



Alive

Activities
are £1 or 50p
with Alive Card
Concession

Summer Holiday Activities 2021

Lynnsport, St James Pool,
Downham Leisure & Oasis

Holiday Clubs • Swimming
Roller Skating • Gymnastics • & more!

Booking is essential for all activities

Book online at
alivewestnorfolk.co.uk

We support
the summer
of play

Alive
West Norfolk

Borough Council of
King's Lynn &
West Norfolk



#SummerOfPlay

Summer Activities 2021

Summer is set to be exciting for all young people in West Norfolk!

Following a really difficult time during the Coronavirus pandemic, where schools, sports clubs and activities were closed, children have missed out on having fun and socialising with their friends.

Alive West Norfolk and the Borough Council of King's Lynn and West Norfolk want to make this summer one to remember and are working in partnership to support a Summer of Play!

Our Summer of Play and Holiday activities are only £1 throughout the summer or where children qualify for a concession, they are just 50p.

We are also proud to be working with DfE, Norfolk County Council and Active Norfolk to bring you Big

Norfolk Holiday Fun, an initiative that provides free holiday clubs to school children who have free school meals.

We have loads of cool stuff to do throughout the summer to ensure your family have the fun they deserve! We have everything from Holiday Clubs and Activities, to Roller Skating, Swimming, Tumble Teds, Kaset Skatepark, Alive Adventures and more!

All of our wonderful parks and play areas around the borough are also open for children to play! Find out where they all are at west-norfolk.gov.uk/play

We are delighted to welcome everyone back for a Summer of Play!



**We support
the summer
☀ f play**

Booking

Bookings for summer activities can be made online by visiting alivewestnorfolk.co.uk/holidayactivities at your nearest centre or by telephone. Limited spaces are available for some activities so book now to secure your child's place. Payment is required upon booking, our usual cancellation policy applies, please see website for full terms and conditions.

Participation

Summer of Play:

Age restrictions apply to some activities which can be found on the link above.

- Swimming (all ages)
- KASET (6yrs+)
- Tumble Teds (up to 5yrs)
- Alive Adventures (up to 10yrs)
- Roller Skating (5yrs+)

All children aged 11 and under must be supervised by a responsible adult (This will be reviewed once COVID restrictions ease).

Holiday Clubs and Big Norfolk Holiday Fun:

Children aged 5-14 will be signed in by a responsible adult on arrival and then supervised by Alive staff before being collected by a responsible adult at the end of the session.

Please inform the instructor at the beginning of the session of any medical conditions.

What participants need

Summer of Play and Holiday Activities:

Please ensure your child brings their own drink clearly labelled with your child's name. Some activities are outdoors so please ensure your child is prepared for all weather conditions (visit our website for full details).

Holiday Clubs:

Please ensure your child brings their own drink clearly labelled with your child's name and a packed lunch. Some activities are outdoors so please ensure your child is prepared for all weather conditions (visit our website for full details).



Big Norfolk Holiday Fun is a joint project between Alive West Norfolk, Borough Council of King's Lynn and West Norfolk, Norfolk County Council and Active Norfolk funded by the Department for Educations (DfE) Holiday Activity Fund aimed at some children who qualify for pupil premium providing free Holiday Clubs with a meal and nutrition advice.

Summer of Play!

We support
the summer
of play

Summer of Play Activities are just £1
(50p for Alive Card Concessions)
Activities available From 28 June to 5 September.

Swimming

(during general swimming sessions)

KASET Skatepark

Alive Adventures

Roller Skating

Tumble Teds

For activity session times and booking,
please visit alivewestnorfolk.co.uk

Alive West Norfolk in partnership with the Borough Council of
King's Lynn and West Norfolk supporting a Summer of Play!

