

sefton.gov.uk/beactive



Love the holidays

Summer Activity Guide

Thursday 21st July - Friday 26th August 2022

Bootle / Crosby / Litherland / Netherton / Maghull / Southport



0-16 yrs

Be Active

Sefton Council



active sefton

School Summer Holiday Programmes

Fun for all children

DANCE CAMPS & WORKSHOPS

Led by our in house dance experts Rachael and 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.**

ACRO CAMPS & WORKSHOPS

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.

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 4 and 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://foundation.liverpoolfc.com/get-involved/holiday-camps/netherton-activity-centre>

INFLATABLE POOL PARTY

A splashing session for 0 - 16 years, where the giant inflatable will be in the pool, along with disco lights, and music. Only those aged 8+ and competent swimmers will be allowed on the inflatable. Pre-booking only. Limited places available so please call us now!



Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
Dance Camp	9am-3pm	Wednesday 27 th July	*4 - 12 Years
	9am-3pm	Wednesday 10 th August	*4 - 12 Years
	9am-3pm	Wednesday 24 th August	*4 - 12 Years
Acro Dance Camp	9am-3pm	Friday 26 th August	*4 - 12 Years
Swim & Splash	10am-12pm and 2pm-4pm.	On throughout Summer, Monday to Friday	All ages (plus an adult for little ones or non-swimmers)
4 day Swimming Crash Course	12-2pm	25 th - 28 th July	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	Thursday 21 st July - Friday 22 nd July	*4 - 12 Years
		Monday 25 th July - Friday 29 th July	
		Monday 1 st August - Friday 5 th August	
		Monday 8 th August - Friday 12 th August	
		Monday 15 th August - Friday 19 th August	
		Monday 22 nd August - Friday 26 th August	

*Children age 4 must be in Reception



Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
LFC Camp	10am-3pm	Monday 1 st August	*4-14 Years
		Friday 5 th August	

Netherton Activity Centre

Glovers Lane, Netherton, Liverpool, L30 3TL

Activity	Time	Days	Age
LFC Camp	10am-3pm	Thursday 21 st July	*4-14 years
		Friday 22 nd July	

*Children age 4 must be in Reception



Netherton Activity Centre

Glovers Lane, Netherton, Liverpool, L30 3TL

Activity	Time	Days	Age
Acro Dance Camp	9am-3pm	Tuesday 2 nd August	*4-12 years
Dance Camp	9am-3pm	Tuesday 9 th August	*4-12 years
Dance Camp	9am-3pm	Tuesday 16 th August	*4-12 years

Meadows Leisure Centre

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

Activity	Time	Days	Age
Encanto Dance Workshop	1-4pm	Thursday 28 th July	*4-14 years
Acro Dance Workshop	1-4pm	Thursday 18 th August	*4-14 years
Swim & Splash	On throughout Summer. Monday-Friday from 10am-12pm and 1pm-3pm		All ages (plus an adult for little ones or non-swimmers)

*Children age 4 must be in Reception



Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

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



Bootle Leisure Centre

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

Activity	Time	Days	Age
5 day Swimming Crash Course	Monday-Friday 9am-12pm (Multiple time slots are available.)	Monday 25 th July - Friday 29 th July	4 years +
		Monday 8 th August - Friday 12 th August	4 years +
		Monday 22 nd August - Friday 26 th August	4 years +
Swim and Splash	On throughout Summer.* 1pm - 3:15pm.	Monday to friday throughout summer (except the inflatable dates: 10 th and 24 th of August).	(plus an adult for little ones or non-swimmers)
**Inflatable Pool Party	1:30pm - 3:30pm NB. Both pools will close from 1pm to set up for a 1:30pm start.	Wednesday 10 th August	0-16 years
		Wednesday 24 th August	

**Ages 0-16. Over 8's only on the inflatable (they must be able to swim).

* Flume open from 12pm-7.30pm (subject to availability).



Ditch your Stabilisers

We have ten sessions of the extremely popular ditch the stabilisers course available this summer 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 and a cycle helmet that fits. Children must be accompanied by an adult who must also participate in the session. Please note this session is outside.

When	Where	Age
Monday 25 th July 9am-12pm	Litherland Sports Park	4 years +
Monday 25 th July 1pm-4pm	Litherland Sports Park	4 years +
Monday 1 st August 9am-12pm	Shoreside Primary School	4 years +
Monday 1 st August 1pm-4pm	Shoreside Primary School	4 years +
Monday 8 th August 9am-12pm	Litherland Sports Park	4 years +
Monday 8 th August 1pm-4pm	Litherland Sports Park	4 years +
Monday 15 th August 9am-12pm	Shoreside Primary School	4 years +
Monday 15 th August 1pm-4pm	Shoreside Primary School	4 years +
Monday 22 nd August 9am-12pm	Litherland Sports Park	4 years +
Monday 22 nd August 1pm-4pm	Litherland Sports Park	4 years +



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
Dance & Acro Workshops	£8	N/A	N/A
5 day Swimming Crash Course (Bootle)	£25	N/A	N/A
Inflatable Pool Party (Bootle)	*£5 per person	N/A	N/A
4 day Swimming Crash Course (Dunes)	£20	N/A	N/A
Swim Sessions and Swim & Splash	N/A	N/A	£1.50 - £2.50
Ditch the Stabilisers	£12	N/A	N/A

* The £5 fee applies to **ALL** participants during the inflatable pool party session at Bootle.



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 normally manned during office hours which are 9am-5pm. However, occasionally our hours change, so please leave a voicemail if you don't get an answer and we will get back to you. 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**



MOBILE PHONES

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 and 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!

EVERY WEEKDAY 8 WEEKS FROM 11TH JULY - 2ND SEPTEMBER

Active Sefton Presents...

PARK NIGHTS

FREE

**Sport and
Activities for
young people this
summer!**

**...get
involved!**

Free 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 5-7PM *excludes Bank Holiday Monday 29th August
Bowersdale Park, Seaforth & Hesketh Park, Southport

TUESDAY 5-7PM
South Park, Bootle & Bedford Park, Birkdale

WEDNESDAY 5-7PM
Kirkstone Park, Litherland & King George V, Maghull

THURSDAY 5-7PM
Coronation Park, Crosby & Devonshire Road Park,
Southport

FRIDAY 5-7PM *excludes Friday 15th July due to Formby Festival
Killen Green, Netherton & Duke Street Park, Formby



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

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