

sefton.gov.uk/beactive



Love the holidays

February Half Term Guide

Monday 12th February - Friday 16th February 2024

Bootle / Crosby / Litherland / Maghull / Southport / Netherton

School Holiday Programmes

Fun for all children

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 camps & 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 year olds, 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!**

* 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.

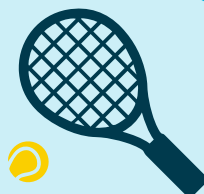


LFC Foundation

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:



<https://bookings.liverpoolfc.com/foundation/courses/courses.htm?coursesSearch=search&age-From=&ageTo=&typeld=135®ion-Id=&venueId=&startDate=&endDate=>





Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
Swim & Splash	10am - 12pm	Monday 12th February - Friday 16th February	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 12th February - Friday 16th February	0 - 16 years
LFC Football Camp	9am - 3pm	Thursday 15th February	4 - 14 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	Monday 12th February - Friday 16th February	0 - 16 years
**Swim & Splash	1pm - 3pm	Monday 12th February - Friday 16th February	0 - 16 years
Dance Camp	1pm - 4pm	Tuesday 13th February	4 - 12 years

*Children age 4 must be in Reception

** the learner pool is shut on Tuesdays and Thursdays 9am - 12pm and Wednesdays 9am - 11am for swimming lessons



Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am - 3pm	Wednesday 14th February	*4-12 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	Session 1: 10am - 11.15am Session 2: 11.30am - 12.45pm Session 3: 1.00pm - 2.15pm Session 4: 2.30 - 3.45pm	Monday 12th February - Friday 16th February	0 - 16 years
Swim Crash Course	30 mins slots between 9am - 12pm	Monday 12th February - Friday 16th February	4+ 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	Monday 12th February - Friday 16th February	*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	9am - 3pm	Monday 12th February	*4 - 14 Years





Ditch your Stabilisers

We have two sessions of this extremely popular activity available during this holiday; proving 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
Tuesday 13th February 9am - 12pm Tuesday 13th February 1pm - 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@sefton.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
Be Active swimming sessions and Swim & Splash*	N/A	N/A	£2.50 £1.50 (with active choices card)
Ditch your Stabilisers	£12	N/A	N/A

* full prices apply to accompanying Adults £5.80

To be eligible for 2 - 5 day discount prices,
Camp Days booked must take place in the same week.
The Dance and Acro camps are not eligible for this.



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 from 10th January 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,
158 Moss Lane,
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



First
session
is FREE

active
sefton

Sefton Council

Crosby Lakeside

HALF TERM ACTIVITIES

MONDAY 12TH FEBRUARY – FRIDAY 16TH FEBRUARY



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
- Katakana
- Raft Building
- Canoeing

Land based activities

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

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.

£25
Per session

DATE	TIME	ACTIVITY
Monday 12th February	9:30am – 12:30pm 1.00pm – 4:00pm	Sailing and one land-based activity. Paddlesport and one land-based activity.
Tuesday 13th February	9:30am – 12:30pm 1:00pm – 4:00pm	Paddlesport and one land-based activity. Sailing and one land-based activity.
Wednesday 14th February	9:30am – 12:30pm 1:00pm – 4:00pm	Sailing and one land-based activity. Paddlesport and one land-based activity.
Thursday 15th February	9:30am – 12:30pm 1.00pm – 4.00pm	Paddlesport and one land-based activity. Sailing and one land-based activity.
Friday 16th February	9.30am – 12.30pm 1.00pm – 4.00pm	Sailing and one land-based activity. Paddlesport and one land-based activity.

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
[/activesefton](#) [@activesefton](#)

activefitness
MORE THAN JUST A GYM

active sefton

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 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 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!