Autumn Newsletter 2026

From the CEO



There's plenty happening at Dragonfly Leisure!

Over the past few months, we've continued to invest in our facilities, develop our programmes and create even more opportunities for our local community to get active, try something new and enjoy everything Dragonfly has to offer.

In this edition, we'll share some of the latest developments from across our centres, celebrate a few of the people and achievements that make Dragonfly special, and give you a first look at what's coming next.

As always, a huge thank you to our members, customers, staff and partners for your continued support.

Matt Newington-Wise, CEO

Quarterly Highlights



New Toilets at our Midsomer Norton Centre

You may have noticed another improvement at our Midsomer Norton site!

We've been busy refurbishing and modernising the male and female toilets at Midsomer Norton. The male facilities are now complete, with work currently underway on the ladies' toilets.

Once finished, both areas will provide brighter, fresher and more welcoming facilities for everyone using the centre. Thank you for your patience as we complete these improvements.

It's all part of our ongoing commitment to reinvest in and improve our facilities, making sure Dragonfly Leisure continues to provide a great environment for our members, customers and local community.

We hope you like the transformation!

Dragonfly Leisure

Quarterly Highlights



Faster, better WiFi at Midsomer Norton and Writhlington.

It's not just the things you can see that we've been improving!

We've recently upgraded the Wi-Fi network at our Midsomer Norton and Writhlington centres, increasing bandwidth to deliver a faster, more reliable connection for our customers.

Whether you're checking emails while the kids are in a lesson, catching up online over a coffee, or simply staying connected while you're at the centre, the upgrade should provide a much smoother experience.

It's another behind-the-scenes investment designed to make your time at Dragonfly Leisure that little bit better.

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Your Health Matters - FREE Health Checks for Everyone.

At Dragonfly Leisure, improving the health and wellbeing of our community is at the heart of what we do – and you don't need to be a gym member to benefit from our support.

We've introduced FREE Health Checks for non-members, including those who may have no interest in joining a gym but would simply like some practical help to improve their health and wellbeing.

Your Health Check is a face-to-face appointment with one of our Health & Wellbeing Consultants, giving you the opportunity to talk about your current lifestyle, health and goals. We'll offer friendly, practical advice and help you identify positive changes that could work for you – whether that involves a gym or not.

There's no catch and no obligation to join. It's simply part of our commitment as a charitable community leisure trust to help improve the health and wellbeing of the communities we serve.

Already a Dragonfly member?

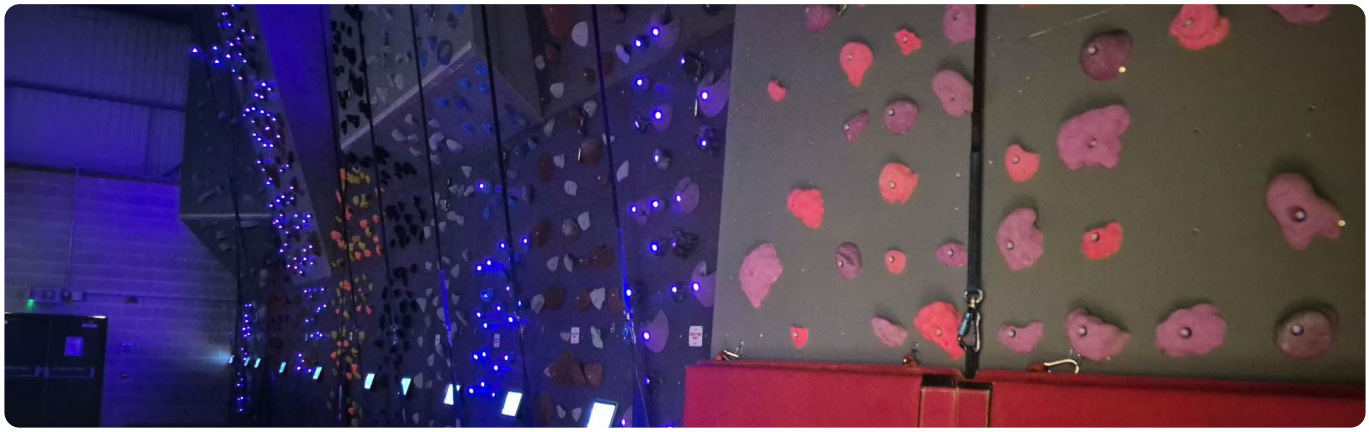
You already have FREE access to our Health & Wellbeing Consultants as part of your membership. If you'd like some fresh motivation, want to review your progress or feel your current routine needs a change, simply book a FREE Programme Review through the Dragonfly app.

