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

# Be Active



## Love the holidays

### Summer Activity Guide

Wednesday 23<sup>rd</sup> July - Friday 29<sup>th</sup> August 2025

Bootle / Crosby / Litherland / Maghull / Netherton / Southport



0-16 yrs

Be Active

Sefton Council  active sefton

# School Holiday Programmes

**Fun for all children**

## Acro Dance Camps

Come and try our Acro Dance Camp, combining dance and gymnastics skills, learning strengthening, limbering, balancing, flexibility and tumbling.

**No discounts will be applied.**

## Dance & Musical Theatre Workshop

Led by our in house dance expert Jenn. 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.**

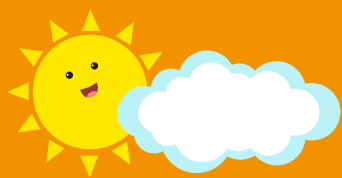
## Sports & Games

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.**

## 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!**



## Pro Skills Football

Active Sefton have teamed up with Pro Skills for boys and girls aged 4-12 years old to get involved in football sessions this summer. Children will be split into age specific groups and take part in a range of football related activities throughout the day led by the Pro Skills enthusiastic FA qualified coaches. The sessions focus on engagement, fun and help the children to get involved in football in a safe and happy environment.

## Grassroots to Greatness

This session is booked directly with Pro Skills via the following link:

[docs.google.com/forms/u/2/d/1hdlQtaMwyFqO-1x2h-m-kvBx4XpsmA6inTGZol73RpQ/edit?pli=1](https://docs.google.com/forms/u/2/d/1hdlQtaMwyFqO-1x2h-m-kvBx4XpsmA6inTGZol73RpQ/edit?pli=1)

## 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: [bit.ly/3SutlEp](https://bit.ly/3SutlEp) 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> 2.30 - 3.45pm	Wednesday 23rd July - Friday 25th July Monday 28th July - Friday 1st August Monday 4th August - Friday 8th August Monday 11th August - Friday 15th August Monday 18th August - Friday 22nd August Monday 25th August - Friday 29th August	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.

## Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am - 3pm	Wednesday 30th July Wednesday 6th August Wednesday 13th August Wednesday 20th August	*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	Thursday 31st July & Thursday 21st August	*4 - 14 years
Swim & Splash	10am - 12pm	Monday 28th July - Friday 1st August Monday 4th August - Friday 8th August Monday 11th August - Friday 15th August Monday 18th August - Friday 22nd August Monday 25th August - Friday 29th August	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 28th July - Friday 1st August Monday 4th August - Friday 8th August Monday 11th August - Friday 15th August Monday 18th August - Friday 22nd August Monday 25th August - Friday 29th August	0 - 16 years

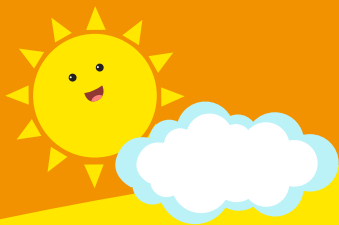
\*Children age 4 must be in Reception

# Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Sports & Games	9am - 3pm	Wednesday 23rd July - Friday 25th July Monday 28th July - Friday 1st August Monday 4th August - Friday 8th August Monday 11th August - Friday 15th August Monday 18th August - Friday 22nd 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	Wednesday 23rd July - Friday 25th July Monday 28th July - Friday 1st August Monday 4th August - Friday 8th August Monday 11th August - Friday 15th August Monday 18th August - Friday 22nd August Monday 25th August - Friday 29th August	0 - 16 years
**Swim & Splash	1pm - 3pm	Wednesday 23rd July - Friday 25th July Monday 28th July - Friday 1st August Monday 4th August - Friday 8th August Monday 11th August - Friday 15th August Monday 18th August - Friday 22nd August Monday 25th August - Friday 29th August	0 - 16 years
Dance Workshop	1pm - 4pm	Thursday 31st July Thursday 7th August Thursday 14th August Thursday 21st August	*4 - 12 years

\*Children age 4 must be in Reception

\*\* the learner pool is shut on Tuesday's and Thursday's 9am - 12pm

# Netherton Activity Centre

Glovers Lane, Netherton, Liverpool, L30 3TL

Activity	Time	Days	Age
Pro Skills Football	9am - 3pm	Monday 4th August - 8th August Monday 11th August - 15th August Monday 18th August - 22nd August Monday 25th August - 29th August	*4 - 12 Years

\*Children age 4 must be in Reception



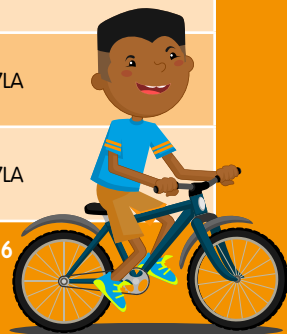
# Ditch your Stabilisers

We have eight 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 29th July 9am - 12pm or 1 - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 5th August 9am - 12pm or 1 - 4pm	Shoreside Primary School, Westminster Dr, Southport, PR8 2QZ
Tuesday 12th August 9am - 12pm or 1 - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 19th August 9am - 12pm or 1 - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA



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 Dance Camps	£17	N/A	N/A
Dance	£10	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	£15	N/A	N/A

\* full prices apply to accompanying Adults £7

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.







**FREE support to help you cycle locally - just turn up**

For adults who are beginners, improving, or returning to cycling

Active Sefton is here to help you get back on your bike




Thursday 31st July	10:00 - 13:00	Learn to Ride & Ride
Thursday 14th August	16:00 - 19:00	Dr Bike & Ride
Wednesday 27th August	16:00 - 18:00	Learn to Ride & Ride
Saturday 13th September	10:00 - 12:00	Learn to Ride & Ride



Litherland Sports Park, Boundary Road,  
Litherland, L21 7LA

BigBikeRevival.org.uk  
#BigBikeRevival

 active\_sefton

 @activesefton

 0151 288 6286

 Active.Sports@sefton.gov.uk



Funded by  
UK Government

**EVERY WEEKDAY 8 WEEKS FROM 7 JULY - 29 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 25<sup>th</sup> August)  
Duke Street, Formby & Marian Gardens, Netherton

**TUESDAYS 5-7pm**  
Kirkstone Park, Litherland & Bedford Park, Birkdale

**WEDNESDAYS 5-7pm**  
King George V, Maghull & Linacre Bridge Community hub, Bootle

**THURSDAYS 5-7pm**  
Poets Park, Bootle & Hesketh Park, Southport

**FRIDAYS 5-7pm**  
Canning Road Recreation Ground, Southport  
& Coronation Park, Crosby

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)



# 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 week of the summer holidays. HAF stands for Sefton Holiday Activities and Food Programme.

## **PLACES ARE LIMITED, BOOK TODAY!**

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

 **activesefton**    **active\_sefton**

Or visit us at [\*\*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 **0151 288 6286** to book your place.**

# 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**.

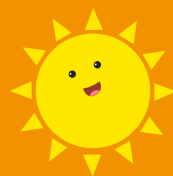
## PLACES ARE LIMITED, BOOK TODAY!

Lines are staffed during office hours (9am-5pm); 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 all our sessions are fully inclusive, if your child has any additional needs please speak to the team for advice on 0151 2886286.

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

 **activesefton**  **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!