



# SUMMER HOLIDAY PROGRAMME

SUNDAY 20 JULY -  
MONDAY 18 AUGUST



ActiveLife

More people, more active, more often

# SUMMER HOLIDAY PROGRAMME

SUNDAY 20 JULY - MONDAY 18 AUGUST



## THIS SUMMER WE HAVE A SELECTION OF ACTIVITIES ON OFFER!

### Climbing Sessions

All climbing sessions must be booked in advance. We have Fun Climbs and Bouldering Sessions for 4-12 years, Family Climbs (adult and 4yrs+ pairs), Youth Public Sessions, Youth Climing Series sessions & Para Climb Sessions. Pre Climb questionnaires must be filled out prior to the Para Climb sessions.



### Arena Inflatables

Our inflatables are a popular holiday activity with sessions on most days. We have sessions for under 11s as well as sessions for under 5 only. If a quieter session is would be more appropriate, we also have ASN Freindly sessions. Available with ActiveLife or pay as you go.

### Pool Inflatables and Fun Sessions

From the Pirate Aquarun Inflatable to Water Walkerz and Stepping stones, we have a full swimming programme over the holidays. The full pool timetable can be found at: [www.pickaquoy.co.uk/swim/pool-timetable/](http://www.pickaquoy.co.uk/swim/pool-timetable/)



### Learn to Swim Week

On the weeks commencing the 21st & 28th of July (Mon-Fri) we have Learn to Swim classes from Entry Level (Age 5yrs+) up to level Swim Skills 3. These classes are open to new and current swimmers. If you are unsure what level you child is at, email [courses@pickaquoy.com](mailto:courses@pickaquoy.com)

### Run Jump Throw

Run, Jump, Throw is our introductory athletics programme for children, the focus of the session will be multi-activity/skill based using a variety of fun games and activities, promoting general skill development of fundamental movement skills.

Over the holidays we have sessions for Age 5+ (p1-3, 25/26 classes)



### Bubble Football

For ages 10+yrs, we have our inflatable bodyzorbs! During the 60 min session, there is challenging games and races finishing in a game of Bubble Football - great fun! (Note: Parental consent forms must be completed prior to session. Collect at reception or download online)

**TAP OR SCAN**

### BOOK ONLINE!

Many of our Easter activities can be booked online. Tap or scan the QR code to find our online booking system. The easiest way to navigate the booking system is to use the 'course search' function.





**LEARN TO  
SWIM WEEK!**

WC 21.07.25 Mon-Fri	TIME	ADMISSION
Swim Skills Entry & Swim Skills 1b	0930-1000	£35.25
Swim Skills 1a & Swim Skills 2	1005-1035	£35.25
Swim Skills 1a & Swim Skills 3	1040-1110	£35.25

DAY	ACTIVITY	TIME	ADMISSION
Sun 20 Jul	Family Fun Pool Session	1415-1515	ActiveLife / PAYG
Mon 21 Jul	Fun Climb (4-7yrs)	1000-1100 & 1130-1230	£9.20
	Fun Climb (8-12yrs)	1000-1100 & 1130-1230	£9.20
	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Family Climb (Adult & 4yrs+ pairs)	1400-1500	£6.05pp
	Youth Climbing Series Session	1400-1530	£11.40
Tue 22 Jul	Fun Climb (4-7yrs)	1000-1100 & 1130-1230	£9.20
	Fun Climb (8-12yrs)	1000-1100 & 1400-1500	£9.20
	Fun Boulder (4-7yrs)	1000-1100	£9.20
	Fun Boulder (8-12yrs)	1130-1230	£9.20
	Family Climb (Adult & 4yrs+ pairs)	1130-1230	£6.05pp
	Para Climb	1400-1500	£9.20
	Arena Inflatables (u5s & u11s)	1000-1230	ActiveLife / £4.25
Wed 23 Jul	Parent & Wee Ones Pool Session	1000-1200	ActiveLife / PAYG
	Fun Climb (4-7yrs)	1000-1100	£9.20
	Fun Climb (8-12yrs)	1130-1230	£9.20
	Adult Climb	1400-1500	£9.20
	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife / £4.25
	Family Climb (Adult & 4yrs+ pairs)	1530-1630	£6.05pp
	Run Jump Throw (p1-3)	1400-1500	£8.40
	Family Fun Pool session	1600-1700	ActiveLife / PAYG
Thu 24 Jul	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife / £4.25
	Fun Climb (4-7yrs)	0930-1030	£9.20
	Fun Climb (8-12yrs)	1100-1200	£9.20
	Youth Public Session Climbing	1400-1600	ActiveLife / PAYG
Fri 25 Jul	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Bubble Football (10yrs+)	1330-1430	£8.40
	Water Walkerz, Stepping Stones & Floats	1600-1700	ActiveLife / PAYG
Sat 26 Jul	Flippers & Snorkles	1000-1100	ActiveLife / PAYG
	Sensory Friendly Family Pool Session	1730-1930	ActiveLife / PAYG
Sun 27 Jul	Arena Inflatables (u5s & u11s)	0945-1200	ActiveLife / £4.25
	Water Walkerz, Stepping Stones & Floats	1415-1515	ActiveLife / PAYG