Visit our website at dragonflyleisure.co.uk and click on 'Health and Wellbeing Support' for more details.



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Our Climbing Wall Just Got A Major Upgrade!



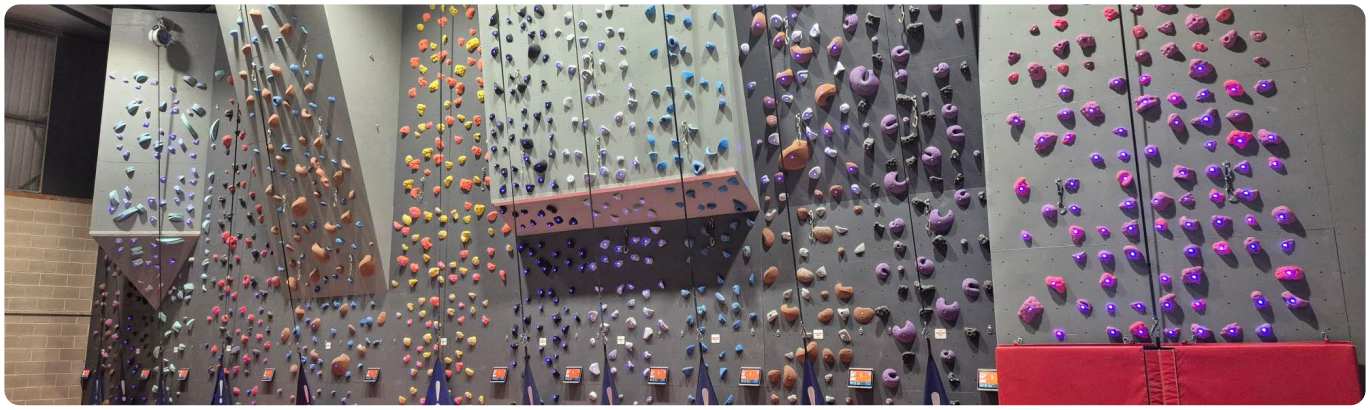
We've recently completed a major refurbishment of our climbing wall at Writhlington, modernising the facility and dramatically increasing the number of holds and routes available to climb.

But the biggest change is the introduction of Clift technology, bringing an exciting new interactive dimension to the wall.

Using the Clift app, climbers can now:

- **Create and set their own routes** on the wall
- Discover and climb routes created by other climbers
- **Rate and comment** on routes
- Track the **number of climbs** they've completed
- See their **total distance climbed**
- Track their **highest grade achieved**
- Challenge themselves with a range of **interactive climbing games**

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And if you fancy something a little different, there are games including Lava, Freestyle and Sprint, bringing a whole new element of fun and competition to your climbing session!

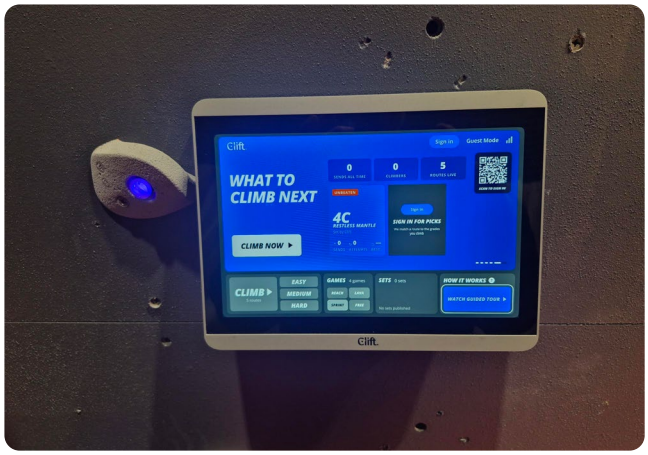
Whether you're an experienced climber looking for your next challenge or you've never climbed before, our upgraded wall offers something for everyone.

