

ALIVE

Summer Holiday Programme

22 July – 4 September

Lynnsport, St James Pool, Downham Leisure,
Oasis and Glebe House School

Holiday Clubs, Pool Parties, Go Karting,
Inflata-fun Sessions, Climbing, Gymnastics
and so much more!

Booking is advisable for all activities
alivewestnorfolk.co.uk



Scan to book

Alive
West Norfolk

Big
Norfolk
Holiday Fun

Borough Council of
King's Lynn &
West Norfolk



Summer Ho

Big Norfolk Holiday Fun

Big Norfolk Holiday Fun Club

Children will enjoy playing a range of sports, games and activities. We are part of the Norfolk County Council Big Norfolk Holiday Fun programme providing free places to children eligible for means tested free school meals.

Monday to Friday throughout the summer holiday (excluding Mon 28 Aug)

9am–3pm | 5–12 yrs

Lynnsport, Downham & Glebe House School (Hunstanton)



FREE
Session
FREE Meal

ALIVE

The Fun Club

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

Monday to Friday throughout the summer holiday (excluding Mon 28 Aug)

9am–3pm | 5–12 yrs

Lynnsport, Downham & Glebe House School (Hunstanton)

£15
(including lunch)

Breakfast Club

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

Monday to Friday throughout the summer holiday (excluding Mon 28 Aug)

8am–9am

5–12 yrs

Lynnsport

S £5
AC £4
ACC £3

Holiday Clubs

Football Club

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

9am–3pm | 5–12 yrs

Lynnsport: 25 & 26 July and

1, 8, 9, 15, 22 & 23 Aug

Downham: 27 July and 3, 10,
17 & 24 Aug

**Glebe House School
(Hunstanton):**

28 July and 4, 11, 18 & 25 Aug

Girls Football Club

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

9am–3pm | 5–12 yrs

Lynnsport: 2 Aug (5–12 yrs)

**Football
Clubs**

£15
(including
lunch)



Gymnastics Club

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

8am–3pm | 5–15 yrs

Lynnsport: 27 July, 10 &
24 Aug

Intermediate Gymnastics Club

A full day of Acro and Tumbling, with games and play for our Development and Intermediate elite gymnasts. Children must be currently enrolled in either Elite Development squad or Intermediate Elite.

8am–3pm | 5–15 yrs

Lynnsport: 3 & 31 Aug

Gymnastics Clubs

Standard £21

Alive Card £19

Alive Card
Concession £17

(including
breakfast &
lunch)



Senior Elite Gymnastics Day Camp

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

8am–3pm | 7–18 yrs

Lynnsport: 17 Aug

Supported by

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



Alive Lynnsport Holiday Activities

WEEK 1

DATES	TIMES	ACTIVITY	PRICE	AGES
Monday 24 July	10am-11am	SOFT ARCHERY		5-9 yrs
	2pm-4pm	SKATEBOARD SKILLZ		8-15 yrs
Tuesday 25 July	10am-12pm	FAMILY CLIMB TIME**		5+ yrs
	10.45am-11.45am	GYMNASTICS		5-15 yrs
	1pm-3pm	FUN TIME CLIMB		8-15 yrs
	10am-11am	GOKARTY & PARTY*	S £10/AC £9/ACC £8	3-6 yrs
	11.15am-12.15pm	GOKARTY & PARTY	S £10/AC £9/ACC £8	7-10 yrs
	2pm-3pm	TRAMPOLINING		5-8 yrs
	3pm-4pm	TRAMPOLINING		9-12 yrs
Wednesday 26 July	2pm-4pm	SKATEBOARD SKILLZ		8-15 yrs
Thursday 27 July	10am-12pm	FAMILY CLIMB TIME**		5+ yrs
Friday 28 July	10.45am-11.45am	NINJA WARRIOR		5-15 yrs
	3pm-4pm	ROLLER SKATING		5-15 yrs

