



Worthing Tourist Information Centre

Chapel Road, Worthing, West Sussex, BN11 1HL

Tel: +44 (0)1903 221066

Fax: +44 (0)1903 236277

E-mail: tic@worthing.gov.uk

Web: www.visitworthing.co.uk

CHILDREN'S ACTIVITIES & FAMILY FUN

This information is compiled by **Worthing Tourist Information Centre (TIC)**, to help you with some ideas for what to do in Worthing and Adur. The TIC has lots of information highlighting places and attractions to visit, to help local residents and visitors to get the best from this area and beyond. Please call in to see what is on offer - you may find other things to tempt you. Or visit our website at: www.visitworthing.co.uk/eventsdms/. Please let us know if you can add an activity that keeps your children amused.

See Worthing's **Summer Fun** brochure detailing activities available during school holidays. Get your copy at the TIC or Worthing Leisure Centre.

For information on sports groups contact the **Leisure Development Unit** on 01273 263104 or go to www.worthing.gov.uk/worthings-services/leisureandculture/sportsclubsinworthing/ or see the Clubs & Societies database at www.westsussex.gov.uk

VENUE CONTACT LIST (see the following pages for what's available at each site:

Adur Outdoor Activities Centre	www.aoac.org.uk	01273 462928
AMF Bowling 10-pin	www.amfbowling.co.uk	08448 263041
Aquarena	www.worthingleisure.co.uk	01903 231797
Beach House Park	www.worthing.gov.uk/worthings-services/leisureandculture/parksampopenspaces/	01903 227070
Brooklands Go-Karts & Mini-Moto Club	www.brooklandsgokarts.co.uk	07867 762106
Brooklands Golf Centre	www.continental-landscapes.co.uk/brooklands	01903 232270
Brooklands Pleasure Park	www.visitworthing.co.uk/attractionsandactivitiesdms/	07967 361847
Church House Grounds, Tarring	www.worthing.gov.uk/worthings-services/leisureandculture/parksampopenspaces/	01903 233035
Davison Leisure Centre	www.worthingleisure.co.uk/worthingleisure/dlc/	01903 204668
Field Place	www.worthingleisure.co.uk/worthingleisure/fp/	01903 244034
Lancing Manor Leisure Centre	www.impulseleisure.co.uk/	01903 524624
Marine Gardens	www.worthing.gov.uk/worthings-services/leisureandculture/parksampopenspaces/	01903 227070
Southwick Leisure Centre	www.impulseleisure.co.uk/southwick	01273 238111
Wadurs Swimming Pool	www.impulseleisure.co.uk/wadurs	01273 238000
Worthing Borough Council Parks Dept.	www.worthing.gov.uk/worthings-services/leisureandculture/parksampopenspaces/	01903 221067
Worthing Leisure Centre	www.worthingleisure.co.uk	01903 502237
Worthing Museum & Art Gallery	www.worthingmuseum.co.uk	01903 221067

N.B: Most outdoor/park facilities open daily in summer; closing is approx. 30 minutes before dusk.

DO YOU NEED SOME IDEAS FOR WHAT TO DO?

