

Alive



February Half Term Activities

13 – 19 February 2023



Scan to
book

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

**Loads of fun activities for the whole family this
Half Term, including Holiday Clubs, Pool Parties,
Go Karting, Roller Skating Discos and more!**

Booking is advisable for all activities

GoKarty & Party!



Join us for go karts and bouncy castle fun! Kids will love driving the go karts around a fun inflatable track, as well as playing on the bouncy castle, driving didi cars and more!

Downham

Wednesday 15 February

1pm–2pm	3–6 yrs
2pm–3pm	7–10 yrs



Lynnsport

Friday 17 February

10am–11am	3–6 yrs
11am–12pm	7–10 yrs

For children under five a responsible adult must remain at the activity.

**Standard
£10**

**Alive Card
£9**

**Junior
Concession Card
£8**

Tennis

Tennis season is just around the corner, so why not try our fun and exciting tennis sessions! Whether children have played tennis before or are new to the sport, now is the time to give it a go!

Lynnsport

Monday 13 February

9am–10.30am	Mini Red	5–7 yrs
10.30am–12pm	Orange	8–10 yrs
12.30pm–2pm	Yellow	11–15 yrs



Downham

Tuesday 14 February

9am–10.30am	Mini Red	5–7 yrs
10.30am–12pm	Mini Orange	8–10 yrs

**Standard
£10**

For those on our Junior Tennis programme, one session at Lynnsport is included.

Inflata-fun!

Get pumped for our exciting and fun pool inflatable sessions at St James! These sessions are jam packed full of games, challenges and races that everyone will enjoy!

Tuesday 14 February

9am–10am	Family Session*
10am – 11am	8–11 yrs
11am – 12pm	12–15 yrs

Thursday 16 February

9am – 10am	Family Session*
10am – 11am	8–11 yrs
11am – 12pm	12–15 yrs

*These are family sessions where an adult must be present for all children. Suitable for children 4+ yrs. Children between the age of 4–8 yrs must be accompanied on a ratio of two children to one adult. Pre-booking is essential for these sessions; please make your booking at the centre or over the phone.

Participants must be able to swim 25m and be confident in deep water. Before the session begins, participants will be swim tested to ensure they are competent in these areas. Lifejackets are available for children under 11 yrs old.



**Standard
£4.50**

**Alive Card
£3.45**

**Alive Card
Concession
£2.90**

Pool Parties Saturday 18 February

**St James & Downham
Oasis**

**3.30pm–5pm
4pm–5.30pm**

Please ensure you pre-book at your local centre, standard admission policy applies.

**Under
4's go
FREE!**

**Standard
£5
Alive Card
£4**

**Concession
Alive Card
£3.50**

Holiday Clubs

All our Holiday Clubs are for 5–15 yrs,
AND include lunch!

Multisport

Lynnsport

Monday – Friday
9am–3pm

Downham

**Monday, Tuesday,
Thursday & Friday**
9am–3pm

Oasis

**(Based at Glebe
House School)**

Monday – Friday
9am–3pm

£10 per day.

Football

Downham

Wednesday
9am–3pm

Lynnsport

Tuesday & Thursday
9am–3pm

£15 per day.

*Activities will take place
indoors and outdoors so
please ensure children
have warmer clothes for
the outdoor activities.*

*Children need to wear
trainers and bring a water
bottle.*



Gymnastics

Lynnsport

Thursday

8am–3pm

Standard £21, Alive Card £19, Junior Concession Card £17

Breakfast and lunch included.

Breakfast Clubs

Lynnsport

Monday – Friday

8am–9am

Standard £5, Alive Card £4, Junior Concession Card £3

These are available as an add-on to any of our Holiday Clubs.

Children can enjoy a choice of cereal and fruit juice and play games before kicking off their day!

Only available at Lynnsport.



Free Fun Club

Borough Council of
King's Lynn &
West Norfolk



Lynnsport Downham

Oasis (based at
Glebe House School)

Monday – Friday
9am–3pm

The Borough Council of King's Lynn and West Norfolk recognise that the cost of 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 subsidised places on our multisport holiday club which includes lunch. If you are eligible for the means tested free school meals you will be eligible for our **FREE FUN CLUB!**



Half Term Play

**Swimming, Kaset Skatepark,
Alive Adventures & Tumble Teds**

These drop-in sessions are just £1 or 50p with a Junior Concession Card! Valid from Saturday 11 to Sunday 19 February. The subsidised activities are for all juniors under 19 years of age, subject to activity specific age restrictions. In partnership with the Borough Council of King's Lynn & West Norfolk. Normal session and admission times apply.



