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Love the holidays

Activity Guide

Monday 24th October - Friday 28th October 2022

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.

Halloween 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 Halloween 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.

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.

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, with prizes to be won each day. This session is booked in directly with LFC Foundation online <https://bookings.liverpoolfc.com/foundation/booking/bookCourse.htm>



Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
LFC Football Camp	10am - 3pm	Monday 24 & Friday 28th October	*4 - 14 years
Swim & Splash	10am - 12pm	Monday 24th - Friday 28th October	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 24th - Friday 28th October	0 - 16 years

*Children age 4 must be in Reception

Meadows

Meadows Leisure Centre, Hall Lane, Maghull, L31 7BB

Activity	Time	Days	Age
Halloween dance workshop	1pm-4pm	Thursday 27th October	*4 - 12 years
Swim & Splash	10am - 12pm	Monday 24th - Friday 28th October	0 - 16 years
Swim & Splash	1pm - 3pm	Monday 24th - Friday 28th October	0 - 16 years

*Children age 4 must be in Reception





Bootle Leisure Centre

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

Activity	Time	Days	Age
Be Active swimming sessions	10am - 3:15pm	Monday 24th - Friday 28th October	0 - 16 years
Swim & Splash	1pm - 3.15pm	Monday 24th - Friday 28th October	0 - 16 years
Swimming crash course	30 min slots between 9am-12pm	Monday 24th - Friday 28th October	4+

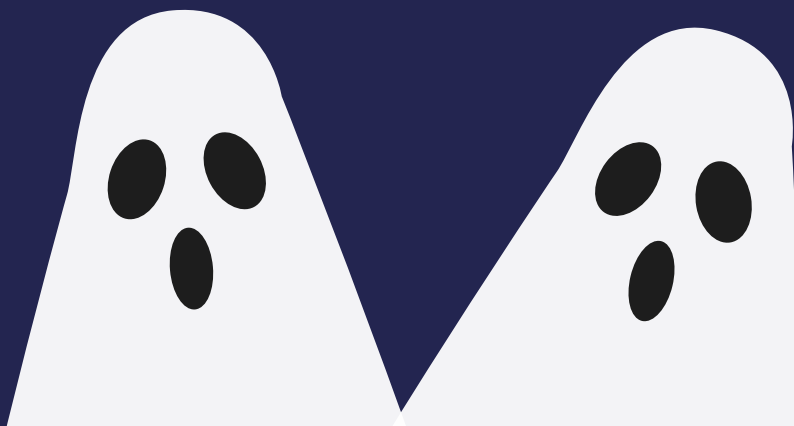
*Only half of the main pool will be available between 10am - 11am The flume will be on daily from 12pm - times may be subject to change.

Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Sports & Games	9am - 3pm	Monday 24th October - Friday 28th October	*4 - 12 Years

*Children age 4 must be in Reception





Netherton Activity Centre

Glovers Lane, Nertherton, Liverpool, L30 3TL

Activity	Time	Days	Age
LFC Football Camp	10am – 3pm	Monday 24th & Tuesday 25th October	*4 - 14 Years

Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am-3pm	Wednesday 26th October	*4-12 years

*Children age 4 must be in Reception





Ditch your Stabilisers

We have four sessions of this extremely popular activity available during this half term 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
Monday 24th October 9am - 12pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Monday 24th October 1 - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Thursday 27th October 9am - 12pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Thursday 27th October 1 - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA

Booking is essential, please call a member of the team on **0151 288 6286** or e-mail Active.Sports@sefon.gov.uk



Prices and Booking

Days / Activity	Pre-booking price	Active Choices pre-booking price	Turn up on the day price
5 Days	£50	£43	N/A
4 Days	£43	£38	N/A
3 Days	£36	£30	N/A
2 Days	£27	£21	N/A
1 Day	£14	£11	N/A
Dance & Acro Camps	£15	N/A	N/A
Halloween Dance Workshops	£8	N/A	N/A
5 day Swimming Crash Course (Bootle)	£25	N/A	N/A
Be Active swimming sessions and Swim & Splash	N/A	N/A	£1.50 - £2.50
Ditch the Stabilisers	£12	N/A	N/A



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 manned 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 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**

 **@activesefton**

 **active_sefton**

Or visit us at **www.sefton.gov.uk/beactive**

LFC Foundation camps are to be booked online directly with LFC Foundation via this link:
<https://bookings.liverpoolfc.com/foundation/booking/bookCourse.htm>



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!