

[www.sefton.gov.uk/beactive](http://www.sefton.gov.uk/beactive)

# Be Active



## Love the holidays

Bootle / Crosby / Litherland / Maghull / Netherton / Southport



0–16 yrs

# Be Active

Sefton Council



active sefton

[www.sefton.gov.uk/beactive](http://www.sefton.gov.uk/beactive)

# Be Active



# School Holiday Programmes

**Fun for all children**

## 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.**

## 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.

## Sports & Games

For children from reception age to 12 years old, 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.

## Acro Dance Camps

Come and try our session that combines dance with gymnastic skills, whilst learning limbering, balancing, flexibility and tumbling.

**No discounts will be applied.**

## LFC Foundation

The LFC Foundation and Active Sefton will be delivering camps at 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: **[bit.ly/3SutlEp](https://bit.ly/3SutlEp)** 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.





# Bootle Leisure Centre

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

| Activity                   | Time                                                                                                                                                          | Days                                                                                                                                                                                                              | Age        |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Be Active swimming session | <b>Session 1:</b><br>10am - 11.15am<br><b>Session 2:</b><br>11.30am - 12.45pm<br><b>Session 3:</b><br>1.00pm - 2.15pm<br><b>Session 4:</b><br>2.30pm - 3.45pm | Wednesday 22nd - Friday 24th July<br>Monday 27th - Friday 31st July<br>Monday 3rd - Friday 7th August<br>Monday 10th - Friday 14th August<br>Monday 17th - Friday 21st August<br>Monday 24th - Friday 28th August | 0-16 years |

Due to the popularity of our swimming programme, we have introduced a time banded session system throughout half term holiday period. Coloured wristbands will be sold 15 minutes before the start of each session.

# Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

| Activity        | Time      | Days                                                                                                                   | Age         |
|-----------------|-----------|------------------------------------------------------------------------------------------------------------------------|-------------|
| Acro Dance Camp | 9am - 3pm | Wednesday 22nd July<br>Wednesday 5th August<br>Wednesday 12th August<br>Wednesday 19th August<br>Wednesday 26th August | *4-12 years |

\*Children age 4 must be in Reception

# Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

| Activity                     | Time        | Days                                                                                                                                                                         | Age           |
|------------------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| LFC Foundation Football Camp | 10am-3pm    | Friday 31st July & Friday 7th August                                                                                                                                         | *4 - 14 Years |
| Swim & Splash                | 10am - 12pm | Monday 27th - Friday 31st July<br>Monday 3rd - Friday 7th August<br>Monday 10th - Friday 14th August<br>Monday 17th - Friday 21st August<br>Monday 24th - Friday 28th August | 0 - 16 years  |
| Swim & Splash                | 2pm - 4pm   |                                                                                                                                                                              | 0 - 16 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 | Wednesday 22nd - Friday 24th July<br>Monday 27th - Friday 31st July<br>Monday 3rd - Friday 7th August<br>Monday 10th - Friday 14th August<br>Monday 17th - Friday 21st August<br>Monday 24th - Friday 28th August | *4 - 12 Years |

\*Children age 4 must be in Reception

## Meadows

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



| Activity                      | Time        | Days                                                                                                                                                                                                              | Age           |
|-------------------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| **Be Active Swimming Sessions | 10am - 12pm | Wednesday 22nd - Friday 24th July<br>Monday 27th - Friday 31st July<br>Monday 3rd - Friday 7th August<br>Monday 10th - Friday 14th August<br>Monday 17th - Friday 21st August<br>Monday 24th - Friday 28th August | 0 - 16 years  |
| **Be Active Swimming Sessions | 1pm - 3pm   |                                                                                                                                                                                                                   | 0 - 16 years  |
| Dance Workshop                | 1pm - 4pm   | Thursday 23rd July<br>Thursday 6th August<br>Thursday 13th August<br>Thursday 20th August<br>Thursday 27th August                                                                                                 | *4 - 12 years |

\*Children age 4 must be in Reception

\*\* the learner pool is shut on Tuesday's and Thursday's 9am - 12pm

## Netherton Activity Centre

Glovers Lane, Bootle, L30 3TL

| Activity        | Time      | Days                                       | Age           |
|-----------------|-----------|--------------------------------------------|---------------|
| Acro Dance Camp | 9am - 3pm | Tuesday 18th August<br>Tuesday 25th August | *4 - 14 years |

\*Children age 4 must be in Reception



# Ditch your Stabilisers

We have six 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 28th July<br>9am - 12pm<br>or 1pm - 4pm  | Litherland Sports Park, Boundary Lane, Litherland, L21 7LA   |
| Tuesday 4th August<br>9am - 12pm<br>or 1pm - 4pm | Shoreside Primary School, Westminster Dr, Southport, PR8 2QZ |
| Tuesday 18th August<br>9am - 12pm<br>or 1 - 4pm  | Litherland Sports Park, Boundary Lane, Litherland, L21 7LA   |





# Prices and Booking

| Days / Activity              | Pre-booking | Saver Plus | Turn up on the day |
|------------------------------|-------------|------------|--------------------|
| 1 day                        | £17         | £14        | N/A                |
| 5 day                        | £68         | £56        | N/A                |
| Acro Dance Camp              | £17         | N/A        | N/A                |
| Dance Workshop               | £10         | N/A        | N/A                |
| Ditch your stabilisers       | £15         | N/A        | N/A                |
| Be Active Swimming Sessions* | N/A         | £2.40      | £3.20              |

