



**STUDENTS - JOIN TODAY
AND PAY NOTHING
UNTIL OCTOBER!**

We know heading back to school is costly, so we're lightening the load when it comes to our student memberships - sign up for an annual student membership and you'll pay nothing until October. There's no joining fee, no upfront costs - the sooner you join, the more you save.



Terms and Conditions

For terms and conditions, please visit our website: www.pulsedursley.co.uk
 Children under eight years of age must be accompanied by an adult in the water.
 Please ask about our admission policy if you intend taking more than one child into the pool.
 On busy public swimming sessions, we guarantee a minimum of 40 minutes unless otherwise stated.
 The car park in front of the building and at Sainsbury's is free for up to three hours.
 The management team reserve the right to cancel or amend the programme at any time.



**Our New
Fitness
Programme
Is Here!**

Starting from 1 September, we're introducing a brand-new fitness programme! We're introducing some exciting new classes, while adding more of your favourites like Pilates and introducing extra evening classes.

Pick up our new opening times leaflet or visit pulsedursley.co.uk to download it straight to your phone.

thePulse
DURSLEY

Pool | Gym | Studio

01453 546441
hello@pulsedursley.co.uk
www.pulsedursley.co.uk

The Pulse Dursley, Pool & Gym,
Castle Street, Dursley,
Gloucestershire, GL11 4BS



**October
Half Term**



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Swimming Pool

Monday 28 October

6.30am-9.00am	Early Risers
9.00am-10.00am	Little Ducks Swim School
10.10am-10.50am	Aqua Zumba
11.00am-11.30am	Introduction to Water Fitness
11.30am-1.40pm	Public Swimming (D area unavailable)
1.55pm-2.35pm	Exterminator Inflatable Fun
2.45pm-3.25pm	Private Booking
3.40pm-6.00pm	Junior Swimming Lessons
6.00pm-7.00pm	Aquatic Development Squad
7.00pm-8.15pm	Public Swimming
8.15pm-9.00pm	Swim Fit

Tuesday 29 October

6.30am-9.00am	Early Risers
9.10am-9.55am	Private Booking
10.00am-11.05am	Disabled Swim Session
11.15am-12.00pm	Aqua Stretch Exercise Class
12.00pm-1.30pm	Public Swimming (D area unavailable)
1.40pm-2.20pm	Slippery Slide Inflatable Fun
2.30pm-3.30pm	Adults Only Swim Session (with a lane)
3.35pm-5.15pm	Junior Swimming Lessons
5.15pm-6.30pm	Public Swimming
6.30pm-7.15pm	Aqua Stretch Exercise Class
7.20pm-8.10pm	Ladies Only Swim Session
8.15pm-9.00pm	Lane Swimming (with Swim Fit)

Wednesday 30 October

6.30am-9.00am	Early Risers
9.00am-10.15am	Private Booking
10.30am-11.30am	Parent and Toddler Swim Session
10.35am-11.20am	Aqua Tone Exercise Class
11.30am-12.30pm	Little Ducks Swim School
12.30pm-1.50pm	Public Swimming (D area unavailable 12.30pm-1.30pm)
2.00pm-3.25pm	Splatt, Floats, Rafts and Mini Inflatable Fun (2 x 40 minutes sessions starting at 2.00pm and 2.45pm)
3.40pm-6.30pm	Junior Swimming Lessons
6.30pm-7.15pm	Aqua Insanity Exercise Class
6.30pm-7.15pm	Public Swimming (Shallow End Only)
7.15pm-9.00pm	Public Swimming

Key:

	Public Swimming sessions
	Booking advised

Thursday 31 October

6.30am-9.30am	Early Risers
9.30am-10.00am	Little Ducks Swim School
9.30am-10.00am	Introduction to Water Fitness
10.00am-11.00am	Adults Only Swim Session (with a lane)
11.00am-12.45pm	Public Swimming (D area unavailable 12.00pm-1.00pm)
1.00pm-2.25pm	Aqua Glide Inflatable Fun (2 x 40 minutes sessions starting at 1.00pm and 1.45pm)
2.35pm-3.20pm	Private Booking
3.40pm-6.30pm	Junior Swimming Lessons
6.30pm-7.30pm	Public Swimming
7.30pm-8.15pm	Adults Only Swim Session
8.15pm-9.00pm	Lane Swimming (with Swim Fit at 8.15pm)

