

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



# Love the holidays

## Summer Activity Guide

Thursday 20th July - Friday 1st September 2023

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 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.



## Active Explorers

Come along for an adventurous day of bush-craft style activities, nature walks, problem solving and blindfold trails! We will also be identifying different types of wildlife, as well as other exciting outdoor activities such as Archery and Fencing... Perfect for your little explorers aged 5 - 8 year olds! All activities are land based, change of clothes and waterproofs are essential.



## 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.**



## 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!**



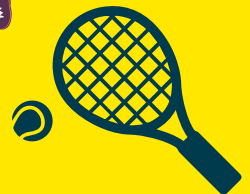
## LFC Foundation

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&age-From=&ageTo=&typeId=135&region-Id=&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	Wednesday 26th & Thursday 27th July Monday 14th & Friday 18th August	*4 - 14 years
Swim & Splash	10am - 12pm	Monday 24th - Friday 28th July Monday 31st July - Friday 4th August Monday 7th - Friday 11th August Monday 14th - Friday 18th August Monday 21st - Friday 25th August Monday 28th August - Friday 1st September	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 24th - Friday 28th July Monday 31st July - Friday 4th August Monday 7th - Friday 11th August Monday 14th - Friday 18th August Monday 21st - Friday 25th August Monday 28th August - Friday 1st September	0 - 16 years
Dance camp	9am - 3pm	Wednesday 2nd August	*4 - 12 years
Disney sing-along mash up dance camp	9am - 3pm	Wednesday 16th August	*4 - 12 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	Thursday 20th - Friday 21st July Monday 24th - Friday 28th July Monday 31st July - Friday 4th August Monday 7th - Friday 11th August Monday 14th - Friday 18th August Monday 21st - Friday 25th August Monday 28th August - Friday 1st September	0 - 16 years



Activity	Time	Days	Age
**Swim & Splash	1pm - 3pm	Thursday 20th - Friday 21st July Monday 24th - Friday 28th July Monday 31st July - Friday 4th August Monday 7th - Friday 11th August Monday 14th - Friday 18th August Monday 21st - Friday 25th August Monday 28th August - Friday 1st September	0 - 16 years
Dance Workshop	1pm - 4pm	Thursday 10th August Thursday 24th 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 26th July Wednesday 23rd August	*4-12 years
Kids Bop pop party dance camp	9am - 3pm	Wednesday 9th August	*4-12 years

## Crosby Lakeside Adventure Centre

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

Activity	Time	Days	Age
Active Explorers	9am - 3pm	Friday 28th July Friday 18th August	*4 - 8 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	Thursday 20th - Friday 21st July Monday 24th - Friday 28th July Monday 31st July - Friday 4th August Monday 7th - Friday 11th August Monday 14th - Friday 18th August Monday 21st - Friday 25th August Monday 28th August - Friday 1st September	0 - 16 years



Activity	Time	Days	Age
Swimming crash course	30 min slots between 9am - 12pm	Monday 24th - Friday 28th July Monday 14th - Friday 18th 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	Thursday 20th - Friday 21st July Monday 24th - Friday 28th July Monday 31st July - Friday 4th August Monday 7th - Friday 11th August Monday 14th - Friday 18th August Monday 21st - Friday 25th 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	Monday 7th and Tuesday 8th August	*4 - 14 Years
Acro Dance Camp	9am - 3pm	Tuesday 15th August	*4 - 12 Years
Kids Bop pop party dance camp	9am - 3pm	Tuesday 22nd August	*4 - 12 years
LFC Football camp	10am - 3pm	Monday 21st and Tuesday 22nd August	*4 - 14 Years



# Ditch your Stabilisers

We have ten 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 25th July 9am – 12pm Tuesday 25th July 1 – 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 1st August 9am – 12pm Tuesday 1st August 1 – 4pm	Shoreside Primary School, Westminster Dr, Southport, PR8 2QZ
Tuesday 8th August 9am – 12pm Tuesday 8th August 1 – 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 15th August 9am – 12pm Tuesday 15th August 1 – 4pm	Shoreside Primary School, Westminster Dr, Southport, PR8 2QZ
Tuesday 22nd August 9am – 12pm Tuesday 22nd August 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](mailto:Active.Sports@sefton.gov.uk)



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



## 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
Active Explorers	£14	£11	N/A
Dance & Acro Camps	£15	N/A	N/A
Dance Workshops	£8	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	£2.50 £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.



