

Spring Newsletter 2026

From the CEO

At Dragonfly Leisure, we believe leisure is more than fitness — it's about wellbeing, community, and opportunity for everyone.

This quarter has been packed with exciting programmes, community events, and member achievements across our facilities. Thank you to our members, staff, and partners for making Dragonfly Leisure a place where everyone belongs.

Let's dive into the highlights and what's coming next!

Matt Wise, CEO



Quarterly Highlights

Hydration stations

New hydration stations now installed! We've just installed brand new hydration stations in our gyms — offering filtered plain water and a choice of vitamin-rich fruit flavours

Choose from:



Strawberry Watermelon



Wild Elderflower



Peach

All completely free for our members!

Because staying refreshed shouldn't come at a cost.

Elevate Gym

New Premium Space – ELEVATE Gym

We're excited to introduce Elevate, a brand-new premium workout environment at Midsomer Norton. Featuring advanced EGYM technology, this space delivers personalised workouts tailored to improve strength, mobility, and overall wellbeing.

Sessions are bookable via our app, ensuring a calm, focused training experience every time.

To get started, all members are required to complete a short induction, where our team will guide you through the equipment and set up your personalised programme for the best possible results.

If you would like to book an induction, please visit our app and click on the Support button.



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We're excited to share that Elevate has already welcomed over 1000 members since opening at the end of February! This incredible uptake highlights just how popular the new space has become in such a short time.

If you haven't explored Elevate yet, now's the perfect time to get started. Be sure to book your induction so you can make the most of everything on offer.

Why try Elevate?

E-Gym equipment – smart, personalised machines that automatically adjust to your strength and ability

Efficient workouts – complete a full-body session in less time

Progress tracking – monitor your performance and improvements with ease

Beginner-friendly – guided setup makes it accessible for all fitness levels

Join the growing community and see what everyone's talking about—Elevate is here to help you train smarter, not harder.



Group Exercise Highlight – New Menopause Class

What You Can Expect:

- Feel lighter in your body and mind
- Build real, lasting strength
- Reset your energy levels naturally
- Calm your mind and reduce anxiety
- Clear stubborn brain fog
- Discover the exact foods that support your body
- Learn targeted exercises that truly make a difference
- Retrain habits that hold you back
- Rebalance and reconnect with yourself

This is about creating sustainable change, so you can feel better, think clearer, and move through life with more energy and confidence.

Visit our website www.dragonflyleisure.co.uk/activities/menopause for more details.



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Steam and Sauna

We are pleased to unveil a brand-new contemporary look for our steam and sauna facilities at Writhlington. This refreshed space has been thoughtfully redesigned to create a more modern, relaxing, and inviting environment for all our members and visitors.

With a fresh new aesthetic and improved surroundings, the upgraded facilities offer the perfect place to unwind, recover, and recharge. The enhancements reflect our ongoing commitment to providing high-quality spaces that support both wellbeing and comfort.

We look forward to welcoming you to experience the new and improved steam and sauna facilities.

Please Note:

- No water or any liquids are permitted inside the sauna cabin.
- Swimwear must be worn at all times, including when showering.
- Please use the designated male or female changing rooms before and after your session.



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Dry Changing

We are delighted to introduce our brand-new luxury dry changing facility at our Midsomer Norton site. This modern, adult-only, space offers a warm, clean, and spacious environment, allowing users to change with ease away from wet areas.

The facility has been carefully designed with high-quality finishes and practical features to ensure a more relaxed and enjoyable visit. Whether you're arriving for a session or finishing your workout, the new dry changing area provides a premium standard we are proud to offer.

We look forward to welcoming you to experience this fantastic new addition.



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Lessons

Swimming Lessons

We are proud to offer high-quality swimming lessons designed to help every child build confidence, develop skills, and enjoy the water safely.

Our programme follows the nationally recognised Swim England “Learn to Swim” framework, ensuring a structured and progressive journey for all swimmers. Whether your child is just starting out or advancing through the stages, our lessons are tailored to support their individual development.

All our teachers are fully qualified, regularly assessed, and committed to ongoing professional development. This means your child benefits from expert instruction and the best possible learning experience every time they enter the pool.

To support consistent progress, we assess each child against the framework at least every two weeks. These regular evaluations help us track development and ensure swimmers are working towards the right goals at the right pace.



Pathway Opportunity: Team Bath AS

We're excited to share that Team Bath AS, a performance swimming club based at the University of Bath, is now operating a satellite centre from our Midsomer Norton site (launched September 2024).

Team Bath AS offers a junior development pathway for swimmers aged 7+ who have achieved Stage 7 or equivalent, providing a fantastic next step for those ready to progress into a more performance-focused environment.

Session Details:

Tuesdays & Wednesdays

6:30pm – 8:30pm

To book a trial session or find out more, please email:

pathway.programme@teambathas.co.uk

Take the next step in your child's swimming journey with this exciting new opportunity!