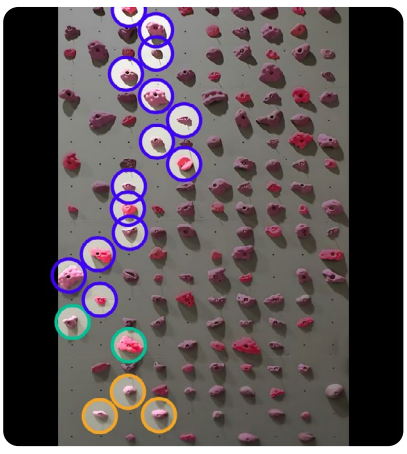
Want to give it a go?

Our Open Climbing Sessions are available to book now, beginners are welcome and no previous climbing experience is required.

Download the Clift app from the App Store or Google Play, create your account and, when prompted to select your gym, search for **Dragonfly Leisure.**

New routes. More challenges. More fun. Come and experience our upgraded climbing wall!





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The Benefits of Steam and Sauna

Benefits of our steam room

- The warm, humid air can temporarily ease nasal congestion and make breathing feel more comfortable.
- Helps relax tight or tired muscles.
- May reduce joint stiffness after exercise.
- Moisture can leave the skin feeling softer and more hydrated.
- Encourages relaxation and may help reduce stress

Benefits of our sauna

- The dry heat helps relax muscles and ease general aches or stiffness.
- Increases heart rate and blood circulation temporarily.
- Can promote relaxation, reduce stress and support better sleep.
- Regular sauna use has been associated with potential cardiovascular benefits, although research has not proved that sauna use alone causes these improvements.
- Can support post-exercise relaxation and recovery.

We have a Steam & Sauna at Writhlington and a Steam Room at our Midsomer Norton site.

Steam and Sauna facilities are included in our Premium memberships and are heavily discounted for Fly members.

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Walking Tennis

Join our experienced coach on court for a relaxed and sociable hour of walking tennis.

Walking only and two bounces of the ball are allowed!

Walking tennis is great if you have limited general mobility, play with a long-term condition or are getting back into sport and activity following a break or an injury.

Coaching will involve technique and doubles tactics, taking into account any specific needs. Come along and try a session or get in touch to find out more.

Fridays – Term-time only
11 AM – 12.00 Noon
£5



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Strike Parties – New Party Now Available!

STRIKE delivers 60 minutes of non-stop football fun and exciting challenges.

Cost – £140 (50% deposit required at the time of booking)

What's Included?

- 60 minutes of football-themed activities
- 22 x 12m inflatable enclosed pitch
- 2 separate inflatable football shootout goals with targets
- Kick 'n' Stick target
- Suitable for ages 5–12
- Unlimited Refills of squash or water for all party guests
- 40-Minute Use of a Private Party Room for the Party Tea
- Parents will be given access to the party room 15 minutes before the start of the party to set up

Group Size: Up to 22 participants

Availability: Saturdays



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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.







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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!

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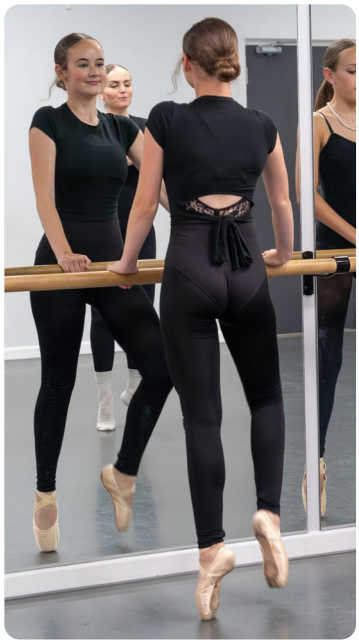
Gymnastics Lessons

