

f activesefton

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children's
ACTIVITY
ACCREDITED

sefton.gov.uk/beactive



Love the holidays

October Half Term Guide

Monday 23rd to Friday 27th October

Bootle / Crosby / Litherland / Maghull / Southport / Netherton

 0-16 yrs

Be Active

Sefton Council  **active sefton**

School 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 camps & workshops

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 are packed with a variety of different sports and games such as dodgeball, archery, team building activities and much 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.

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.



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!**



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/courses/courses.htm?coursesSearch=search&ageFrom=&ageTo=&typeId=135®ionId=&venueId=&startDate=&endDate=>

* 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	Monday 23rd & Thursday 26th October	*4 - 14 years
Swim & Splash	10am - 12pm	Monday 23rd - Friday 27th October	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 23rd - Friday 27th 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 23rd - Friday 27th October	0 - 16 years
**Swim & Splash	1pm - 3pm	Monday 23rd - Friday 27th October	0 - 16 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 25th 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
Be Active swimming sessions	Session 1: 10am - 11.15am Session 2: 11.30am - 12.45pm Session 3: 1.00pm - 2.15pm Session 4: 2.30 - 3.45pm	Monday 23rd - Friday 27th 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.

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	Monday 23rd to Friday 27th October	*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	Tuesday 24th & Wednesday 25th October	*4 - 14 Years





Ditch your Stabilisers

We have two sessions of this extremely popular activity available during this 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 24th October 9am - 12pm Tuesday 24th October 1 - 4pm	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





Prices and Booking

Days / Activity	Pre-booking price	Active Choices pre-booking price	Turn up on the day price
5 Days	£50	£43	N/A
4 Days	£43	£38	N/A
3 Days	£36	£30	N/A
2 Days	£27	£21	N/A
1 Day	£14	£11	N/A
Dance & Acro Camps	£15	N/A	N/A
Be Active swimming sessions and Swim & Splash*	N/A	N/A	£2.50 £1.50 (with active choices card)
Ditch your Stabilisers	£12	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.





JOIN THE PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER

or simply come and watch - it's up to you!

DERBY PARK BOOTLE
(Fernhill Road Entrance)
Sundays at 9am

FUN FOR ALL THE FAMILY
From ages 4 -14

IMPROVE HEALTH & FITNESS
Be active in the open air

DEVELOP NEW SKILLS
Opportunities to volunteer

2K JUNIOR PARKRUNS
For children every Sunday Morning

FREE & EASY TO TAKE PART
No need for special equipment
or clothing

BE PART OF A COMMUNITY
Make new friends & socialise

BUILD CONFIDENCE
Track progress & achieve new goals

For more information follow us on Facebook:

Active Sefton Presents...

PARK NIGHTS

FREE
Sport and
Activities for
young people this
Halloween season!
**...get
involved!**

**Free floodlit activities available
such as:**

Inflatable sports, Archery, Football, Cricket,
Tennis & Multi-Sport (activities change weekly
and will be weather dependent)

**No need to book, just turn up any time
between 5pm-7pm**

MONDAY 23RD & 30TH OCTOBER

Bowersdale Park, Seaforth & Hesketh Park, Southport

TUESDAY 24TH & 31ST OCTOBER

Abbyfield Park, Netherton & Bedford Park, Birkdale

WEDNESDAY 25TH OCTOBER & 1ST NOVEMBER

Kirkstone Park, Litherland & King George V, Maghull

THURSDAY 26TH OCTOBER & 2ND NOVEMBER

Coronation Park, Crosby & Duke Street Park, Formby



For more information, please contact the team on
0151 288 6286 or email: active.sports@sefton.gov.uk

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Crosby Lakeside

HALF TERM ACTIVITIES

MONDAY 23RD OCTOBER – FRIDAY 27TH OCTOBER



DATE	TIME	ACTIVITY	AGE	COST
Monday 23rd October	1pm - 4pm	Learn to Sail	8 - 16yrs	£25
Tuesday 24th October	1pm - 4pm	Learn to Paddleboard	8 - 16yrs	£25
Wednesday 25th October	1pm - 4pm	Kayak/Sit on top kayak	8 - 16yrs	£25
Thursday 26th October	1pm - 4pm	Learn to Paddleboard	8 - 16yrs	£25
Friday 27th October	1pm - 4pm	Archery/Orienteering	8 - 16yrs	£25

To book please call on 0151 966 6868. All sessions are limited to 10 so book early to avoid disappointment, Pay and play will run throughout. Payment made at the time of booking.

All activities will be subject to the weather conditions on the day and the centre will have the discretion to change the activity on the day should we need to

Crosby Lakeside

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MORE THAN JUST A GYM

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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 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.

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

 [activesefton](https://www.facebook.com/activesefton)

 [@activesefton](https://twitter.com/@activesefton)

 [active_sefton](https://www.instagram.com/active_sefton)

Or visit us at 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!