activesefton active_sefton

www.sefton.gov.uk/beactive

Be Active

Love the holidays

October Half Term Guide

Monday 26th October - Friday 30th October 2026

Bootle / Crosby / Litherland / Maghull / Netherton / Southport

0–16 yrs Be Active Sefton Council active sefton

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Be Active

School Holiday Programmes

Fun for all 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 and Bootle swimming pools.

Ditch Your Stabilisers

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.

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.

* 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.

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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	Monday 26th October - Friday 30th October	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 28th 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 26th - Friday 30th October	0 - 16 years
Be Active Swimming Sessions	2pm - 4pm		0 - 16 years

Be Active | **Places are limited. Book your place today!**

Litherland Sports Park

Boundary Road, Litherland, Liverpool, L21 7LA

Activity	Time	Days	Age
Sports & Games	9am - 3pm	Monday 26th - Friday 30th 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 26th - Friday 30th October	0 - 16 years
**Be Active Swimming Sessions	1pm - 3pm		0 - 16 years

** 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 27th October	*4 – 14 years

*Children age 4 must be in Reception

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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 October 9am - 12pm or 1pm - 4pm	Litherland Sports Park, Boundary Lane, Litherland, L21 7LA

Be Active | Places are limited. Book your place today!

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
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

EVERY WEEKDAY 4–6PM FROM 26TH OCTOBER – 6TH NOVEMBER

active sefton presents

PARK NIGHTS

Archery
Football
Cricket
Tennis
Multi-sport

FREE sport and activities for young people this autumn!

MONDAY 26TH OCTOBER & MONDAY 2ND NOVEMBER
Coronation Park, Crosby & Duke Street Park, Formby

TUESDAY 27TH OCTOBER & TUESDAY 3RD NOVEMBER
Linacre Bridge Community Hub, Bootle & Canning Road Recreation Ground, Southport

WEDNESDAY 28TH OCTOBER & WEDNESDAY 4TH NOVEMBER
King George V, Maghull & Bedford Park, Birkdale

THURSDAY 29TH OCTOBER & THURSDAY 5TH NOVEMBER
Netherton Activity Centre & Hesketh Park, Southport

FRIDAY 30TH OCTOBER & FRIDAY 6TH NOVEMBER
Abbeyfield Park, Netherton & Runnells Lane / Masefield Road, Thornton

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**

Sefton Council

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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**

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

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Or visit us at **www.sefton.gov.uk/beactive**

Sefton Council

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