

# Family Fitness at Haven

Submitted by: Haven Holidays

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Haven Holidays

If you're the type of person who wants to do more than just sit around the pool when you're on holiday, why not take a look at what Haven has to offer on their 35 Coastal Holiday Parks.

Their parks are great for bringing your family, and friends along to – with a personal advisor on hand to help make your group booking process easier. With so much variety, you can holiday as a group (<http://www.haven.com/groups/great-for-groups/>) and still please everyone, with the great facilities on park, and the beautiful surroundings to explore.

Haven have loads of activities including, new for 2013, 'Everyone Outdoors', a fun group activity where everyone comes together for games such as rounders or frisbee. It's a great way to meet new people and spend time together.

At Haven, the pools are not just for swimming - you can walk, jet or glide across the water! There are Aquajets, Turbo paddlers, Water Walkerz and loads more fun activities to take advantage of. New for this year, you can learn to snorkel or try out Pool Kayaking. Many pools have flumes and slides, SplashZones, toddler areas and fun inflatables. For the little ones, there are free water confidence sessions and older ones can sign up for Learn2swim sessions, so that everybody can be involved.

Another new activity across some of the parks is Bushcraft. Based around our teepees, the kids will get to grips with skills such as shelter building, fire making and water purification!

Our new Z Stomp classes are a whole load of fun. Gareth Howells from the Haven entertainment team said, "It's a thirty minute workout mixing the classic aerobics with a Latin inspired dance so you have a laugh and burn some calories at the same time!"

Holidays are a great time to try out new things like fencing and archery and for under 5's, Haven offer free mini sessions. Many parks have large, all-weather pitches too if you just fancy a kick around. With so much to do, you'll struggle to fit in lunch!

The parks have plenty of green space to run around and offer a safe environment in which to relax and let the kids have some fun. Or, why not make the most of the location and get off the park and explore the local areas; walk the coastal paths, discover some little villages or pack the hiking boots and head for a local National Park.

Haven has it all organised for you, all you need to do is turn up – ready for lots of fun. Some activities do carry a small extra charge and if you pre purchase activity passes before you go you can save money too.

Make your holiday more fun this year, by inviting your friends and family along. With parks in great and easily reachable locations around the UK coast, you don't have to keep the kids entertained for long in

the car and you can start enjoying your holiday earlier!

Visit [www.haven.com/groups](http://www.haven.com/groups) (<http://www.haven.com/groups>) or call 0871 230 1911 today to book your holiday.

(Calls cost 10p plus network extras)

For more information, please contact: [havenpressoffice@haven.com](mailto:havenpressoffice@haven.com)