

# ALIVE

**A jam-packed Easter holiday  
programme for the kids and  
family to enjoy!**

## **Spring 2024 Holiday Programme!**

**28 March – 14 April**

Lynnsport, Downham, St James Pool,  
Oasis, Glebe House School (Hunstanton)  
& South Lynn Community Centre

Booking is advisable for all activities

**[alivewestnorfolk.co.uk](http://alivewestnorfolk.co.uk)**



Scan to book

**Big  
Norfolk**  
Holiday Fun

Supported by

Borough Council of  
King's Lynn &  
West Norfolk



All Holiday Clubs include a **FREE** lunch!



Supported by  
Borough Council of  
King's Lynn &  
West Norfolk



# HOLIDAY CLUBS

To check your eligibility for the concession rate and therefore the Big Norfolk Holiday Fun Clubs, head to our website and apply at your local centre.

## The Fun Club

Children will enjoy playing a range of sports, games, and activities.

9am–3pm | 5–12yrs

**Lynnsport, Downham & Glebe House School (Hunstanton)**

Tuesday 2 April – Friday 5 April and Monday 8 April – Friday 12 April

9am–3pm | 5–12yrs

**South Lynn Community Centre**

Wednesday 3 April and Wednesday 10 April



**£15**  
**FREE**  
**with ACC\***

## Football Club

**£15**  
**FREE**  
**with ACC\***

A fun filled football club where the children will play fun football-based games leading into matches and a tournament!

9am–3pm | 5–12yrs

**Lynnsport**

Wednesday 3 April and  
Monday 8 April

**Downham**

Friday 5 April and Friday 12

## Girls Football Club

A fun-filled football club, just for girls. The day will involve fun football-based games and matches.

9am–3pm  
5–12yrs

**Lynnsport**

Wednesday  
10 April



## Gymnastics Fun Club

A full day of gymnastics activities including floor, beam and bar skills, Ninja Warrior activities and free play.

8am–3pm | 5–15yrs

**Lynnsport**

Thursday 4 April

**Breakfast Included**

## Elite Gymnastics Club

A full day of Acro and Tumbling for our Senior Elite squad. Must be currently enrolled in Elite.

8am–3pm | 7–18yrs

**Lynnsport**

Thursday 11 April

**S £22\***  
**AC £20\***  
**FREE With ACC\***



## Cricket Fun Club

A fun cricket holiday club engaging children in a wide variety of cricket games lead by a qualified coach.

9am–3pm | 5–12yrs

**Lynnsport**

Friday 5 April & Friday 12 April



**£15**  
**FREE**  
**with ACC\***

## Aqua Skillz & Sports Club

A brilliant club that combines swimming and lifeguard skills in the pool, followed by a range of sports, games and activities in the sportshall.

9am–1pm | 8–12yrs

**Downham**

Monday 8 April and Thursday 11 April



**£15**  
**FREE**  
**with ACC\***

## Breakfast Club

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

8am–9am | 5–12yrs

**Lynnsport**

Tuesday 2 April–Friday 5 April  
Monday 8 April–Friday 12 April

**S £2\***  
**AC £1\***  
**FREE With ACC\***

\*S: Standard | AC: Alive Card | ACC: Alive Concession Card



# Alive Lynnsport

## Easter Activites

Week  
**1**

Time	Activity	Age	Standard	Alive Card	Alive Concession Card
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### THURSDAY 28 MARCH

10am-12pm	Family Climb Time*	5yrs+	£8.93	£1	50p
10am-12pm	Badminton	7-12yrs	£8.93	£1	50p
1pm-3pm	Kidz Fun Time Climb	8-15yrs	£8.93	£1	50p
3pm-4pm	Roller Skating	5-15yrs	£6	£1	50p

### TUESDAY 2 APRIL

10am-12pm	Family Climb Time*	5yrs+	£8.93	£1	50p
10.45am-11.45am	Gymnastics	5-15yrs	£6	£1	50p
1pm-3pm	Kidz Fun Time Climb	8-15yrs	£8.93	£1	50p