\* full prices apply to accompanying Adults £7.00



# Crosby Lakeside

activeseptonfitness.co.uk

/activesepton

@activesepton

## activefitness

MORE THAN JUST A GYM

active septon

Sefton Council



Three-hour session based on some of the following activities

TO REGISTER ONLINE

### WATER BASED

Kayaking  
Bell boating  
Raft Building  
Sup

### LANDBASED

Archery  
Fencing  
Orienteering  
Problem Solving



Crosby Lakeside has the right to change any of the above activities on day due to environmental weather conditions in the interests of participant safety. Equipment needed: towel, footwear you don't mind getting wet

| DATES                                                            | TIMES                                                                                    |
|------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Monday 27th July & Tuesday 28th July                             | <b>Sessions from</b><br><b>9.30am - 12.30pm</b><br>-Lunch break then<br><b>1pm - 4pm</b> |
| Tuesday 4th August & Wednesday 5 <sup>th</sup> August            |                                                                                          |
| Monday 10 <sup>th</sup> August & Tuesday 11 <sup>th</sup> August |                                                                                          |
| Monday 17 <sup>th</sup> August & Tuesday 18 <sup>th</sup> August |                                                                                          |
| Tuesday 25 <sup>th</sup> August                                  |                                                                                          |

**PRICE**  
£50.00  
**PER PERSON**  
**PER DAY**

## PAY & PLAY ALSO AVAILABLE

To book

<https://activesepton.gladstonego.cloud/book>

Booking is limited to 10 per session. Book early to avoid disappointment. Payment is required at time of booking  
Subject to availability

**EVERY WEEKDAY 8 WEEKS FROM 6<sup>TH</sup> JULY – 28<sup>TH</sup> AUGUST**

**active sefton presents**

# **PARK NIGHTS**

**Archery  
Crazy Golf  
Cornhole  
Beat the Goalie  
Plus Many More**

**FREE sport and activities for  
young people this summer!**

**MONDAYS 5-7PM**

**Lonsdale, Litherland & Derby Park, Bootle**

**TUESDAYS 5-7PM**

**Potters Barn, Seaforth & Abbeyfield Park, Netherton**

**WEDNESDAYS 5-7PM**

**Canning Road, Southport & Rimrose Valley (Field by chaffers running track)**

**THURSDAYS 5-7PM**

**Duke Street, Formby & King George V, Maghull**

**FRIDAYS 5-7PM**

**Killen Green, Netherton & Bedford Park, Birkdale**

Activities can vary and will be weather dependent. For more information, please contact the team on **0151 288 6286** or email [active.sports@sefton.gov.uk](mailto:active.sports@sefton.gov.uk) or follow us on social media. Facebook: [@activesefton](https://www.facebook.com/activesefton) Instagram: [@active\\_sefton](https://www.instagram.com/active_sefton)



# Be Active are now offering

## FREE HAF places

We now have the opportunity for free places on our Sports and Games camp at Litherland Sports Park during the week of the summer holidays. HAF stands for Sefton Holiday Activities and Food Programme. The HAF fund means your child will access a healthy, nutritious meal and snack each day. The provision is in line with the Department for Education expectations regarding food provision within the HAF programme.

### PLACES ARE LIMITED, BOOK TODAY!

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

 [activesefton](#)  [active\\_sefton](#)

Or visit us at [www.sefton.gov.uk/beactive](http://www.sefton.gov.uk/beactive)

To qualify for a free place for your child, you must be able to provide proof of eligibility on booking in the form of your award letter or online account screen shots as per details below.

As a Sefton resident, you are eligible for free school meals if you receive any of the following benefits:

- Universal Credit and have a net household income of less than £7400 per annum
- Income Support
- Income based Jobseekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit ONLY (not entitled/receiving Working Tax Credit) and have an income of less than £16190.00
- Guaranteed element of State Pension Credit
- Working Tax Credit run-on (paid for the four weeks after you stop qualifying for Working Tax Credit)
- Support under VI of the Immigration & Asylum Act

If you are on a qualifying benefit and do not already receive free school meals, we urge you to make a formal application as soon as possible. This can benefit your child's school as they can claim extra funding (Pupil Premium). Currently Sefton are providing vouchers to families during the school holidays if you are eligible for Free School Meals.

**For more info visit:** [www.sefton.gov.uk/childrens-services/schools-and-learning/grants-and-funding/free-school-meals](http://www.sefton.gov.uk/childrens-services/schools-and-learning/grants-and-funding/free-school-meals)

**Call the Active Sefton team on 0151 288 6286 to book your place.**

# How to Book

## ONLINE BOOKING INFORMATION

Bookings for Sports & Games, Dance Camps, Ditch your stabilisers sessions and Dance Workshops activities are online ONLY - please visit <https://activesefton.gladstonego.cloud/book-to-book-your-place>. Search Active Sefton then select the session you wish to book.

For more information on how to create an account to book, please visit:

<https://www.activeseftonfitness.co.uk/activeseftonbookings>

For more information or help, contact the Active Sefton Team on **0151 288 6286** or email [active.sports@sefton.gov.uk](mailto:active.sports@sefton.gov.uk)

## 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!

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

 [activesefton](#)  [active\\_sefton](#)

Or visit us at [www.sefton.gov.uk/beactive](http://www.sefton.gov.uk/beactive)

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**Be Active**