



DANCE WORKSHOP

Join us this Easter for an energetic dance workshop run by the 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.

Tuesday 26 March
3.00pm – 5.00pm
Wonka themed!

Tuesday 2 April
3.00pm – 5.00pm
Barbie themed!

Price: £8.50 per child
Suitable for 4-9-year-olds



EASTER INFLATABLE PARTIES

Saturday 30 March

Mini Inflatable Party

1.45pm (for 7 yrs and under only). Join us for a 45-minute session filled with fun and games! Children must be accompanied by an adult.

Beat the Bunny Inflatable Party

The Easter Bunny has challenged you to beat their time across The Exterminator! Duck, dive and scramble across this obstacle course inflatable to race your friends and to 'Beat the Easter Bunny'! If you can there are prizes to be won; the fastest wins a free Summer Passport Membership! Two 55 minute sessions are available, starting at 2.45pm and 3.45pm. Price: £5 Child £6 Adult



ACTIVITY DAYS

KEEP THE KIDS ENTERTAINED IN THE EASTER HOLIDAYS WITH OUR FANTASTIC ACTIVITY DAYS!

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

Tuesday 26 March
Wednesday 27 March
Thursday 28 March

Tuesday 2 April
Wednesday 3 April
Thursday 4 April

All days run from 9.00am – 3.00pm
Drop off 8.45am – 9.00am
Suitable for 5-11 year olds



Activity Days are priced at £22.50 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.

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. 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

www.pulsedursley.co.uk

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



Easter

2024

25 March to 7 April



thePulse
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INTENSIVE SWIMMING LESSONS

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

Stage 2 Intensive Lessons

We're offering week-long courses of Stage 2 lessons for both those on our Learn to Swim programme and children who do not currently have lessons with us.

Monday 25 March – Friday 29 March

8.00am – 8.30am or 8.30am – 9.00am

Priced at £36 per child per five-day course.

Stage 4 One-to-One Lessons

For children who are currently on our Stage 4 lessons, or those on our waiting list, we are offering a limited number of one-to-one lessons that focus on the 4a and 4b outcomes – improving your child's water skills, stroke technique and water confidence.

Tuesday 26 March

Wednesday 27 March

Thursday 28 March

Tuesday 2 April

Wednesday 3 April

Thursday 4 April

12:30pm – 1:00pm or 1:00pm – 1:30pm

Priced at £17 per one-to-one lesson

Easter Pool Times



Monday 25 March

6.00am – 9.00am	Lane Swimming
9.00am – 10.00am	Little Ducks Swim School
10.00am – 10.45am	Aqua Stretch Exercise Class
10.45am – 11.30am	Parent and Toddler Swim Session
10.50am – 11.20am	Beginner's Water Fitness
11.30am – 1.00pm	Little Ducks Swim School
11.30am – 12.15pm	Lane Swimming (D area unavailable)
12.15pm – 1.45pm	Family Swimming (D area unavailable 12.15pm – 1.00pm)
1.55pm – 3.30pm	Slippery Slide Inflatable Fun (2 x 45 minute sessions starting at 1.55pm and 2.45pm)
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 26 March

6.00am – 9.00am	Lane Swimming
9.00am – 9.30am	Little Ducks Swim School
9.30am – 10.15am	Activity Day Swim
10.15am – 11.10am	Disabled Swimming Session
11.15am – 12.00pm	Aqua Stretch Exercise Class
12.00pm – 1.45pm	Family Swimming (D area unavailable 12.00pm – 1.30pm)
12.00pm – 1.30pm	Little Ducks Swim School
1.55pm – 3.30pm	Exterminator 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 27 March

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 – 1.45pm	Family Swimming (D area unavailable 12.30pm – 1.30pm)
1.55pm – 3.30pm	Floats, Rafts, Splatt and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.55pm and 2.45pm)
3.40pm – 6.25pm	Junior Swimming Lessons
6.30pm – 7.15pm	Aqua Insanity Exercise Class
6.30pm – 8.15pm	Family Swimming (Shallow end only until 7.15pm)
8.15pm – 9.00pm	Lane Swimming

Thursday 28 March

6.00am – 9.00am	Lane Swimming
9.00am – 10.00am	Little Ducks Swim School
10.00am – 10.45am	Aqua Stretch Exercise Class
10.45am – 11.30am	Activity Day Swim
11.35am – 1.45pm	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
8.30pm – 9.15pm	Swim Fit

Friday 29 March Good Friday

7.30am – 9.00am	Lane Swimming
9.00am – 9.30am	Little Ducks Swim School
9.30am – 11.00am	Family Swimming
11.00am – 11.45am	Aqua Tone Exercise Class
11.15am – 12.00pm	Parent and Toddler Swim Session
12.00pm – 1.30pm	Little Ducks Swim School
12.00pm – 1.30pm	Family Swimming (D area unavailable 12.00pm – 1.30pm)
1.40pm – 2.25pm	Slippery Slide Inflatable Fun
2.30pm – 3.00pm	Adult Swimming Lessons
3.00pm – 3.35pm	Family Swimming
3.40pm – 5.35pm	Junior Swimming Lessons
5.40pm – 6.30pm	Lane Swimming