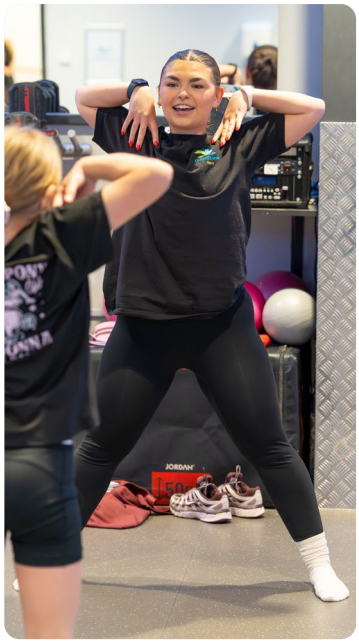
We offer fun, inclusive junior gymnastics lessons for children aged 4–16, as well as preschool sessions for children aged 1–4. Delivered by qualified coaches in a safe and supportive environment, lessons help children develop strength, flexibility, balance, coordination and confidence while learning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

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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.

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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.

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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



Mark Powney

‘I have found my confidence again’

Dragonfly Leisure

Mark's inspiring journey in his own words

Hi, my name is Mark. I would like to give you an insight on my fitness journey from my school days up until now.

When I was in my early teens I took part in school sports including rugby, athletics, and track. I was good at sprinting 100, 200, and 400 metres – not so good at longer distances but a personal best of just under 13 seconds for 100m I was quite proud of! I also enjoyed Judo for a year or so and some light weight training.

After leaving school I started work. I got married and had four children. When I started my own business keeping fit took second place.

I had always done something, playing rugby for MSN or five aside football, along with circuit training once a week. I was never fully committed and found myself drifting with both weight and fitness which is not the best having asthma all my life.

One Christmas after dinner I was lifting the spare chairs back upstairs and found myself out of breath and also putting on my best jeans, having to wear a belt leaving the top button undone was the big push I needed. I found the scales out of the garage and weighed in at just under 18 stone. This was approximately 6 years ago.

The next day I joined Dragonfly Leisure, Writhlington. From my first day they made me feel welcome. All the staff were very friendly and helpful when I had my initial induction.

The best thing was that it opened early in the morning. No excuses for not going to workouts. Even when I had to work late or had a stressful day, because it was a stone's throw away from my business it was just what I needed. I started getting up at 5am at the gym by 6am, work by 7.45am three times a week and once at the weekend. I also decided to make some big changes in my eating habits.

I was eating half a packet of biscuits every night with a cup of tea. Pasties in the daytime when I already had a pack lunch to get through, along with two packs of crisps every day. Those were just bad habits. So firstly I got rid of the crisps, cut out the biscuits and had 1 pasty a week.

So back to the gym – my first run on the treadmill made me realise just how unfit I had become. I said to myself "I will just run for 10 minutes" but I had to walk after 3 minutes and was gasping for breath.

However I kept turning up running a little bit longer each week pedalling on the bike with a little more resistance and enthusiasm. I also put slightly more resistance on the weight machines.

I was in a happy place. My weight had dropped by quite a lot. I dropped a couple of waist sizes and can now run on the treadmill for 30-40min nonstop.

Instead of getting up early and forcing yourself to turn up, you actually find yourself frustrated for whatever reason you can't make it that day.

Now I'm feeling much better about myself. Finding my old confidence restored and having more energy for the new arrivals to the family and the grand kids.

I knew that Dragonfly Leisure had a lot more to offer me than what I was doing every morning, but it wasn't until one Friday afternoon when disaster struck and my business of 28 years was destroyed by fire that I had even considered trying out some of the classes which run every single day, with really good experienced instructors that make you feel welcome and more importantly brings a smile to my face.

The classes I attend are Circuits with Tash, Circuits with Bev, Zumba with Bev, Pump with Becky and Bev, Yoga with Annie and Bev, Kettle Bells with Jason, Tone with Emily, Ride with Jason and Becky – each class gives you something a little bit different but combined it seems to cover most of your body parts. For me the classes are a great choice!