**ALL 1 HR
ACTIVITIES**
S £4.50
AC £3.45
ACC £2.90
(unless otherwise
stated)

WEEK 2

DATES	TIMES	ACTIVITY	PRICE	AGES
Monday 31 July	12pm-2pm	ALIVE FIVES	S £5/AC £4/ACC £3	12-16 yrs
	2pm-4pm	SKATEBOARD SKILLZ		8-15 yrs
Tuesday 1 August	10am-12pm	FAMILY CLIMB TIME**		5+ yrs
	10.45am-11.45am	GYMNASTICS		5-15 yrs
	1pm-3pm	FUN TIME CLIMB		8-15 yrs
	2pm-3pm	TRAMPOLINING		5-8 yrs
	11am-1pm	ARCHERY		8-12 yrs
	3pm-4pm	TRAMPOLINING		9-12 yrs
Wednesday 2 August	9am-10.30am	K'NEX STEM CHALLENGE	S £15/AC £13/ACC £11	5-12 yrs
	11am-12.30pm	K'NEX STEM CHALLENGE	S £15/AC £13/ACC £11	5-12 yrs
	1.30pm-3pm	K'NEX STEM CHALLENGE	S £15/AC £13/ACC £11	5-12 yrs
	10am-11am	GET ARTY!*		3-10 yrs
	2pm-4pm	SKATEBOARD SKILLZ		8-15 yrs
Thursday 3 August	10am-12pm	FAMILY CLIMB TIME**		5+ yrs
Friday 4 August	10.45am-11.45am	NINJA WARRIOR		5-15 yrs
	3pm-4pm	ROLLER SKATING		5-15 yrs

WEEK 3

DATES	TIMES	ACTIVITY	PRICE	AGES
Monday 7 August	9am-10.30am	TENNIS (RED BALL)	£5	6-8 yrs
	10am-11am	SOFT ARCHERY		5-9 yrs
	10.30am-12pm	TENNIS (GREEN/ORANGE)	£5	9-11 yrs
	12pm-2pm	ALIVE FIVES	S £5/AC £4/ACC £3	12-16 yrs
	12.30pm-2pm	TENNIS (YELLOW BALL)	£5	12-16 yrs
	2pm-4pm	SKATEBOARD SKILLZ		8-15 yrs
Tuesday 8 August	10am-12pm	FAMILY CLIMB TIME**		5+ yrs
	10am-11am	GOKARTY & PARTY*	S £10/AC £9/ACC £8	3-6 yrs
	11.15am-12.15pm	GOKARTY & PARTY	S £10/AC £9/ACC £8	7-10 yrs
	10.45am-11.45am	GYMNASTICS		5-15 yrs
	2pm-3pm	TRAMPOLINING		5-8 yrs
	3pm-4pm	TRAMPOLINING		9-12 yrs
Wednesday 9 August	2pm-4pm	SKATEBOARD SKILLZ		8-15 yrs
Thursday 10 August	10am-12pm	FAMILY CLIMB TIME**		5+ yrs

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

WEEK 3 continued

DATES	TIMES	ACTIVITY	AGES
Friday 11 August	10.45am–11.45am	NINJA WARRIOR	5–15 yrs
	3pm–4pm	ROLLER SKATING	5–15 yrs

WEEK 4

DATES	TIMES	ACTIVITY	PRICE	AGES
Monday 14 August	12pm–2pm	ALIVE FIVES	S £5/AC £4/ACC £3	12–16 yrs
	2pm–4pm	SKATEBOARD SKILLZ		8–15 yrs
Tuesday 15 August	10am–12pm	FAMILY CLIMB TIME**		5+ yrs
	10.45am–11.45am	GYMNASTICS		5–15 yrs
	11am–1pm	ARCHERY		8–12 yrs
	1pm–3pm	FUN TIME CLIMB		8–15 yrs
	2pm–3pm	TRAMPOLINING		5–8 yrs
	3pm–4pm	TRAMPOLINING		9–12 yrs
Wednesday 16 August	10am–11am	GET ARTY!*		3–10 yrs
	2pm–4pm	SKATEBOARD SKILLZ		8–15 yrs
	2pm–4pm	GIRLS' FOOTBALL CLUB	S £5/AC £4/ACC £3	12–16 yrs
Thursday 17 August	10am–12pm	FAMILY CLIMB TIME**		5+ yrs
Friday 18 August	10.45am–11.45am	NINJA WARRIOR		5–15 yrs
	3pm–4pm	ROLLER SKATING		5–15 yrs