Borough Council of
King's Lynn &
West Norfolk



Come and make a SPLASH!

Oasis

Saturday 18 February

Water Activities	10am–11am	8–15 yrs
Water Activities	11am–12pm	8–15 yrs

Standard £1, Alive Card £1, Junior Concession Card 50p

Raft building, water volleyball, basketball, water polo and body boarding. Swimmers must be able to swim 25 metres unaided.

Swimming Crash Courses

Downham

Monday 13 – Friday 17 February

Level 1	9am–9.30am
Level 2	9.30am–10am

Standard £27.50, Alive Card £23.75, Junior Concession Card £17.25

St James

Monday 13 – Friday 17 February

Level 1	8.30am–9am
Level 1 Booster	9am–9.30am
Level 2	9.30am–10am
Level 3	10am–10.30am

Standard £27.50, Alive Card £23.75, Junior Concession Card £17.25

The Level 1 Booster course is for those that need a little extra practice before starting Level 2.

Rookie Lifeguard Course – Downham

Monday 13 – Friday 17 February

9am–10am	8–13 yrs
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Standard £55, Alive Card £47.50, Junior Concession Card £34.50

Distance Swim – Downham

Monday 13 February

10am–11am	5–15 yrs
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Free – badges and certificates will be charged at standard rates. Come and give any distance a go in the pool. General swim admission isn't included, distance swim achievement only.



Lynnsport Activities

ACTIVITY	DATE & TIME		AGES	STANDARD PRICE	ALIVE CARD	JUNIOR CONCESSION CARD
Family Climb Time**	Monday 13	10am–12pm	5+	£6.75	£5.70	£4.65
Fun Time Climb*	Monday 13	1pm–3pm	8–14	£6.75	£5.70	£4.65
Skateboard Skillz	Monday 13	2pm–4pm	8–14	£6.75	£5.70	£4.65
Soft Archery***	Tuesday 14	10am–11am	5–9	£1	£1	50p
Junior Gymnastics	Tuesday 14	10.45am–11.45am	5–15	£1	£1	50p
Main Archery****	Tuesday 14	12pm–2pm	8–14	£6.75	£5.70	£4.65
Trampolining	Tuesday 14	2pm–3pm	5–15	£1	£1	50p
Trampolining	Tuesday 14	3pm–4pm	5–15	£1	£1	50p
Family Climb Time**	Wednesday 15	10am–12pm	5+	£6.75	£5.70	£4.65
Fun Time Climb*	Wednesday 15	1pm–3pm	8–14	£6.75	£5.70	£4.65
Skateboard Skillz	Wednesday 15	2pm–4pm	8–14	£6.75	£5.70	£4.65
Ninja Warrior	Friday 17	10.45am–11.45am	5–15	£1	£1	50p
Roller Skating	Friday 17	12pm–2pm	5–15	£6.75	£5.70	£4.65
Roller Skating	Friday 17	2pm–4pm	5–15	£6.75	£5.70	£4.65

Downham Activities

ACTIVITY	DATE & TIME		AGES	STANDARD PRICE	ALIVE CARD	JUNIOR CONCESSION CARD
Junior Fitness	Wednesday 15	12.30pm–1.30pm	8–14	£1	£1	50p
Arts & Crafts	Thursday 16	11am–12pm	5–15	£1	£1	50p
Roller Skating	Thursday 16	1pm–3pm	5–15	£6.75	£5.70	£4.65

***Fun Time Climb** – Our friendly instructors are ready to show you the ropes with this fun climbing session! Whether you have done it before or this is brand new to you, come and join in the fun!

****Family Climb Time** – Come and learn the ropes with the whole family. Our instructors will help coach parents/responsible adults how to belay & keep the little ones safe on the wall & guide everyone through the session. There must be at least one adult booked in per two children.

*****Soft Archery** – This is great way to introduce archery to young children. Children will use arrows that are fitted with suction cups and will enjoy tips & tricks from the coach to gain a basic understanding of how to do archery.