### WEDNESDAY 3 APRIL

10am-11am	GoKarty & Party	3-6yrs	£12	£9	£6
11am-12am	Get Arty	3-10yrs	£6	£1	50p
11.15am-12.15pm	GoKarty & Party	7-10yrs	£12	£9	£6
1pm-3pm	Skateboard Skillz	8-15yrs	£8.93	£1	50p
3pm-4pm	Ninja Warrior	8-12yrs	£6	£1	50p

### THURSDAY 4 APRIL

10am-12pm	Family Climb Time*	5yrs+	£8.93	£1	50p
10am-12pm	Ability Counts Multi-sport	5yrs+	£6	£1	50p
1pm-3pm	Kidz Fun Time Climb	8-15yrs	£8.93	£1	50p

### FRIDAY 5 APRIL

10am-12pm	Nerf-Tag	6-11yrs	£8.93	£1	50p
10.45am-11.45am	Ninja Warrior	5-7yrs	£6	£1	50p
3pm-4pm	Roller Skating	5-15yrs	£6	£1	50p

\* Family Climb Time – a responsible adult must be booked in and participate in the activity, on a ratio of 2 children to 1 adult. Bookable over the phone or at your local centre.

# Alive Lynnsport

## Easter Activites

Week  
**2**

Time	Activity	Age	Standard	Alive Card	Alive Concession Card
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### MONDAY 8 APRIL

1pm-3pm	Skateboard Skillz	8-15yrs	£8.93	£1	50p
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### TUESDAY 9 APRIL

9.30am-10.30am	Beginners Tennis	5-8yrs	£6	£1	50p
10am-12pm	Family Climb Time*	5yrs+	£8.93	£1	50p
10am-12pm	Badminton	7-12yrs	£8.93	£1	50p
10.45am-12.45pm	Intermediates Tennis	6-10yrs	£8.93	£1	50p
10.45am-11.45am	Gymnastics	5-15yrs	£6	£1	50p
1pm-3pm	Kidz Fun Time Climb	8-15yrs	£8.93	£1	50p
1.30pm-3.30pm	Development Tennis	11-15yrs	£8.93	£1	50p

### WEDNESDAY 10 APRIL

10am-11am	GoKarty & Party	3-6yrs	£12	£9	£6
11.15am-12.15pm	GoKarty & Party	7-10yrs	£12	£9	£6
1pm-3pm	Skateboard Skillz	8-15yrs	£8.93	£1	50p
3pm-4pm	Ninja Warrior	8-12yrs	£6	£1	50p

### THURSDAY 11 APRIL

10am-12pm	Family Climb Time*	5yrs+	£8.93	£1	50p
1pm-3pm	Kidz Fun Time Climb	8-15yrs	£8.93	£1	50p

### FRIDAY 12 APRIL

10.45am-11.45am	Ninja Warrior	5-7yrs	£6	£1	50p
3pm-4pm	Roller Skating	5-15yrs	£6	£1	50p

## Alive Downham Easter Activities

Time	Activity	Age	Standard	Alive Card	Alive Concession Card
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### TUESDAY 2 APRIL

9.30am-10.30am	GoKarty and Party	3-6yrs	£12	£9	£6
10.30am-11.30am	GoKarty and Party	7-10yrs	£12	£9	£6

### WEDNESDAY 3 APRIL

1pm-2pm	Get Arty	3-10yrs	£6	£1	50p
1pm-2pm	Bootcamp Fitness	8-14yrs	£6	£1	50p
3pm-4pm	Roller Skating	5-15yrs	£6	£1	50p

### SATURDAY 6 APRIL

3.15pm-4.45pm	Family Fun Session!	All Ages - admission policy applies	£7.40	£1	50p
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## Alive Downham Easter Activities

Time	Activity	Age	Standard	Alive Card	Alive Concession Card
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### MONDAY 8 APRIL

9.30am-11am	Short Tennis	6-11yrs	£7.40	£1	50p
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### TUESDAY 9 APRIL

9.30am-10.30am	GoKarty and Party	3-6yrs	£12	£9	£6
10.30am-11.30am	GoKarty and Party	7-10yrs	£12	£9	£6

### WEDNESDAY 10 APRIL

1pm-2pm	Bootcamp Fitness	8-14yrs	£6	£1	50p
3pm-4pm	Roller Skating	5-15yrs	£6	£1	50p



# Make a SPLASH

## Learn to swim with our Swimming Crash Courses

**Stage 1** – Introductory session for those with no previous experience of swimming.

**Stage 2** – These sessions include play time in the water, and learning skills such as moving around, submerging, floating, and using arms to travel through the water.

