



Alive

FREE

Multisport holiday
club spaces available
for Junior Alive Card
Concession holders

October Half Term Activities

24 – 29 October 2022

**Brand New
Activities!**
Climbing,
Skateboarding and
Lifeguarding!

**Lynnsport, St James Pool,
Downham Leisure & Oasis**

Plus, our popular Holiday Clubs and fun
sessions including Trampolining, Roller
Skating, Gymnastics, Swimming and more!

Booking is essential for all activities: alivewestnorfolk.co.uk

Brand New Activities!

Rookie Lifeguard Crash Courses 8 -13yrs

Ever dreamt of being a lifeguard? This short course will teach you valuable survival, rescue, and sports skills. You will learn how to save lives, work as a team, have fun and make friends all at the same time!

Monday 24 – Friday 28 October

| | |
|-----------------|-------------|
| Downham Leisure | 9am – 10am |
| St James | 10am – 11am |
| Oasis | 3pm – 4pm |



Standard £50
Alive Card £44
Concession Alive
Card £30



Standard £10
Alive Card £9
Concession Alive
Card £8

Skateboard Skillz 8 -14yrs

Ramp up your Skateboard skills at Kaset!

Whether you are brand new to skateboarding or an absolute pro, our Skateboard GB certified coaches will guide you and give you the best experience at this brand new session! All equipment provided.

Monday 24 October

Kaset at Lynnsport
1pm – 4pm



Fun Time Climb 8 -14yrs

Scale the heights of the Hangar!

Our helpful and friendly instructors will be raring to go on the climbing wall, with loads of climbing fun and games for all abilities. Whether you've done it before or this is a brand new activity for you, come and join in the fun! All equipment provided.

Thursday 27 October

The Hangar at Lynnsport 2pm – 4pm

Family Climb Time 5yrs+

Come & learn the ropes with the whole family!

Looking for something to do as a family, then look no further! Learn a new skill, have fun and enjoy precious time as a family with our Family Climb Time session at the Hangar!

Our qualified instructors will be on hand to help you learn the ropes and guide you through our session!

Friday 28 October

The Hangar at Lynnsport 10am – 12pm



Tennis

Join us on the Court and Play Your Way!

Our tennis programme is a fun workshop for children of all abilities! Our sessions are jam-packed with games and training drills and is a great opportunity for kids to try a new sport or develop their skills! There are 3 stages of the programme based on suitable ages. These act as guides and we will do our best to accommodate children wanting to play with friends.

Monday 24 October - Lynnsport

FREE if you are part of the Junior Tennis Programme.

Yellow (11-15yrs) 9:30am – 11am

Green & Orange (8-10yrs) 11am – 12:30pm

Mini Red (5-7yrs) 1pm – 2:30pm

Tuesday 25 October - Downham Leisure

Mini Red (5-7 yrs) 9:30am – 11am

Orange (8-10yrs) 11am – 12:30pm

Green (10-12yrs) 1pm – 2:30pm



Holiday

Multisport (5–15 yrs)

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

Monday 24 – Friday 28 October

Lynnsport 8am – 3pm
(with breakfast club)

**Monday 24, Tuesday 25,
Wednesday 26 & Friday 28**

Downham 9am – 3pm

Monday 24, Tuesday 25, Thursday 27 & Friday 28

Oasis (Smithdon High School) 9am – 3pm



**£10
per day**
including lunch
FREE for Alive
Card Concession
holders



**£15
per day**
including
lunch

Football (5–15 yrs)

This football fun day will include lots of skills, drills, games and competitions.

9am - 3pm

Monday 24 & Tuesday 25 Lynnsport

Wednesday 26 Oasis (Smithdon High School)

Thursday 27 Downham

Cricket (5-15 yrs)

These Cricket fun days are packed with fun cricket skills, games and a softball.

**Tuesday 25 & Wednesday 26
October**

Lynnsport 9am-3pm

**£15
per day**
including
lunch



Clubs

Gymnastics (5–15 yrs)

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

Thursday 27 October

Lynnsport 8am – 3pm
(with breakfast club)



Standard £21
Alive Card £19
Concession
Alive Card £17
including lunch

Breakfast

Breakfast Club is available at Lynnsport only. Children can enjoy a choice of cereal and fruit juice and play games, between 8am-9am on days where we have holiday clubs. Breakfast is included if your child is taking part in Multisports or Gymnastics Holiday Clubs. All other holiday clubs do not include breakfast however you can add it on to your booking. Booking is in advance via reception.

Standard £3
Alive Card £2
Concession Alive
Card £1

Lunches

Hot lunches will be provided at Lynnsport and cold lunches provided at Downham and Oasis (Smithdon High School) for all holiday clubs.