Exciting new member discounts

Member Discounts - More Value From Your Membership!

Our Member Discounts Programme continues to grow, giving Dragonfly Leisure members even more value from their membership beyond our centres.

Since launching the programme, we've been working to build a network of partners offering exclusive discounts and benefits to Dragonfly members – and we're delighted to have added Utility Warehouse as our latest partner.

Utility Warehouse offers a range of household services and opportunities to save across everyday bills, giving our members another way to potentially make their money go further.

And we're not stopping there! We'll continue to work with local businesses and selected partners to introduce new offers and benefits, so keep an eye on our Member Discounts for the latest additions.

Your Dragonfly membership is about more than keeping active – we want it to offer great value outside our centres too.

Dragonfly Leisure

Current Partner Offers:

- The Medical — 10% OFF
- Lilly's Healthy Place — 15% OFF
- Wildplunge — 15% OFF
- Ignis Stoves — Up to 20%
- Utility Warehouse — variable discount

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

New partner announcement, next quarter!

Dragonfly Leisure

Coach's Corner

Consistency Beats Perfection!

When it comes to improving your health and fitness, it's easy to think you need to completely overhaul your lifestyle. The reality? Small changes, repeated consistently, can make a big difference. Here are five simple tips from our Health & Wellbeing team:

1. Move more throughout the day

Exercise doesn't have to mean an hour in the gym. Walking, taking the stairs, gardening or simply getting up and moving regularly all count. Look for opportunities to add a little more movement to your normal day.

2. Include some strength training

Strength training isn't just about building muscle. It can help maintain strength, mobility and independence as we get older. Aim to include exercises that work the major muscle groups regularly – whether that's using gym equipment, resistance bands or your own bodyweight.

3. Don't neglect your recovery

More exercise isn't always better. Rest, recovery and good-quality sleep give your body the opportunity to adapt to your training. If you're constantly tired or sore, it may be time to ease back rather than push harder.

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4. Make your goals achievable

Instead of setting yourself a huge target, start with something you know you can maintain. Two workouts every week for the next three months will achieve far more than five workouts a week that you give up after a fortnight.

5. Find something you enjoy

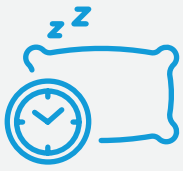
The best form of exercise is often the one you'll actually keep doing. Gym workouts, swimming, group exercise, racket sports, climbing or simply walking – they can all contribute to a healthier, more active lifestyle.

Need a little help?

If you're a Dragonfly member, remember that you have FREE access to our Health & Wellbeing Consultants. You can book a Programme Review through the Dragonfly app, and we'll help you assess your current routine, set some realistic goals and make sure you're getting the most from your training.

Not a member? You can now book one of our FREE Health Checks too. There's no obligation to join – just friendly, practical advice to help you improve your health and wellbeing, in or outside the gym.

Top tips



Sleep 7-9 hours every night



Keep well hydrated



Stretch after workouts

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Future Plans and Developments

Looking To The Future.

We're always looking at ways to improve our facilities and the experience we provide for our members and local community. From major infrastructure upgrades to new technology and potential new facilities, there's plenty happening behind the scenes and more to look forward to over the coming months.

Midsomer Norton Gym Improvements – Coming Late November

We'll be making a number of interior design improvements to our Midsomer Norton gym, helping to create an even more modern and welcoming training environment.

Alongside the improvements you'll see, we'll also be upgrading the gym's ventilation system, helping to improve airflow, air quality and comfort within the space.

Major Fire Alarm Upgrade at Midsomer Norton

We're also undertaking a significant upgrade to the centre's infrastructure, with the fire alarm system at Midsomer Norton being completely rewired.

This is an extensive programme of work and, while we'll do everything possible to minimise the impact on customers, there may occasionally be some disruption while the work takes place. Please bear with us while these important improvements are completed.

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Swimming Pool Filter Media Replacement – Christmas Period

Over the Christmas period, we'll be carrying out another important behind-the-scenes investment at Midsomer Norton by replacing the filter media in our swimming pool filtration system.

