



activesefton



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children's  
UNIVERSITY  
ACCREDITED

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

# Be Active



## Love the holidays

### February Half Term Guide

Monday 16th February - Friday 20th February 2026

Bootle / Crosby / Litherland / Maghull / Netherton / Southport



0-16 yrs

Be Active

Sefton Council



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# Be Active



# School Holiday Programmes

**Fun for all children**

## Acro Dance Camps

Come and try our Acro Dance Camp, combining dance and gymnastics 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 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.**

## 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.

## 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.

**No discounts will be applied.**

\* 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 sessions	<b>Session 1:</b> 10am - 11.15am <b>Session 2:</b> 11.30am - 12.45pm <b>Session 3:</b> 1.00pm - 2.15pm <b>Session 4:</b> 2.30 - 3.45pm	Monday 16th February - Friday 20th February	0 - 16 years
Swimming Crash course	30 minute slots between 9am and 12pm	Monday 16th February - Friday 20th February	4+ 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. Only the main pool will be open due to essential maintenance works.

## Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am - 3pm	Wednesday 18th February	*4-12 years

\*Children age 4 must be in Reception

# Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
Swim & Splash	10am - 12pm	Monday 16th February - Friday 20th February	0 - 16 years
Swim & Splash	2pm - 4pm	Monday 16th February - Friday 20th February	0 - 16 years

# Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Sports & Games	9am - 3pm	Monday 16th February - Friday 20th February	*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	Monday 16th February - Friday 20th February	0 - 16 years
**Be Active Swimming Sessions	1pm - 3pm	Monday 16th February - Friday 20th February	0 - 16 years
Dance Camp	1pm - 4pm	Thursday 19th February	* 4 - 12 years

\*Children age 4 must be in Reception

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





# Ditch your Stabilisers

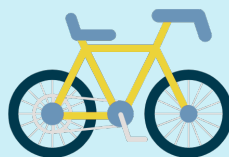
We have two sessions of this extremely popular activity available during this holiday; proving to be the ideal way for families to get their children riding and with a fantastic success rate, these hands-on sessions for families offer the perfect opportunity to give your children a head start with their 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 17th February 9am - 12pm or 1pm - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA

Booking is essential, please call a member of the team on  
**0151 288 6286**





## Prices and Booking

Days / Activity	Pre-booking price	Active Choices pre-booking price	Turn up on the day price
5 Days	£52	£43	N/A
4 Days	£45	£38	N/A
3 Days	£38	£30	N/A
2 Days	£29	£21	N/A
1 Day	£16	£11	N/A
Acro Dance Camp	£16.50	N/A	N/A
Dance Workshop	£9	N/A	N/A
Be Active swimming sessions and Swim & Splash*	N/A	N/A	£2.70 £2 (with Active Choices card)
Ditch your Stabilisers	£14	N/A	N/A
Swimming Crash Course	£26	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.





# Tots Gymnastics

## Gymnastics classes for 2 - 4 year olds

- 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



SCAN HERE



## Crosby Lakeside Adventure Centre

Tuesdays 9:30am - 10:15 am or 10:30am - 11:15am

Term time only

Block booking per half term is essential

### BOOK NOW

To register a place, please call on 0151 288 6286 or scan the QR code above. Any enquiries can be emailed to [Active.Sports@sefton.gov.uk](mailto:Active.Sports@sefton.gov.uk)

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# Crosby Lakeside HALF TERM ACTIVITIES

PAY & PLAY ALSO  
AVAILABLE

**MONDAY 16TH FEBRUARY & WEDNESDAY 18TH FEBRUARY**

Three-hour session based on some of the following activities

## WATER BASED

Kayaking  
Bell boating

## LAND BASED

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.

DATE	TIME
MONDAY 16 <sup>TH</sup> FEBURARY	9.30AM - 12.30PM
MONDAY 16 <sup>TH</sup> FEBURARY	1.00PM - 4.00PM
WEDNESDAY 18 <sup>TH</sup> FEBURARY	9.30AM - 12.30PM
WEDNESDAY 18 <sup>TH</sup> FEBURARY	1.00PM - 4.00PM

To book please call 0151 966 6868. Booking is limited to 10 per session  
Book early to avoid disappointment. Payment is required at time of booking  
Subject to availability

**Crosby Lakeside**

 [activeseiftonfitness.co.uk](http://activeseiftonfitness.co.uk)

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**activefitness**

MORE THAN JUST A GYM

**active sefton** 



# 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:



Derby Park junior parkrun

# How to Book

**Please Note** - If you have an Active 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**

## PLACES ARE LIMITED, BOOK TODAY!

Lines are staffed during office hours: (9am-5pm Monday-Friday) 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**  **active\_sefton**

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



## ACRO CAMP BOOKING INFORMATION

We are now taking bookings for the Acro Camp via our online system. In order to book a place for the camp, you need to register both yourself and your child onto our booking system. Please follow the QR code on the left for instructions on how to do this.

Any questions or issues, please email on [active.sports@sefton.gov.uk](mailto:active.sports@sefton.gov.uk)  
<https://www.activeseftonfitness.co.uk/beactivebooking>

## 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!

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