

sefton.gov.uk/beactive



Love the holidays

Activity Guide

Tuesday 2nd April - Friday 12th April 2024

Bootle / Crosby / Litherland / Maghull / Southport / Netherton



0-16 yrs

Be Active

Sefton Council

active sefton



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 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 year 6, 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.

Swimming Crash Course

Is your child eager to learn how to swim? Book on to our 4 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. 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.





Dunes Leisure Centre



Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
LFC Football Camp	10am - 3pm	Friday 5th April	*4 - 14 years
Swim & Splash	10am - 12pm	Tuesday 2nd - Friday 5th April Monday 8th - Friday 12th April	0 - 16 years
Swim & Splash	2pm - 4pm	Tuesday 2nd - Friday 5th April Monday 8th - Friday 12th April	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	Tuesday 2nd - Friday 5th April Monday 8th - Friday 12th April	0 - 16 years
Swim & Splash	1pm - 3pm	Tuesday 2nd - Friday 5th April Monday 8th - Friday 12th April	0 - 16 years
Dance Workshop	1pm-4pm	Thursday 4th & 11th April	*4 - 12 years

*Children age 4 must be in Reception

Crosby Leisure Centre



Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am-3pm	Wednesday 3rd & 10th April	*4-12 years



Bootle Leisure Centre

North Park, Washington Parade, Bootle, Liverpool, L20 5JJ

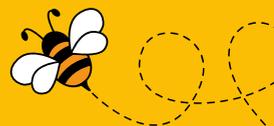


Activity	Time	Days	Age
Be Active swimming sessions	Session 1: 10am - 11.15am Session 2: 11.30am - 12.45pm Session 3: 1pm - 2.15pm Session 4: 2.30pm - 3.45pm	Tuesday 2nd - Friday 5th April Monday 8th - Friday 12th April	0 - 16 years
Swimming crash course	30 min slots between 9am - 12pm	Tuesday 2nd - Friday 5th April and Monday 8th - Thursday 11th April	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	Tuesday 2nd - Friday 5th April Monday 8th - Friday 12th 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 4th & Monday 8th April	*4 - 14 Years



Ditch your Stabilisers

Providing the ideal way for families to get their children riding and with a fantastic success rate, these hands-on sessions 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 2nd April 9am - 12pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 2nd April 1 - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 9th April 9am - 12pm	Shoreside Primary School, Westminster Drive, Southport, PR8 2QZ
Tuesday 9th April 1 - 4pm	Shoreside Primary School, Westminster Drive, Southport, PR8 2QZ

Booking is essential, please call a member of the team on **0151 288 6286** or for any further queries email us 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	£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
Dance & Acro Camps	£16.50	N/A	N/A
Dance Workshops	£9	N/A	N/A
4 day Swimming Crash Course (Bootle)	£24	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	£14	N/A	N/A

* full prices apply to accompanying Adults £6.70



**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.ANDFOODP
ROGRAMME@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

Crosby Lakeside

HALF TERM ACTIVITIES

TUESDAY 2ND APRIL- FRIDAY 12TH APRIL



EASTER AT LAKESIDE

£27
Per session

Book Before April 1st
save £2 per session!

Three-hour session including one water based and may include one land-based activity.

Sailing Activities

- Fun Boats
- Bahia`s
- Topaz`s
- Pico`s
- Drascombe Longboat

Paddlesport Activities

- Kayaking
- Sit on top Kayaking
- Bellboating
- Paddleboarding
- Katakanu
- Raft Building
- Canoeing

Land based activities

- Outdoor or Indoor Boatyard Archery.
- Orienteering.
- Boatyard Bushcraft.
- Problem solving and initiative Team Games.

What to Bring!

- Closed toe shoes
- Change of Clothes
- Sun cream
- £1 Locker(refundable)
- Hat
- Towel
- Toiletries
- Plastic Bag

Drop off/Pick Up !

Morning session

Drop Off

8:30am-9:15am

Pick Up

12:15pm-13:00pm

Afternoon session

Drop Off

12:30pm-13:15pm

Pick Up

16:15pm-17:15pm

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

activeseftonfitness.co.uk

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activefitness

MORE THAN JUST A GYM

active sefton

Sefton Council

Crosby Lakeside

HALF TERM ACTIVITIES

TUESDAY 2ND APRIL – FRIDAY 12TH APRIL



DATE	TIME	ACTIVITY
Tuesday 2nd April	9:15am – 12:15pm 1.15pm – 4:15pm	Sailing and may include land-based activity. Paddlesport may include land-based activity.
Wednesday 3rd April	9:15am – 12:15pm 1:15pm – 4:15pm	Paddlesport may include land-based activity. Sailing may include land-based activity.
Thursday 4th April	9:15am – 12:15pm 1.15pm – 4:15pm	Sailing and may include land-based activity. Paddlesport may include land-based activity.
Friday 5th April	9:15am – 12:15pm 1:15pm – 4:15pm	Paddlesport may include land-based activity. Sailing may include land-based activity.
Monday 8th April	9:15am – 12:15pm 1.15pm – 4:15pm	Sailing and may include land-based activity. Paddlesport may include land-based activity.
Tuesday 9th April	9:15am – 12:15pm 1:15pm – 4:15pm	Sailing and may include land-based activity. Paddlesport may include land-based activity.
Wednesday 10th April	9:15am – 12:15pm 1.15pm – 4:15pm	Paddlesport may include land-based activity. Sailing may include land-based activity.
Thursday 11th February	9:15am – 12:15pm 1:15pm – 4:15pm	Sailing and may include land-based activity. Paddlesport may include land-based activity.
Friday 12th April	9:15am – 12:15pm 1.15pm – 4:15pm	Paddlesport may include land-based activity. Sailing may include land-based activity.

Crosby Lakeside has the right to change any of the above activities on the day due to the environmental weather conditions in the interests of participant safety and participant enjoyment.

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

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activefitness

MORE THAN JUST A GYM

active sefton

Sefton Council



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:

BABY Ballet

Baby Ballet is a fun dance program designed for children aged 2-4 to explore physical movement through storytelling and music. Baby Ballet is great for Children as they will be open to express themselves through dance, colour and music.

Every Wednesday 10.30am - 11.30am
Call 0151 288 6686 or email: active.sports@sefton.gov.uk
to book your place for the term.



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

BLOCK BOOKING FOR THE TERM

£5 PER SESSION

Tots Gymnastics



Gymnastic classes for 2 - 4 year olds

Crosby Lakeside Adventure Centre
Tuesdays 9.30-10.15am or 10.30-11.15am term time only
works out at only £5 per session

Booking is essential, to register a place, please call us on 0151 288 6286 or email active.sports@sefton.gov.uk

- 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

active sefton

Sefton Council

session is FREE

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 are made over the telephone and must be made at the time of booking. Activities are non-refundable.

We are committed to ensuring that all our sessions are fully inclusive. If your child has any additional needs please call us on 0151 288 6286 for further information

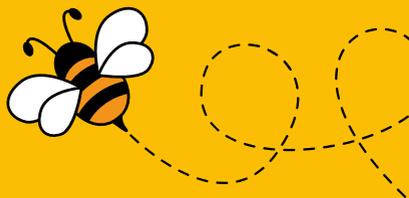
For more information on any of our programmes, please follow us at

 [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!

