

## Dance Workshops Wicked Themed

**Date:** Tuesday 17 February

**Time:** 3.30pm-5.30pm

**Price:** £11.50 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 their children perform their routines.

Please provide your child with a drink and a snack.



## AM Swim Club

**Date:** Friday 20 February **Time:** 8.20am-12.20pm

**Price:** £15

Start your morning with a splash! Our AM Swim Club is designed for confident swimmers who want to take their skills to the next level. This morning includes:

- Coached swimming
- Conditioning session
- Stretch and recovery session

For children stage 6 and above on our Learn-2-Swim programme. Please provide your child with a snack, drink, swimming kit and sportswear. Call the centre to book.

## Superhero Training Camp

**Date:** Monday 16th February **Time:** 2.45pm-4.45pm

**Price:** £15.00 per child **Suitable for:** 4-9 year olds

Children become real-life superheroes as they create their own capes and masks, conquer obstacle courses and battle fun villains.

It's an action-packed camp full of imagination, teamwork and heroic adventures.



## RLSS UK National Pool Lifeguard Qualification

**Venue:** Active Lifestyles Stroud

**Date:** Monday 16th February - Saturday 21st February

**Cost:** £280

**How to book:** Call 01453 766771 or

Email [stroud@myactivelifestyles.co.uk](mailto:stroud@myactivelifestyles.co.uk)



## Start your child's swimming journey at anytime



Fun, confidence-building swimming lessons for ALL ages and abilities



**BOOK NOW**



**Contact:**

**Stroud:** 01453 766771  
[stroud@myactivelifestyles.co.uk](mailto:stroud@myactivelifestyles.co.uk)

**Dursley:** 01453 546441  
[dursley@myactivelifestyles.co.uk](mailto:dursley@myactivelifestyles.co.uk)

## Terms and Conditions

For terms and conditions please visit our website: [www.myactivelifestyles.co.uk](http://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.

**Active Lifestyles**  
Dursley

Monday  
16 February -  
Monday  
23 February  
2026

# FEBRUARY HALF TERM @DURSLEY



**STROUD DISTRICT COUNCIL**

01453 546441

[dursley@myactivelifestyles.co.uk](mailto:dursley@myactivelifestyles.co.uk)

[www.myactivelifestyles.co.uk](http://www.myactivelifestyles.co.uk)



# February Half Term - Pool Timetable

## Monday 16 February

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	Aqua Run 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
7.35pm - 8.20pm	Lane Swimming
8.20pm - 9.05pm	Swimfit



## Tuesday 17 February

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 - 3.25pm	Slippery Slide 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	Public Swimming (D area unavailable until 6.30pm)
7.00pm - 7.45pm	Aqua Zumba Exercise Class
7.50pm - 8.35pm	Ladies Only Swimming Session
8.40pm - 9.25pm	Lane Swimming

## Wednesday 18 February

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 19 February

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 20 February

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	Aqua Run Inflatable Fun
2.30pm - 3.00pm	Adult Swimming Lessons
3.00pm - 3.35pm	Public 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 21 February

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)
3.30pm - 8.00pm	Closed for Private Parties

## Sunday 22 February

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	DRC Tri Club

## Monday 23 February

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 - 1.30pm	Public Swimming (D area unavailable until 1.00pm)
1.30pm - 2.00pm	School Swimming
2.10pm - 2.55pm	Stepping Stones Inflatable Fun
3.00pm - 3.35pm	Public Swimming
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.35pm	Public Swimming
7.35pm - 8.20pm	Lane Swimming
8.20pm - 9.05pm	Swimfit

Intensive  
Swimming Lessons



# INTENSIVE SWIMMING LESSONS

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

## Beginners Intensive Lessons

**Date:** Monday 16 February - Friday 20 February

**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.

These lessons focus on Stage 1 and Stage 2 outcomes.

## 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 that focus on personalised outcomes - improving your child's water skills, stroke technique and water confidence.

## Junior Gym

**Dates:** Monday 16 February - Monday 23 February

**Time:** 11.00am-12.00pm and 3.30pm-4.30pm

**Suitable for:** 11-14-year-old

Gym sessions running every day in half term.

Children may attend anytime with a paying, supervising parent/guardian.



Key to Swimming Pool Timetable: ■ Booking advised ■ Just turn up

\*we advise booking in advance for all Aqua Classes to avoid disappointment