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children's
ACTIVITY
ACCREDITED

www.sefton.gov.uk/beactive



Love the holidays

October Half Term Guide

Monday 28th October to Friday 1st November

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 session that combines dance and gymnastic skills, whilst learning strengthening, limbering, balancing, flexibility and tumbling. **No discounts will be applied.**

Dance 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 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.

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 a football camp at Netherton Activity Centre. 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, with prizes to be won each day. This session is booked directly with LFC Foundation:



<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. A ratio of 1 Adult to 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	Session 1: 10am - 11.15am Session 2: 11.30am - 12.45pm	Monday 28th October-Friday 1st November	0 - 16 years
Be Active Swim & Splash (with music and lights)	Session 1: 1.00pm - 2.15pm Session 2: 2.30pm - 3.45pm	Monday 28th October-Friday 1st November	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	Friday 1st November	*4 - 12 years

*Children age 4 must be in Reception



Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
Swim & Splash	10am - 12pm 2pm - 4pm	Monday 28th October - Friday 1st November	0 - 16 years
Swimming Crash Course	12pm - 12.30pm 12.30pm - 1pm 1pm - 1.30pm 1.30pm - 2pm	Monday 28th October - Thursday 31st October	4+ 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 28th October-Friday 1st November	*4 - 12 Years

*Children age 4 must be in Reception





Meadows Leisure Centre

Hall Lane, Maghull, L31 7BB

Activity	Time	Days	Age
**Swim & Splash	10am - 12pm 1pm - 3pm	Monday 28th October-Friday 1st November	0 - 16 years
Dance Workshop	1pm - 4pm	Thursday 31st October	*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

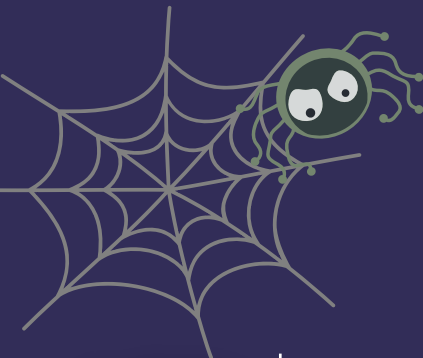
Families only in the learner pool during Swim & Splash sessions

Netherton Activity Centre

Glovers Lane, Netherton, Liverpool, L30 3TL

Activity	Time	Days	Age
LFC Football Camp	10am - 3pm	Friday 1st November	*4 - 14 Years

*Children age 4 must be in Reception





Ditch your Stabilisers

We have two 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 29th October 9am - 12pm Tuesday 29th October 1pm - 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	£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 Dance Camp	£16.50	N/A	N/A
Dance Workshop	£9	N/A	N/A
Be Active swimming sessions and Swim & Splash*	N/A	N/A	£2.70 £2 (with Active Choices card)
4 day Swimming Crash Course (Dunes)	£20	N/A	N/A
Ditch your Stabilisers	£14	N/A	N/A

* full prices apply to accompanying adults £5.80





TOTS GYMNASTICS

Gymnastics classes for 2 - 4 year olds
Crosby Lakeside Adventure Centre L22 1RR
Tuesdays 9.30-10.15am or 10.30-11.15am
term time only
works out at only £5 per session

Booking is essential,
To guarantee a place and
make payment, please call
us on 0151 288 6286

- Fun introduction to gymnastics
- Building skills such as co-ordination, balance dedication and self-confidence
- No special kit required

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 28TH OCTOBER & MONDAY 4TH NOVEMBER

Marian Gardens, Netherton & Kew Park, Southport

TUESDAY 29TH OCTOBER & TUESDAY 5TH NOVEMBER

Abbeyfield Park, Netherton & Alexandra Park, Crosby

WEDNESDAY 30TH OCTOBER & WEDNESDAY 6TH NOVEMBER

Bowersdale Park, Seaforth & Hesketh Park, Southport

THURSDAY 31ST OCTOBER & THURSDAY 7TH NOVEMBER

Bedford Park, Birkdale & King George V Park, Maghull

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

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AUTUMN FIT

GET MOVING THIS SEASON

EXCLUSIVE OFFER
USING PROMO FALL2024
JOIN FOR JUST
£10 ADULTS
£5 YOUTH & JUNIORS

One membership. Six locations.

Bootle Leisure Centre

Crosby Lakeside

Dunes Splash World

Litherland Sports Park

Meadows Leisure Centre

Netherton Activity Centre

activefitness
MORE THAN JUST A GYM

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

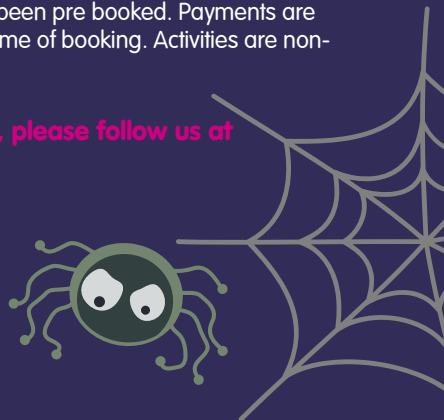
PLACES ARE LIMITED, BOOK TODAY!

Lines are staffed during office hours; 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 are now 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](#)
-  [@activesefton](#)
-  [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!