# Crosby Lakeside

## SUMMER ON THE LAKE

THURSDAY 20TH JULY –  
SUNDAY 3RD SEPTEMBER

active sefton

2  
0  
2  
3

Pay and Play





## JULY ACTIVITIES

DATE	TIME	ACTIVITY	AGE	COST
Wednesday 26th July	9am - 12 noon	Activity Session	8 - 16yrs	£25
Wednesday 26th July	1pm - 4pm	Activity Session	8 - 16yrs	£25
Thursday 27th July	9am - 12 noon	Learn to Kayak	8 - 16yrs	£25
Thursday 27th July	1pm - 4pm	Learn to Paddleboard	8 - 16yrs	£25

## AUGUST ACTIVITIES

DATE	TIME	ACTIVITY	AGE	COST
Friday 4th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Friday 4th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Monday 7th August	9am - 12 noon	Learn to Sail	8 - 16yrs	£25
Monday 7th August	1pm - 4pm	Learn to Kayak	8 - 16yrs	£25
Tuesday 8th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Tuesday 8th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Wednesday 9th August	9am - 12 noon	Dry Activity Session (Archery, Orienteering etc)	8 - 16yrs	£25
Wednesday 9th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Thursday 10th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Thursday 10th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Friday 11th August	9am - 12 noon	Learn to Paddleboard	8 - 16yrs	£25
Friday 11th August	1pm - 4pm	Learn to Sail	8 - 16yrs	£25
Monday 14th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Monday 14th August	1pm - 4pm	Learn to Kayak	8 - 16yrs	£25
Tuesday 15th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Tuesday 15th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Wednesday 16th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Wednesday 16th August	1pm - 4pm	Learn to Paddleboard	8 - 16yrs	£25

To book please call on 0151 966 6868. All sessions are limited to 10 so book early to avoid disappointment, payment made at the time of booking

# Crosby Lakeside



## AUGUST ACTIVITIES

DATE	TIME	ACTIVITY	AGE	COST
Thursday 17th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Thursday 17th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Friday 18th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Friday 18th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Monday 21st August	9am - 12 noon	Learn to Kayak	8 - 16yrs	£25
Monday 21st August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Tuesday 22nd August	9am - 12 noon	Dry Activity Session (Archery, Orienteering etc)	8 - 16yrs	£25
Tuesday 22nd August	1pm - 4pm	Learn to Sail	8 - 16yrs	£25
Wednesday 23rd August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Wednesday 23rd August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Thursday 24th August	9am - 12 noon	Learn to Paddleboard	8 - 16yrs	£25
Thursday 24th August	1pm - 4pm	Dry Activity Session (Archery, Orienteering etc)	8 - 16yrs	£25
Friday 25th August	9am - 12 noon	Learn to Kayak	8 - 16yrs	£25
Friday 25th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Tuesday 29th August	9am - 12 noon	Learn to Sail	8 - 16yrs	£25
Tuesday 29th August	1pm - 4pm	Activity Session	8 - 16yrs	£25
Wednesday 30th August	9am - 12 noon	Activity Session	8 - 16yrs	£25
Wednesday 30th August	1pm - 4pm	Learn to Paddleboard	8 - 16yrs	£25
Thursday 31st August	9am - 12 noon	Dry Activity Session (Archery, Orienteering etc)	8 - 16yrs	£25
Thursday 31st August	1pm - 4pm	Learn to Kayak	8 - 16yrs	£25

## SEPTEMBER ACTIVITIES

DATE	TIME	ACTIVITY	AGE	COST
Friday 1st September	9am - 12 noon	Activity Session	8 - 16yrs	£25

To book please call on 0151 966 6868. All sessions are limited to 10 so book early to avoid disappointment, payment made at the time of booking



## Pay and Play



## Price List

- Open Canoe £12 per hour
- Mini - Ports £15 30 min
- Sit on Kayak (Double) £16 per hour
- Sit on Kayak (Single) £12 per hour
- Stand up paddle Board £12 per hour
- Rowing Boat £20 per hour
- Giant S.U.P £80 per hour  
(u18's accompanied by an adult, Max 8 people)
- Katakana £20 per hour  
(Max 6 people)

## Opening Times

- Saturday 12pm - 4pm
- Sunday 10am - 4pm
- \*Monday - Friday 11am - 7pm  
(\*During Holidays)

Purchase your tickets from the Leisure Reception

All sessions are subject to change

For more information please contact reception on 0151 966 6868

**Crosby Lakeside**

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

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**activefitness**

MORE THAN JUST A GYM

**active sefton** 



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.ANDFOODPROGRAMME@SEFTON.GOV.UK](mailto:HOLIDAYACTIVITY.ANDFOODPROGRAMME@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



# 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:

EVERY WEEKDAY 8 WEEKS FROM 10<sup>TH</sup> JULY - 1<sup>ST</sup> SEPTEMBER

Active Sefton Presents...

# PARK NIGHTS

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

**Free 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 5-7PM** \*excludes Bank Holiday Monday 28th August  
Bowersdale Park, Seaforth & Hesketh Park, Southport

**TUESDAY 5-7PM**  
South Park, Bootle & Bedford Park, Birkdale

**WEDNESDAY 5-7PM**  
Kirkstone Park, Litherland & King George V, Maghull

**THURSDAY 5-7PM**  
Victoria Park, Crosby & Devonshire Road Park, Southport

**FRIDAY 5-7PM**  
Killen Green, Netherton & Duke Street Park, Formby

For more information, please contact the team on **0151 288 6286** or email: [active.sports@sefton.gov.uk](mailto:active.sports@sefton.gov.uk)

 [activesefton](https://www.facebook.com/activesefton)  [@activesefton](https://www.instagram.com/activesefton)  [active\\_sefton](https://twitter.com/active_sefton)

# 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.

**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](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!