

Alive
leisure

Easter Holiday Activities

3 – 13 APRIL

LYNNSPORT & ST JAMES POOL, King's Lynn •
DOWNHAM LEISURE, Downham Market • OASIS, Hunstanton



Pool
Parties



Become a
Lifeguard

Holiday &
Breakfast
Clubs

Limited spaces available, call now to book and guarantee your place.

www.aliveleisure.co.uk

Holiday & Breakfast Clubs

The Holiday Club, 10am – 3pm will be either a day of football or multisports as detailed below.

The Breakfast Club, 8am – 10am is an add on session with breakfast cereal and fruit juice provided. This supervised session includes board games, computer games or films.

The Breakfast Club and Holiday Clubs can be booked together or the Holiday Club separately. Children attending the Breakfast Club will be escorted to the Holiday Club by the instructors. Lunch is not provided so please bring a packed lunch or alternatively food can be purchased from our Alive Bites café. Please book early to secure your place, sessions are subject to minimum and maximum attendances.

Monday 3rd April

Tennis, Cricket, Nerf-Tag

Tuesday 4th April

Archery, Football, Basketball

Wednesday 5th April

European Championships Football

Thursday 6th April

Tag Rugby, Speed Stacking, Nerf-Tag

Friday 7th April

Dodgeball, Hockey, Climbing

Monday 10th April

Tennis, Basketball, Nerf-Guns

Tuesday 11th April

Cricket, Handball, Speed Stacking

Wednesday 12th April

World Cup Football

Thursday 13th April

Climbing, Nerf-Guns, Archery

For ages 5–14.

	Standard	Alive Card	Concs Alive Card
Breakfast Club	£3	£2.50	£2
Holiday Club	£15	£12.50	£10



Delivered by King's Lynn Community Football



Activities

Mondays 3rd & 10 April

			Standard	Alive Card	Concs Alive Card
9.30-10.30	Mini Camp Chaos	5-8 yrs	£6	£5	£4
10.45-11.45	Tumble Teds	3-5 yrs	£4	£3	£2.50
2.00-4.00	Indoor Adventure Play	5-15 yrs	£6	£5	£4

Tuesdays 4th & 11 April

2.00-3.00	Junior Trampoline	5-8 yrs	£4	£3	£2.50
3.00-4.00	Junior Trampoline	9-13 yrs	£4	£3	£2.50
2.00-4.00	Roller Skating	5-11 yrs	£3.65	£3.05	£2.45

Tuesday 11th April

10.45-11.30	Pre-School Trampoline	3-5 yrs	£3.45	£2.85	£2.20
10.00-12.00	Badminton	8-14 yrs	£6	£5	£4
10.00-12.00	Climbing	5-9 yrs	£6	£5	£4
1.00-3.00	Climbing	10-16 yrs	£6	£5	£4

Wednesdays 5th & 12 April

10.45-12.45	Junior Gymnastics	5-15 yrs	£6	£5	£4
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Thursdays 6th & 13 April

10.45-11.30	Tumble Teds	18mths-3yrs	£3.45	£2.85	£2.20
2.00-4.00	Roller Skating	5-11 yrs	£3.65	£3.05	£2.45

Friday 7th April

10.45-12.45	Gladiator Challenge	7-15 yrs	£6	£5	£4
2.00-4.00	Indoor Adventure Play	5-15 yrs	£6	£5	£4

TENNIS CAMPS

Suitable for all standards of players from children who want to try the sport for the first time to those who are already playing. We create an encouraging and dynamic environment with the emphasis on teamwork, participation and – most important of all – **FUN!**



Alive Lynnsport - Tuesday 4th April

10.00-12.00	5-8 years	£5
1.00-3.00	8+ years	£5



Alive Downham - Thursday 6th April

10.00-12.00	5-8 years	£5
1.00-3.00	8+ years	£5

TENNIS COMPETITION DAY

Lynnsport - Wednesday 12th April

10.00-3.00	All Ages	£10
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Swimming Crash Courses

Monday 3rd – Friday 7th April

A weeks intensive course of swimming lessons for your child to gain confidence and improve their aquatic skills in the water.

			Prices	Standard	Alive Card	Concs Alive Card
9.00-9.30	Level 1	4 ½ yrs +				
9.30-10.00	Level 1	4 ½ yrs +		£25.00	£20.75	£12.50
10.00-10.30	Level 2	4 ½ yrs +				

Monday 10th – Thursday 13th April

			Prices	Standard	Alive Card	Concs Alive Card
9.00-9.30	Level 1	4 ½ yrs +		£20	£16.60	£10
9.30-10.00	Level 1	4 ½ yrs +				
10.00-10.30	Level 2	4 ½ yrs +				

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.

