



the pickaquoy centre

OCTOBER HOLIDAY PROGRAMME

SAT 10 OCT -

TUES 27 OCT

ActiveLife

More people, more active, more often



THIS OCTOBER WE HAVE A GREAT SELECTION OF ACTIVITIES ON OFFER!

ARENA INFLATABLES

We have our full range of Arena Inflatables on offer with sessions for under 5s, under 11's and sessions for children with additional support needs and their families. During all of our sessions, children must be accompanied by an adult. Available with ActiveLife or pay as you go.

CLIMBING

All of our holiday climbing favourites return with Fun Climbs & Bouldering, Family Climbs, NICAS 1-3 and the ever popular Wild Climbers!

RUN JUMP THROW

Run, Jump, Throw is our introductory athletics programme for children aged 5 to 12 to give them an opportunity to participate in athletics using a variety of fun games and activities, promoting general skill development of fundamental movement skills.

YOUTH STRENGTH & CONDITIONING

for ages 8+, our youth S&C sessions introduces the fundamentals of strength training, Designed to accelerate the health, wellness and movement quality of young people.

PHOENIX CINEMA

Don't forget to check our Cinema schedule for the holidays! We have a great selection including 'relaxed' screenings each tuesday lunchtime.

SWIMMING POOL & HOLIDAY CAMP

Unfortunately, we won't have the pool or Holiday Camp available this holidays. Our swimming pool is currently closed due to ongoing repairs and we hope for Holiday camp to return soon.

BOOK ONLINE!

MANY OF OUR OCTOBER ACTIVITIES CAN BE BOOKED ONLINE. TAP OR SCAN THE QR CODE TO FIND LINE BOOKING SYSTEM. THE EASIEST WAY TO NAVIGATE THE BOOKING SYSTEM IS TO USE THE 'COURSE SEARCH' FUNCTION.

TAP OR SCAN



OCTOBER HOLIDAY PROGRAMME WC 12.10.26

DAY	ACTIVITY	TIME	ADMISSION
Sat 10 Oct	Public Climbing	0900-1200	ActiveLife/PAYG
Sun 11 Oct	Arena Inflatables (u5 & u11)	0945-1200	ActiveLife/£5.15
Mon 12 Oct	Arena Inflatables (u5s)	1000-1200	ActiveLife/£5.15
	Arena Inflatables (ASN)	1230-1330	ActiveLife/£5.15
	Arena Inflatables (u5 & u11)	1400-1600	ActiveLife/£5.15
Tue 13 Oct	Fun Climb (4-7yrs)	0930-1030	£10.10
	Youth Strength & Conditioning (8-12yrs)	1000-1045	£8.55
	Arena Inflatables (u5 & u11)	1000-1200	ActiveLife/£5.15
	Youth Strength & Conditioning (12-16yrs)	1100-1200	£9.30
	Fun Climb (8-12yrs)	1100-1200	£10.10
	Bouldering Induction	1930-2000	£7.90
	Public Climbing	2015-2200	AL/PAYG
Wed 14 Oct	Arena Inflatables (u5s)	1000-1200	ActiveLife/£5.15
	Arena Inflatables (ASN)	1230-1330	ActiveLife/£5.15
	Arena Inflatables (u5 & u11)	1400-1600	ActiveLife/£5.15
	Public Climbing	1900-2200	AL/PAYG
Thu 15 Oct	Youth Strength & Conditioning (8-12yrs)	1000-1045	£8.55
	Youth Strength & Conditioning (12-16yrs)	1100-1200	£9.30
	Arena Inflatables (u5 & u11)	1330-1530	ActiveLife/£5.15
	Run Jump Throw (p1-2)	1430-1530	£9.30
	Run Jump Throw (p3-4)	1545-1645	£9.30
Fri 16 Oct	Public Climbing	1800-2030	ActiveLife/PAYG
Sat 17 Oct	Public Climbing	0900-1200	ActiveLife/PAYG
Sun 18 Oct	Arena Inflatables (u5 & u11)	0945-1200	ActiveLife/£5.15

PHOENIX CINEMA THIS OCTOBER!



