



## Monday 18th

### Where to go

Purple Box  
Go Active Room/Desk

Blue Box  
The pool

Red Box  
Archery Range

Green Box Multi  
Pitch

### Free activities

This week you can choose from the following:

Spring Scavenger Hunt

Colouring Fun

Woodland Fairies

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

### 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 19th

Make a Bear  
9:30am - 10:00am  
All ages **£16**

Archery  
11:00am - 12:00pm  
8+ Years **£16**

Body Zorbs\*\*\*  
1:00pm - 1:30pm  
8+ years **£8**



### Small Print

\* Competent swimmer

\*\* Must be accompanied by an adult

\*\*\*weather dependant

Please see back for terms and conditions

## Wednesday 20th

Slime Workshop  
9:30am - 10:15am  
6+ years **£10**

Archery  
11:00am - 12:00pm  
8+ Years **£16**

Mini Jet Skis\*\*  
1:00pm - 1:20pm  
1:30pm - 1:50pm  
3 - 7 Years **£7**

Bingo!  
tickets at 3:00pm  
eyes down 3:15pm  
cash only **£5**



## Thursday 21st

Arts & Crafts  
9:30am - 10:15am  
3+ Years **£6**

Make a Bear  
11:30am - 12:00pm  
All aaes **£16**

Sea Scooters\*  
1:00pm - 1:20pm  
1:30pm - 1:50pm  
8+ Years **£7**

Soft Archery  
3:30pm - 4:00pm  
8+ Years **£7**



## Friday 22nd

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

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



## Saturday 23rd

Arts & Crafts  
9:30am - 10:15am  
3+ Years **£6**

Archery  
11:00am - 12:00pm  
8+ Years **£16**

Mini Jet Skis\*\*  
1:00 - 1:20pm  
1:30 - 1:50pm  
3 - 7 Years **£7**

Body Zorbs\*\*\*  
3:00pm - 3:30pm  
8+ years **£8**

Make a Bear  
4:30pm - 5:00pm  
All ages **£16**

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



## Sunday 24th



### 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.



# Go Active Timetable

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NORFOLK WOODS  
RESORT & SPA

## Our activities

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.

**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 sweets.

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

**Wizard and witches workshop:** Interactive dress up session with potion making, spell book colouring and wand making!

**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.

**Slime workshop:** let your kids get messy and sticky with our instructors while they make their own slime to take home with them. (6+)

**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

**Make a bear:** Choose your bear before the session (stock limited) then stuff and fluff your bears with your desired amount of fluff! A heart to put inside and a birth certificate and bag as well to take them home in! (you can also just purchase the bits to take home and do at home if you miss the activity session or there isn't a session on the day you would like to do it)