Swimming Family Fun Sessions

Tuesday 4th April & Thursday 6th April, Tuesday 11th April & Thursday 13th April

A great opportunity for the whole family to have fun in the swimming pool.

2.00-3.30

All Ages

Normal swim admission policies and charges apply.

Become A Lifeguard

Monday 3rd – Saturday 8th April

Gain your National Pool Lifeguard Qualification (NPLQ)

Also included within this course is the Automated External Defibrillation (AED) qualification.

These qualifications are recognised worldwide and if you meet the pre-requisites of the course, when qualified you have gained two qualifications in one! The qualifications last for two years before renewal subject to ongoing training.

Price - £200

These qualifications are recognised worldwide and if you meet the pre-requisites of the course, when you are qualified you will have gained three qualifications in one! The NPLQ and AED last for two years before renewal and the FAAW is valid for three years.

Pre-requisites for this course:

- Be 16 years of age at the time of taking the NPLQ assessment
- Be able to meet the following basic fitness criteria:
 - Jump / dive into deep water
 - Swim 50 metres in less than 60 seconds
 - Swim 100 metres continuously on front and back in deep water
 - Tread water for 30 seconds
 - Surface dive to the floor of the pool
 - Climb out unaided without ladder / steps and where the pool design permits
- A swim test will be required before commencement of course. Can be completed at Oasis or St James.

Being a lifeguard offers a fantastic foundation to a career in the leisure industry and will allow you to gain life skills and confidence dealing with people. (Exceptions may apply to this qualification).

Price - £200

Holiday Clubs

The **Holiday Club, 10am – 3pm** will be either a day of football or multisports as detailed below and led by qualified and experienced coaches from King's Lynn Community Football.

Monday 3rd April

Football League Day

Monday 10th April

Cricket, Dodgeball, Tag Rugby

Tuesday 11th April

Nerf-Tag, Tennis, Basketball

Thursday 13th April

Football World Cup

For ages 5–14.

Standard £15. Alive Card £12.50. Concs Alive Card £10.

Please book early to secure your place, sessions are subject to minimum and maximum attendances. Activities may be outside so please bring suitable clothing and a packed lunch.

(Delivered by King's Lynn Community Football)

Activities

Mondays 3rd & 10th, Tuesdays 4th & 11th, Thursdays 6th & 13th, Friday 7th April

3.15-4.15 Roller Skating All Ages

Tuesday 4th April

12.30-1.30 Sports Day Games 5-11 yrs

1.30-2.30 Mosaic Workshop 5-8 yrs

Wednesdays 5th & 12th April

12.30-1.30 Junior Fitness 8-14 yrs

1.30-2.30 Arts and Crafts 5-11 yrs

3.00-4.00 Archery 8-14 yrs

4.00-5.00 Archery 8-14 yrs

Friday 7th April

12.30-1.30 Dodgeball 7-11 yrs

1.30-2.30 Junior Circuits 8-14 yrs

Standard £2.50. Alive Card £2. Concs Alive Card £1.50

Swimming Crash Courses

Monday 3rd – Friday 7th April

A weeks intensive course of swimming lessons for your child to gain confidence and improve their aquatic skills in the water.

9.00-9.30 Level 1 4 ½ yrs +

9.30-10.00 Level 2 4 ½ yrs +

Standard £25. Alive Card £20.75. Concs Alive Card £12.50.

Swimming Family Fun Sessions

Monday 3rd – Friday 7th April, Monday 10th – Thursday 13th April

A great opportunity for the whole family to have fun in the swimming pool.

10.30-11.30 All Ages

Normal swim admission policies and charges apply.



