



Go Active Timetable

▲▲▲
NORFOLK WOODS
RESORT & SPA

Monday 25th

Meet the team

Meet the team, book activities and speak with our instructors about activities. They will be at the Go Active desk from:

2:00pm to 6:00pm

Where to go

Purple Box
Go Active Room/Desk

Blue Box
The pool

Red Box
Archery Range

Green Box
Multi Pitch

Orange Box
Bar

Bug Collecting

Wed, Thu, Sat & Sun

£3

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

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



Tuesday 26th

Arts & Crafts

9:30am-10:15am
3+ Years

£6

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 - 4:15pm
6+ years

£8

*weather depending

Soft Archery**

4:45pm - 5:15pm
5+ Years

£8

Wednesday 27th

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 28th

Nature Crafts

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

£8

Archery

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

£15

Water Walkerz

1:00pm - 1:50pm
5 mins each
8+ Years

£6

Body Zorbs

3:30pm - 4:14pm
6+ years

£8

*weather depending

Inflatable fun**

5:00pm-6:00pm
All ages

£5



Friday 29th

Meet the team

Meet the team, book activities and speak with our instructors about activities. They will be at the Go Active desk from:

2:00pm to 6:00pm

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.

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.

Saturday 30th

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
1:20-1:40pm
1:40-2:00pm
3 - 7 Years

£6

Body Zorbs

3:30pm - 4:15pm
6+ years

£8

*weather depending

Inflatable fun**

5:00pm-6:00pm
All ages

£5

Pub Quiz

Starting at 6:00pm
Please speak to the bar for more information



Sunday 31st

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





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.

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

Water Walkerz: Run and tumble on water in our walkerz balls. Max 5 minutes each.

