

Children's Activities

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

Fun and Games Day

Date: Tuesday 9 April
Time: 9.00am-4.00pm
Price: £20.00
Children aged 5-12 years

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

Alternative Sports Day

Date: Wednesday 10 April
Time: 9.00am-4.00pm
Price: £20.00
Children aged 5-12 years

Come and take part in a variety of team sports including water polo, bench ball, end ball, skittles, indoor curling and boccia. This day includes a water session with games and challenges so please bring your swim kit.

Gymnastics Day

Date: Thursday 11 April
Time: 9.00am-4.00pm
Price: £20.00
Children aged 5-12 years

Come and practice your handstands and forward rolls while working on flexibility and linking movements together. The day will finish with a gymnastics show, putting together all the moves you have learnt into one big performance. Drop off is at The Pulse and collection is from the Chantry Centre. Please arrive at 3.45pm for the gymnastics performance.

Retro Sports Day

Date: Tuesday 16 April
Time: 9.00am-4.00pm
Price: £20.00
Children aged 5-12 years

A fun day packed with old school games and races, including sack races, egg and spoon, skipping, long jump, welly wanging and much more. This day will also include an inflatable swim session.

Wednesday's Wacky Wellness Day

Date: Wednesday 17 April
Time: 9.00am-4.00pm
Price: £20.00
Children aged 7-12 years

Brand new for 2019, this day is all about learning lots of new skills while including fun and creative games. During the day, children will learn all about basic first aid skills including CPR, life skills in the water as well as learning and making a fruit salad. There will be effort-related prizes for children throughout the day. Upon booking, any allergies must be made aware to the activity team as well as when signing children in. This day includes a water session with games and challenges so please bring your swim kit.

Pulse Wipeout

Date: Thursday 18 April
Time: 9.00am-4.00pm
Price: £20.00
Children aged 5-12 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 Twin Track so please bring your swim kit.



Dance Workshop

Date: Friday 12 April
Time: 2.50pm-4.50pm
Price: £6.00
Children aged 5-12 years

A fun-packed dance workshop that covers a mixture of dance genres, including street dance, musical theatre and jazz. You will have the opportunity to learn a routine for a show at the end of the session. Parents will be invited to come and see the final performance before children go home.



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.

Public Swimming

On busy 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.

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



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Swimming Pool

Friday 5 April

6.30am-9.00am	Early Risers
9.00am-9.30am	Little Ducks Swim School
9.30am-11.00am	School Swimming
11.00am-11.45am	Aqua Tone Exercise Class
11.15am-12.00pm	Parent and Toddler Swim Session
12.00pm-2.00pm	Public Swimming (D area unavailable 12.00pm-1.00pm)
2.00pm-2.30pm	Little Ducks Swim School
2.30pm-3.00pm	Adult Swimming Lessons
3.00pm-3.45pm	Public Swimming
3.45pm-5.40pm	Junior Swimming Lessons
5.45pm-6.25pm	Aqua Zumba
6.30pm-9.00pm	Dursley Dolphins Swimming Club

Saturday 6 April

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	Stepping Stones and Submarine Inflatable Fun (2 x 40 minute sessions starting at 1.45pm and 2.30pm)
3.30pm-8.00pm	Closed for Private Parties

Sunday 7 April

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)
4.00pm-5.00pm	Aquatic Development Squad
5.00pm-6.00pm	Lane Swimming (with Swim Fit)
6.00pm-8.00pm	Triathlon Club (private)

Monday 8 April

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-1.30pm	Public Swimming (D area unavailable 11.30am-1.00pm)
1.30pm-2.55pm	Aqua Glide Inflatable Fun (2 x 40 minute sessions starting at 1.30pm and 2.15pm)
3.00pm-3.40pm	Public Swimming
3.40pm-6.00pm	Junior Swimming Lessons
6.00pm-7.00pm	Aquatic Development Squad
7.00pm-8.15pm	Public Swimming

Tuesday 9 April

6.30am-9.00am	Early Risers
9.15am-10.00am	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	Stepping Stones and Crissy Croc Inflatable Fun
2.30pm-3.30pm	Adults Only Swim Session
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 10 April

6.30am-9.30am	Early Risers
9.40am-10.20am	Slippery Slide (Deep End) and Splat (Shallow) Inflatable Fun
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-2.00pm	Public Swimming (D area unavailable 12.30pm-1.30pm)
2.00pm-3.15pm	Private Booking
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

Thursday 11 April

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)
11.00pm-1.30pm	Public Swimming (D area unavailable 12.00pm-1.00pm)
1.40pm-3.10pm	Twin Track Inflatable Fun (2 x 40 minute sessions starting at 1.40pm and 2.30pm)
3.40pm-6.30pm	Junior Swimming Lessons
6.30pm-7.30pm	Public Swimming
7.30pm-8.15pm	Adults Only Swim Session (with a lane)
8.15pm-9.00pm	Lane Swimming (with Swim Fit)