UNIVERSITY OF BATH

TEAMBATH™

AS



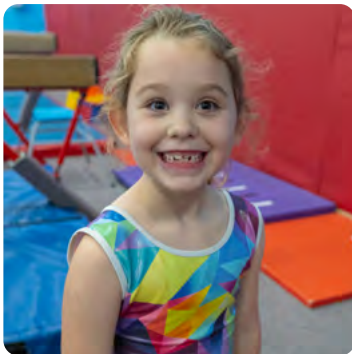
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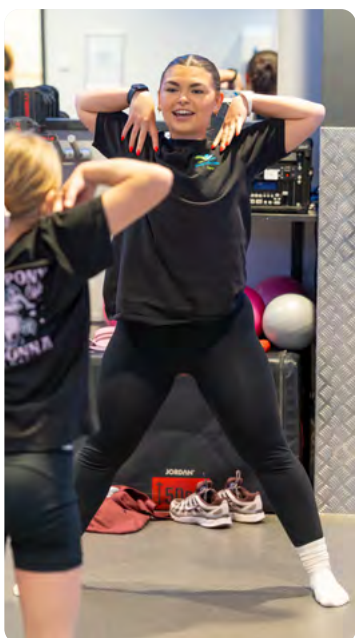
Gymnastics Lessons

We offer fun, inclusive junior gymnastics lessons for children aged 4–16, as well as preschool sessions for children aged 1–4. Delivered by qualified coaches in a safe and supportive environment, lessons help children develop strength, flexibility, balance, coordination and confidence while learning exciting gymnastics skills.

Our sessions are designed to be enjoyable for all abilities, whether children are trying gymnastics for the first time or looking to further develop their skills. Gymnastics also helps improve focus, resilience, social skills and overall fitness, making it a fantastic activity both physically and mentally.

We also offer parent-assisted pre-school Stay & Play sessions featuring inflatables, soft play and trampolines, giving younger children the opportunity to build confidence, coordination and social interaction through active play.





Dance Lessons

At Dragonfly Leisure, we aim to create a welcoming and inclusive environment where every dancer can enjoy learning and feel confident to grow. Our classes follow recognised dance syllabi across a range of styles and levels, helping students develop their skills in a structured and supportive way.

We believe dance should be fun and accessible for everyone. While some dancers may choose to work towards exams, performances, or competitions, participation in these is always optional. Progression within our classes is never dependent on achievements outside of lessons, and our priority is ensuring every student feels encouraged to progress at a pace that suits them.

For dancers who wish to pursue additional goals, we are always happy to support their development and help them work towards personal achievements within our classes.





Tennis Lessons

We offer fun and engaging tennis lessons for children aged 4–16, helping young players develop skills, confidence and a lifelong love of sport. Delivered by experienced coaches in a supportive environment, sessions focus on improving coordination, agility, teamwork and technique through enjoyable drills and games.



Our junior programme caters for all abilities, from complete beginners to more advanced players looking to progress their game further. Tennis is a fantastic way for children to stay active, build confidence, improve concentration and make new friends while learning valuable life skills such as resilience and communication.



We also offer parent-and-tots tennis courses for 3–4-year-olds, providing a fun introduction to tennis through exciting, parent-assisted activities designed to develop fundamental movement and racket skills.

Adult Lessons

Whether you're picking up a racket for the first time or looking to improve your game, our adult tennis programme offers something for everyone. Led by experienced and friendly coaches, sessions are designed to help players develop their technique, fitness and confidence in a fun and supportive environment.

Our lessons cater for all abilities, from complete beginners through to more experienced players looking to refine their skills.