Saturday 30 March

8.00am – 9.00am	Junior Lifesaving Club
8.25am – 10.40am	Junior Swimming Lessons
10.45am – 1.40pm	Family Swimming
1.45pm – 2.30pm	Mini Inflatable Party (for 7 yrs and under only)
2.45pm – 4.40pm	Beat the Bunny' Inflatable Party (2 x 55 minute sessions starting at 2.45pm and 3.45pm)
4.40pm – 8.00pm	Closed for Private Parties

Sunday 31 March Easter Sunday

7.30am – 8.55am	Family Swimming (1 lane available)
8.25am – 11.15am	Junior Swimming Lessons
10.45am – 3.55pm	Family Swimming (D area unavailable until 11.15am)
4.00pm – 6.15pm	Junior Swimming Lessons

Monday 1 April Easter Monday

7.30am – 9.00am	Lane Swimming
9.00am – 10.00am	Little Ducks Swim School
10.15am – 11.00am	Aqua Glide Inflatable Fun Session
11.10am – 1.00pm	Family Swimming (D area unavailable)
11.30am – 1.00pm	Little Ducks Swim School
1.05pm – 1.50pm	Aqua Glide Inflatable Fun Session
2.00pm – 3.35pm	Family Swimming
3.40pm – 7.05pm	Junior Swimming Lessons
6.35pm – 7.35pm	Lane Swimming

Tuesday 2 April

6.00am – 9.00am	Lane Swimming
9.00am – 9.30am	Little Ducks Swim School
9.30am – 10.15am	Activity Day Swim
10.15am – 11.10am	Disabled Swimming Session
11.15am – 12.00pm	Aqua Stretch Exercise Class
12.00pm – 1.45pm	Family Swimming (D area unavailable 12.00pm – 1.30pm)
12.00pm – 1.30pm	Little Ducks Swim School
1.55pm – 3.30pm	Slippery Slide 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 3 April

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 – 1.45pm	Family Swimming (D area unavailable 12.30pm – 1.30pm)
1.55pm – 3.30pm	Floats, Rafts, Splatt and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 1.55pm and 2.45pm)
3.40pm – 6.25pm	Junior Swimming Lessons
6.30pm – 7.15pm	Aqua Insanity Exercise Class
6.30pm – 8.15pm	Family Swimming (Shallow end only until 7.15pm)
8.15pm – 9.00pm	Lane Swimming

Thursday 4 April

6.00am – 9.00am	Lane Swimming
9.00am – 10.00am	Little Ducks Swim School
10.00am – 10.45am	Aqua Stretch Exercise Class
10.45am – 11.30am	Activity Day Swim
11.35am – 1.45pm	Family Swimming (D Area unavailable 12.00pm – 1.30pm)
12.00pm – 1.30pm	Little Ducks Swim School
1.55pm – 3.30pm	Exterminator 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
8.30pm – 9.15pm	Swim Fit

Key

Light Blue	Just turn up
Yellow	Booking advised

11-14yrs Gym Sessions

Monday 25 March – Sunday 7 April

11.00am – 12.00pm and 3.30pm – 4.30pm

Friday 5 April

6.00am – 9.00am	Lane Swimming
9.00am – 9.30am	Little Ducks Swim School
9.30am – 11.00am	Family Swimming
11.00am – 11.45am	Aqua Tone Exercise Class
11.15am – 12.00pm	Parent and Toddler Swim Session
12.00pm – 1.30pm	Little Ducks Swim School
12.00pm – 1.30pm	Family Swimming (D area unavailable 12.00pm – 1.30pm)
1.40pm – 2.25pm	Aqua Glide Inflatable Fun Session
2.30pm – 3.00pm	Adult Swimming Lessons
3.00pm – 3.35pm	Family 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 6 April

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 7 April

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 (D area unavailable until 11.15am)
4.00pm – 6.15pm	Junior Swimming Lessons
6.20pm – 7.05pm	Swim Fit
7.10pm – 7.55pm	Lane Swimming

Easter Weekend Fitness Timetable

Friday 29 March Good Friday

8.00am – 9.00am	Pilates
9.20am – 10.20am	Piloxing
10.30am – 11.30am	Pilates
11.00am – 11.45am	Aqua Tone
11.45am – 12.45pm	Hatha Yoga
12.00pm – 12.45pm	Spin
2.00pm – 3.00pm	Range of Motion Yoga
5.00pm – 5.45pm	Spin

Saturday 30 March

8.15am – 9.00am	Spin
10.15am – 11.00am	Move to the Movies

Sunday 31 March Easter Sunday

9.00am – 9.45am	Spin
5.00pm – 5.45pm	Rave Spin

Monday 1 April Easter Monday

8.00am – 9.00am	Alignment Yoga
9.15am – 10.00am	Body Combat
1.45pm – 3.15pm	Rest and Restore Yoga
5.45pm – 6.30pm	Zumba
5.45pm – 6.30pm	Spin
6.40pm – 7.30pm	Circuits

Easter Weekend Gym Opening Times

Friday 29 March Good Friday

7.30am – 6.30pm

Saturday 30 March

8.00am – 5.00pm

Sunday 31 March Easter Sunday

7.30am – 6.30pm

Monday 1 April Easter Monday

7.30am – 7.30pm