessons
10.45am-1.30pm	Family Swimming
1.35pm-2.20pm	Inflatable Fun
2.30pm-4.30pm	End of Summer Poo
	Party (2 x 55 minute
	sessions starting at 2.30pm and 3.30pm
4.30pm-8.00pm	Private hire

Sunday 31 August

J0am-7.45am	Lane Swimming
50am-8.55am	Family Swimming
25am-11.15am	Junior Swimming
	Lessons
.45am-3.55pm	Family Swimming (D
	area unavailable until
	11.15am)
00pm-6.15pm	Junior Swimming
	Lessons
20pm-8.00pm	Lane Swimming
	_
lust turn un	

Inflatable Fun (2 x 45 Booking Advised at 150pm and 240pm

Week Siz