

[sefton.gov.uk/beactive](http://sefton.gov.uk/beactive)



# Love the holidays

## Summer Activity Guide

Wednesday 24<sup>th</sup> July - Friday 30<sup>th</sup> August 2024

Bootle / Crosby / Litherland / Maghull / Southport / Netherton

# School Summer Holiday Programmes

Fun for all children

## Acro Dance Camps

Led by our in house expert Jenn, who is an ACA level 1 coach. Come and try our new session combining dance and gymnastic skills, learning strengthening, limbering, balancing, flexibility and tumbling.

No discounts will be applied.

## Dance & Musical Theatre Workshop

Led by our in house dance experts Jenn and Georgina. Our dance camps and workshops will give children the opportunity to learn new, choreographed dance routines from their favourite films/songs. Take part in singing activities and enjoy dance and drama based games.

No discounts will be applied.

## Sports & Games

For children from reception age to 12 year olds, our days start with fun mornings of a variety of different sports delivered by external providers such as Frisbee, Netball, Basketball, Athletics and many more. Followed by afternoons filled with a variety of games delivered by our Active Sefton Team. 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.



## Be Active Swimming Sessions\*

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



## Swimming Crash Course

Is your child eager to learn how to swim? Book on to our 5-day swimming crash course and give your child the kick start they need in the pool. Led by our team of swimming instructors, this course is designed for children age 4+ who have not had any swimming lessons and to give them the start they need to learn to swim. Your child must attend every day. Limited places available.

**No discounts will be applied.**



## LFC Foundation

The LFC Foundation and Active Sefton will be delivering camps at Netherton Activity Centre and Dunes Leisure Centre. Delivered by the LFC Foundation, the camp will be for children from reception age to 14 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:



<https://bookings.liverpoolfc.com/foundation/index.htm>

then choose **Sefton** in the area search.

## Swim & Splash\*

Lights and music will guarantee a whole lot of fun 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!**

\* Full prices apply to accompanying adults. Under 8's must be accompanied by an adult at all times. 1 Adult : 2 Under 8's Floats and music are not guaranteed at every session.





# Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
LFC Football Camp	10am - 3pm	Thursday 8th August & Friday 23rd August	*4 - 14 years
Swim & Splash	10am - 12pm	Monday 29th July - Friday 2nd August Monday 5th August - Friday 9th August Monday 12th August - Friday 16th August Monday 19th August - Friday 23rd August Tuesday 27th August - Friday 30th August	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 29th July - Friday 2nd August Monday 5th August - Friday 9th August Monday 12th August - Friday 16th August Monday 19th August - Friday 23rd August Tuesday 27th August - Friday 30th August	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 29th July - Friday 2nd August Monday 5th August - Friday 9th August Monday 12th August - Friday 16th August Monday 19th August - Friday 23rd August Tuesday 27th August - Friday 30th August	0 - 16 years
**Swim & Splash	1pm - 3pm	Monday 29th July - Friday 2nd August Monday 5th August - Friday 9th August Monday 12th August - Friday 16th August Monday 19th August - Friday 23rd August Tuesday 27th August - Friday 30th August	0 - 16 years

Activity	Time	Days	Age
Dance Workshop	1pm - 4pm	Thursday 1st August Thursday 15th August Thursday 29th August	*4 - 12 years
Musical Theatre Workshop	1pm - 4pm	Thursday 8th August Thursday 22nd August	*4 - 12 years

\*Children age 4 must be in Reception

\*\* the learner pool is shut on Tuesday's and Thursday's 9am - 12pm and Wednesday's 9am - 11am for swimming lessons

## Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am - 3pm	Wednesday 31st July Wednesday 7th August Wednesday 14th August Wednesday 21st August Wednesday 28th August	*4-12 years

## Bootle Leisure Centre

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

Activity	Time	Days	Age
Be Active swimming sessions	<b>Session 1:</b> 10am - 11.15am <b>Session 2:</b> 11.30am - 12.45pm <b>Session 3:</b> 1.00pm - 2.15pm <b>Session 4:</b> 2.30 - 3.45pm	Monday 29th July - Friday 2nd August Monday 5th August - Friday 9th August Monday 12th August - Friday 16th August Monday 19th August - Friday 23rd August Tuesday 27th August - Friday 30th August	0 - 16 years
Swimming crash course	30 min slots between 9am - 12pm	Monday 29th July - Friday 2nd August Monday 5th August - Friday 9th August Monday 12th August - Friday 16th August Monday 19th August - Friday 23rd August Tuesday 27th August - Friday 30th August	4+

\*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.

Due to the popularity of our swimming sessions, a time banded system has been introduced. Bands can be purchased 15 minutes before session time.



# Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Sports & Games	9am - 3pm	Wednesday 24th July - Friday 26th July Monday 29th July - Friday 2nd August Monday 5th August - Friday 9th August Monday 12th August - Friday 16th August Monday 19th August - Friday 23rd August Tuesday 27th August - Friday 30th August	*4 - 12 Years

\*Children age 4 must be in Reception

# Netherton Activity Centre

Glovers Lane, Netherton, Liverpool, L30 3TL

Activity	Time	Days	Age
LFC Football Camp	10am - 3pm	Friday 2nd August Friday 16th August	*4 - 14 Years





# Ditch your Stabilisers

We have ten sessions of this extremely popular activity available during this holiday; providing 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 30th July	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 6th August	Shoreside Primary School, Westminster Dr, Southport, PR8 2QZ
Tuesday 13th August	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 20th August	Shoreside Primary School, Westminster Dr, Southport, PR8 2QZ
Tuesday 27th August	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA



Booking is essential, please call a member of the team on 0151 288 6286 or e-mail [Active.Sports@sefton.gov.uk](mailto:Active.Sports@sefton.gov.uk)



## Prices and Booking

Days / Activity	Pre-booking price	Active Choices pre-booking price	Turn up on the day price
5 Days	£52	£45	N/A
4 Days	£45	£40	N/A
3 Days	£38	£32	N/A
2 Days	£29	£23	N/A
1 Day	£16	£13	N/A
Acro Camps	£16.50	N/A	N/A
Dance & Muscial Theatre	£9	N/A	N/A
4 day Swimming Crash Course (Bootle)	£20	N/A	N/A
5 day Swimming Crash Course (Bootle)	£25	N/A	N/A
Be Active swimming sessions and Swim & Splash*	N/A	N/A	£2.70 £2.00 (with active choices card)
Ditch your Stabilisers	£14	N/A	N/A

\* full prices apply to accompanying Adults £5.80

To be eligible for 2 - 5 day discount prices, Camp Days booked must take place in the same week. The Dance and Acro camps are not eligible for this.





Crosby Lakeside

# HALF TERM ACTIVITIES

MONDAY 29TH JULY 2024 - FRIDAY 9TH AUGUST 2024



# SUMMER AT LAKESIDE

£27

Per session

Three-hour session may include a water based or land based activity.  
(all sessions are weather dependent and no activity is guaranteed)

## Sailing Activities

- Fun Boats
- Bahia`s
- Topaz`s
- Pico`s

## Paddlesport Activities

- Kayaking
- Sit on top Kayaking
- Bellboating
- Paddleboarding
- Katakana
- Raft Building
- Canoeing

## Land based activities

- Outdoor or Indoor Boatyard Archery.
- Orienteering.
- Problem solving and initiative Team Games.

## What to Bring!

- Closed toe shoes
  - Hat
  - Change of Clothes
  - Towel
  - Sun cream
  - Toiletries
  - £1 Locker
  - Plastic Bag
- (refundable)

## Session Times

### Sessions Run Monday-Friday:

#### Morning Session time

9:30am-12:30am

#### Afternoon Session time

1pm-4pm

**To Book Sessions, Please call 0151 966 6868**

All sessions require a minimum of 5 attendee to run activity. Payment must be made at the time of booking.

Crosby Lakeside

[activeseftonfitness.co.uk](http://activeseftonfitness.co.uk)

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activefitness

MORE THAN JUST A GYM

active sefton 

EVERY WEEKDAY 9 WEEKS FROM 1 JULY – 30 AUGUST

Active Sefton presents

# PARK niGHTS

Inflatable sports  
Archery  
Crazy golf  
Kin-Ball  
Go Karts  
Multi-sports

**FREE sport and activities for young people this summer!**

**MONDAYS 5-7PM** (excludes Bank Holiday Monday 26th August)  
Bowersdale Park, Seaforth & Hesketh Park, Southport

**TUESDAYS 5-7pm**  
Abbeyfield Park, Netherton & Bedford Park, Birkdale

**WEDNESDAYS 5-7pm**  
Killen Green, Netherton & Duke Street Park, Formby

**THURSDAYS 5-7pm**  
Victoria Park, Crosby & Devonshire Road Park, Southport

**FRIDAYS 5-7pm**  
North Park, Bootle & King George V Fields, Maghull

Activities change weekly and will be weather dependent. For more information, please contact the team on **0151 288 6286** or email [active.sports@sefton.gov.uk](mailto:active.sports@sefton.gov.uk)

Free for  
children aged  
5-16 eligible  
for Free  
School Meals

# HOLIDAY ACTIVITIES AND FOOD PROGRAMME

EASTER, SUMMER &  
WINTER HOLIDAYS



FOR MORE INFO & TO  
BOOK YOUR PLACE  
CONTACT:

HOLIDAYACTIVITY.ANDFOODP  
ROGRAMME@SEFTON.GOV.UK

A variety of activities at  
holiday clubs and camps  
throughout Sefton,  
ranging from sports &  
football, arts & crafts,  
cooking & nutrition,  
music & drama and  
much more. Includes a  
free healthy meal for  
every child!



WANT TO FIND OUT MORE? SEARCH: SEFTON HAF

# 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](mailto:Active.Sports@sefton.gov.uk)

## PLACES ARE LIMITED, BOOK TODAY!

Lines are staffed 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. We are committed to ensuring that all our sessions are fully inclusive. If your child has any additional needs please call us on 0151 288 6286 for further information.

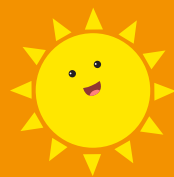
**For more information on any of our programmes, please follow us at**

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Or visit us at [www.sefton.gov.uk/beactive](http://www.sefton.gov.uk/beactive)



## MOBILE PHONES AND TECHNICAL DEVICES

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!