



activesefton



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children's
UNIVERSITY
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www.sefton.gov.uk/beactive

Be Active



Love the holidays

October Half Term Guide

Monday 27th October - Friday 31st October 2025

Bootle / Crosby / Litherland / Maghull / Netherton / Southport



0-16 yrs

Be Active

Sefton Council



active sefton



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 Workshop

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.

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.

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.

* 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	Session 1: 10am - 11.15am Session 2: 11.30am - 12.45pm Session 3: 1.00pm - 2.15pm Session 4: 2.30 - 3.45pm	Monday 27th October - Friday 31st October	0 - 16 years

*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.

Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am - 3pm	Wednesday 29th October	*4-12 years

*Children age 4 must be in Reception

Dunes Leisure Centre

Esplanade, Southport, Merseyside, PR8 1RR

Activity	Time	Days	Age
Be Active Swimming Sessions	10am - 12pm	Monday 27th October - Friday 31st October	0 - 16 years
Be Active Swimming Sessions	2pm - 4pm	Monday 27th October - Friday 31st October	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	Monday 27th October - Friday 31st October	*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 27th October - Friday 31st October	0 - 16 years
**Be Active Swimming Sessions	1pm - 3pm	Monday 27th October - Friday 31st October	0 - 16 years
Dance Workshop	1pm - 4pm	Thursday 30th October	*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; 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
Tuesday 28th October 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	£54	£47	N/A
4 Days	£47	£41	N/A
3 Days	£39	£33	N/A
2 Days	£30	£24	N/A
1 Day	£17	£14	N/A
Acro Dance Camps	£17	N/A	N/A
Dance Workshop	£10	N/A	N/A
Be Active swimming sessions*	N/A	N/A	£2.70 £2.00 (with active choices card)
Ditch your Stabilisers	£15	N/A	N/A

* full prices apply to accompanying adults £7

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



Crosby Lakeside Adventure Centre

Tuesdays 9:30am - 10:15 am or

10:30am - 11:15am

Term time only

Booking is essential



SCAN HERE

BOOK NOW

To register a place, visit www.activeseiftonfitness.co.uk -
click Book Online and select Active Sefton>Tots
Gymnastics

**active
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Sefton Council



EVERY WEEKDAY 5-7PM FROM 27TH OCTOBER – 7TH NOVEMBER

active sefton presents

PARK NIGHTS

Archery
Football
Cricket
Tennis
Multi-sport

FREE sport and activities for young people this autumn!

MONDAY 27TH OCTOBER & MONDAY 3RD NOVEMBER

North Park, Bootle & King George V, Maghull

TUESDAY 28TH OCTOBER & TUESDAY 4TH NOVEMBER

Abbeyfield Park, Netherton & Bowersdale Park, Seaforth

WEDNESDAY 29TH OCTOBER & WEDNESDAY 5TH NOVEMBER

Kings Gardens, Southport & Duke Street, Formby

THURSDAY 30TH OCTOBER & THURSDAY 6TH NOVEMBER

Canning Road Recreation Ground, Southport & Coronation Park, Crosby

FRIDAY 31ST OCTOBER & FRIDAY 7TH NOVEMBER

Bedford Park, Birkdale & Marian Gardens, Netherton

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

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); 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. We are committed to ensuring all our sessions are fully inclusive, if your child has any additional needs please speak to the team for advice on 0151 2886286.

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

 **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!

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