Borough Council of
King's Lynn &
West Norfolk



Date	Time	Activity	Age Range
Thursday 22 July	2.30pm-3.30pm	Pre-School Gymnastics	3-4 yrs
Tuesday 27 July	2.30pm-3.30pm	Junior Gymnastics	5-14 yrs
Friday 30 July	2pm-4pm	Roller Skating	5-14 yrs
Thursday 5 August	2pm-2.45pm	Junior Trampolining	5-8 yrs
	3pm-3.45pm	Junior Trampolining	9-12 yrs
Friday 6 August	2pm-4pm	Roller Skating	5-14 yrs
Tuesday 10 August	2.30pm-3.30pm	Pre-School Gymnastics	3-4 yrs
Friday 13 August	2pm-4pm	Roller Skating	5-14 yrs
Tuesday 17 August	2.30pm-3.30pm	Junior Gymnastics	5-14 yrs
Thursday 19 August	2pm-2.45pm	Junior Trampolining	5-8 yrs
	3pm-3.45pm	Junior Trampolining	9-12 yrs
Friday 20 August	2pm-4pm	Roller Skating	5-14 yrs
Thursday 26 August	2pm-2.45pm	Junior Trampolining	5-8 yrs
	3pm-3.45pm	Junior Trampolining	9-12 yrs
Friday 27 August	2pm-4pm	Roller Skating	5-14 yrs
Thursday 2 September	2.30pm-3.30pm	Junior Gymnastics	5-14 yrs

Please bring your own skates and protective gear, as a limited number of skates are available

Standard £1
Alive Card
Concession 50p





Holiday Clubs

Multisport Holiday Clubs

Monday – Friday throughout the summer holidays
(excluding Bank Holiday Monday 30 August)

Children will love our Holiday Clubs where a fun packed day of sports is guaranteed for everyone. Activities vary each day but may include cricket, speed stacking, nerf-tag, dodgeball, football and badminton.

Delivered by



Gymnastics Holiday Clubs

Thursday 29 July, Thursday 12 August & Tuesday 24 August

Budding gymnasts will love this fun day of gymnastics activities including skills, fun on the equipment and lots of games.

Elite Gymnastics Holiday Club (current elite gymnasts only)

Tuesday 3 August

Elite gymnasts are invited to a fun day of additional gymnastics training with lots of fun and games.

Breakfast of cereal and juice will be served each morning, lunch is not included so please bring a packed lunch. **Prices are per day and booking is essential.**

Thursday 22 July -
Friday 3 September

Standard £25
Alive Card £20
Concession £15

8am-3pm (5-14 yrs)



Dino-Stories Activity Workshops

Fun Summer Holiday activities
with a dinosaur theme

Mondays
(2, 9, 16 & 23 August)

Bake
Munch-a-saurus
biscuits



Wednesdays
(4, 11, 18 & 25 August)

Paint your own
DINOSAUR
egg!



Tuesdays
(3, 10, 17 & 24 August)

Create
CRETACIOUS
creatures

Sessions are £3.95 per child (museum admission included), and £1.95 for Concession Alive Card holders.
Sessions must be booked and paid for in advance by calling 01553 774297. COVID-19 safety restrictions apply.

storiesofflynn.co.uk



Borough Council of
King's Lynn &
West Norfolk



Date	Time	Activity	Age Range
Wednesday 28 July	1pm-2pm	Junior Fitness	8-14 yrs
	1.30pm-3.30pm	Roller Skating	5-14 yrs
Wednesday 4 August	1pm-2pm	Junior Fitness	8-14 yrs
	1.30pm-3.30pm	Roller Skating	5-14 yrs
Wednesday 11 August	1pm-2pm	Junior Fitness	8-14 yrs
	1.30pm-3.30pm	Roller Skating	5-14 yrs
Wednesday 18 August	1pm-2pm	Junior Fitness	8-14 yrs
	1.30pm-3.30pm	Roller Skating	5-14 yrs
Wednesday 25 August	1pm-2pm	Junior Fitness	8-14 yrs
	1.30pm-3.30pm	Roller Skating	5-14 yrs
Wednesday 1 September	1pm-2pm	Junior Fitness	8-14 yrs
	1.30pm-3.30pm	Roller Skating	5-14 yrs

Standard £1
Alive Card
Concession 50p



Holiday Clubs

Multisport Holiday Clubs

Monday, Tuesday, Thursday, Friday throughout the summer holidays (excluding Bank Holiday Monday 30 August)

Children will love our Holiday Clubs where a fun packed day of sports is guaranteed for everyone. Activities vary each day but may include cricket, speed stacking, nerf-tag, dodgeball, football and badminton.

