

## SWIM CLINIC

**Date:** Friday 30th October **Time:** 8.15am-3.30pm

**Price:** £25.00 **Suitable for:** Stage 6 + swimmers

A full day of fitness, skill development and wellbeing! Children will take part in a variety of activities, including swimming technique sessions, studio training, indoor cycling and a relaxing holistic session.

Please ensure your child brings swimwear and gym clothes, along with a packed lunch, drinks, and plenty of snacks to stay fuelled.

There will be multiple swimming sessions, so an extra towel is recommended.



## JUNIOR GYM SESSIONS

Supervised sessions for 11-14-year-olds

**Date:** Every day throughout the school holidays

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

**Price:** £4.80 per session **Suitable for:** 11-14-year-olds

Children aged 11-14 may also attend at other times when accompanied by a paying, supervising parent or guardian. Please get in touch to arrange an induction prior to your first visit.

## SCARE FAIR

**Date:** Friday 30th October

**Time:** 3.30pm-4.30pm & 4.45pm-5.45pm

**Price:** £12.50 per child (free for adults)

**Suitable for:** 5-11-year-olds, accompanied by parent/guardian.

Get ready for a frightfully fun Halloween celebration! Packed with crafts, games, face painting and a bouncy castle, our Studio Scare Fair is the perfect way for children aged 5-11 to enjoy some spooky seasonal fun. Bring the family along and create magical Halloween memories together.

A parent or guardian must remain with their child(ren) for the duration of the session.



## HALLOWEEN POOL PARTY

**Date:** Saturday 31st October **Time:** 4.15pm & 5.15pm  
**Price:** Adult £7.00 Child £5.50 **Suitable for:** All Ages!

Make a splash this Halloween at our spook-tacular Pool Party! Dive into a frightfully fun session featuring coloured water, party games, music and some very special guests. Whether you're a little monster or a grown-up ghoul, it's the perfect way to celebrate Halloween with family and friends. Don't forget your swimwear and get ready for a hauntingly good time!

## WINTER SWIMMING GALA

Suitable for stages 1-10 (plus a grown ups' race!)

**Date:** Saturday 28th November **Time:** 2.00pm-5.00pm

**Price:** Child £6.00 Adult free

Ready, set... splash into our popular winter swimming gala! Pick two swimming strokes and a fun race. Book in at reception today!

## Terms and Conditions

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

- 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 to take more than one child into the pool.
- On busy sessions, we guarantee a minimum of 45 minutes in the pool unless otherwise stated.
- The management team reserve the right to amend or cancel the programme at any time.
- 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.
- 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.



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



26  
October -  
1 November  
2026

# OCTOBER HALF TERM @Dursley



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# SWIMMING POOL TIMETABLE

## Monday 26 October

|                   |                                                                                  |
|-------------------|----------------------------------------------------------------------------------|
| 6.00am - 9.00am   | Lane Swimming                                                                    |
| 9.00am - 10.00am  | Adult & Child Swim Lessons                                                       |
| 10.00am - 10.45am | Aqua Zumba Exercise Class                                                        |
| 10.45am - 11.30am | Parent & Toddler Swim Session                                                    |
| 10.50am - 11.20am | Beginners Water Fitness                                                          |
| 11.30am - 1.00pm  | Adult & Child Swim Lessons                                                       |
| 11.30am - 12.15pm | Lane Swimming (D area unavailable)                                               |
| 12.15pm - 1.35pm  | <b>Public Swimming</b> (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 - 6.30pm   | Junior Swimming Lessons                                                          |
| 6.35pm - 7.35pm   | <b>Public Swimming</b>                                                           |
| 7.35pm - 8.20pm   | Lane Swimming                                                                    |
| 8.20pm - 9.05pm   | Swimfit                                                                          |

## Tuesday 27 October

|                   |                                                                                |
|-------------------|--------------------------------------------------------------------------------|
| 6.00am - 9.00am   | Lane Swimming                                                                  |
| 9.00am - 9.30am   | Adult & Child Swim Lessons                                                     |
| 9.30am - 10.15am  | Activity Day Swim                                                              |
| 10.15am - 11.10am | Disabled Swim                                                                  |
| 11.15am - 12.00pm | Aqua Stretch Exercise Class                                                    |
| 12.00pm - 1.40pm  | <b>Public Swimming</b> (D area unavailable 12.00pm - 1.30pm)                   |
| 12.00pm - 1.30pm  | Adult & Child Swim Lessons                                                     |
| 1.50pm - 3.25pm   | Aqua Glide Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm) |
| 3.40pm - 6.30pm   | Junior Swimming Lessons                                                        |
| 6.00pm - 7.00pm   | <b>Public Swimming</b> (D area unavailable until 6.30pm)                       |
| 7.00pm - 7.45pm   | Aqua Dance Exercise Class                                                      |
| 7.50pm - 8.35pm   | Ladies Only Swimming Session                                                   |
| 8.40pm - 9.25pm   | Lane Swimming                                                                  |

