



# Go Active Timetable

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**NORFOLK WOODS**  
RESORT & SPA

## Monday 22<sup>nd</sup>

### Where to go

**Purple Box**  
Go Active Room/Desk

**Blue Box**  
The pool

**Red Box**  
Archery Range

**Green Box**  
Multi Pitch

### Bug Collecting

Wed, Thu, Sat & Sun

Let's go on a  
bug hunt, pick up  
your kit at reception!  
9:00am-4:00pm

£3

Unsupervised activity,  
please ensure children  
are accompanied by an  
adult  
3+ Years



## Tuesday 23<sup>rd</sup>



### Free activities

This week you can choose  
from the following:

**Summer Scavenger Hunt**

**Holiday Scavenger Hunt**

**Colouring Fun**

**Woodland Fairies**

Pick up your sheets from the  
Go Active desk or reception.

## Wednesday 24<sup>th</sup>

**Pirates Paradise**  
9:30am-10:15am  
3+ Years

£6

**Soft Archery\*\***  
11:15am - 12:00pm  
5+ Years

£8

**Mini Jet Skis\*\***  
1:00pm - 1:20pm  
1:20pm - 1:40pm  
1:40pm - 2:00pm  
3 - 7 Years

£6

**Bingo!**  
tickets at 3:00pm  
eyes down 3:15pm  
cash only

£5

**Archery**  
4:30pm-5:30pm  
8+ Years

£15



## Thursday 25<sup>th</sup>

**Nature Crafts**  
9:30am-10:15am  
Bug box included  
3+ Years

£8

**Archery**  
11:00pm-12:00pm  
8+ Years

£15

**Sea Scooters\***  
1:00pm-1:30pm  
1:30pm-2:00pm  
8+ Years

£8

**Body Zorbs**  
3:30pm - 4:14pm  
8+ years  
\*weather depending

£8



## Friday 26<sup>th</sup>

**Daily Colouring  
Fun\***  
10:00am-15:00pm  
3+ Years

free

This daily session is  
unsupervised so please  
ensure children are  
accompanied by an adult

### Discover our woodland walk

Collect your Woodland  
Explorers sheet from the  
GO Active desk and find  
all the different plants we  
have in our woodland.

## Saturday 27<sup>th</sup>

**Arts & Crafts**  
9:30am-10:15am  
3+ Years

£6

**Soft Archery\*\***  
11:15am - 12:00pm  
5+ Years

£8

**Mini Jet Skis\*\***  
1:00-1:20pm  
1:20pm-1:40pm  
1:40pm-2:00pm  
3 - 7 Years

£6

**Body Zorbs**  
3:30pm - 4:15pm  
8+ years  
\*weather depending

£8

**Inflatable fun\*\***  
5:00pm-6:00pm  
All ages

£5

## Sunday 28<sup>th</sup>

**Pirates Paradise**  
9:30am-10:15am  
3+ Years

£6

**Archery**  
11:00am-12:00pm  
8+ Years

£15

**Sea Scooters\***  
1:00pm-1:30pm  
1:30pm-2:00pm  
8+ Years

£8

**Bingo!**  
tickets at 3:00pm  
eyes down 3:15pm  
cash only

£5



### Small Print

\* Competent swimmer

\*\* Must be accompanied by an adult

Weather depending (if raining or too hot)

Please see back for terms and conditions



# Go Active Timetable



## Terms & conditions

1. All activities must be pre-booked and paid for at reception or the GO Active desk.
2. Sessions must be booked a minimum of 30 minutes before the due start time.
3. Please ensure that you arrive at the Activity destination at least 5 minutes before your activity starts. Should you arrive late for your activity you may not be admitted but will still be charged
4. Please note sessions will not be run on a one-to-one basis, if there is only one person booked on the session, this person will be transferred to another session or offered a full refund.
5. GO Active reserve the right to alter or cancel activities without prior warning and are subject to availability. Activities may be cancelled or postponed due to adverse weather conditions, in these circumstances your activity will be transferred or refunded.
6. Sea Scooters may be shared depending on session size. Participants must be able to swim a full length of the pool unaided. A swim test will be given at the start of every session.
7. All bookings are non-refundable or transferable.
8. Photos may be taken throughout the activity for marketing purposes. If you do not want your children in photos, please make the instructor aware before the beginning of the session.
9. Children always remain the responsibility of parents/guardians, and we require parents/guardians to stay with their children if aged 7 or under.
10. Some Age/Weight restrictions apply to some activities, please check restrictions when booking.
11. We also advise you to consult your GP before starting any new form of exercise; and cannot take responsibility for any injuries sustained through any activity with GO Active.
12. You may be refused to take part in a session if under influence of alcohol or drugs.

## Our activities

**Archery:** Learn the skills and techniques of shooting a bow while playing some cool games. Please wear closed toed shoes to this session.

**Adult Archery:** All the fun of regular Archery, just without the kids. Please wear closed toes shoes to this session.

**Arts & Crafts:** A fun creative session with painting and sticking. What will you make?

**Bingo:** Enjoy bingo for all ages with cash prizes and sweeties.

**Body Zorbs:** Bounce, bump and bash your friends in the Body Zorbs. Full of fun games. Please tie hair back and no jewellery.

**Escape the Jungle:** Interactive dress up session with role play jungle survival, colouring and a trip to escape the jungle at the end.

**Inflatable Fun:** Swim with loads of inflatables when we turn the music up and make a splash. Such as rubber rings and teddy bear floats

**Mini Jet Skis:** Drive around on our motorised inflatables and play some exciting games.

**Nature Crafts:** Let your child's imagination bloom in this fun nature craft session, where they use sticks, leaves and flowers to create beautiful pictures and keep sakes to take home..

**Pirates Paradise:** Interactive dress up session with pirate themed party games, colouring and a treasure hunt to finish!

**Quiz:** A time to test your knowledge while enjoying a drink in the bar area.

**Sea Scooters:** Scoot around in our powered submersibles and play some exciting games. Please ensure any long hair is tied back in a bun or in a swimming hat and be aware any swimming costumes with frills cannot be worn in this session.

**Soft Archery:** Gaining the basic skills for our junior learners (5+) with our smaller targets and flexible sucker arrows. Please wear trainers