Amusements	The Lido on Marine Parade. Fun for all the family. March – Oct; daily 10am - dusk
Art & crafts	Field Place offers a variety of artistic workshops. Call for details – 01903 244034. Worthing Museum and Art Gallery - special days throughout the year with workshops. Open Tuesday to Saturday. Pieces, Mosaic Studio , The Lido, make a mosaic from just £3.50 - Tel: 01903-502655 or 07528-199883
Badminton	Worthing Leisure Centre, Davison Leisure Centre, Lancing Manor Leisure Centre, Southwick Leisure Centre
Basketball	Contact Worthing Sports development - Tel: 01903 221067. Pay and Play at Worthing Leisure Centre
Boating	Boats on lake at Brooklands Pleasure Park - Tel: 07967 361847
Bowling	Tenpin Bowling - AMF Worthing Bowl -Tel: 0844 8263041 - www.amfbowling.co.uk Open daily 10am – late. For all ages
Bowls (lawn)	Greens available April to end Sep at Beach House Park, Marine Gardens, Church House Grounds (Tarring) and at Field Place
Bowls (short mat)	Available at Worthing Leisure Centre and Community Centres .
Chess / Draughts	Play with giant pieces at Beach House Park . Ask at the park Pavilion to hire the pieces free of charge (10am to dusk)
Climbing Wall	Worthing Leisure Centre & Adur Outdoor Activities Centre
Crèche	Worthing Leisure Centre for up to 5 year olds Mon – Fri 9.15am – 10.45am & 10.50am – 12.20pm
Cricket	As well as the cricket clubs there are pitches in 14 of the parks throughout Worthing and indoor nets at Worthing Leisure Centre
Fishing	Off the Pier? Or elsewhere? Ask the Foreshore Inspectors for further details -Tel: 01903 238977
Football	25 Football pitches in our parks & recreational grounds. Soccer schools are held at Worthing Leisure Centre
Golf	Brooklands Golf Centre , a par 3-9 hole course Tel: 01903 232270 and Hill Barn - www.hillbarngolfcourse.co.uk -Tel: 01903 237301, an 18 hole course
Go Karts	Brooklands Park , Open-weekends & Bank Hols & school holidays 07867 762106.
Guided Tours	Shoreham Airport Visitor Centre - Great for aircraft enthusiasts - Tel: 01273 441061 www.visitorcentre.info
Gymnastics	Davison Leisure Centre, Worthing Leisure Centre
Indoor play areas for children	Amazon Adventure & Tumbling Tinies (under 5's) Worthing Leisure Centre . Also, School Holiday Programme at P.L.A.Y. – Stoke Abbott Road - Tel: 01903 231117 - Open 7 days a week 10am – 6pm. Playbarn at Brooklands Pleasure Park -Tel: 07967 361847. Open daily
Kite flying	More fun for children of all ages, go down on the beach at low tide or go to one of our many parks
Kayaking	Adur Outdoor Activities Centre
Low Ropes Assault Course	Adur Outdoor Activities Centre
Mini Motor Bikes	Brooklands Mini-Moto Club -Tel: 07867 762106, Sundays from 4.30pm – 6.30pm, plus Thursdays in summer (own bikes only – under review)
Model making	Courses sometimes available at Field Place .
Mountain Biking	Adur Outdoor Activities Centre
Netball	Courts at Field Place for hire - with / without floodlights.
Out & About	For ideas on things to do out and about why not visit our Tourist Information Centre for a wealth of ideas.
Paddling Pool	Near the Aquarena - May – September - visit www.worthingleisure.co.uk/worthingleisure/aq/facilities . Brooklands Pleasure Park – open daily – FREE (subject to weather, check for details)
Parks	Filled with colourful plants and places to sit, picnic and rest - try Beach House Park, Denton Gardens and Marine Gardens .
Petanque	What? Try your hand at French style Boules on the pistes at Field Place . Great fun for small or larger groups. Also at Lancing Manor Leisure Centre
Playgrounds	Most parks have children's playgrounds. Newly refurbished playground at Field Place . Play areas at Brooklands Pleasure Park . Peter Pans Playground www.peterpansworthing.com (Clive Hagger -Tel: 01903 235554 or 07808 100396). Various activities plus crazy golf. Opens Easter holidays 10.15am – 5.30pm and weekends mid May - then daily to mid Sep 2009. Customers will be given a coloured band to come and go.
Pony Rides	Brooklands Pleasure Park – 07967 361847 - Daily 10.30am – 5pm £3 for two circuits (approx 5 mins)

