

sefton.gov.uk/beactive



Love the holidays

Activity Guide

Monday 25th - Friday 29th October 2021

Bootle / Crosby / Litherland / Maghull / Southport



0-16 yrs

Be Active

Sefton Council

active sefton



October School Holiday Programme



Crosby Lakeside
Adventure Centre
Water Sports • Lodge • Bistro • Fitness

Week Long Activity Camps and Mini Adventure Days;

During these days you will get to experience a wide range of water sports and outdoor activities which may include; Sailing, Archery, Climbing, Bellboating, Problem Solving, Orienteering, Canoeing, Raft Building, Soft Fencing & Bush Craft.

**All Courses run from
9:00 - 4:30**

**Fun for all
children from age 8**

BOOK ONLINE



Scan me

TEL - 0151 966 6868

GLOW IN THE DARK SPORTS

Come along and try our new exciting activity. Glow in the dark sports is designed for children age 7 – 12 years using UV lights and fluorescent equipment we challenge you to come and try a variety of sports in the dark. N.B Children must be comfortable with the lights off.

SPORTS AND GAMES

For children from reception age to year 6, our days are packed with a variety of different sports and games such as dodgeball, archery, team building activities and many more. Children will be split into age specific groups and led by our enthusiastic Active Sefton Coaches who will create a happy and safe environment for your children.

FUTSAL TASTER SESSION

Futsal is the fastest growing indoor sport in the country. Come along to try this fun, fast and exciting game. Futsal takes the best of its grass counterpart and includes more goals, dribbles and exciting skills!

LFC FOUNDATION

The LFC Foundation and Active Sefton will be delivering a camp at Netherton Activity Centre. Delivered by the LFC Foundation, the camp will be for children from reception age to 12 year olds of any ability. Each day will consist of sports drills, challenges and small sided games, with prizes to be won each day. This session is booked in directly with LFC Foundation online <https://foundation.liverpoolfc.com/get-involved/holiday-camps>

SWIM & SPLASH*

New floats and background music will guarantee a whole lot of fun this February and we will guarantee you won't want to get out of the pool!! We can promise more splash than swimming and some really good fun at Meadows, Bootle and Dunes! No need to book just turn up on the day!

SWIMMING SESSIONS*

Discounted swim sessions are available in all of our swimming pools as part of Be Active during allocated time slots in; Meadows, Bootle, Dunes and Crosby swimming pools.

DISNEY VILLAINS DANCE CAMP

Led by our in house dance experts Rachael and Jenn. Come along and enjoy a spooky, fun day of dancing and games. Costumes are welcome! **No discounts will be applied.**



Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
Disney Villains Dance Camp	9am - 3pm	Friday 29th October	*4 - 12 Years
Swim & Splash	10am - 12pm	Monday 25th to Friday 29th October	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 25th October to Friday 29th October	0 - 16 years

*Children age 4 must be in Reception

Meadows

Meadows Leisure Centre, Hall Lane, Maghull, L31 7BB

Activity	Time	Days	Age
Swim & Splash	10am - 12pm	Monday 25th to Friday 29th October	0 - 16 years
Swim & Splash	1pm - 3pm	Monday 25th to Friday 29th October	0 - 16 years
Disney Villains Dance Workshop	1 - 4pm	Friday 29th October	*4 - 12 Years

*Children age 4 must be in Reception



Bootle Leisure Centre

North Park, Washington Parade, Bootle, Liverpool, L20 5JJ

Activity	Time	Days	Age
Swimming Sessions	10am - 1pm	Monday 25th to Friday 29th October	0 - 16 years
Swim & Splash	1pm - 3.15pm	Monday 25th to Friday 29th October	0 - 16 years

*Only half of the main pool will be available between 10am - 11am
The flume will be on daily from 12pm - times may be subject to change.

Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Disney Villains Dance Camp	9am - 3pm	Monday 25th October	*4 - 12 Years
Sports & Games	9am - 3pm	Tuesday 26th to Friday 29th October	*4 - 12 Years

*Children age 4 must be in Reception





Nertherton Activity Centre

Glovers Lane, Nertherton, Liverpool, L30 3TL

Activity	Time	Days	Age
LFC Football Camp	10am – 3pm	Tuesday 26th & Wednesday 27th October	*4 - 14 Years
Glow in the Dark Sports	10am - 12pm	Thursday 28th October	7 - 12 Years

Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Futsal Taster	2 - 4pm	Friday 29th October	7 - 12 Years

*Children age 4 must be in Reception

Crosby Lakeside Adventure Centre

Crosby Coastal Park, the Esplanade, Waterloo, Liverpool, L22 1RR

Activity	Time	Days	Age
Lakeside Adventure	10am – 12pm	Tuesday 26th October	8 – 14 Years
Lakeside Adventure	10am – 12pm	Wednesday 27th October	8 – 14 Years





Ditch your Stabilisers

We have four sessions of this extremely popular activity available during this half term holiday; providing to be the ideal way for families to get their children riding and with a fantastic success rate, these hands-on sessions for families offer the perfect opportunity to give your children a head start with their cycling.

With support, advice and guidance from our enthusiastic and knowledgeable staff, we provide you with the tools to get your children riding independently without stabilisers and achieve that real land mark moment in their lives that they'll remember for years to come. Please ensure your child has suitable clothing and footwear for the session along with their bike & cycle helmet that fits.

Children must be accompanied by an adult who must participate in the session. Please note this session is outside.

When	Where
Tuesday 26th October 9am - 12pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 26th October 1 - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Wednesday 27th October 9am - 12pm	Shoreside Primary School, Westminster Drive, Southport, PR8 2QZ
Wednesday 27th October 1 - 4pm	Shoreside Primary School, Westminster Drive, Southport, PR8 2QZ

Booking is essential, please call a member of the team on **0151 288 6286** or
e-mail **Active.Sports@sefon.gov.uk**



Prices and Booking

Days	Pre Booking Price	Active Choices Pre Booking Price	Turn up on the day Price
4 days	£43	£38	N/A
3 days	£36	£30	N/A
2 days	£27	£21	N/A
1 day	£14	£11	£16
Disney Villains Dance camp	£15	N/A	N/A
Disney Villains Dance workshop	£8	N/A	N/A
Futsal Taster	£5	N/A	N/A
Glow in the dark sports	£5	N/A	N/A
Ditch your stabilisers	£12	N/A	N/A
Lakeside Adventure	£10	N/A	N/A
Swimming sessions / Swim & Splash* * full prices apply to accompanying Adults	N/A	£1.50	£2.50



How to Book

Please Note - If you have a choices card, membership numbers must be quoted at time of booking. Without this, Active choices discount will not be granted. For more information or to book your place on any of the activities please call us on **0151 288 6286** or e-mail **Active.Sports@sefton.gov.uk**

PLACES ARE LIMITED, BOOK TODAY!

Lines are manned during office hours; please leave a voicemail outside these times. Minimum numbers are required for sessions to run. If sessions cannot run we will offer an alternative. Places cannot be guaranteed for children if they have not been pre booked. Payments can now be made over the telephone and must be made at the time of booking. Activities are non-refundable.

For more information on any of our programmes, please follow us at

 activesefton

 @activesefton

 active_sefton

Or visit us at www.sefton.gov.uk/beactive

MOBILE PHONES

Please can we ask all children to keep mobile phones / tablets at home or in their bags during our Be Active sessions. As part of the registration process, our coaches ensure we have contact numbers for all parents/guardians, so should we need to contact you at any stage during the day, we are able to do so.

PACKED LUNCHES

Active Sefton encourages children to eat a healthy balanced diet and get active. Just like our schools in Sefton, we ask that you try and make healthier lunch choices and do not give your children chocolate, sweets, cakes or fizzy drinks. Below are some ideas to help you pack up a healthy lunch box for your child to bring with them to our school holiday camps.

- Swap white bread for wholemeal bread for sandwiches.
- Swap fizzy and juice drinks for water.
- Swap high sugar, high fat products such as chocolate, sweets, cakes and crisps for fruit, sugar free jelly and plain popcorn.
- Include some chopped up vegetables as a snack with a low calorie dip such as hummus.
- This lunch box guidance is intended to help children develop and practice healthy eating habits. A nutritious meal at lunch time can help children, concentrate and increase their energy levels and performance. Give some of the swaps a try!