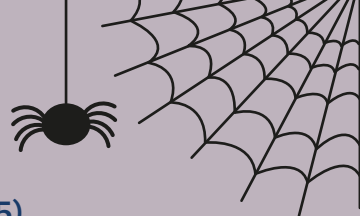
The Borough Council of King's Lynn and West Norfolk recognise that the cost living crisis means that families may not be able to enjoy fun activities due to finances. They have pledged to support families at this time by providing free places on our multisport holiday club which includes breakfast and lunches to any child eligible for a Concession Alive Card, to check your eligibility please go to alivewestnorfolk.co.uk.

Supported by

Borough Council of
**King's Lynn &
West Norfolk**



Lynnsport



Holiday Clubs (more details on pg 4&5)

| Multisport | | |
|-----------------|-----------|-----------|
| Monday - Friday | 8am - 3pm | 5 - 15yrs |

| Cricket | | |
|---------------------|-----------|-----------|
| Tuesday & Wednesday | 9am - 3pm | 5 - 15yrs |

| Football | | |
|------------------|-----------|-----------|
| Monday & Tuesday | 9am - 3pm | 5 - 15yrs |

| Gymnastics | | |
|------------|-----------|-----------|
| Thursday | 8am - 3pm | 5 - 15yrs |

Tennis programme (more details on pg 2&3)

| Monday 24 October | | |
|-------------------|----------------|----------|
| Yellow | 9:30am - 11am | 11-15yrs |
| Green & Orange | 11am - 12:30pm | 9- 11yrs |
| Mini Red | 1pm - 2:30pm | 5-8yrs |

Drop-in Activities



| Monday 24 October | | | |
|-------------------|-------------------|-----------|----|
| 1pm - 4pm | Skateboard Skillz | 8 - 14yrs | £3 |

| Tuesday 25 October | | | |
|--------------------|-------------------|-----------|----|
| 10:45am - 11:45am | Junior Gymnastics | 5 - 14yrs | £1 |
| 2pm - 3pm | Trampolining | 5 - 8yrs | £1 |
| 3pm - 4pm | Trampolining | 9 - 12yrs | £1 |

| Thursday 27 October | | | |
|---------------------|----------------------|-----------|----|
| 2pm - 4pm | NEW - Fun Time Climb | 8 - 14yrs | £2 |

| Friday 28 October | | | |
|-------------------|--------------------------------|-----------|----|
| 10am - 12pm | NEW - Family Climb Time | 5+ yrs | £2 |
| 2pm - 4pm | Halloween Roller Skating Party | 5 - 14yrs | £2 |

Nb. Rollerskating - Please bring your own skates and protective gear, a limited number of skates are available.

St James



Rookie Lifeguard Crash Course

| Monday 24 -Friday 28 October | | | Prices | | |
|------------------------------|-------------------------------------|-----------|----------|------------|-----------------|
| | | | Standard | Alive Card | Concession Card |
| 10am - 11am | NEW - Rookie Lifeguard Crash Course | 8 - 12yrs | £50 | £40 | £35 |

Halloween Pool Party

| Saturday 29 October | | | Standard | Alive Card | Concession Card |
|---------------------|-----------------------|------------------|----------|------------|-----------------|
| 4pm - 5:30pm | Halloween Pool Party! | All Ages Welcome | £5 | £4 | £4 |



Downham Leisure

Swimming Crash Courses

| Monday 24 - Friday 28 October | | | Prices | | |
|-------------------------------|-------------------------------------|-----------|----------|------------|-----------------|
| | | | Standard | Alive Card | Concession Card |
| 9am - 9:30am | Swim Crash Course - Stage 1 | 4yrs+ | £27.50 | £23.75 | £17.25 |
| 9:30am - 10am | Swim Crash Course - Stage 2 | 4yrs+ | £27.50 | £23.75 | £17.25 |
| 9am - 10am | NEW - Rookie Lifeguard Crash Course | 8 - 12yrs | £50 | £44 | £30 |

A fun weeks course learning some valuable survival skills in & out of the water! Book in centre only.

Tennis programme (more details on pg 2&3)

| Tuesday 25 October | | |
|--------------------|----------------|------------|
| Mini Red | 9:30am - 11am | 5 - 7yrs |
| Orange | 11pm - 12:30pm | 8 - 10yrs |
| Green | 1pm- 2:30pm | 10 - 12yrs |



Holiday Clubs (more details on pg 4&5)

| Multisport | | |
|-------------------------------------|-----------|-----------|
| Monday, Tuesday, Wednesday & Friday | 9am - 3pm | 5 - 15yrs |

| Football | | |
|----------|-----------|-----------|
| Thursday | 9am - 3pm | 5 - 15yrs |

Drop-in Activities

| Wednesday 26 October | | | |
|----------------------|----------------|-----------|----|
| 12:30pm- 1:30pm | Junior Fitness | 8 - 14yrs | £1 |