Pottery	Courses often run at Field Place .
Putting	Greens at Brooklands Golf Centre – 01903 232270. Pitch & Putt at Marine Gardens - Tel: 01903 227070 Also, 9 hole course at Field Place . Mini Golf at Denton Gardens - 07788 197647
Roller Disco	Sat 4pm – 5pm at Davison Leisure Centre . Sat; at Southwick Leisure Centre visit: www.impulseleisure.co.uk/ACLisports_Southwick.htm for details.
Seaside	Make the most of our beach area, sea and the seafront. Look for pebbles, check out fishing boats or get your fresh fish. Do you want the tide out to explore the beach or tide in for swimming? Tide-tables available at the Tourist Information Centre (35p). Safety advice also given by the Beach Inspectors (Tel: 01903 238977). A quality coast awarded beach at Worthing. Pop into the Tourist Information Centre for brightly coloured wristbands to help quickly identify and reunite lost children with their parents.
Skateboarding Park	Purpose built Skateboard Park in Homefield Park , Worthing and Ham Road , Shoreham-by-Sea www.adur.gov.uk/leisure/bmx-skateboard-the-ham.htm
Sports – Clubs & Development	The Council's Sports Development Team arranges coaching sessions. Details - Tel: 01903 221067. see www.worthing.gov.uk/worthings-services/leisureandculture/sportsclubsinworthing or www.adur.gov.uk/leisure/sports-development.htm
Swimming	Indoors at the Aquarena on Brighton Road, Worthing. Also, Wadurs at Shoreham-by-Sea
Tennis	Courts available at Beach House Park , Church House Grounds , Tarring & Homefield Park - 10am – sunset. Davison Leisure Centre , Field Place has courts and hosts both Junior & Adult Tennis Academies (details from Judy Leader on 07801 869386). Also Lancing Manor Leisure Centre & Southwick Leisure Centre .
Trains	Diddley Train gives rides around lake at Brooklands Pleasure Park . Worthing & District Society of Model Engineers operates public rides on miniature trains, April to end Oct (2 nd & 4 th Sundays in month) at Field Place , 2pm – 5pm-Tel: 01903 235102 + check for Halloween and Christmas specials. Diddley Land Train runs daily along the Promenade from the Lido to Wallace Avenue during the summer
Trampoline	Brooklands Pleasure Park , Worthing Leisure Centre & Davison Leisure Centre . Also, on the promenade near to the beach office.
Yoga	Classes available at - Field Place

WANT SOME INSPIRATION - 50 FREE ACIVITIES!

- 1 Explore **Worthing Museum & Art Gallery** with costumes & toys from a bygone age – events take place throughout the year & Sculpture Garden
- 2 Discover books and reading at one of the many **libraries** in the area
- 3 Beach safety advice and child identity 'wristbands' can be obtained from both the Tourist Information centre and the **Beach Office**
- 4 Compete with each other by skimming stones on the shore at **Worthing**
- 5 Follow interesting walks around **Worthing** (pick up a pocket guide at the **Tourist Information Centre** and look at the Discover Worthing Section). Set some questions or a check list – learn while you explore
- 6 Fly a kite on **Beach Green Lancing**, **The Plantation**, **Highdown Hill**, **the Gallops in Findon**
- 7 The **South Downs Way** is on your doorstep – lots of open space for walking, cycling and more kite-flying
- 8 Go boat spotting on the **River Adur**
- 9 Play football, tennis, swing ball, frizbee, volleyball, rounders on the beach at low tide in **Worthing**
- 10 Follow the cycle route along the seafront from **George V Avenue, Worthing** via **Splash Point to Lancing, Shoreham** and beyond.
- 11 Play rounders, cricket and other ball games on the greens at **The Plantation**, Worthing or other green spaces around the town
- 12 Watch the birds on the beach at **Worthing** or spot the different birds on the lake at **Brooklands Park, Worthing**
- 13 Try your skills at Skateboarding at **Homefield Park, Worthing, Ham Road, Shoreham** or at **Adur Recreation ground, next to Norfolk Bridge, Shoreham**
- 14 Loads of room to run around at **Beach House Gardens, Worthing**
- 15 Catch fish & crabs from the pier at **Worthing, Shoreham Harbour, the Old Toll Bridge (Shoreham Airport)**
- 16 Go to www.worthing.gov.uk/worthings-services/leisureandculture/parksampopenspaces to find out about some of the 360 hectares of parks & open spaces in **Worthing**