**Stage 3** – Swimmers will develop safe entries into the water, including submersion, and travel up to 10 metres on their front and back. Water safety knowledge and rotation skills will also be progressed.

### Tuesday 2 April – Friday 5 April

**Stage 1** 9am–9.30am Downham

**Stage 2** 9.30am–10am Downham

### Monday 8 April – Friday 12 April

**Stage 1** 9am–9.30am Downham & St James

**Stage 2** 9.30am–10am Downham & St James

**Stage 3** 10am–10.30am St James

Suitable for children aged 4–12yrs.

S £32  
AC £24  
ACC £16

S £40  
AC £30  
ACC £20

All swimming activities below are bookable over the phone or at your local centre



## Learn to be a ROOKIE LIFE GUARD!

Ever dreamt of being a lifeguard? This short course will teach children valuable survival, rescue and sport skills, including the basics of life saving. working as a team, whilst having fun and making friends along the way!

### Tuesday 2 April – Friday 5 April

9am-10am Downham

Suitable for 8-14yrs

S £64  
AC £48  
ACC £32



S: Standard | AC: Alive Card  
ACC: Alive Concession Card



## Alive Oasis Water Activities

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

**Saturday 6 April & Saturday 13 April**

11am-12pm 8-15yrs

Please book by calling  
01485 534227 or in centre

S £6  
AC £1  
ACC 50p

## InflataFun Splash!

An action-packed inflatable fun session in the pool.  
Take part in challenges, races & games that everyone will enjoy.

**Tuesday 2 April**

9am-10am Family session 4yrs+

10am-11am 8-11yrs

11am-12pm 12-15yrs

Family sessions are bookable in-house only. Other sessions are bookable online and in-house.

Under 8's must be supervised on 2 children to 1 adult ratio. Those over the age of 8 should be confident in deep water however life vests can be issued if required. Swim tests will be carried out prior to each session commencing.

S: Standard | AC: Alive Card | ACC: Alive Concession Card

# Junior Alive Cards are now FREE!

If you are West Norfolk resident and your child is under 19yrs you can apply for a **FREE Alive Card** giving you exclusive discounts on sessions and activities.

**Apply in the centre!**

## Booking Information

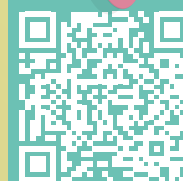
For those attending holiday clubs, please ensure children bring a drink, snacks and clothing appropriate for the weather and outdoor activities.

S =  
Standard  
AC =  
Alive Card  
ACC =  
Alive  
Concession  
Card

Call your  
local centre  
for more info:

Lynnsport 01553 818001  
St James 01553 764888  
Downham 01366 386868  
Oasis 01485 534227

Pre-booking  
is advisable  
for all activities.  
Not all activities  
are bookable  
online.



Scan to book

# Holiday of PLAY ACTIVITIES

**Thursday 28 March – Sunday 14 April  
& Saturday 25 May – Sunday 2 June**

Normal admission policies apply.

**St James,  
Downham &  
Oasis**



## Soft Play

Alive Oasis during  
opening hours

## Swimming

All pools during  
general swim  
sessions

**Juniors  
only  
(under 19)**

**Activities  
are just £1  
with an Alive Card,  
or 50p with an  
Alive Concession  
Card!**

Discounted prices are only available to children under 19 living in West Norfolk with an Alive Card, or an Alive Concession Card. Outside of this, activities are full price.

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Borough Council of  
King's Lynn &  
West Norfolk



# WANT TO UPSKILL? A NEW CAREER? TO RETURN TO LEARNING?

Not been in education for  
a while?

Didn't leave school with  
the right qualifications for  
further study?

## ROUTES TO LEARNING

is a **FREE** 10-week return-to-  
study course to improve your  
confidence as well as prepare  
you for those first steps towards  
further or higher education.

