

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



HAF places now available - see inside for more information

# Be Active



## Love the holidays

### Activity Guide

Monday 7th April - Thursday 17th April 2025

Bootle / Crosby / Litherland / Maghull / Netherton / Southport



## Acro Dance Camps

Come and try our session that combines dance with gymnastic skills, whilst learning limbering, balancing, flexibility and tumbling.

**No discounts will be applied.**

## Dance workshops

Led by our in house dance expert Jenn. Our dance 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 years old, 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. HAF places are available for Sports & Games activities - see page 8 for more information.

## 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\*

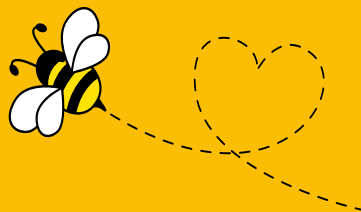
Lights and music will guarantee a whole lot of fun and we will guarantee you won't want to get out of the pool! We can promise more splash than swimming and some really good fun at Meadows, Bootle and Dunes.

**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 years old of any ability. Each day will consist of sports drills, challenges and small sided games. This session is booked in directly with LFC Foundation online <https://bookings.liverpoolfc.com/foundation/index.htm> then choose **Sefton** in the area search.

\* 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.





## 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> 2.30pm - 3.45pm	Monday 7th April - Friday 11th April Monday 14th April - Thursday 17th April	0 - 16 years

Due to the popularity of our swimming sessions, a time banded system has been introduced. Bands can be purchased 15 minutes before session time. The leisure pool will be closed during the Easter programme due to refurbishments.

## Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX



Activity	Time	Days	Age
Acro Camp	9am - 3pm	Wednesday 9th April	*4 - 12 years

\*Children age 4 must be in Reception





## Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
LFC Football Camp	10am - 3pm	Friday 11th April	*4 - 14 years
Swim & Splash	10am - 12pm	Monday 7th April - Friday 11th April Monday 14th April - Thursday 17th April	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 7th April - Friday 11th April Monday 14th April - Thursday 17th April	0 - 16 years

\*Children age 4 must be in Reception

## Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA



Activity	Time	Days	Age
Sports & Games	9am - 3pm	Monday 7th April - Friday 11th April Monday 14th April - Thursday 17th April	*4 - 12 years

\*Children age 4 must be in Reception





# Meadows

Hall Lane, Maghull, L31 7BB



Activity	Time	Days	Age
Swim & Splash	10am - 12pm	Monday 7th April - Friday 11th April Monday 14th April - Thursday 17th April	*4 - 14 years
Swim & Splash	1pm - 3pm	Monday 7th April - Friday 11th April Monday 14th April - Thursday 17th April	0 - 16 years
Dance Workshop	1pm - 4pm	Thursday 10th April	*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	Thursday 10th & Monday 14th April	*4 - 14 years





# Ditch your Stabilisers

We have four sessions of this extremely popular activity available during this holiday; proving 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 8th April 9am - 12pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 8th April 1pm - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 15th April 9am - 12pm	Shoreside Primary School, Westminster Drive, Southport, PR8 2QZ
Tuesday 15th April 1pm - 4pm	Shoreside Primary School, Westminster Drive, Southport, PR8 2QZ

Booking is essential, please call a member of the team on **0151 288 6286**





## Prices and Booking

Days / Activity	Pre-booking price	Active Choices pre-booking price	Turn up on the day price
5 Days	£54	£47	N/A
4 Days	£47	£41	N/A
3 Days	£39	£33	N/A
2 Days	£30	£24	N/A
1 Day	£17	£14	N/A
Acro Camps	£17	N/A	N/A
Dance Workshops	£10	N/A	N/A
Be Active swimming sessions and Swim & Splash*	N/A	N/A	£2.80 £2.00 (with Active Choices card)
Ditch your Stabilisers	£15	N/A	N/A

\* full prices apply to accompanying adults £6.70





# Be Active are now offering FREE HAF places

We now have the opportunity for free places on our Sports and Games camp at Litherland Sports Park during the 2 weeks of the Easter holidays. HAF stands for Sefton Holiday Activities and Food Programme.

Places are limited so book early to avoid disappointment.

 [activesefton](#)  [@activesefton](#)  [active\\_sefton](#)

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

To qualify for a free place for your child, you must be able to provide proof of eligibility on booking in the form of your award letter or online account screen shots as per details below.

As a Sefton resident, you are eligible for free school meals if you receive any of the following benefits:

- Universal Credit and have a net household income of less than £7400 per annum
- Income Support
- Income based Jobseekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit ONLY (not entitled/receiving Working Tax Credit) and have an income of less than £16190.00
- Guaranteed element of State Pension Credit
- Working Tax Credit run-on (paid for the four weeks after you stop qualifying for Working Tax Credit)
- Support under VI of the Immigration & Asylum Act

If you are on a qualifying benefit and do not already receive free school meals, we urge you to make a formal application as soon as possible. This can benefit your child's school as they can claim extra funding (Pupil Premium). Currently Sefton are providing vouchers to families during the school holidays if you are eligible for Free School Meals.

For more info visit: [www.sefton.gov.uk/childrens-services/schools-and-learning/grants-and-funding/free-school-meals/](http://www.sefton.gov.uk/childrens-services/schools-and-learning/grants-and-funding/free-school-meals/)

Call the Active Sefton team on 01512886286 to book your

place.



0-16 yrs

 **active sefton**





# 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:

# Crosby Lakeside



# THE BUNK BARN



## What is The Bunk Barn?

The Bunk Barn is an exciting new residential addition to our facilities at Crosby Lakeside.



Comprising of 5 bunk rooms, 1 fully accessible room, 2 leader rooms as well as a dining area and a chill out zone.



The Bunk Barn will house up to 39 guests, It will be available to schools, clubs and organisations who can stay in our accommodation and take advantage of our excellent water sport and adventurous activities facilities on site.

For more information about the Bunk Barn, please contact Tina George.

### Email Us

Tina.George@sefton.gov.uk or  
LakesideActivities@sefton.gov.uk



### Call Us

0151 966 6868



**Crosby Lakeside**

[activeseftonfitness.co.uk](http://activeseftonfitness.co.uk)  
f /activesefton @activesefton

**activefitness**  
MORE THAN JUST A GYM

active sefton Sefton Council



# TOTS Gymnastics



## Gymnastics classes for 2 - 4 year olds

- A fun introduction into gymnastics
- Develop social skills
- Helps to build skills such as co-ordination, balance, dedication and self-confidence
- No special kit required



SCAN HERE

## Crosby Lakeside Adventure Centre

Tuesdays 9:30am - 10:15 am or 10:30am - 11:15am

Term time only

Block booking per half term is essential

### BOOK NOW

To register a place, please call on 0151 288 6286 or scan the QR code above. Any enquiries can be emailed to [Active.Sports@sefton.gov.uk](mailto:Active.Sports@sefton.gov.uk)

**active  
sefton**

Sefton Council 



# How to Book

**Please Note** - If you have an Active Choices card, membership numbers must be quoted at time of booking. Without this, Active Choices discount will not be granted. HAF places are limited and proof of qualifying benefits must be provided when booking, otherwise the place cannot be secured.

For more information or to book your place on any of the activities please call us on **0151 288 6286**

## PLACES ARE LIMITED, BOOK TODAY!

Lines are staffed during office hours: (9am - 5pm Monday - Friday) 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)  [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!

**Be Active**

Places are limited. Book your place today!