- 17 Take a look at **High Salvington Windmill** – (open days twice a month in summer)
- 18 Follow the 'Henry Highdown' trail through **Highdown Chalk Gardens**
- 19 Discover the beauty of **Lancing College Chapel**, tours available
- 20 Watch aeroplanes and helicopters at **Shoreham Airport's** viewing area
- 21 Search for the special range of shells on many beaches around **Worthing**
- 22 Visit **Cissbury Ring** and discover the largest Iron-Age hill-fort in the county and take in the views
- 23 Explore **Widewater Lagoon** in Shoreham; home to a variety of bird species and aquatic plants
- 24 Watch the boats come and go at **Shoreham Harbour**
- 25 Be amazed at the house boats on the **Adur River** near Norfolk Bridge and use the children's' playground nearby.
- 26 Visit the tomb of the Highdown miller on **Highdown Hill**
- 27 Go blackberry picking late summer at the **Gallops** in Findon and around the beautiful South Downs
- 28 Play hide and seek in **Highdown Gardens**, followed by a good old fashioned picnic
- 29 Go for a paddle, weather permitting – take a snorkel!
- 30 Take out books on birds, flowers or plants from your local library. Try to spot the vast variety of each on the coast or go to inland areas such as **Mill Hill**
- 31 Do a **scavenge hunt**; list ten items for your children to find along the seashore – a stone with a hole in it, a piece of drift-wood, an empty pop bottle (please pop it in a bin afterwards!) etc
- 32 Play beach darts at low tide, draw the board in the sand and use stones as darts
- 33 Create your very own **treasure hunt** based on blue plaques, seafront information boards, statues, flags, buildings etc – lead your kids around the town until they find the hidden treasure – make it worth their while with a reward at the end!
- 34 Attend one of the many amazing free events in the area such as the **Worthing Birdman**. Keep visiting the www.visitworthing.co.uk what's on pages.
- 35 Collect shells and beautiful small pebbles, wash and fill a plastic container, pour in coloured water and you've created a special memento or put together your very own collage – unleash your creativity!
- 36 Watch kite surfers brave the waves along by the **Plantation**, Worthing
- 37 Step back in amazement at the beautiful ceiling of the **Church of the English Martyrs** in Goring (Tuesday to Fridays); the only known reproduction of the Sistine Chapel, in the world – or why not visit the lovely church of **Coombes**; one of Sussex's oldest – have a look in **the Worthing Pocket Guide** for more churches
- 38 Take a walk around the **Ropetackle** in Shoreham where you can follow the sculpture trail and peer through the many unusual looking glasses that distort the world around you (scattered along the Ropetackle and riverside complex)
- 39 Take a bike ride along the **Downslink** and **River Adur** from Shoreham to Bramber –see the sculptures and finish up with a picnic at Bramber castle ruins on a fine day
- 40 Get your little ones sketching the world around them, flowers, trees, parks or beach life make for perfect subjects
- 41 Have a BBQ on the designated BBQ stands of **the Plantation**, Worthing – don't forget to clean up afterwards!
- 42 Watch the **Sompting Village Morris Dancers** – pick up a leaflet at the Tourist Information Centre to find out where they are next
- 43 Nothing like the classics to while away a summers day – building sandcastles and playing tag will give them hours of fun
- 44 Rubbings – take coloured crayons and paper and take rubbings of various surfaces such as, trees, walls, church plaques and see the lovely effects this gives on paper, frame it and you've got your own work of art
- 45 Let your kids imagination run wild as they explore the **old fort** on Shoreham Beach
- 46 Play chess on the giant board in **Beach House Park**
- 47 Play hopscotch on the beach, draw a grid on the sand when the tide is out
Tide Timetables are available at the **Tourist Information Centre** (35p)
- 48 Rock pools are a great source of interest for enquiring minds
- 49 For further insights or ideas for your children's' entertainment; pop into the **Tourist Information Centre** on Marine Parade during the summer months (May to September) or Chapel Road in winter (September to early May), Worthing or call 01903 221066
- 50 November sees the start of Christmas in **Worthing** with Face Painting, Punch & Judy, Balloon Sculpture, Fireworks (TBC) & Pantomime Stars

Please note that although the places listed are free to enter, parking charges may apply and there may also be some activities that incur a charge. Please check beforehand to avoid disappointment.