

sefton.gov.uk/beactive



Love the holidays

Activity Guide

Tuesday 28th May to Friday 31st May

Bootle / Crosby / Litherland / Maghull / Southport / Netherton



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.

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

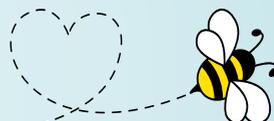
Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
Swim & Splash	10am - 12pm	Tuesday 28th May - Friday 31st May	0 - 16 years
Swim & Splash	2pm - 4pm	Tuesday 28th May - Friday 31st May	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 28th May - Friday 31st May	0 - 16 years
Swim & Splash	1pm - 3pm	Tuesday 28th May - Friday 31st May	0 - 16 years
Dance Workshop	1pm - 4pm	Thursday 30th May	*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 29th May	*4 - 12 years

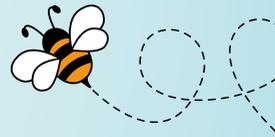


Bootle Leisure Centre

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 28th May - Friday 31st May	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.



Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Sports & Games	9am - 3pm	Tuesday 28th May - Friday 31st May	*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	Friday 31st May	*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 landmark 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 28th May 9am - 12pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 28th May 1pm - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Thursday 30th May 9am - 12pm	Shoreside Primary School, Westminster Drive, Southport, PR8 2QZ
Thursday 30th May 1pm - 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
Be Active swimming sessions and Swim & Splash*	N/A	N/A	£2.70 £2.00 (with active choices card)
Ditch your Stablisers	£14	N/A	N/A

* full prices apply to accompanying Adults £6.70

BABY

Ballet



Baby Ballet is a fun dance programme 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.

**BLOCK
BOOKING FOR
THE TERM**

**£5 PER
SESSION**



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

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 email: 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.

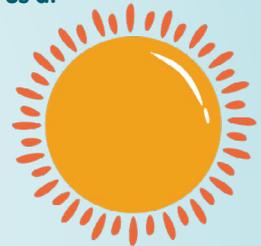
For more information on any of our programmes, please follow us at

 [activesefton](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



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!