**College of  
West Anglia**



**Routes to Learning**  
Starts April 2024!

**CWA.AC.UK/ACCESS**





# ALIVE



**A jam-packed May half term  
holiday programme for the  
kids and family to enjoy!**

## **Spring 2024 Holiday Programme!**

**25 May – 2 June**

Lynnsport, Downham, St James Pool,  
Oasis, Glebe House School (Hunstanton)  
& South Lynn Community Centre

**Bookings will be available from Monday 22 April.  
Please follow the usual booking process**



Scan to book

**[alivewestnorfolk.co.uk](http://alivewestnorfolk.co.uk)**

Supported by  
Borough Council of  
King's Lynn &  
West Norfolk



# HOLIDAY CLUBS

To check your eligibility for the concession rate, head to our website and apply at your local centre.

All Holiday Clubs include a **FREE** lunch!

## The Fun Club

Children will enjoy playing a range of sports, games, and activities.

9am–3pm | 5–12yrs

**Lynnsport, Downham & Glebe House School (Hunstanton)**

Tuesday 28 May – Friday 31 May

9am–3pm | 5–12yrs

**South Lynn Community Centre**  
Wednesday 29 May



**£15**  
FREE  
with ACC\*

## Football Club

**£15**  
FREE  
with ACC\*

A fun filled football club where the children will play fun football-based games leading into matches and a tournament!

9am–3pm | 5–12yrs

**Lynnsport**

Tuesday 28 May

**Downham**

Friday 31 May

## Girls Football Club

A fun-filled football club, just for girls. The day will involve fun football-based games and matches.

9am–3pm  
5–12yrs

**Lynnsport**

Wednesday

29 May



## Gymnastics Fun Club

A full day of gymnastics activities, including floor, beam and bar skills, ninja warrior activities and free play.

8am–3pm | 5–15yrs

**Lynnsport**

Thursday 30 May

**Breakfast Included**

**S £22\***  
**AC £20\***  
FREE  
with ACC\*



## Cricket Fun Club

A fun cricket holiday club engaging children in a wide variety of cricket games lead by a qualified coach.

9am–3pm | 5–12yrs

**Lynnsport**

Friday 31 May



**£15**  
FREE  
with ACC\*

## Breakfast Club

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

8am–9am | 5–12yrs

**Lynnsport**

Tuesday 28 May – Friday 31 May

**S £2\***  
**AC £1\***  
FREE With  
ACC\*

\*S: Standard | AC: Alive Card | ACC: Alive Concession Card

Supported by

Borough Council of  
King's Lynn &  
West Norfolk





# Alive Lynnsport

## May Half Term Activites

Time	Activity	Age	Standard	Alive Card	Alive Concession Card
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### TUESDAY 28 MAY

10am-12pm	Badminton	7-12yrs	£8.93	£1	50p
10am-12pm	Family Climb Time*	5yrs+	£8.93	£1	50p
10.45am-11.45am	Gymnastics	5-15yrs	£6	£1	50p
1pm-3pm	Kidz Fun Time Climb	8-15yrs	£8.93	£1	50p

### WEDNESDAY 29 MAY

9.30am-10.30am	Beginners Tennis	5-8yrs	£6	£1	50p
10.45am-12.45pm	Tennis Intermediates	6-10yrs	£8.93	£1	50p
11am-12pm	GoKarty & Party	3-6yrs	£12	£9	£6
12.15pm-1.15pm	GoKarty & Party	7-10yrs	£12	£9	£6
1pm-3pm	Skateboard Skillz	8-15yrs	£8.93	£1	50p
1.30pm-3.30pm	Tennis Development	11-15yrs	£8.93	£1	50p

### THURSDAY 30 MAY

10am-12pm	Family Climb Time*	5yrs+	£8.93	£1	50p
1pm-3pm	Kidz Fun Time Climb	8-15yrs	£8.93	£1	50p

### FRIDAY 31 MAY

10am-12pm	Ability Counts Multi-sport	5yrs+	£6	£1	50p
10.45am-11.45am	Ninja Warrior	5-15yrs	£6	£1	50p
2pm-3pm	Trampolining	5-8yrs	£6	£1	50p
3pm-4pm	Roller Skating	5-15yrs	£6	£1	50p

\* Family Climb Time – a responsible adult must be booked in and participate in the activity, on a ratio of 2 children to 1 adult. Bookable over the phone or at your local centre.