**LEARN TO  
SWIM WEEK!**

WC 28.07.25 Mon-Fri	TIME	ADMISSION
Swim Skills Entry & Swim Skills 1b	0930-1000	£35.25
Swim Skills 1a & Swim Skills 2	1005-1035	£35.25
Swim Skills 1b & Swim Skills 3	1040-1110	£35.25

DAY	ACTIVITY	TIME	ADMISSION
Mon 28 Jul	Fun Climb (4-7yrs)	1000-1100 & 1130-1230	£9.20
	Fun Climb (8-12yrs)	1000-1100 & 1130-1230	£9.20
	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Family Climb (Adult & 4yrs+ pairs)	1400-1500	£6.05pp
	Youth Climbing Series Session	1400-1530	£11.40
Tue 29 Jul	Fun Climb (4-7yrs)	1000-1100 & 1130-1230	£9.20
	Fun Climb (8-12yrs)	1000-1100 & 1400-1500	£9.20
	Fun Boulder (4-7yrs)	1000-1100	£9.20
	Fun Boulder (8-12yrs)	1130-1230	£9.20
	Family Climb (Adult & 4yrs+ pairs)	1130-1230	£6.05pp
	Para Climb	1400-1500	£9.20
	Arena Inflatables (u5s & u11s)	1000-1230	ActiveLife / £4.25
Wed 30 Jul	Parent & Wee Ones Pool Session	1000-1200	ActiveLife / PAYG
	Fun Climb (4-7yrs)	1000-1100	£9.20
	Fun Climb (8-12yrs)	1130-1230	£9.20
	Adult Climb	1400-1500	£9.20
	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife /
	Family Climb (Adult & 4yrs+ pairs)	1530-1630	£6.05pp
	Run Jump Throw (p1-3)	1400-1500	£8.40
	Family Fun Pool session	1600-1700	ActiveLife / PAYG
Thu 31 Jul	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife / £4.25
	Fun Climb (4-7yrs)	0930-1030	£9.20
	Fun Climb (8-12yrs)	1100-1200	£9.20
	Youth Public Session Climbing	1400-1600	ActiveLife / PAYG
Fri 1 Aug	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Bubble Football (10yrs+)	1330-1430	£8.40
	Water Walkerz, Stepping Stones & Floats	1600-1700	ActiveLife / PAYG
Sat 2 Aug	Flippers & Snorkles	1000-1100	ActiveLife / PAYG
	Sensory Friendly Family Pool Session	1730-1930	ActiveLife / PAYG
Sun 3 Aug	Arena Inflatables (u5s & u11s)	0945-1200	ActiveLife / £4.25
	Pool Inflatable: Pirate Aquarun	1415-1515	ActiveLife / PAYG

DAY	ACTIVITY	TIME	ADMISSION
Mon 4 Aug	Fun Climb (8-12yrs)	1000-1100	£9.20
	Fun Climb (4-7yrs)	1000-1100	£9.20
	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Youth Climbing Series Session	1400-1530	£11.40
	Family Fun Pool Session	1600-1700	ActiveLife / PAYG
Tue 5 Aug	Fun Climb (4-7yrs)	1000-1100	£9.20
	Fun Boulder (4-7yrs)	1000-1100	£9.20
	Arena Inflatables (u5s & u11s)	1000-1230	ActiveLife / £4.25
	Fun Boulder (8-12yrs)	1130-1230	£9.20
	Family Climb (Adult & 4yrs+ pairs)	1130-1230	£6.05pp
	Para Climb	1400-1500	£9.20
Wed 6 Aug	Parent & Wee Ones Pool Session	1000-1200	ActiveLife / PAYG
	Fun Climb (4-7yrs)	1000-1100	£9.20
	Fun Climb (8-12yrs)	1130-1230	£9.20
	Adult Climb	1400-1500	£9.20
	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife /
	Family Climb (Adult & 4yrs+ pairs)	1530-1630	£6.05pp
	Run Jump Throw (p1-3)	1400-1500	£8.40
	Family Fun Pool session	1600-1700	ActiveLife / PAYG
Thu 7 Aug	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife / £4.25
	Fun Climb (4-7yrs)	0930-1030	£9.20
	Fun Climb (8-12yrs)	1100-1200	£9.20
	Youth Public Session Climbing	1400-1600	ActiveLife / PAYG
Fri 8 Aug	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Bubble Football (10yrs+)	1330-1430	£8.40
Sat 9 Aug	Flippers & Snorkles	1000-1100	ActiveLife / PAYG
	Sensory Friendly Family Pool Session	1730-1930	ActiveLife / PAYG
Sun 10 Aug	Arena Inflatables (u5s & u11s)	0945-1200	ActiveLife / £4.25
	Pool Inflatable: Pirate Aquarun	1415-1515	ActiveLife / PAYG