******Main Archery** – Aimed at older children, who will learn new skills and get to practice using a bow to shoot arrows at a target. The session will have lots of fun games & competitions to keep everyone engaged.

Want to change your career?
Want to get back into education?
Want to get a degree?

Find out more at our events:

Wisbech campus
Return to Learning
22nd March 2023

King's Lynn campus
Return to Learning
29th March 2023

Francesca Edgley

- Access to Science and Nursing
- Offered a place to study Midwifery at the University of East Anglia

"I feel that as an adult I am now better prepared for the task of learning and the support offered from the tutors at CWA has made a substantial difference to my time here. The tutors have respect for the fact you're an adult learner and want nothing more than to see you succeed!"



Register now! [**cwa.ac.uk/return**](https://cwa.ac.uk/return)

**College of
West Anglia**



**University Centre
West Anglia**



Museum and Old Gaol Cells

Saturday Market Place, King's Lynn PE30 5DQ

Tel: 01553 774297 storiesoflynn.co.uk

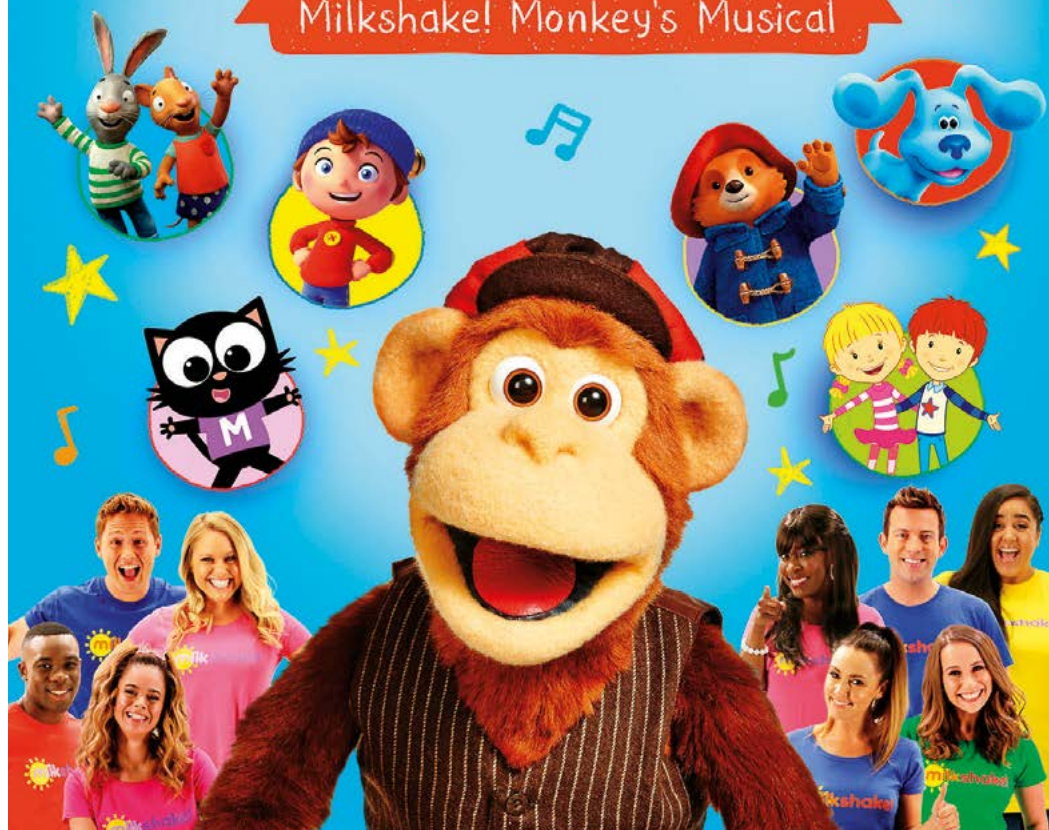
Discover the history of King's Lynn, tour the Old Gaol Cells, see the magnificent King John Cup and more!



An all-singing, all-dancing live show
starring your favourite Milkshake! characters

milkshake! Live

Milkshake! Monkey's Musical



Alive
corn exchange

Wednesday 15 February 12pm & 3.30pm
kingslynncornexchange.co.uk



Alive

Birthday Parties

New fun birthday parties available!
Head to alivewestnorfolk.co.uk
for more information and to book.