# Alive Downham

## May Half Term Activites

Time	Activity	Age	Standard	Alive Card	Alive Concession Card
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### TUESDAY 28 MAY

9.30am-10.30am	GoKarty and Party	3-6yrs	£12	£9	£6
10.30am-11.30am	GoKarty and Party	7-10yrs	£12	£9	£6

### WEDNESDAY 29 MAY

1pm-2pm	Bootcamp Fitness	8-14yrs	£6	£1	50p
3pm-4pm	Roller Skating	5-15yrs	£6	£1	50p

### THURSDAY 30 MAY

9.30am-11am	Short Tennis	6-11yrs	£7.40	£1	50p
1pm-2pm	Get Artz	3-10yrs	£6	£1	50p

### SATURDAY 1 JUNE

3.15pm-4.45pm	Family Fun Session!	All ages – admission policy applies	£7.40	£1	50p
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under  
4s  
FREE





Degrees on  
your doorstep  
*stay local, go far*



University Centre  
West Anglia



**Georgina King**

BA (Hons) Early Childhood Studies

**ucwa.ac.uk**

"I studied BTEC National Diploma in Care at CWA from 2006 to 2008. Ten years later, I decided to come back and study to become a primary school teacher. I chose to come to UcWA due to the location being close to home and I was able to still study around my work and family.

I loved my time at UcWA. I felt proud to be surrounded by supportive tutors and classmates. This course gave me the confidence and experience to move from higher education to work with primary aged students.

#UcWAsuccess

# Make a SPLASH

## Learn to swim with our Swimming Crash Courses

**Stage 1** – Introductory session for those with no previous experience of swimming.

**Stage 2** – These sessions include play time in the water, and learning skills such as moving around, submerging, floating, and using arms to travel through the water.

**Stage 3** – Swimmers will develop safe entries into the water, including submersion, and travel up to 10 metres on their front and back. Water safety knowledge and rotation skills will also be progressed.

**Tuesday 28 May – Friday 31 May**

**Stage 1** 9am–9.30am Downham & St James

**Stage 2** 9.30am–10am Downham & St James

**Stage 3** 10am–10.30am St James

*Suitable for children aged 4–12yrs. Please book over the phone or at your local centre.*

S £32  
AC £24  
ACC £16

All swimming activities below are bookable over the phone or at your local centre



## Learn to be a ROOKIE LIFE GUARD!

Ever dreamt of being a lifeguard? This short course will teach children valuable survival, rescue and sport skills, including the basics of life saving, working as a team, whilst having fun and making friends along the way!

**Tuesday 28 May – Friday 31 May**

9am–10am Downham

*Suitable for 8–14yrs*

S £64  
AC £24  
ACC £16



S: Standard | AC: Alive Card | ACC: Alive Concession Card



# InflataFun Splash!



An action-packed inflatable fun session in the pool.  
Take part in challenges, races & games that everyone will enjoy.

## Tuesday 28 May

9am-10am Family session 4yrs+

10am-11am 8-11yrs

11am-12pm 12-15yrs

## Saturday 1 June

3-4pm & 4pm-5pm

Family session 4yrs+

S £5  
AC £3.75  
ACC £2.50

*Please note: Under 8's must be supervised on a 2 children to 1 adult ratio.  
Those over the age of 8 should be confident in deep water however life  
vests can be issued if required. Swim tests will be carried out prior to  
each session commencing.*

S =  
Standard  
AC =  
Alive Card  
ACC =  
Alive  
Concession  
Card

## Alive Oasis Water Activities

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

## Saturday 6 April & Saturday 13 April

11am-12pm 8-15yrs

*Please book by calling  
01485 534227 or in centre*

S £6  
AC £1  
ACC 50p



## Museum and Old Gaol Cells

Saturday Market Place, King's Lynn PE30 5DQ

Tel: 01553 774297 [storiesoflynn.co.uk](http://storiesoflynn.co.uk)

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

