

Armadale • Bathgate •  
Whitburn

From 1 April 2019

# N-R-G KIDS TIMETABLE



**XCITE**

[www.westlothianleisure.com](http://www.westlothianleisure.com)

@XciteLeisure



West Lothian Leisure (known as Xcite) is a Scottish Charity, SC027470.



**LIFE IS  
BETTER  
WHEN  
YOU'RE  
SWIMMING**

**LEARN 2 SWIM**

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@XciteLeisure



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# Monday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Whitburn	08.15-21.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.15-11.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	12.00-13.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	15.00-20.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Whitburn	16.00-19.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
<b>In the Pool</b>						
Armadale	09.00-19.45	Public Swimming	4months-15yrs	N	Y	N
Bathgate	09.30-21.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	10.00-20.00	Public Swimming	4months-15yrs	N	Y	N
Bathgate	16.00-21.15	Learn 2 Swim	4months-15yrs	Y	Y	Y
Whitburn	15.45-18.30	Learn 2 Swim	4months-15yrs	Y	Y	Y
Armadale	16.30-19.30	Learn 2 Swim	4months-15yrs	Y	Y	N
<b>Get Sporty</b>						
Bathgate	10.35-11.35	N-R-Getix	3-5yrs	Y	Y	Y
Whitburn	15.45-16.30	N-R-G Gymnastics	5-10yrs	Y	Y	N
Whitburn	16.30-17.15	N-R-G Gymnastics	5-10yrs	Y	Y	N
<b>In the Gym</b>						
Bathgate	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Armadale	15.30-17.00	Teentone - Without Adult	12-15yrs	N	Y	
Bathgate	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	18.30-21.30	Teentone - With Adult	12-15yrs	N	Y	

**KEY**

**Book:** you may be required to book in advance to guarantee your space.

**Junior:** Activity is included in Junior Membership.

**SSP:** Supervised Soft Play is available.

# Tuesday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Whitburn	08.15-21.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.15-11.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	12.00-13.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	15.00-20.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
<b>In the Pool</b>						
Armadale	09.00-20.00	Public Swimming	4months-15yrs	N	Y	N
Bathgate	09.30-20.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	10.00-21.00	Public Swimming	4months-15yrs	N	Y	N
Armadale	09.00-11.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Bathgate	16.00-20.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
Whitburn	15.45-18.45	Learn 2 Swim	4months-15yrs	Y	Y	N
Armadale	16.30-20.15	Learn 2 Swim	4months-15yrs	Y	Y	N
<b>Get Sporty</b>						
Bathgate	12.30-13.15	N-R-G Gymnastics	3-5yrs	Y	Y	N
Bathgate	13.20-14.05	N-R-G Gymnastics	3-5yrs	Y	Y	N
Bathgate	14.10-14.55	N-R-G Gymnastics	18months-3yrs	Y	Y	N
Bathgate	15.00-15.45	N-R-G Gymnastics	3-5yrs	Y	Y	Y
Bathgate	16.00-17.00	N-R-G Gymnastics	5-10yrs	Y	Y	Y
Whitburn	13.00-14.00	N-R-Getix	3-5yrs	Y	Y	N
Whitburn	14.00-15.00	N-R-Getix	3-5yrs	Y	Y	N
Whitburn	15.40-16.40	N-R-Getix	5-7yrs	Y	Y	N
Whitburn	16.40-17.40	N-R-Getix	5-7yrs	Y	Y	N
Bathgate	16.00-16.45	N-R-G Club Golf Advanced	8-12yrs	Y	Y	Y
Bathgate	16.45-17.30	N-R-G Club Golf Advanced	8-12yrs	Y	Y	Y
<b>In the Gym</b>						
Bathgate	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Armadale	15.30-17.00	Teentone - Without Adult	12-15yrs	N	Y	
Bathgate	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	18.30-21.30	Teentone - With Adult	12-15yrs	N	Y	



**Book:** you may be required to book in advance to guarantee your space.  
**Junior:** Activity is included in Junior Membership.  
**SSP:** Supervised Soft Play is available.