## Wednesday 28 October

|                   |                                                                                |
|-------------------|--------------------------------------------------------------------------------|
| 6.00am - 9.00am   | Lane Swimming                                                                  |
| 9.00am - 9.30am   | Adult & Child Swim Lessons                                                     |
| 9.30am - 10.30am  | <b>Public Swimming</b>                                                         |
| 10.30am - 11.15am | Parent & Toddler Swim Session                                                  |
| 10.45am - 11.30am | Aqua Tone Exercise Class                                                       |
| 11.30am - 1.30pm  | Adult & Child Swim Lessons                                                     |
| 12.30pm - 1.40pm  | <b>Public Swimming</b> (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 - 6.30pm   | Junior Swimming Lessons                                                        |
| 6.35pm - 7.20pm   | Aqua Tone Exercise Class                                                       |
| 6.35pm - 8.15pm   | <b>Public Swimming</b> (Shallow end only until 7.20pm)                         |
| 8.15pm - 9.00pm   | Lane Swimming                                                                  |

**Key:** Booking Advised Just turn up

## Thursday 29 October

|                   |                                                                                  |
|-------------------|----------------------------------------------------------------------------------|
| 6.00am - 9.00am   | Lane Swimming                                                                    |
| 9.00am - 10.00am  | Adult & Child Swim Lessons                                                       |
| 10.00am - 10.45am | Aqua Stretch Exercise Class                                                      |
| 10.45am - 11.30am | Activity Day Swim                                                                |
| 11.30am - 1.40pm  | <b>Public Swimming</b> (D area unavailable 12.00pm - 1.30pm)                     |
| 12.00pm - 1.30pm  | Adult & Child Swim Lessons                                                       |
| 1.50pm - 3.25pm   | Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm & 2.40pm) |
| 3.40pm - 6.30pm   | Junior Swimming Lessons                                                          |
| 6.30pm - 7.45pm   | <b>Public Swimming</b>                                                           |
| 7.45pm - 8.30pm   | Lane Swimming                                                                    |
| 8.30pm - 9.15pm   | Swimfit                                                                          |

## Friday 30 October

|                   |                                                              |
|-------------------|--------------------------------------------------------------|
| 6.00am - 9.00am   | Lane Swimming                                                |
| 9.00am - 9.30am   | Adult & Child Swim Lessons                                   |
| 9.30am - 11.00am  | <b>Public Swimming</b>                                       |
| 11.00am - 11.45am | Aqua Tone Exercise Class                                     |
| 11.15am - 12.00pm | Parent & Toddler Swim Session                                |
| 12.00pm - 1.30pm  | Adult & Child Swim Lessons                                   |
| 12.00pm - 1.30pm  | <b>Public Swimming</b> (D area unavailable 12.00pm - 1.30pm) |
| 1.40pm - 2.25pm   | Splat & Stepping Stones Inflatable Fun                       |
| 2.30pm - 3.00pm   | Adult Swimming Lessons                                       |
| 3.00pm - 3.35pm   | <b>Public Swimming</b>                                       |
| 3.40pm - 5.55pm   | Junior Swimming Lessons                                      |
| 6.00pm - 6.45pm   | Aqua Stretch Exercise Class                                  |
| 6.50pm - 9.00pm   | Dursley Dolphins Swimming Club                               |

## Saturday 31 October

|                  |                                                                       |
|------------------|-----------------------------------------------------------------------|
| 8.00am - 9.00am  | Junior Lifesaving Club                                                |
| 8.25am - 10.40am | Junior Swimming Lessons                                               |
| 10.45am - 3.00pm | <b>Public Swimming</b>                                                |
| 3.15pm - 4.00pm  | Inflatable Fun                                                        |
| 4.15pm - 7.15pm  | Halloween Parties (2 x 55 minute sessions starting at 4.15pm, 5.15pm) |

## Sunday 1 November

|                  |                                                           |
|------------------|-----------------------------------------------------------|
| 7.00am - 7.45am  | Lane Swimming                                             |
| 7.50am - 8.55am  | <b>Public Swimming</b>                                    |
| 8.25am - 11.15am | Junior Swimming Lessons                                   |
| 10.45am - 3.55pm | <b>Public Swimming</b> (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                                              |

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

# PRIVATE TUITION

**Date:** Every weekday morning 26th-30th October  
**Time:** 8.00am-8.30am or 8.30am-9.00am **Price:** £18.50  
**Suitable for:** Anyone looking for 1:1 support to build swimming confidence or improve technique.

Enjoy a 30 minute personal swimming lesson in the morning, leaving the rest of the day free for half-term fun.

## ACTIVITY DAYS

**Date:** Tuesday 27th and Thursday 29th October  
**Time:** 8.30am-3.15pm **Price:** £25.00  
**Suitable for:** 5-11-year-olds



Our popular holiday club with a full day of sports, crafts and a dedicated inflatable swimming session! Be sure to send your child with a swim kit, a packed lunch and drink to keep the fun fuelled.

Children spend the day with our friendly team, who will support them in the water session. All abilities are welcome.

## DANCE WORKSHOP

**Date:** Tuesday 27th October **Time:** 3.30pm-5.30pm  
**Price:** £11.50 **Suitable for:** 4-9-year-olds

Join the Amy Addle Team for a high-energy workshop, dancing to **K-Pop Demon Hunters** – we'd love you to dress up in your best Halloween costumes!

Parents are invited to return 10 minutes before the end to watch their children perform what they've learned and celebrate their hard work.

Please ensure your child brings a drink and a snack to keep their energy levels up throughout.

