

www.sefton.gov.uk/beactive

Be Active



Love the holidays

Activity Guide

Tuesday 27th May - Friday 30th May 2025

Bootle / Crosby / Litherland / Maghull / Netherton / Southport



0-16 yrs

Be Active

Sefton Council

active sefton

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.

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.

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.

Swim & Splash*

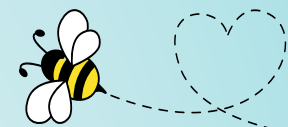
Lights and music will guarantee a whole lot of fun and we will guarantee you won't want to get out of the pool! We can promise more splash than swimming and some really good fun at Meadows, Bootle and Dunes. **No need to book just turn up on the day!**

* 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.



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: 2.30pm - 3.45pm	Tuesday 27th May - Friday 30th May	0 - 16 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.

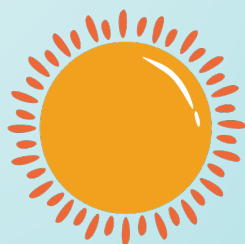
Due to the popularity of our swimming sessions, a time banded system has been introduced. Bands can be purchased 15 minutes before session time.

Crosby Leisure Centre

Mariners Road, Crosby, Liverpool, L23 6SX

Activity	Time	Days	Age
Acro Dance Camp	9am - 3pm	Wednesday 28th May	*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	Tuesday 27th May - Friday 30th May	0 - 16 years
Swim & Splash	2pm - 4pm	Tuesday 27th May - Friday 30th May	0 - 16 years

Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Sports & Games	9am - 3pm	Tuesday 27th May - Friday 30th May	*4 - 12 Years

*Children age 4 must be in Reception.

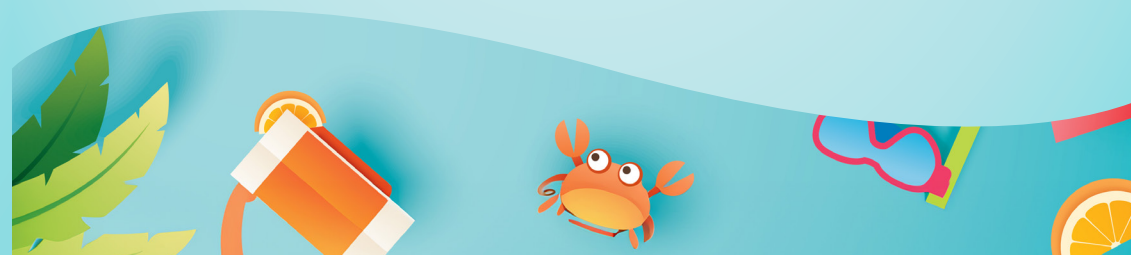
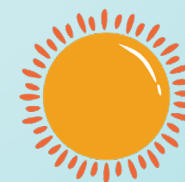
Meadows

Hall Lane, Maghull, L31 7BB

Activity	Time	Days	Age
Swim & Splash	10am - 12pm	Tuesday 27th May - Friday 30th May	*4 - 16 years
Swim & Splash	1pm - 3pm	Tuesday 27th May - Friday 30th May	0 - 16 years
Dance Workshop	1pm-4pm	Thursday 29th May	*4 - 12 years

*Children age 4 must be in Reception.

The learner pool is shut on Tuesdays and Thursdays 9am - 12pm for swimming lessons.





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 27th May 9am - 12pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA
Tuesday 27th May 1 - 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 Camp	£17	N/A	N/A
Dance Workshops	£10	N/A	N/A
Be Active swimming sessions and Swim & Splash*	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 £7.00.

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FREE support to help you cycle locally - just turn up

For adults who are beginners, improving, or returning to cycling

Active Sefton is here to help you get back on your bike

DR Bike and Ride



Opportunity to have your bike serviced, with minor adjustments and repairs to allow you to ride safely.



Thursday
29th May



Litherland Sports Park,
Boundary Road,
Litherland, L21 7LA



10am -
1pm

Future dates planned - check out our social media for more information

active_sefton

BigBikeRevival.org.uk
#BigBikeRevival

@activesefton

0151 288 6286

Active.Sports@sefton.gov.uk



Funded by
UK Government

Vitality
parkrun



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:

Be Active



Derby Park junior parkrun

Crosby Lakeside



THE BUNK BARN



What is The Bunk Barn?

The Bunk Barn is an exciting new residential addition to our facilities at Crosby Lakeside.



Comprising of 5 bunk rooms, 1 fully accessible room, 2 leader rooms as well as a dining area and a chill out zone.



The Bunk Barn will house up to 39 guests. It will be available to schools, clubs and organisations who can stay in our accommodation and take advantage of our excellent water sport and adventurous activities facilities on site.

For more information about the Bunk Barn, please contact Tina George.

Email Us

Tina.George@sefton.gov.uk or
LakesideActivities@sefton.gov.uk



Call Us

0151 966 6868



Crosby Lakeside

activeseftonfitness.co.uk
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activefitness
MORE THAN JUST A GYM

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£5 per
session

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

Block booking per half term is essential



SCAN HERE

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

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Sefton Council

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



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!