Friday 12 April

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 12.00pm-1.00pm)
1.40pm-2.20pm	Aqua Glide and Crissy Croc Inflatable Fun
2.30pm-3.00pm	Adult Swimming Lessons
3.00pm-3.45pm	Public Swimming
3.45pm-5.40pm	Junior Swimming Lessons
5.45pm-6.25pm	Aqua Zumba
6.30pm-9.00pm	Dursley Dolphins Swimming Club

Saturday 13 April

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	Stepping Stones and Submarine Inflatable Fun (2 x 40 minute sessions starting at 1.45pm and 2.30pm)
3.30pm-8.00pm	Closed for Private Parties

Sunday 14 April

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)
4.00pm-5.00pm	Aquatic Development Squad
5.00pm-6.00pm	Lane Swimming (with Swim Fit)
6.00pm-8.00pm	Triathlon Club (private)

Monday 15 April

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-1.30pm	Public Swimming (D area unavailable 11.30am-1.00pm)
1.30pm-2.55pm	Aqua Glide Inflatable Fun (2 x 40 minute sessions starting at 1.30pm and 2.15pm)
3.00pm-3.40pm	Public Swimming
3.40pm-6.00pm	Junior Swimming Lessons
6.00pm-7.00pm	Aquatic Development Squad
7.00pm-8.15pm	Public Swimming

Tuesday 16 April

6.30am-9.00am	Early Risers
9.15am-10.00am	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 and Floats & Rafts Inflatable Fun
2.30pm-3.30pm	Adults Only Swim Session
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 17 April

6.30am-9.30am	Early Risers
9.40am-10.20am	Stepping Stones and Splat Inflatable Fun
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-2.00pm	Public Swimming (D area unavailable 12.30pm-1.30pm)
2.00pm-3.15pm	Private Booking
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

Thursday 18 April

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-12.00pm	Private Booking
12.00pm-1.30pm	Public Swimming (D area unavailable 12.00pm-1.00pm)
1.40pm-3.10pm	Twin Track Inflatable Fun (2 x 40 minute sessions starting at 1.40pm and 2.30pm)
3.40pm-6.30pm	Junior Swimming Lessons
6.30pm-7.30pm	Public Swimming
7.30pm-8.15pm	Adults Only Swim Session (with a lane)
8.15pm-9.00pm	Lane Swimming (with Swim Fit)

Friday 19 April Good Friday

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 12.00pm-1.00pm)
1.40pm-2.20pm	Stepping Stones and Submarine Inflatable Fun
2.30pm-3.00pm	Adult Swimming Lessons
3.00pm-3.45pm	Public Swimming
3.45pm-5.40pm	Junior Swimming Lessons
5.45pm-6.25pm	Aqua Zumba

Saturday 20 April

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	Stepping Stones and Crissy Croc Inflatable Fun (2 x 40 minute sessions starting at 1.45pm and 2.30pm)
3.30pm-8.00pm	Closed for Private Parties

Sunday 21 April Easter Sunday

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

Key:

Public Swimming sessions

Booking advised

For further information about each of our classes and for full terms and conditions, please visit our website.

www.pulsedursley.co.uk

Monday 22 April Easter Monday

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-1.00pm	Public Swimming (D area unavailable 11.30am-1.00pm)
1.10pm-2.40pm	Twin Track Inflatable Fun (2 x 40 minute sessions starting at 1.10pm and 2.00pm)
2.45pm-3.40pm	Public Swimming
3.40pm-6.00pm	Junior Swimming Lessons
6.00pm-7.00pm	Aquatic Development Squad
7.00pm-8.15pm	Public Swimming

Easter Weekend Gym Opening Times

Friday 19 April	6.30am-7.15pm
Saturday 20 April	8.00am-8.00pm
Sunday 21 April	7.15am-5.00pm
Monday 22 April	6.30am-8.00pm

Easter Weekend Fitness Classes

Friday 19 April

6.30am-7.15am	Spin
10.05am-11.05am	Piloxing
5.00pm-5.40pm	Pound
5.45pm-6.25pm	Aqua Zumba
5.45pm-6.15pm	Spin Express
5.45pm-6.30pm	Kettle Bell
6.35pm-7.05pm	Spin Express
6.35pm-7.05pm	Triple A

Saturday 20 April

8.00am-9.00am	Hatha Yoga
8.00am-8.45am	Spin
9.10am-10.05am	Strength Circuits
10.10am-10.55am	Strictly Fitness
11.05am-11.50am	PIYo

Sunday 21 April

9.00am-9.45am	Spin
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Monday 22 April

9.10am-10.00am	Combat
10.10am-10.50am	Aqua Zumba
10.05am-10.55am	Fitball
11.00am-11.30am	Introduction to Water Fitness
11.00am-11.45am	PIYo
5.00pm-5.40pm	Barre
5.45pm-6.30pm	Zumba
6.00pm-6.45pm	Spin
6.35pm-6.55pm	Core Blimey
7.00pm-8.00pm	Circuits