Friday 1 November

6.30am-9.00am	Early Risers
9.00am-9.30am	Little Ducks Swim School
9.30am-11.00am	Public Swimming
11.00am-11.45am	Aqua Tone Exercise Class
11.15am-12.00pm	Parent and Toddler Swim Session
12.00pm-1.30pm	Public Swimming (D area unavailable 11.30pm-1.00pm)
1.40pm-2.20pm	Crissy Croc and Stepping Stones Inflatable Fun
2.30pm-3.00pm	Adult Swimming Lessons
3.00pm-3.40pm	Private booking
3.45pm-5.40pm	Junior Swimming Lessons
5.45pm-6.30pm	Aqua Zumba
6.30pm-9.00pm	Dursley Dolphins Swimming Club

Saturday 2 November

8.00am-9.00am	Junior Lifesaving Club
9.00am-10.45am	Junior Swimming Lessons
10.45am-1.40pm	Public Swimming
12.30pm-1.40pm	Lane Swimming (during Public Swimming)
1.45pm-3.10pm	Inflatable Fun (2 x 40 minute sessions starting at 1.45pm and 2.30pm)
3.30pm-8.00pm	Closed for Private Parties

Sunday 3 November

7.15am-8.55am	Public Swimming (with a lane)
9.00am-11.15am	Junior Swimming Lessons
10.10am-4.00pm	Public Swimming (Lessons take place in D area 10.10am-11.15am and 3.30pm-4.00pm)
4.00pm-5.00pm	Aquatic Development Squad
5.00pm-6.00pm	Lane Swimming (with Swim Fit)
6.00pm-8.00pm	Triathlon Club

CHILDREN'S ACTIVITIES



PULSE WIPEOUT

Date: Monday 28 October
Time: 9.00am-4.00pm **Price:** £20.00
Suitable for: Children aged 5-11 years

A high-octane day for all those mini ninja warriors. This day will involve obstacle courses, challenges and a swim session with the Pulse 'Exterminator' inflatable so please bring your swimming kit.



FUN AND GAMES DAY

Date: Tuesday 29 October
Time: 9.00am-4.00pm **Price:** £20.00
Suitable for: Children aged 5-11 years

A fun-packed day involving a variety of sports, team games, relays and spending time with your friends. Includes a water session with games and challenges so please bring your swimming kit.



ACTIVITY DAY PLUS+

Date: Wednesday 30 October
Time: 8.30am-5.30pm **Price:** £25.00
Suitable for: Children aged 5-11 years

An extra-long day from 8.30am to 5.30pm, ideal for working parents! Throughout this day, there will be a wide variety of games and activities from our most popular chosen activity days. This day includes an extended water session with games and challenges so please bring your swimming kit as well as extra snacks to fuel them for the day. Collection will be from the Chantry Centre.



MULTI SPORTS DAY

Date: Friday 1 November
Time: 9.00am-4.00pm **Price:** £20.00
Suitable for: Children aged 5-11 years

A fun packed sporting day where everyone will get the chance to take part in a variety of sporting activities. This day will involve: Football, bowls, bench ball and many more. This day also includes a swim so please bring your swimming kit. Collection will be from the Chantry Centre at 4.00pm.

10% discount when booking siblings into the same activity day.



Drop off and collection point is at The Pulse. Please make sure you send your child with a packed lunch and a drink.



HALLOWEEN PARTY DAY

Date: Thursday 31 October
Time: 9.00am-4.00pm **Price:** £20.00
Suitable for: Children aged 5-11 years

Come dressed up in your scariest outfit for the day and take part in a range of exciting Halloween related party games including mummy wrapping, musical zombies, vampire apple bobbing and a best dressed competition. This will include a games led swim session so please bring your swim kit. This day is sure to be a thriller!



HALLOWEEN DANCE WORKSHOP (MINI ZOMBIES)

Date: Thursday 31 October
Time: 2.15pm-3.45pm **Price:** £6.00
Suitable for: Children aged 4-7 years

A fun-packed dance workshop where you will have the opportunity to learn a Halloween dance routine. Parents will be invited to come and see the final performance before the children go home. This session requires drop off and pick up at the Chantry Centre.



HALLOWEEN DANCE WORKSHOP (JUNIOR ZOMBIES)

Date: Thursday 31 October
Time: 4.00pm-5.30pm **Price:** £6.00
Suitable for: Children aged 8-12 years

A fun-packed dance workshop where you will have the opportunity to learn a Halloween dance routine. Parents will be invited to come and see the final performance before the children go home. This session requires drop off and pick up at the Chantry Centre.