

struggling to keep the kids entertained during the holidays?

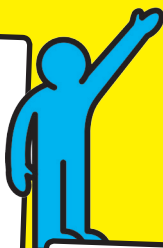


Liverpool
City Council

Liverpool Play Partnership Play Schemes

There are over 60 play schemes across the city offering a diverse balance of activities this summer for 5-14 year olds aimed to stimulate the child from walking to cycling and creative games.

Contact: Merseyside Play Action Council
Tel: 0151 708 0468



Why not explore our local services and activities for young people below.

Not only will it be fun but it will help your children get the recommended 60 minutes of activity a day to keep them happy and healthy.

Children's Centres

Range of free services for children 0-5 and their families such as dance and movement sessions, soft play, bike rides, baby club.

Contact: Liverpool City Council

www.liverpool.gov.uk/schools-and-learning/early-years-and-childcare/childrens-centres

The Future Lifestyles programme

under 17's check out the Future Lifestyles programme at your local centre. From fun pool sessions to football, tennis and fitness classes, there's something for everyone. There's also FREE swimming all day every day for Futures members aged 8-16. Not a member? If you're under 17 and in full time education you can sign up for FREE at any centre.

Contact: Lifestyles

www.liverpool.gov.uk/lifestyles/promotions/get-ready-for-summer-with-future-lifestyles/

Breckfield and North Everton Neighbourhood Council Youth Club

Lots of fun activities Monday-Friday 3:30-6pm including cycle rides and free movement classes.

Contact: Kerry Preston

Tel: 0151 288 8400

www.bnenc.org/youth-inclusion

Toxteth Firefit Hub

Get involved in football, basketball, tennis and much more.

Tel: 0151 296 6800

www.firefithub.org.uk/facilities/sports

Greenbank Sports Academy

Range of sports activities for disabled children of all ages.

Contact: Greenbank sports academy

Tel: 0151 280 7757

www.greenbanksportsacademy.co.uk/childrens-activities





Jubilee Sports Bank

Summer camp offers a range of sports activities including football, table tennis, badminton, touch rugby and much more. For children aged from 9+, Monday-Friday 1pm-2pm, 50p a session.

Tel: 0151 261 9598

Childwall Sports Centre

Holidays activities run Monday to Friday 10am to 3pm, for children aged 5-16 years. Activities such as football, dance, trampolining, multi-sports, cheerleading and gymnastics.

Tel: 0151 722 1561 Weekdays 09:00 – 16:00

**Tel: 0151 7223907 Evenings 16:00 – 22:00
Weekends 09:00 – 17:00**



Speke Youth and Community Centre

Open access for ages 11-19 years with various activities; sports & games, arts & crafts, socialising with friends and meeting new young people. Open Monday, Wednesday & Thursday 6.30pm-9pm.

Contact : Melissa Roberts

Tel: 0151 233 2077/2079 or mobile 07912 297 833

Anfield Sports and Community Centre

Offers a range of sports activities with sports halls, squash courts, martial arts, fitness classes, holiday schemes.

Tel : 0151 263 6186

Get on your bike this summer

Bikeright : www.bikeright.co.uk

Cycle Speke and Cycle Aigburth

www.liverpool.gov.uk/cyclespeke

Parks

From walking to cycling, explore the beautiful parks right on your door step.

www.liverpool.gov.uk/leisure-parks-and-events/events/park-events



Soccer Summer Schools

LFC Summer Soccer Schools

<http://soccerschools.liverpoolfc.com/>

Everton Summer Soccer Schools

www.evertonfc.com/community/soccer-schools-online-application.html

For more general information about Youth Activities in Liverpool visit:

Liverpool Housing Trust Beat the Boredom Youth Activities

www.beat-boredom.co.uk/our-programs/

The Liverpool Early Help directory

www.fsd.liverpool.gov.uk/kb5/liverpool/fsd/home.page

Freephone: 0800 085 2022, open 24 hours a day 7 days a week

change 4 life

Eat well Move more Live longer

Change4Life have teamed up with Disney to help parents encourage their kids to get the recommended 60 minutes or more of physical activity they need every day. When you sign up, you can get a free fun Disney inspired pack which includes a stopwatch, games and activities on the 10 minute shake up zone, special offers and new ideas and games.

**Sign up here
to receive your free pack:
[www.10minuteshakeup.
change4life.co.uk/hubindex](http://www.10minuteshakeup.change4life.co.uk/hubindex)**