# Wednesday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Whitburn	08.15-21.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.15-11.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	12.00-13.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	15.00-20.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Whitburn	16.00-19.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
<b>In the Pool</b>						
Armadale	09.00-20.00	Public Swimming	4months-15yrs	N	Y	N
Bathgate	09.30-18.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	10.00-19.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	10.00-12.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Bathgate	16.00-19.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
Whitburn	15.45-17.45	Learn 2 Swim	4months-15yrs	Y	Y	N
Armadale	16.30-20.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Whitburn	17.45-18.15	N-R-G Rookie	8-15yrs	Y	Y	Y
<b>Get Sporty</b>						
Bathgate	16.00-17.00	N-R-Getix	5-7yrs	Y	Y	Y
Whitburn	16.00-17.00	N-R-Getix	3-5yrs	Y	Y	Y
Bathgate	16.00-16.45	N-R-G Club Golf Level 1	5-12yrs	Y	Y	Y
Bathgate	16.45-17.30	N-R-G Club Golf Level 1	5-12yrs	Y	Y	Y
Bathgate	17.00-18.00	N-R-G Active	8-12yrs	Y	Y	Y
Bathgate	17.00-18.00	Xcite Soccer Centre	5-12yrs	Y	Y	Y
<b>In the Gym</b>						
Bathgate	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Armadale	15.30-17.00	Teentone - Without Adult	12-15yrs	N	Y	
Bathgate	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	18.30-21.30	Teentone - With Adult	12-15yrs	N	Y	

**N-R-G**

# **KIDS HOLIDAY DATES**

**Easter Holidays**

Monday 8 April - Friday 19 April 2019

**Summer Holidays**

Monday 1 July - Monday 19 August 2019

**October Holidays**

Monday 14 October - Friday 18 October 2019

A £1.00 swimming session to under 16yrs is available Monday - Friday 10.00 - 16.00 during the above holiday dates. Terms and conditions apply. Offer does not include Xcite Livingston, where a discount rate of £2.50 per child is available during these session times and dates.

**Our normal Kids Activity Programme will be suspended during the school holidays. This applies to block booked activities only, and does not include swimming lessons which will run as normal.**

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# Swimming Pool Child Admission Policy

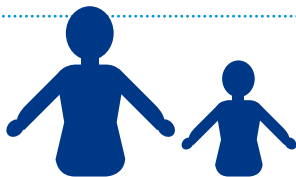
**Lifeguards cannot be left to look after children as they are responsible for the safety of all swimmers.**

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**All Children 7 years old and under must be accompanied in the water at all times by a responsible adult who is at least 16 years old.**

*Please refer to the ratios detailed below:*

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**Under 4 years**

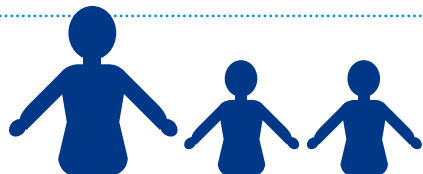
**One Adult**

One child with or without armbands

**One Adult**

Two children with armbands

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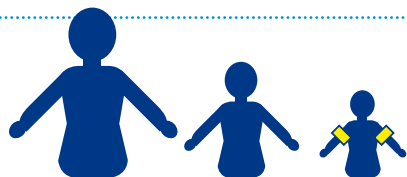


**4 - 7 years**

**One Adult**

Two children with or without armbands

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**Mixed ages**

**One Adult**

One under 4 and one 4-7 years old, if under 4 is wearing armbands.

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**Armbands and Flotation Devices and Swim Nappies are available for purchase at reception.**

*Children 4-7 will be given a pink or black wristband to wear.*

We expect adults who are supervising children 7 years old or younger in our pools to ensure they are in close contact with the child throughout their visit. This extends to changing rooms, toilets, poolsides and the pools themselves.

Organisers responsible for groups should ensure that adequate personnel, deemed to be responsible by the management, accompany swimmers in the pool. Please speak with reception prior to entering the pool.

# Thursday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Whitburn	08.15-21.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.15-11.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	12.00-13.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	15.00-20.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
<b>In the Pool</b>						
Armadale	09.00-19.45	Public Swimming	4months-15yrs	N	Y	N
Bathgate	09.30-20.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	10.00-19.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	12.15-14.15	Learn 2 Swim	4months-15yrs	Y	Y	Y
Whitburn	15.45-19.15	Learn 2 Swim	4months-15yrs	Y	Y	Y
Bathgate	16.00-20.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
Armadale	16.30-18.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Armadale	17.00-19.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Whitburn	17.45-18.15	Club Ready	8-15yrs	Y	Y	Y
Whitburn	17.45-18.45	Water Polo	8-15yrs	Y	Y	Y
Bathgate	19.00-20.00	Rookie Lifeguard	8-15yrs	Y	Y	Y
<b>Get Sporty</b>						
Whitburn	09.15-10.00	N-R-G Gymnastics	3-5yrs	Y	Y	N
Whitburn	10.00-10.45	N-R-G Gymnastics	18months-3yrs	Y	Y	N
Whitburn	10.45-11.30	N-R-G Gymnastics	3-5yrs	Y	Y	N
Whitburn	11.30-12.15	N-R-G Gymnastics	18months-3yrs	Y	Y	N
Whitburn	12.30-13.15	N-R-G Gymnastics	18months-3yrs	Y	Y	N
Whitburn	13.15-14.00	N-R-G Gymnastics	3-5yrs	Y	Y	N
Whitburn	14.00-14.45	N-R-G Gymnastics	3-5yrs	Y	Y	N
Bathgate	16.00-17.00	N-R-Getix	5-7yrs	Y	Y	Y
Bathgate	16.00-17.00	N-R-G Club Golf Level 2	5-12yrs	Y	Y	Y
Bathgate	17.00-18.00	N-R-G Club Golf Level 2	5-12yrs	Y	Y	Y
Bathgate	17.00-18.00	N-R-G Active	8-12yrs	Y	Y	Y
<b>In the Gym</b>						
Bathgate	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Armadale	15.30-17.00	Teentone - Without Adult	12-15yrs	N	Y	
Bathgate	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	18.30-21.30	Teentone - With Adult	12-15yrs	N	Y	