FOR MORE INFORMATION AND TO BOOK, TAP OR SCAN THE QR CODE

Note: Family climbs can only be booked through reception or on 01856 879900

There is no need to book Arena Inflatables or Public Climbing - Just turn up!

For Public Climbing, non-climbers have to be accompanied by a competent climber.



OCTOBER HOLIDAY PROGRAMME WC 19.10.26

DAY	ACTIVITY	TIME	ADMISSION
Mon 19 Oct	Fun Bouldering (4-7yrs)	0930-1030	£10.10
	Arena Inflatables (u5s)	1000-1200	ActiveLife/£5.15
	NICAS Climb (Levels 1 to 3)	1100-1200	£10.10
	Arena Inflatables (ASN)	1230-1330	ActiveLife/£5.15
	Arena Inflatables (u5 & u11)	1400-1600	ActiveLife/£5.15
Tue 20 Oct	NICAS Wild Climbers (3-6yrs)	0930-1030	£10.10
	Youth Strength & Conditioning (8-12yrs)	1000-1045	£8.55
	Arena Inflatables (u5s)	1000-1200	ActiveLife/£5.15
	Youth Strength & Conditioning (12-16yrs)	1100-1200	£9.30
	NICAS Wild Climbers (3-6yrs)	1100-1200	£10.10
	Fun Bouldering (8-12yrs)	1100-1200	£10.10
	Family Climb (Adult & Child pairs)	1230-1330	£6.65pp
	Bouldering Induction	1930-2000	£7.90
	Public Climbing	2015-2200	AL/PAYG
Wed 21 Oct	Fun Climb (4-7yrs)	0930-1030	£10.10
	Fun Climb (8-12yrs)	0930-1030	£10.10
	Arena Inflatables (u5s)	1000-1200	ActiveLife/£5.15
	Family Climb (Adult & Child pairs)	1230-1330	£6.65pp
	Fun Climb (4-7yrs)	0930-1030	£10.10
	Arena Inflatables (ASN)	1230-1330	ActiveLife/£5.15
	Arena Inflatables (u5 & u11)	1400-1600	ActiveLife/£5.15
	Adult Climb (16yrs+)	1400-1600	£10.40
	Public Climbing	1900-2200	AL/PAYG
Thu 22 Oct	Youth Strength & Conditioning (8-12yrs)	1000-1045	£8.55
	Youth Strength & Conditioning (12-16yrs)	1100-1200	£9.30
	Arena Inflatables (u5 & u11)	1330-1530	ActiveLife/£5.15
	Run Jump Throw (p1-2)	1430-1530	£9.30
	Run Jump Throw (p3-4)	1545-1645	£9.30
Fri 23 Oct	Arena Inflatables (u5s)	1000-1200	ActiveLife/£5.15
	Arena Inflatables (ASN)	1230-1330	ActiveLife/£5.15
	Arena Inflatables (u5 & u11)	1400-1600	ActiveLife/£5.15
	Public Climbing	1800-2030	ActiveLife/PAYG
Sat 24 Oct	Public Climbing	0900-1200	ActiveLife/PAYG
Sun 25 Oct	Arena Inflatables (u5 & u11)	0945-1200	ActiveLife/£5.15
Mon 26 Oct	Arena Inflatables (u5s)	1000-1200	ActiveLife/£5.15
	Arena Inflatables (ASN)	1230-1330	ActiveLife/£5.15
	Arena Inflatables (u5 & u11)	1400-1600	ActiveLife/£5.15
Tue 27 Oct	Arena Inflatables (u5 & u11)	1000-1200	ActiveLife/£5.15
	Bouldering Induction	1930-2000	£7.90
	Public Climbing	2015-2200	AL/PAYG