Lunch is not included so please bring a packed lunch. **Prices are per day and booking is essential.**



Delivered by



Thursday 22 July -
Friday 3 September

Standard £22.50
Alive Card £17.50
Concession £12.50

9am-3pm (5-14 yrs)

Swimming Crash Courses

A weeks intensive course of swimming lessons for children to gain confidence and improve their aquatic skills.

**Monday 26 – Friday 30 July, Monday 9 – Friday 13 August,
Monday 23 – Friday 27 August**

Level 1 9am-9.30am

Level 2 9.30am-10am

Level 3 10am-10.30am

**Booking is essential and can be made by contacting the centre. For
ages 4 ½ +**

Level 1 – This lesson builds water confidence through play and introduces basic stroke technique, progressing to a stage where children are water confident.

Level 2 – This lesson develops your child's confidence so that they are able to swim with basic technique without floats and armbands.

Level 3 – This lesson is the next step to improve stamina and technique in the water with children aiming to achieve 10m on their front and back.



Standard £26.25
Alive Card £22.50
Concession £16.25

Holiday Activities

Water Challenge

Saturday

24 July - 4 September

9.30am-10.30am &

10.30am-11.30am 8-15 yrs

Fun in the swimming pool including raft building, water volleyball, basketball, water polo and body boarding. Swimmers must be able to swim 25 metres unaided.

Roller Skating

22 July - 5 September

11am-1pm & 2pm-4pm 5-15 yrs

Sessions are outside and therefore weather dependant.

Standard £1
Alive Card
Concession 50p

Holiday Clubs

Multisport

Holiday Clubs are based at Smithdon High School and Alive Oasis

Smithdon High School:

26-29 July, 9-12 August, 16-19 August, 23-26 August

Alive Oasis: 22 July, 2-5 August, 31 August-2 September

Children will love our Holiday Clubs where a fun packed day of sports is guaranteed for everyone.

Activities vary each day but may include cricket, speed stacking, nerf-tag, dodgeball, football and badminton.

Lunch is not included so please bring a packed lunch. **Prices are per day and booking is essential.**

Delivered by
KINGS LYNN
COMMUNITY
FOOTBALL

**Thursday 22 July -
Friday 3 September**

Standard £22.50
Alive Card £17.50
Concession £12.50

9am-3pm (5-14 yrs)

Swimming Crash Courses

A week's intensive course of swimming lessons for children to gain confidence and improve their aquatic skills.

**Monday 2 – Friday 6 August, Monday 16 – Friday 20 August,
Monday 23 – Friday 27 August**

Level 1 8.30am-9am, 9am-9.30am

Level 2 9.30am-10am, 10am-10.30am

Level 1 – This lesson builds water confidence through play and introduces basic stroke technique, progressing to a stage where children are water confident.

Level 2 – This lesson develops your child's confidence so that they are able to swim with basic technique without floats and armbands.

Booking is essential and can be made by contacting the centre. For ages 4 ½ +

Standard
£26.25
Alive Card
£22.50
Concession
£16.25





Big Norfolk

Holiday Fun

We are part of the Norfolk County Council Big Norfolk Holiday Fun programme providing free places to families eligible for means tested free school meals, these places will be available to book from early July. To hear more about the programme sign up here www.norfolk.gov.uk/holidayactivities



Free session, Free meal!

Activities vary each day but may include cricket, speed stacking, nerf-tag, dodgeball, football and badminton.



**Monday 26 July -
Friday 3 September**

(excluding Bank Holiday Monday 30 August)
9am - 1pm and 12pm-4pm



Alive Lynnsport
(Monday - Friday)

**Alive Oasis and
Smithdon High School**
(Monday-Thursday)

Downham Market Academy
(Monday, Tuesday, Thursday & Friday)



To book, obtain
your code from
activenorfolk.org
and then visit
alivewestnorfolk.co.uk
to secure your
child's place



Tennis at Alive Lynnsport

Mondays to Thursdays
26 - 29 July: 9am-1pm
2 - 5 August 12pm - 4pm
9 - 12 August 9am - 1pm
16 - 19 August 12pm - 4pm