**Don't forget to check our latest listings for the Phoenix Cinema!**



Our up and coming film screenings can be found at  
[www.pickaquoy.co.uk/cinema/whats-on/](http://www.pickaquoy.co.uk/cinema/whats-on/)



**THE PHOENIX  
CINEMA**  
@the pickaquoy centre

DAY	ACTIVITY	TIME	ADMISSION
Mon 11 Aug	Fun Climb (8-12yrs)	1000-1100	£9.20
	Fun Climb (4-7yrs)	1000-1100	£9.20
	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Youth Climbing Series Session	1400-1530	£11.40
	Family Fun Pool Session	1600-1700	ActiveLife / PAYG
Tue 12 Aug	Fun Climb (4-7yrs)	1000-1100	£9.20
	Fun Boulder (4-7yrs)	1000-1100	£9.20
	Arena Inflatables (u5s & u11s)	1000-1230	ActiveLife / £4.25
	Fun Boulder (8-12yrs)	1130-1230	£9.20
	Family Climb (Adult & 4yrs+ pairs)	1130-1230	£6.05pp
	Para Climb	1400-1500	£9.20
Wed 13 Aug	Parent & Wee Ones Pool Session	1000-1200	ActiveLife / PAYG
	Fun Climb (4-7yrs)	1000-1100	£9.20
	Fun Climb (8-12yrs)	1130-1230	£9.20
	Adult Climb	1400-1500	£9.20
	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife / £4.25
	Family Climb (Adult & 4yrs+ pairs)	1530-1630	£6.05pp
	Run Jump Throw (p1-3)	1400-1500	£8.40
	Family Fun Pool session	1600-1700	ActiveLife / PAYG
Thu 14 Aug	Arena Inflatables (u5s & u11s)	1400-1630	ActiveLife / £4.25
	Fun Climb (4-7yrs)	0930-1030	£9.20
	Fun Climb (8-12yrs)	1100-1200	£9.20
	Youth Public Session Climbing	1400-1600	ActiveLife / PAYG
Fri 15 Aug	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Bubble Football (10yrs+)	1330-1430	£8.40
Sat 16 Aug	Sensory Friendly Family Pool Session	1730-1930	ActiveLife / PAYG
Sun 17 Aug	Arena Inflatables (u5s & u11s)	0945-1200	ActiveLife / £4.25
	Pool Inflatable: Pirate Aquarun	1415-1515	ActiveLife / PAYG
Mon 18 Aug	Arena Inflatables (ASN Friendly)	1000-1100	ActiveLife / £4.25
	Arena Inflatables (u5s)	1130-1230	ActiveLife / £4.25
	Arena Inflatables (u5s & u11s)	1230-1430	ActiveLife / £4.25
	Family Fun Pool Session	1600-1700	ActiveLife / PAYG

**BOOK  
NOW!**

Holiday Camp, Climbing, Run Jump Throw ,  
Bubble Football & Learn to Swim weeks must be  
booked in advance.

[www.pickaquoy.co.uk](http://www.pickaquoy.co.uk)  
or call 01856 879900

**TAP OR SCAN**





# SUMMER HOLIDAY CAMP

**£29.95 PER CHILD PER  
DAY**

**SECOND CHILD RATE  
£21.95 PER DAY**

**8.30AM TO 3.30PM  
INCLUDING DROP OFF  
AND PICK UP**

**ADD AFTERNOON  
ACTIVITIES (1530-1730)  
FOR £8.50)**

**AVAILABLE FOR  
CHILDREN 5-12 YEARS**





**RUN  
JUMP  
THROW**

**LEARN  
TO SWIM  
WEEK**

**BUBBLE  
FOOTBALL**

**CLIMBING  
&  
BOULDERING**



the pickaquoy centre

Active **Life**  
More people, more active, more often