



## 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 27 May–Friday 31 May  
8.00am–8.30am or 8.30am–9.00am  
£38 for a five-day course of lessons

## NPLQ Lifeguarding Course



14 July–20 July  
Price: £280

Looking for a new opportunity, skill, and a chance to start a career within leisure? Join us on our summer lifeguarding course and become NPLQ qualified! You must be 16 years old at the time of assessment (20 July) and will need to have a good swimming ability.

What are the benefits of training to become a lifeguard?

- Learn first aid and CPR which could save a life.
- Meet and work with a great team of individuals.
- The qualification is internationally recognised, so there is potential to travel and work as a lifeguard around the world.
- The NPLQ is worth 8 UCAS points.



### 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



# MAY HALF-TERM PROGRAMME

27 May–2 June 2024



thePulse  
DURSLEY

Pool | Gym | Studio

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# May Pool Times

## Monday 27 May BANK HOLIDAY

7.00am–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 – 1.45pm	Family Swimming (D area unavailable until 1.00pm)
11.30am–1.00pm	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–7.05pm	Junior Swimming Lessons
6.35pm–7.35pm	Family Swimming (D area unavailable until 7.05pm)
7.35pm–8.20pm	Lane Swimming

## Tuesday 28 May

6.00am–9.00am	Lane Swimming
9.00am–9.30am	Little Ducks Swim School
9.30am–10.15am	Activity Day Swim
10.15am–11.10am	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	Floats, Rafts, Splatt and Stepping Stones 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 29 May

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	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.55pm and 2.45pm)
3.40pm–6.25pm	Junior Swimming Lessons
6.30pm–7.15pm	Aqua Insanity
6.30pm–8.15pm	Family Swimming (Shallow end only until 7.15pm)
8.15pm–9.00pm	Lane Swimming

## Thursday 30 May

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 31 May

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	Slippery Slide 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 1 June

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 Session (under 7s only)
2:35pm–3:20pm	Slippery Slide Inflatable Fun Session
3.30pm–8.00pm	Closed for Private Parties

## Sunday 2 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:

<span style="background-color: #ADD8E6; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Public Swimming sessions
<span style="background-color: #FFD700; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Booking advised

### MAY BANK HOLIDAY

## Fitness Timetable

### Monday 27 May

8.00am–9.00am	Pilates
9.15am–10.00am	Body Combat
10.00am–10.45am	Aqua Stretch
10.10am–11.10am	PIYo
10.50am–11.20am	Beginner's Water Fitness
11.15am–12.00pm	Zumba
1.45pm–3.15pm	Alignment Yoga
5.00pm–5.40pm	Barre
5.45pm–6.30pm	Zumba
5.45pm–6.30pm	Spin
6.35pm–6.55pm	Core Blimey
7.00pm–7.55pm	Circuits
7.30pm–8.15pm	Spin

### MAY BANK HOLIDAY

## Gym Opening Times


### Monday 27 May

7.00am–8.00pm

## 11-14yrs Gym Sessions

### Monday 27 May– Sunday 2 June

11.00am–12.00pm  
3.30pm–4.30pm



# DANCE

## WORKSHOP

**TUESDAY 28 MAY, 3.35PM–5.35PM**  
POPSTAR DANCE WORKSHOP

**FRIDAY 31 MAY, 3.10PM–5.10PM**  
AT THE MOVIES DANCE WORKSHOP

**£9.50 PER CHILD**  
**SUITABLE FOR 4–9-YEAR-OLDS**

Join us this half-term 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.

# 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.

**TUESDAY 28 MAY**  
**WEDNESDAY 29 MAY**  
**THURSDAY 30 MAY**

**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 £25 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.



## MINI INFLATABLE SESSIONS

*Slippery slide*

Enjoy a 45-minute session with special use of the Slippery Slide in the shallow end for 7-year-olds and under only. Children must be accompanied by an adult.

Saturday 25 May – 5:30pm  
Saturday 1 June – 1:45pm