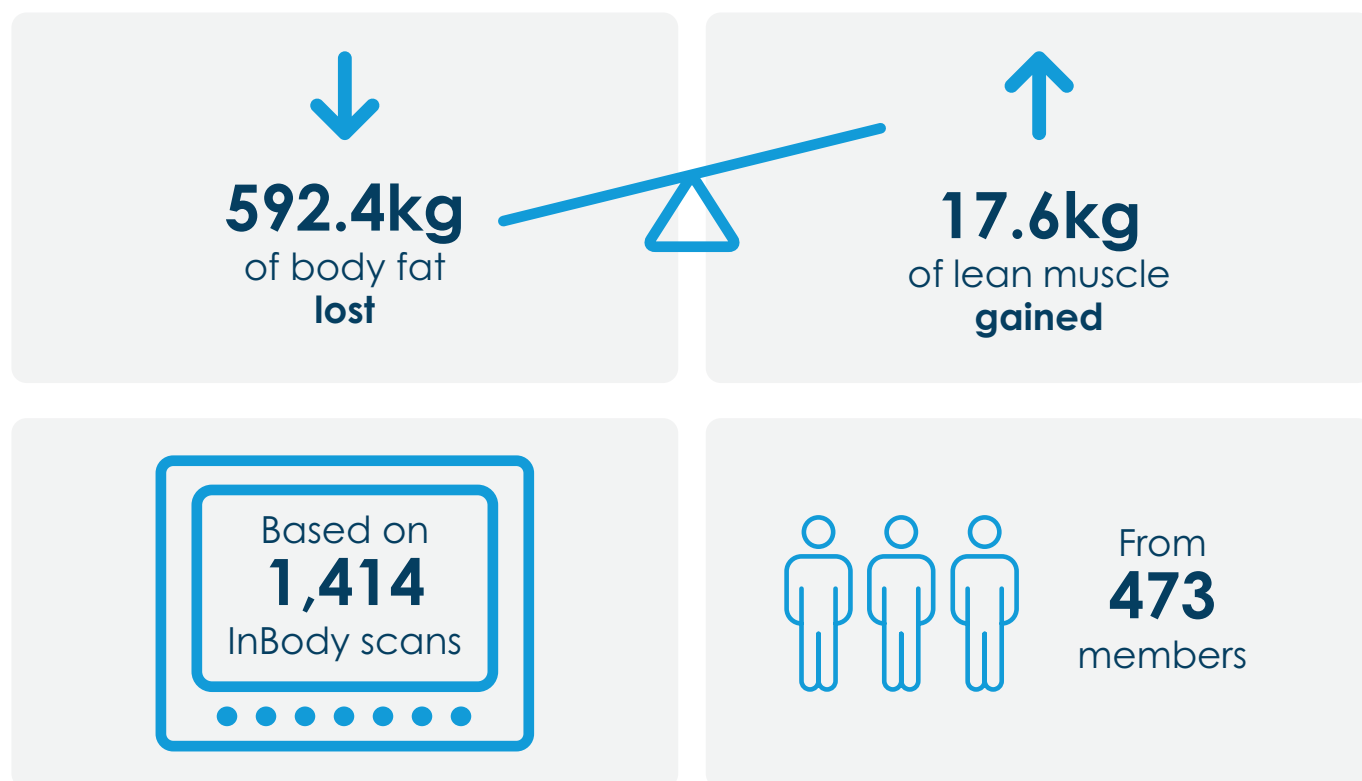
We offer a range of group coaching sessions throughout the week.



Fitness Milestones

InBody Stats: Real results. Real progress.

Over the past 12 months, our members have achieved incredible results:



This is a powerful reflection of the consistency, effort, and commitment within our community. Well done all!

Track more than just weight

Ever wondered how much muscle you've gained or how your training is really impacting your body?

Why Use InBody?

The InBody scanner is a fantastic tool to track real, measurable progress, fine-tune your workouts, and stay motivated with clear, visual results.

Our InBody machine takes the guesswork out of fitness by delivering a detailed body composition analysis in under a minute. It measures muscle mass, body fat percentage, and water balance.

This means you can see true progress — not just the number on the scale.

InBody Composition Scans include:

Detailed breakdown of body fat, muscle mass, and body water

Track progress – see fat loss and muscle gain clearly

More accurate than BMI for a realistic view of your health

Targeted insights with analysis of arms, legs, and torso

Health indicators including visceral fat levels

Best of all, access to the InBody machine is **included in all Dragonfly Leisure memberships at no extra cost.**

If you haven't had a scan yet, now's the perfect time to start tracking your journey more accurately and effectively.



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Member of the Quarter



Maria Harrington
EGYM Leader Board Achievement

**“The Support From Dragonfly coaches
gave me the confidence to push
beyond my limits”**

Exciting new member discounts

Partnering with Local Businesses!

We're thrilled to announce the launch of our **brand-new Member Discounts Programme**, giving Dragonfly Leisure members access to fantastic and exclusive benefits from local independent businesses.

Over the coming months, we'll be teaming up with a range of local partners to bring you new offers and discounts every month — helping you make the most of your membership both inside and outside the gym.

Current Partner Offers:

- [The Medical](#) — 10% OFF
- [Lilly's Healthy Place](#) — 15% OFF
- [Wildplunge](#) — 15% OFF



Click on the organisations above to find out more and redeem your discount.

New partner announcement, next quarter!

Coach's Corner

Why recovery matters

Training is only half the story. Proper recovery improves:



Performance

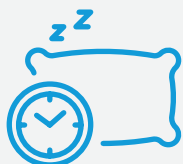


Injury prevention



Energy Levels

Top tips



**Sleep 7-9 hours
every night**



**Keep well
hydrated**



**Stretch after
workouts**

Speak to our fitness team for personalised guidance.



Dragonfly Leisure

What's coming up

- Summer Holiday Activity Camps including, gymnastics and tennis camps, swimming intensives and IG Sports Ofsted registered Kids Club
- Swimming School Gala
- School Sport Partnership Competitions



Dynamite

Adventure Golf



With Summer just around the corner, now is the perfect time to visit Dynamite Adventure Golf for some family fun!

Junior members can enjoy FREE golf as part of their membership, making it even easier to stay active and entertained throughout the holidays. Adult members can also take advantage of exclusive discounted rates, offering great value for family days out and friendly competition with friends.

Whether you're planning a family activity, birthday celebration or just looking for something fun to do this Summer, Dynamite Adventure Golf is the perfect destination.



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Thanks for reading.

Follow us on social media for class timetables, events, and updates



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