



Go Active Timetable

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NORFOLK WOODS
RESORT & SPA

Wednesday 23rd

Archery
10:00am-11:00am
8+ Years £16

Pottery Painting
11:30am-12:30pm
5+ Years £12

Water Walkerz
1:00pm-1:30pm
1:30pm-2:00pm
• 5+ years £7

Bingo!
3:00pm-4:00pm
Cash only £5

Make a Bear
4:15pm-4:45pm
All ages £16

Thursday 24th

Archery
10:00am-11:00am
8+ Years £16

Potion making
11:15am-12:00pm
5+ Years £10

Autumn Slime Lab
12:15pm-12:45pm
6+ years £10

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

Bingo!
3:00pm-4:00pm
Cash only £5

Family Quiz
4:15pm-4:45pm
Cash only £5

Friday 25th

Pottery Painting
10:30am-11:30am
5+ Years £12

Archery
11:45am-12:45pm
8+ Years £16

Sea Scooters*
1:00pm-1:30pm
1:30pm-2:00pm
• 8+ Years £7

Family Quiz
6:00pm-7:00pm
Cash only £5

Saturday 26th

Autumn Slime Lab
9:30am-10:00am
6+ years £10

Archery
10:30am-11:15am
8+ Years £16

Potion making
11:45am-12:30pm
5+ Years £10

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

Autumn Wreath Making
3:00pm-4:00pm
3+ Years £6

Pirates
4:15pm-4:45pm
3+ Years £6

Inflatable Fun**
5:00pm-6:00pm
All ages £6

Sunday 27th

Autumn Crafts
9:30am-10:15am
3+ years £6

Autumn Ornament Making
10:30am-11:00am
3+ Years £6

Archery
11:30am-12:45pm
8+ Years £16

Pottery Painting
12:00pm-12:45pm
5+ Years £12

Sea Scooters*
1:00pm-1:30pm
1:30pm-2:00pm
• 8+ Years £7

Bingo!
3:00pm-4:00pm
Cash only £5

Make a Bear
4:15pm-4:45pm
All ages £16

*Small Print: * Competent swimmer ** Must be accompanied by an adult *** Weather dependent*

Please see final slide for terms and conditions.



Go Active

Terms & conditions



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 arrive at the activity destination at least 5 minutes before the start time. Late arrivals may not be admitted but will still be charged.
4. Sessions will not run on a one-to-one basis. If only one person is booked, they will be transferred or offered a full refund.
5. GO Active reserve the right to alter or cancel activities without prior warning, subject to availability. Weather-related cancellations will be transferred or refunded.
6. Sea Scooters may be shared depending on session size. Participants must swim a full length unaided; a swim test will be given at the start.
7. All bookings are non-refundable or transferable.
8. Photos may be taken for marketing. Please tell the instructor before the session if you do not want your children in photos.
9. Children remain the responsibility of parents/guardians. Parents/guardians must stay with children aged 7 or under.
10. Some age/weight restrictions apply. Please check restrictions when booking.
11. Please consult your GP before starting any new form of exercise. GO Active cannot take responsibility for injuries sustained through any activity.
12. You may be refused entry if under the influence of alcohol or drugs.

Our activities

Archery: Learn the skills and techniques of shooting a bow while playing games. Please wear closed-toed shoes.
Adult Archery: All the fun of regular Archery, just without the kids. Please wear closed-toed shoes.
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. Hair tied 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 exciting games.
Nature Crafts: Use sticks, leaves and flowers to create pictures and keepsakes to take home.
Slime workshop: Get messy and sticky while making slime to take home. 6+.
Quiz: Test your knowledge while enjoying a drink in the bar area.
Sea Scooters: Scoot around in powered submersibles. Long hair must be tied back or in a swimming hat; no frilled costumes.
Soft Archery: Basic skills for junior learners 5+ with smaller targets and sucker arrows. Please wear trainers.
Make a Bear: Choose, stuff and fluff your bear. Includes heart, birth certificate and bag. Take-home kits are available if you miss the session.