

# Holiday Activities

20, 22 and 23 December 2021

Holiday Programme

at Meridian Leisure Centre, Louth



Each day includes a Christmas Lunch!

[info@mvtlc.org](mailto:info@mvtlc.org)  
[magnavitae.org](http://magnavitae.org)

  
**MAGNA VITAE**  
TRUST FOR LEISURE & CULTURE



# 20, 22 and 23 December 2021 Holiday Programme

## How to book:

If you would like to book for any of our holiday activity sessions please speak to a member of our team!

Call us on 01507 607650  
or send us an email: [info@mvtlc.org](mailto:info@mvtlc.org)

Booking is essential and spaces are limited.

The Holidays Activities and Food Programme (HAF) is a government-funded programme, providing free healthy meals and enriching activities over the holidays.

The programme is open for children aged 4-14yrs that are eligible for benefit related free school meals. (Please provide evidence via email: [info@mvtlc.org](mailto:info@mvtlc.org) - or to our team).



Activities	Time	Age	Price
Monday 20 December			
Dodgeball	10am-11am	4-14yrs	£25 for the day including lunch (or free if part of the government HAF scheme)
Fun with Food!	11am-12pm		
Music Production (Audio Junkie iPad)	1pm-3pm		
Wednesday 22 December			
Dodgeball	10am-11am	4-14yrs	£25 for the day including lunch (or free if part of the government HAF scheme)
Fun with Food!	11am-12pm		
Santa's Design Lab	1:30pm-3pm		
Thursday 23 December			
Energy Burner	10am-11am	4-14yrs	£25 for the day including lunch (or free if part of the government HAF scheme)
Noise Academy! (Beatboxing & DJing skills)	12pm-1:30pm		
Fun with Food!	1:30pm-3pm		



# Additional Information:

## Descriptions

### Dodgeball

Ducking and diving past flying balls will ensure your little one works on their concentration and reflexes! Please note, you don't need to worry... We use official 'soft dodgeballs' for this sport!

### Music Production

Interactive music making, using the latest Apple iPads and exciting applications.

### Fun with Food!

Learn how to create a healthy plate and categorise food. Farm fresh or factory fresh... Do you know the difference and what the effects are? Fun with food means you will learn how to fuel your body correctly with the stuff it needs!

### Energy Burner

High intensity physical activity - which will be sure to burn off that extra energy to start the day.

### Santa's Design Lab

A variety of creative Christmas crafts. Come along and create something festive - then you can take it home and show it off!

### Noise Academy

Using the latest equipment and artists from within the music industry.





# Food Options for Meridian Leisure Centre's Activity Days



<b>Please tick your chosen day(s) and food choice(s)!</b>	<b>Monday 20 December</b>	<b>Wednesday 22 December</b>	<b>Thursday 23 December</b>
	Please tick this box to confirm this day → <input type="checkbox"/>	Please tick this box to confirm this day → <input type="checkbox"/>	Please tick this box to confirm this day → <input type="checkbox"/>
<b>Option 1</b> (Main)	Sausages with mashed potatoes and gravy	Mild chilli con carne (high quality beef) with 50/50 white/brown rice	Pasta Bolognese (high quality beef)
	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Fresh fruit salad with dairy ice cream (tinned fruit in juice with fresh fruit added)	Apple crumble and custard	Bananas in custard
<div>Please tick this box to choose our main option <input type="checkbox"/></div> <b>Option 2</b> (Vegetarian)	Vegetarian sausages with mashed potatoes	Mild vegetable curry with 50/50 white/brown rice	Vegetable and pasta hotpot
	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Fresh fruit salad with dairy ice cream (tinned fruit in juice with fresh fruit added)	Apple crumble and custard	Bananas in custard
<div>Please tick this box to choose our vegetarian option <input type="checkbox"/></div>			

**Note:**  
Please detail any allergy information or dietary requirements on the allocated section of the consent form, provided on the following page.



# Consent form for Meridian Leisure Centre's Activity Days

Participant's name: ..... D.O.B:.....

School:.....

## Emergency Contacts

1. Name and relationship to child: .....

Mobile number:..... Landline number:.....

2. Name and relationship to child: .....

Mobile number:..... Landline number:.....

Does your child have any specific medical conditions requiring medical treatment and/or medication?

No ☐ Yes ☐ If Yes, give details:

.....

Any other relevant information staff need to be aware of: .....

.....

Does your child have any dietary requirements? (include allergies):.....

.....

## Consent

As part of our commitment to children, young people and their families, we require a completed form for every child and young person by gaining parents/guardians permission before we use any images of them in our marketing literature. Your consent indicates that you are happy for us to use your child's image or quote. Uses could include photos in leaflets, brochures and other written material, videos, CDs, presentations, East Lindsey District Council & Magna Vitae websites and associated pages on public networking sites. No names will be used in any publication.

## Parental Consent

I give permission for my child to participate on these days ☐

I give permission for my child to be photographed, filmed and recorded by Magna Vitae Trust for Leisure and Culture, East Lindsey District Council and its partners ☐

Signature of Parent/Guardian:.....

Print Name: ..... Date:.....

If you would like to receive our latest newsletters, exclusive offers, activity vouchers and much more, then please tick the box and provide your email address. I agree to Magna Vitae sending me relevant marketing information (please tick). ☐

Email:.....

*If you are claiming a funded place through HAF Programme, you will need to provide email proof of Free School Meals.*





We can't wait for you to join  
us for lots of festive fun!

Please remember for all sessions:

- Bring plenty to drink
- Wear active clothing (PE clothes)
- Ensure you have given emergency contact and medical information upon booking
- Stay on Santa's 'nice' list





MAGNA VITAE PRODUCTIONS  
PRESENT



YOUR SKEGNESS PANTOMIME

# SLEEPING BEAUTY

from this slumber we will wake...



16<sup>th</sup>-28<sup>th</sup>  
December 2021

ON SALE NOW  
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# MAGNA VITAE

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