



# JUBILEE POOL PARTY

FRIDAY 3 JUNE

9.40AM-10.25AM 10.30AM-11.15AM 1.35PM-2.20PM

Join us for a 45-minute inflatable fun session with party games and sing-along tunes!

Don't forget, we'll also be on the Recreation Ground with **bouncy castles** from 2.00pm so come and join in after your swim.

# SING 2 DANCE — WORKSHOP —

Join us this half-term for a fun-packed Sing 2 themed dance workshop! Please leave your child with a snack and drink to enjoy halfway through the activity. At the end of the workshop, parents are invited to come and see the dance performance.

TUESDAY 31 MAY

£7.50 PER CHILD

3-5-YEAR-OLDS: 2.15PM-3.45PM

6-9-YEAR-OLDS: 4.00PM-5.30PM



# May Half-Term Programme

30 May-5 June 2022



## Terms and Conditions

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

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.

thePulse  
DURSLEY

Pool | Gym | Studio

01453 546441

[hello@pulsedursley.co.uk](mailto:hello@pulsedursley.co.uk)

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

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



thePulse  
DURSLEY

Pool | Gym | Studio

01453 546441  
[hello@pulsedursley.co.uk](mailto:hello@pulsedursley.co.uk)  
[www.pulsedursley.co.uk](http://www.pulsedursley.co.uk)

# May Pool Times

## Monday 30 May

6.00am–9.00am	Lane Swimming
9.00am–10.00am	Little Ducks Swim School
10.00am–10.45am	Aqua Zumba Exercise Class
10.45am–11.30am	Parent and Toddler Swim Session
11.00am–11.30am	Beginners Water Fitness
11.30am–1.00pm	Little Ducks Swim School
11.35am–12.20pm	Lane Swimming
12.20pm–1.50pm	Family Swimming (D area unavailable 12.20pm–1.00pm)
1.55pm – 2.40pm	Activity Day Swim
2.45pm – 3.30pm	Slippery Slide Inflatable Fun
3.40pm–7.05pm	Junior Swimming Lessons
6.35pm–7.35pm	Family Swimming (D area unavailable until 7.05pm)
7.35pm–8.20pm	Lane Swimming
8.20pm–9.05pm	Swim Fit

## Tuesday 31 May

6.00am–9.00am	Lane Swimming
9.00am–9.30am	Little Ducks Swim School
9.30am–10.15am	Activity Day Swim
10.15am–11.15am	Disabled Swimming
11.15am–12.00pm	Aqua Stretch Exercise Class
12.00pm–1.50pm	Family Swimming (D area unavailable 12.00pm–1.30pm)
12.00pm–1.30pm	Little Ducks Swim School
1.55pm–3.30pm	Stepping Stones, Floats and Rafts Inflatable Fun (2 x 45 minute sessions starting at 1.55pm and 2.45pm)
3.40pm–6.30pm	Junior Swimming Lessons
6.00pm–7.00pm	Family Swimming (D area unavailable until 6.30pm)
7.00pm–7.45pm	Aqua Stretch Exercise Class
7.50pm–8.35pm	Ladies Only Swimming
8.40pm–9.25pm	Lane Swimming

## Wednesday 1 June

6.00am–9.00am	Lane Swimming
9.00am–9.30am	Little Ducks Swim School
9.30am–10.30am	Activity Day Swim
10.30am–11.15am	Parent and Toddler Swim Session
10.45am–11.30am	Aqua Tone Exercise Class
11.30am–1.30pm	Little Ducks Swim School
12.30pm–1.40pm	Family 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 Stretch Exercise Class
7.15pm–8.15pm	Family Swimming
8.15pm–9.00pm	Lane Swimming

## Thursday 2 June

8.00am–9.00am	Lane Swimming
9.00am–10.00am	Little Ducks Swim School
10.00am–10.45am	Aqua Stretch Exercise Class
10.45am–1.50pm	Family Swimming (D Area unavailable 12.00pm–1.30pm)
12.00pm–1.30pm	Little Ducks Swim School
1.55pm–3.30pm	Aqua Glide Inflatable Fun (2 x 45 minute sessions starting at 1.55pm and 2.45pm)
3.40pm–6.25pm	Junior Swimming Lessons
6.30pm–7.45pm	Family Swimming
7.45pm–8.30pm	Lane Swimming

## Friday 3 June

8.00am–9.00am	Lane Swimming
9.00am–9.30am	Little Ducks Swim School
9.40am–11.15am	Jubilee Pool Party (2 x 45 minute sessions starting at 9.40am and 10.30am)
11.25am–1.30pm	Family Swimming (D area unavailable 12.00pm–1.30pm)
12.00pm–1.30pm	Little Ducks Swim School
1.35pm–2.20pm	Jubilee Pool Party
2.30pm–3.00pm	Adult Swimming Lessons
3.30pm–5.35pm	Junior Swimming Lessons
5.45pm–6.30pm	Aqua Zumba Exercise Class

## Saturday 4 June

8.00am–9.00am	Junior Lifesaving Club
8.25am–10.40am	Junior Swimming 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)
3.30pm–8.00pm	Closed for Private Parties

## Sunday 5 June

7.00am–7.45am	Lane Swimming
7.50am–8.55am	Family Swimming
8.25am–11.15am	Junior Swimming Lessons
10.45am–3.55pm	Family Swimming
4.00pm–6.15pm	Junior Swimming Lessons
6.20pm–7.05pm	Swim Fit
7.10pm–7.55pm	Lane Swimming

### Key:

Public Swimming sessions
Booking advised



## Intensive Swimming Lessons

Looking to boost your child's confidence and ability in the water? We're offering week-long courses of Stage 2 lessons for both those on our Learn to Swim programme and children who don't currently have lessons with us.

Monday 30 May–Friday 3 June  
8.00am–8.30am or 8.30am–9.00am

Priced at £32.50 per child per week.

## Bank Holiday Fitness Classes

### Thursday 2 June

8.00am–9.00am	Pilates
9.00am–9.45am	Spin
9.15am–10.00am	Piloxing
10.00am–10.45am	Aqua Stretch
10.15am–11.15am	Body Pump
5.45pm–6.30pm	Body Combat

### Friday 3 June

9.00am–9.45am	Spin
9.15am–10.00am	Aerobics
10.15am–11.15am	Pilates
11.30am–12.30pm	Yoga
5.45pm–6.30pm	Aqua Zumba

## Bank Holiday Gym Opening Times

### Thursday 2 June

8.00am–8.30pm

### Friday 3 June

8.00am–6.30pm

# ACTIVITY DAYS

KEEP THE KIDS ENTERTAINED THIS HALF-TERM WITH OUR FANTASTIC ACTIVITY DAYS!

Our team look forward to welcoming you to a jam-packed day of sports challenges, activities and crafts, plus an inflatable fun session in the pool.



Our activity days are always popular, so be sure to book in advance to guarantee your child's place.

MONDAY 30 MAY  
TUESDAY 31 MAY  
WEDNESDAY 1 JUNE

ALL DAYS RUN FROM 9.00AM TO 3.00PM  
SUITABLE FOR 5-11-YEAR-OLDS

Activity Days are priced at £20.00 per child. Drop off and collection point is at the Chantry Centre. Please make sure you send your child with a packed lunch, drink and swimming kit.