**Circuits-based fitness session in our aerobics studio led by a qualified fitness consultant*

Halloween Pool Party



| Saturday 29 October | | | |
|---------------------|-----------------------|------------------|----|
| 4pm - 5:30pm | Halloween Pool Party! | All Ages Welcome | £5 |

Alive

SPOOKY SKATING

AT ALIVE OASIS

Themed
quiz

Games

Fancy dress
competition

Skeleton
hunt



Friday 28 October
5pm–8pm

**Come and celebrate Halloween at our
spooky rollerskating party!**

Refreshments available to purchase from the Alive Bites Café. Weather dependent. To find out more call 01485 534227 or visit alivewestnorfolk.co.uk.

alivewestnorfolk.co.uk



Oasis

Holiday Clubs (prices on pg 4&5)

| Multisport | | | Football | | |
|------------------------------------|-----------|-----------|-----------|-----------|-----------|
| Monday, Tuesday, Thursday & Friday | 9am - 3pm | 5 - 15yrs | Wednesday | 9am - 3pm | 5 - 15yrs |

Rookie Lifeguard Crash Course

| Monday 24 - Friday 28 October | | | Prices | | |
|-------------------------------|-------------------------------------|-----------|----------|------------|-----------------|
| | | | Standard | Alive Card | Concession Card |
| 3pm - 4pm | NEW - Rookie Lifeguard Crash Course | 8 - 12yrs | £50 | £44 | £30 |

A fun weeks course learning some valuable survival skills in & out of the water! Book in centre only.

Wild Water Activities

| Wednesday 26 October | | | |
|----------------------|-----------------------|-----------|-------|
| 10am - 11am | Wild Water Activities | 8 - 15yrs | £4.50 |
| 11am - 12pm | Wild Water Activities | 8 - 15yrs | £4.50 |

Fun in the pool, including raft building, water volleyball, basketball, water polo and body boarding (swimmers must be able to swim 25 metres unaided)

Spooky Roller Skating Party

| Friday 28 October | | | |
|-------------------|-----------------------------|-------|----|
| 5pm - 8pm | Spooky Roller Skating Party | 5yrs+ | £3 |

Halloween Pool Party

| Saturday 29 October | | | |
|---------------------|-----------------------|------------------|----|
| 4pm - 5:30pm | Halloween Pool Party! | All Ages Welcome | £5 |

Alive
West Norfolk

All ages
welcome

Halloween pool party

Downham Leisure St James Oasis

Saturday 28
October

4pm - 5:30pm

Pre-booking
essential.

£5 (standard price)

£4 (Alive Card)



Autumn of Play!

**Autumn Drop-in Sessions are just £1
or 50p for Alive Card Concessions**
Activities available from 24 to 29 October

Swimming

(during general swimming sessions)

KASET Skatepark

Alive Adventures

Roller Skating

Tumble Teds

**Juniors
only**
(U19yrs)

**Normal session times and admission times apply,
for more information 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**





Museum and Old Gaol Cells

Saturday Market Place, King's Lynn PE30 5DQ

Tel: 01553 774297 storiesoflynn.co.uk

Discover the history of King's Lynn, tour the Old Gaol Cells, see the magnificent King John Cup and more!



★ ★ ★ *Cirque Du Hilarious* ★ ★ ★

A FRIGHT IN THE MUSEUM

AND THE CURSE OF THE
ANCIENT CUSTARD PIE

(AN HILARIOUS COMEDY SLAPSTICK ADVENTURE FOR ALL THE FAMILY)

**CLIVE
WEBB** **DANNY
ADAMS** **MICK
POTTS**

*"Magic, Mayhem and Laughter,
Pure Enjoyment for all Ages"*
NEWCASTLE GAZETTE

*"Quite Simply -
Brilliant"*
NORWICH EVENING NEWS

WITH CBBC'S
**DANNY
& MICK**

*"Family Entertainment
at its very best -
Both adults and children
screamed with laughter"*

Live
corn exchange

Friday 28 October 2pm
kingslynncornexchange.co.uk

OPEN DAYS

Throughout
October &
November



College of
West Anglia

BOOK YOUR SLOT NOW!

CWA.AC.UK/OPENDAY

Alive Corn Exchange King's Lynn in association with Jordan Productions present

King's Lynn's Favourite Dame

Ian Marr

as Dame Dotty

Back by popular demand

Scott Cripps

as Herbie The Huntsman

Abigail Jaye

as the Wicked Queen

Lewes Roberts

as the Prince

Lizzie Emery

as Snow White



Written by Chris Jordan Directed by Ian Marr

7 - 31 December 2022

kingslynncornexchange.co.uk

Box Office: 01553 764864

King's Lynn Corn Exchange, Tuesday Market Place, King's Lynn PE30 1JW

Alive
corn exchange

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