Activities (All activities take place at Alive Oasis)

Prices

Standard £2.50	Alive Card £2.00	Alive Card Concs £1.50
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Mondays 3rd & 10 April

9.00-10.00	Funcastle Challenge	5-11 yrs
3.00-4.00	Junior Fitness	8-15 yrs

Monday 10th April

1.00-2.00	Roller Skating	5-11 yrs
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Tuesdays 4th & 11th April

10.00-11.00	Table Tennis	8-15 yrs
1.00-2.00	Runaround Games	5-11 yrs
2.00-3.00	Junior Circuits	8-15 yrs

Wednesdays 5th April

9.00-10.00	Funcastle Challenge	5-10 yrs
1.30-2.30	Parachute Games	5-11 yrs
3.00-4.00	Junior Fitness	8-15 yrs

Wednesday 12th April

9.00-10.00	Funcastle Challenge	5-10 yrs
2.00-3.00	Runaround Games	5-11 yrs
3.00-4.00	Junior Fitness	5-11 yrs

Thursday 6th April

12.00-1.00	Arts & Crafts	8-15 yrs
1.00-2.00	Roller Skating	5-11 yrs
3.00-4.00	Dodgeball	8-15 yrs

Thursday 13th April

12.00-1.00	Parachute Games	8-15 yrs
1.00-2.00	Roller Skating	5-11 yrs
3.00-4.00	Benchball	8-15 yrs

Friday 7th April

9.00-10.00	Funcastle Challenge	5-11 yrs
3.00-4.00	Junior Fitness	8-15 yrs

Standard £2.50. Alive Card £2. Concs Alive Card £1.50.

Swimming Family Fun Sessions

Monday 3rd & Thursday 6th April

Monday 10th & Thursday 13th April

A great opportunity for the whole family to have fun in the swimming pool.

10.30-11.30 All Ages

Normal swim admission policies and charges apply.

Swimming Passport

Alive St James Pool, Alive Downham Leisure & Alive Oasis

1st – 17th April

Enjoy unlimited swimming in our family friendly pools over the Easter Holidays with our Swimming Passport – only £5, incredible value for money!

Valid from 1st – 17th April in general swimming sessions at Alive St James, Alive Downham Leisure and Alive Oasis. Under 16's only.



EASTER POOL PARTIES

**DUE TO POPULAR DEMAND OUR
'EGG-CELLENT' POOL PARTIES RETURN
FOR THE EASTER HOLIDAYS!**

**COME AND SWIM IN OUR EASTER
THEMED, COLOURED POOLS WITH FUN
FLOATS AND INFLATABLES.
PLUS! MORE FUN TREATS INCLUDING
COLOURING COMPETITIONS
AND LUCKY DIPS.**

SATURDAY 8 APRIL

ST JAMES POOL

12.15-1.15pm & 4-5pm

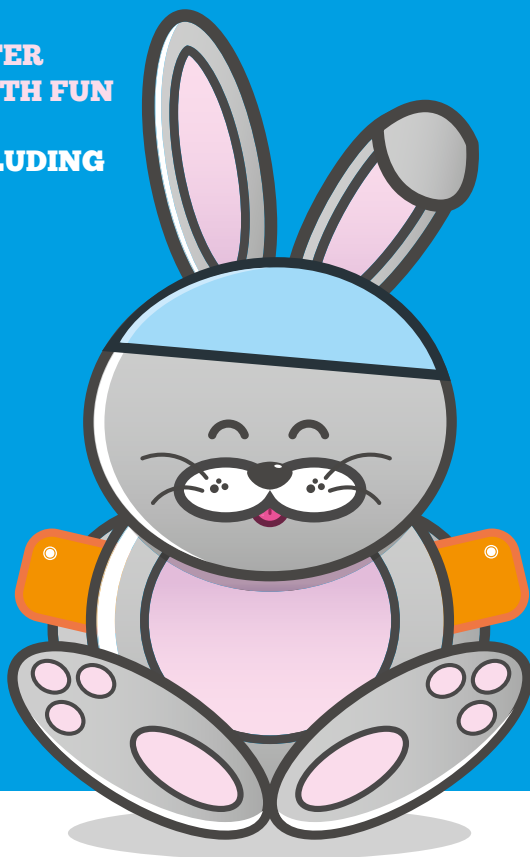
DOWNHAM LEISURE

Noon-1pm & 4.30-5.30pm

OASIS

1-2pm & 5-6pm

Booking is essential as maximum numbers apply. Please book early to avoid disappointment. Normal swim admission policies and charges apply.



King's Lynn Corn Exchange

Comedy Legend

Bobby Davro

as Scarecrow

Britain's Got Talent Winners

Ashleigh & Pudsey

as Dorothy & Toto



THE WIZARD OF OZ

*Easter Panto
2017*

Enchanted
Productions

Thursday 6 April, 2pm & 6pm

Box Office: 01553 764864

www.kingslynncornexchange.co.uk

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