We've deliberately scheduled this work for the Christmas period, when the centre tends to be quieter, so that we can complete these essential works with the least possible disruption to our customers.

Writhlington Reception Toilets – November/December

Our programme of facility improvements also continues at Writhlington, where we'll be refurbishing the reception toilet facilities during November and December. This will modernise and refresh another area of the centre and follows the recent refurbishment of the male and female toilets at Midsomer Norton.

A New Dragonfly App is on the Way!

We're currently working on a brand-new Dragonfly Leisure app, designed to make interacting with us even quicker and easier.

The new app will improve the experience of making bookings and accessing our facilities, making your visits to Dragonfly as simple and convenient as possible.

We'll share more information, including how to download and get started with the new app, as we get closer to launch.







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Could Padel Be Coming to Writhlington?

We're also excited to explore opportunities to develop a new padel facility at our Writhlington site.

Padel is one of the fastest-growing racket sports and is fun, social and accessible to players of different ages and abilities. We're currently exploring what's possible at Writhlington and how a new facility could complement our existing tennis and racket sport provision.

It's still early days, and any development would be subject to the necessary approvals, but we're excited about the potential and look forward to sharing more as our plans develop.

Investing Back Into Your Facilities

Some of these improvements will be immediately noticeable, while others happen behind the scenes – but they all form part of the same commitment.

As a charitable community leisure trust, we reinvest the money we generate back into our facilities, services and programmes. From ventilation and filtration systems to refurbished spaces, digital improvements and potential new facilities, we're continually investing to ensure Dragonfly Leisure can provide great facilities for our communities now and for the future.







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October Half-Term Fun at Dragonfly!



The October half-term is nearly here, and we've got a packed programme of activities to help keep children active, entertained and having fun throughout the holidays.

Whether they love sport, swimming, gymnastics or fancy putting their skills to the test in DUEL, there's something to get involved in! IG Sports Holiday Club Our popular IG Sports Holiday Club returns for the October holidays, offering children a fun-filled mix of sports, games and activities.

It's a great way to keep active, try different activities, make new friends and enjoy the school holidays. And don't forget – **Dragonfly junior members receive 25% OFF IG** Sports Holiday Club using discount code **DRAGONFLY25.**

Dragonfly Leisure







Intensive Swimming Lessons | Tuesday 27th – Thursday 29th October

Looking to give your child's swimming a boost over half-term?

Our Intensive **Swimming Lessons** run across three consecutive days, giving children the opportunity to develop their skills, confidence and technique with focused tuition from our swimming instructors.

Gymnastics Workshop | Monday 26th October

Our Gymnastics Workshop is back for half-term!

A great opportunity for budding gymnasts to spend extra time developing their skills, practising techniques, and enjoying plenty of gymnastics in a fun, supportive environment.

DUEL | Monday 26th October

Get ready to take on **DUEL!**

Our exciting activity session returns this half-term, giving children the chance to test themselves, get active and enjoy some friendly competition. If they've got energy to burn, they won't want to miss it!

Make it an Active Half-Term!

With **Holiday Club, swimming, gymnastics and DUEL** all on offer, there are plenty of opportunities to get children away from the screens and doing something active this October.

Places are limited, so book early to avoid missing out!

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Dynamite Adventure Golf

Halloween is Coming to Dynamite Adventure Golf!

Things are about to get a little **spookier at Dynamite Adventure Golf** this Halloween!

For a limited time, we'll be giving our adventure golf course a Halloween makeover, with spooky decorations and seasonal surprises transforming the course into a fun-filled Halloween experience for the whole family.

Take on all 18 holes surrounded by ghosts, ghouls and plenty of Halloween atmosphere – but don't worry, we'll be keeping things family-friendly rather than frightening, so younger adventurers can join in the fun too.

Whether you're looking for something different to do during the October half-term, meeting up with friends or planning a family day out, it's a great excuse to grab a putter and take on the course.

The question is… are you brave enough to play?







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Thanks for reading.

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

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