WEEK 5

DATES	TIMES	ACTIVITY	PRICE	AGES
Monday 21 August	10am–11am	SOFT ARCHERY		5–9 yrs
	12pm–2pm	ALIVE FIVES	S £5/AC £4/ACC £3	12–16 yrs
	2pm–4pm	SKATEBOARD SKILLZ		8–15 yrs
Tuesday 22 August	10am–12pm	FAMILY CLIMB TIME**		5+ yrs
	10.45am–11.45am	GYMNASTICS		5–15 yrs
	1pm–3pm	FUN TIME CLIMB		8–15 yrs
	2pm–3pm	TRAMPOLINING		5–8 yrs
	3pm–4pm	TRAMPOLINING		9–12 yrs
Wednesday 23 August	2pm–4pm	SKATEBOARD SKILLZ		8–15 yrs
Thursday 24 August	10am–12pm	FAMILY CLIMB TIME**		5+ yrs
Friday 25 August	3pm–4pm	ROLLER SKATING		5–15 yrs

**ALL 2 HR
ACTIVITIES**
S £6.75
AC £5.70
ACC £4.65
(unless otherwise
stated)

WEEK 6

DATES	TIMES	ACTIVITY	PRICE	AGES
Tuesday 29 August	9am–10.30am	TENNIS (RED BALL)	£5	6–8 yrs
	10.30am–12pm	TENNIS (GREEN/ORANGE)	£5	9–11 yrs
	10.45am–11.45am	GYMNASTICS		5–15 yrs
	12.30pm–2pm	TENNIS (YELLOW BALL)	£5	12–16 yrs
Friday 1 September	10.45am–11.45am	NINJA WARRIOR		5–15 yrs

Inflata-Fun MEGA!

Inflatable bounce sessions filled with fun and games!
See page 6 for full details!

* Under 5's must be accompanied by a parent or responsible adult

** One adult must be booked, paid for and participate in each session

Alive

Inflata -Fun MEGA!

Height
& age
restrictions
apply

Food
and drink
available

Alive Lynnsport

Inflatable bounce sessions filled
with fun & games

**Monday 28 –
Wednesday 30 August**

60 min sessions from 9.30am

Standard
£9
Alive Card
£7
Alive Card
Concession
£5

Spectators
£2

Bookable online and in-house

Entry terms and conditions apply. Please check online or in centre.

Sponsored by





K'NEX STEM



Family Challenge

Join us for this fun, engaging & **EXPLOSIVE** new workshop! A brilliant workshop where families are tasked with designing and building air-powered K'NEX Rocket Cars. Families get to test and race the cars with compressed air rocket launchers in preparation for the final race off!

VENUE	DATES	TIMES
LYNNSPORT	Wednesday 2 August	9am–10.30am 11am–12.30pm 1.30pm–3pm
DOWNHAM	Monday 7 August	9am–10.30am 11am–12.30pm 1.30pm–3pm

When booking, please book one space per family. One car issued per family. At least one parent or responsible adult must be present. Max 4 per family.



Alive Summer Holiday Programme Booking Information

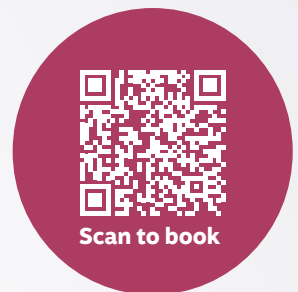
All bookings are in line with our standard booking policy. Please visit our website alivewestnorfolk.co.uk for full terms and conditions. Booking is advisable for all activities.

Inflata-fun sessions – children under 8 yrs must be accompanied by a parent or responsible adult.

**ALL INFORMATION CORRECT AT TIME OF PRINT
AND MAY BE SUBJECT TO CHANGE.**

Call your local centre for more info:

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



Alive Downham Holiday Activities

WEEK 1

DATES	TIMES	ACTIVITY	PRICE	AGES
Monday 24 July	9.30am–10.30am	GOKARTY & PARTY*	S £10/AC £9/ACC £8	3–6 yrs
	10.45am–11.45pm	GOKARTY & PARTY	S £10/AC £9/ACC £8	7–10 yrs
Wednesday 26 July	1pm–2pm	BOOTCAMP FITNESS		8–14 yrs
	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs
Friday 28 July	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs

WEEK 2



WEEK 3

DATES	TIMES	ACTIVITY	PRICE	AGES
Monday 7 August	9am–10.30am	K'NEX STEM CHALLENGE	S £15/AC £13/ACC £11	5–12 yrs
	11am–12.30pm	K'NEX STEM CHALLENGE	S £15/AC £13/ACC £11	5–12 yrs
	1.30pm–3pm	K'NEX STEM CHALLENGE	S £15/AC £13/ACC £11	5–12 yrs
Wednesday 9 August	1pm–2pm	BOOTCAMP FITNESS		8–14 yrs
	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs
Thursday 10 August	9.30am–10.30am	GOKARTY & PARTY*	S £10/AC £9/ACC £8	3–6 yrs
	10.45am–11.45am	GOKARTY & PARTY	S £10/AC £9/ACC £8	7–10 yrs
Friday 11 August	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs

WEEK 4

DATES	TIMES	ACTIVITY	PRICE	AGES
Wednesday 16 August	1pm–2pm	BOOTCAMP FITNESS		8–14 yrs
	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs
Friday 18 August	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs

WEEK 5

DATES	TIMES	ACTIVITY	PRICE	AGES
Wednesday 23 August	1pm–2pm	BOOTCAMP FITNESS		8–14 yrs
Saturday 26 August	3.30pm–5pm	POOL PARTY	S £5/AC £4/ACC £3	ALL AGES

WEEK 6

DATES	TIMES	ACTIVITY	PRICE	AGES
Wednesday 30 August	1pm–2pm	BOOTCAMP FITNESS		8–14 yrs
	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs
Friday 1 September	9am–10.30am	TENNIS	£5	6–11 yrs
	1.30pm–2.30pm	ROLLER SKATING		5–15 yrs

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

* Under 5's must be accompanied by a parent or responsible adult



Height
& age
restrictions
apply

Inflata -Fun Party!



Food
and drink
available

Alive Downham

Inflatable bounce sessions
filled with fun & games

**Monday 31 July–
Wednesday 2 August**

60 min sessions from 9.30am



Standard
£9
Alive Card
£7
Alive Card
Concession
£5



Spectators
£2

Bookable online and in-house

Entry terms and conditions apply. Please check online or in centre.

Sponsored by





Make a SPLASH at Alive!

Swimming Crash Courses

Stage 1 – For complete non-swimmers. Children can learn to swim in a safe and friendly environment, have fun, learn basic techniques, and gain confidence in the water. Armbands/ floatation aids need to be worn.

Stage 2 – For those that are more confident in the water. These sessions will help children develop and build on their skills through playing and travelling through the water.

Stage 3 – For those that are confident in the water and already have a basic knowledge of swimming. Swimmers will develop safe entries into the water and learn to travel up to 10 meters on their front and back.

Rookie Lifeguard

Ever dreamt of being a lifeguard? This short course will teach you valuable survival, rescue and sport skills. You will learn how to save lives, work as a team, have fun and make friends along the way.

Swimming Crash Courses

Standard
£27.50

Alive Card
£23.50

Alive Concession
Card £17.25

Rookie Lifeguard

Standard
£55

Alive Card
£47.50

Alive Concession
Card £34.50

DOWNHAM

COURSE	DATES	TIMES
STAGE 1 (4–12 yrs)	Monday 24 – Friday 28 July Monday 7 – Friday 11 August Monday 21 – Friday 25 August	9am–9.30am
STAGE 2 (4–12 yrs)	Monday 24 – Friday 28 July Monday 7 – Friday 11 August Monday 21 – Friday 25 August	9.30am–10am
ROOKIE LIFEGUARD COURSE (8–13 yrs)	Monday 24 – Friday 28 July	9am–10am

ST JAMES

COURSE	DATES	TIMES
STAGE 1 (4–12 yrs)	Monday 24 – Friday 28 July Monday 21 – Friday 25 August	9am–9.30am
STAGE 2 (4–12 yrs)	Monday 24 – Friday 28 July Monday 21 – Friday 25 August	9.30am–10am
STAGE 3 (4–12 yrs)	Monday 24 – Friday 28 July Monday 21 – Friday 25 August	10am–10.30am
ROOKIE LIFEGUARD COURSE (8–13 yrs)	Monday 24 – Friday 28 July Monday 21 – Friday 25 August	9am–10am

Alive

Inflata -Fun

Splash!

Age
restrictions
apply

Alive St James

Take part in challenges, races and
games that everyone will enjoy.

Every Tuesday 25 July–29 August

9am, 10am & 11am

Saturdays 5 & 9 August, 2 September

3pm & 4pm

Standard
£4.50
Alive Card
£3.45
Alive Card
Concession
£2.90

Family sessions bookable in-house only. Other inflatable sessions are bookable online and in-house. Standard admission policies apply. Children must be able to swim 25 metres, be confident in deep water, and will be swim tested prior to the session, otherwise they will be required to wear a lifejacket (available for under 11 yrs – limited availability).

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SEAL
CYCLES
SNC
CAR COMPANY



Under 4's
FREE!

