

SWIM CAMP

Date: Friday 31 October

Time: 8.30am-3.30pm **Price:** £40 per day

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 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.

HALLOWEEN POOL PARTY

Date: Saturday 1 November

Time: 4.45pm*, 5.45pm and 6.45pm

Price: £5.50 Child £6.50 Adult

Join our spooktacular team for a Halloween pool party, with fun games and ghostly music. Watch out, things will look a little bit different this evening, maybe there's something in the water...

*The first time slot is more suitable for our younger witches, vampires & zombies

WINTER SWIMMING GALA

Ready, Set... SPLASH!

Date: Saturday 22 November

Time: 2.00pm-5.00pm

Curious about racing? Come dip your toes in the fun! Open to all swimming stages, from first-timers to freestyle flyers. **Save the date!** – booking opens soon, so keep your goggles peeled!



Terms and Conditions

For terms and conditions please visit our website:
www.myactivelifestyles.co.uk

Please note that non/weak swimmers cannot make use of the deep end of the swimming pool under any circumstances, this may affect the use of certain inflatables during inflatable fun.

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.



GYM SESSIONS (11-14 year-olds)

Dates: Monday 27 October – Sunday 2 November

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

Active Lifestyles Dursley
Castle Street, Dursley,
Gloucestershire GL11 4BS



27 October -
2 November
2025

OCTOBER HALF TERM @Dursley



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SWIMMING POOL TIMETABLE

Monday 27 October



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	Public 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	Public Swimming (D area unavailable until 7.05pm)
7.35pm-8.20pm	Lane Swimming
8.20pm-9.05pm	Swimfit

Tuesday 28 October

6.00am-9.00am	Lane Swimming
9.00am-9.30am	Adult and Child Swim Lessons
9.30am-10.15am	Public Swimming
10.15am-11.10am	Disabled Swim Session
11.15am-12.00pm	Aqua Stretch Exercise Class
12.00pm-1.40pm	Public Swimming (D area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm	Adult and Child Swim Lessons
1.50pm-2.35pm	Aqua Glide Inflatable Fun
2.45pm-3.30pm	Public Swimming
3.40pm-6.30pm	Junior Swimming Lessons
6.00pm-7.00pm	Public Swimming (D area unavailable until 6.30pm)
7.00pm-7.45pm	Aqua Stretch Exercise Class
7.50pm-8.35pm	Ladies Only Swimming Session
8.40pm-9.25pm	Lane Swimming

Wednesday 29 October




6.00am-9.00am	Lane Swimming
9.00am-9.30am	Adult and Child Swim Lessons
9.30am-10.30am	Public Swimming
10.30am-11.15am	Parent and Toddler Swim Session
10.45am-11.30am	Aqua Tone Exercise Class
11.30am-1.30pm	Adult and Child Swim Lessons
12.30pm-1.40pm	Public 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 Tone Exercise Class
6.30pm-8.15pm	Public Swimming (Shallow end only until 7.15pm)
8.15pm-9.00pm	Lane Swimming

Thursday 30 October

6.00am-9.00am	Lane Swimming
9.00am-10.00am	Adult and Child Swim Lessons
10.00am-10.45am	Aqua Stretch Exercise Class
10.45am-1.40pm	Public Swimming (D area unavailable 12.00pm-1.30pm)
12.00pm-1.30pm	Adult and Child Swim Lessons
1.50pm-2.35pm	Splat and Stepping Stones Inflatable Fun
2.45pm-3.30pm	Public Swimming
3.40pm-6.25pm	Junior Swimming Lessons
6.30pm-7.45pm	Public Swimming
7.45pm-8.30pm	Lane Swimming
8.30pm-9.15pm	Swimfit

Friday 31 October



6.00am-9.00am	Lane Swimming
9.00am-9.30am	Adult and Child Swim Lessons
9.30am-11.00am	Public Swimming (1 lane unavailable)
11.00am-11.45am	Aqua Tone Exercise Class
11.15am-12.00pm	Parent and Toddler Swim Session
12.00pm-1.30pm	Adult and Child Swim Lessons
12.00pm-1.30pm	Public Swimming (D area unavailable 12.00pm-1.30pm)
1.40pm-2.25pm	Slippery Slide Inflatable Fun
2.30pm-3.00pm	Adult Swimming Lessons
3.40pm-5.35pm	Junior Swimming Lessons
5.45pm-6.30pm	Aqua Stretch Exercise Class
6.35pm-9.05pm	Dursley Dolphins Swimming Club

Saturday 1 November

8.00am-9.00am	Junior Lifesaving Club
8.25am-10.40am	Junior Swimming Lessons
10.45am-1.40pm	Public Swimming
1.45pm-3.20pm	Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
4.45pm-7.40pm	Halloween Pool Parties (3 x 55 minute sessions starting at 4.45pm, 5.45pm and 6.45pm)

Sunday 2 November

7.00am-7.45am	Lane Swimming
7.50am-8.55am	Public Swimming
8.25am-11.15am	Junior Swimming Lessons
10.45am-3.55pm	Public 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

Key to Swimming Pool Timetable

Booking Advised
Booking Advised
Just turn up

We advise booking in advance for all Aqua Classes to avoid disappointment

INTENSIVE SWIMMING LESSONS

Looking to boost your child's confidence and ability in the water?

Beginners Intensive Lessons

Date: Monday 27 October – Friday 31 October

Time: 8.30am-9.00am

Price: £38 per 5-day course.

We're offering week-long courses suitable for 4-7-year-olds that have either just started or are completely new to swimming lessons.

Private One-to-One Lessons

Date: Throughout the half term.

Time: Available times vary-enquire at reception.

Price: £18 per one-to-one 30-minute lesson.

One-to-one lessons focus on personalised outcomes – improving your child's water skills, stroke technique and water confidence.

DANCE WORKSHOPS

K-Pop Demon Hunters Themed Dance Workshops

Date: Tuesday 28 October

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

Please provide your child with a drink and a snack.