Standard
£5
Alive Card
£4
Alive Concession
Card 3.50

SCHOOL'S OUT POOL PARTY



Splash about & have fun in the pool
this summer with the whole family!

Saturday 22 July

Alive Downham 3.15pm–4.45pm

Alive Oasis 4.30pm–6pm

Standard admission policy applies.

FAMILY FUN

SUMMER SWIM SESSIONS

Saturdays

29 July, 12 & 26 August

Alive St James 3pm–5pm

No need
to book!

Standard admission policy and prices apply.



SCHOOL'S OUT WATER FIGHT

Under 4's
FREE!

Standard
£5
Alive Card
£4
Alive Concession
Card 3.50

Get your water soakers ready at Alive!

Saturday 22 July

Alive St James 3.30pm–5pm

Standard admission policy applies.

Summer of Play Activities



Swimming

All pools during
general swim sessions

Juniors
only
(under
19)

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



Soft Play

Alive Oasis during
opening hours

Discounted rates apply for under 19's only, standard admission charges apply to over 19's. Activities run from 22 July – 3 September.

Supported by

Borough Council of
King's Lynn &
West Norfolk



ROLLER SKATING



Standard
£4.50
Alive Card
£3.45
Alive Concession
Card 2.90

Get your skates on and have
fun with your friends at our
Roller Skating sessions!

Lynnsport

Every Friday between 28 July & 25 August, 3pm–4pm

Downham

Wednesdays 26 July, 9, 16 & 30 August

Fridays 28 July, 11 & 18 August & 1 September,
1.30pm–2.30pm

Limited skates available, please bring your own
skates and pads if you have them.

Alive

Starting
Sunday 16
July

TUMBLE TIKES

Parent-led session for children to enjoy
trampolining, soft play and fun on the
gymnastics equipment at Alive Lynnsport.

Every Sunday
12pm - 1pm



Standard £5.50
Alive Card £5
Concession £2.50



5 - 7 yrs

Children must be
supervised at all times.

Pre-booking is advised
01553 818001

Alive

Height
& age
restrictions
apply

Inflata -Fun

Food
and drink
available

Sunny Hunny

Alive Oasis

(outdoors so will be weather dependent)

Inflatable bounce sessions
filled with fun & games

Tuesday 15–Thursday 17 August

60 min sessions from 9.30am

Standard
£9
Alive Card
£7
Alive Card
Concession
£5

Spectators
£2

Bookable online and in-house

Entry terms and conditions apply. Please check online or in centre.

Sponsored by





ACE IT AT ALIVE

With our exciting Junior Tennis Programme

Suitable for 5 -15yrs. All abilities welcome.
Our specialist coaches make sure every child has the best start to their tennis journey with these fun, inclusive & dynamic training sessions!

*Sessions run from September - Mid July
(Excluding Christmas, Easter & Summer holidays)*

**JUNIOR
TENNIS**

**Alive
Lynnsport**

**Tuesdays
&
Thursdays**

**For more information and to
book call 01553 818001**



Summertime Storytime

Enjoy storytelling, crafts and cooking based on one of four beautiful books, linked to the history of King's Lynn.

31 July & 1 August - The Snail and the Whale

7 & 8 August - The Great Paper Caper

14 & 15 August - The Cook and the King

21 & 22 August - Tottie, The Story of a Doll's House

Join in on these family friendly drop-in event days with activities suitable for under 12's.

Sessions are free with museum admission.

For further information call 01553 774297.

storiesoflynn.co.uk



Borough Council of
King's Lynn &
West Norfolk



Norfolk
Museums
Service



HERITAGE
FUND



Norfolk Record Office



WANT

A NEW HOBBY?
TO UPSKILL?
A NEW CAREER?

[CWA.AC.UK/ADULTS](https://cwa.ac.uk/adults)

**COURSES
FOR
ADULTS
2023/2024**



University Centre
West Anglia

College of
West Anglia



Alive

Inflata -Fun Disco!

Age
restrictions
apply

Alive Corn Exchange

Bounce and dance under the lights of
the glitter ball with the latest pop music
for a disco that everyone will enjoy.

**Thursday 10–Sunday 13 August &
Monday 21–Wednesday 23 August**

90 min sessions from 10am

Standard
£9
Alive Card
£7
Alive Card
Concession
£5

Spectators
£2

Bookable online and in-house

Entry terms and conditions apply. Please check online or in centre.

Sponsored by