**KEY**

**Book:** you may be required to book in advance to guarantee your space.

**Junior:** Activity is included in Junior Membership.

**SSP:** Supervised Soft Play is available.



# Friday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Whitburn	08.15-21.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.30-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	09.30-11.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Whitburn	09.15-12.15	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	12.00-13.30	Supervised SpaceBugs	18months-7yrs	N	Y	Y
Bathgate	15.30-17.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
<b>In the Pool</b>						
Armadale	09.00-17.15	Public Swimming	4months-15yrs	N	Y	N
Bathgate	09.30-18.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	10.00-17.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	09.30-12.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
Bathgate	10.00-18.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
Armadale	13.00-16.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Whitburn	13.15-17.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Armadale	13.00-16.00	£1.00 Swim	4months-15yrs	N	Y	N
Whitburn	13.00-16.00	£1.00 Swim	4months-15yrs	N	Y	N
Bathgate	13.00-16.00	£1.00 Swim	4months-15yrs	N	Y	Y
Whitburn	17.00-18.00	Club Ready	8yrs-15yrs	Y	Y	Y
<b>Get Sporty</b>						
Whitburn	13.00-14.00	N-R-Getix	3-5yrs	Y	Y	N
Whitburn	14.00-15.00	N-R-Getix	5-7yrs	Y	Y	N
Whitburn	15.15-16.15	N-R-Getix	3-5yrs	Y	Y	N
Whitburn	16.15-17.15	N-R-Getix	5-7yrs	Y	Y	N
Bathgate	14.00-15.00	N-R-G Gymnastics	5-7yrs	Y	Y	N
Bathgate	15.00-16.00	N-R-G Gymnastics	5-7yrs	Y	Y	N
Bathgate	16.00-17.00	N-R-G Gymnastics	8-11yrs	Y	Y	Y
Bathgate	17.00-18.00	N-R-G Gymnastics	8-11yrs	Y	Y	Y
<b>In the Gym</b>						
Bathgate	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Armadale	12.30-17.00	Teentone - Without Adult	12-15yrs	N	Y	
Bathgate	12.30-22.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	12.30-21.30	Teentone - Without Adult	12-15yrs	N	Y	



**Book:** you may be required to book in advance to guarantee your space.  
**Junior:** Activity is included in Junior Membership.  
**SSP:** Supervised Soft Play is available.

# Saturday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Bathgate	09.00-17.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Whitburn	09.30-15.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	08.45-12.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
<b>In the Pool</b>						
Armadale	09.00-16.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	09.15-15.00	Public Swimming	4months-15yrs	N	Y	N
Bathgate	09.30-16.30	Public Swimming	4months-15yrs	N	Y	N
Whitburn	09.15-14.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
Bathgate	09.30-13.30	Learn 2 Swim	4months-15yrs	Y	Y	Y
Armadale	09.00-14.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Whitburn	13.45-14.45	N-R-G Splash	8-15yrs	N	Y	N
<b>Get Sporty</b>						
Bathgate	10.00-11.00	N-R-G Footie Tots	3-5yrs	Y	Y	Y
Bathgate	11.00-12.00	Xcite Soccer Centre	5-12yrs	Y		
Bathgate	12.00-12.30	N-R-G Footie Tots	3-5yrs	Y	Y	N
Bathgate	12.30-13.30	N-R-G Footie Tots	3-5yrs	Y	Y	N
<b>In the Gym</b>						
Bathgate	08.00-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	09.00-15.30	Teentone - Without Adult	12-15yrs	N	Y	

**KEY**

**Book:** you may be required to book in advance to guarantee your space.

**Junior:** Activity is included in Junior Membership.

**SSP:** Supervised Soft Play is available.

# Sunday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Bathgate	09.30-20.00	SpaceBugs Soft Play	18months-7yrs	N		Y
Whitburn	09.30-15.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
Bathgate	08.45-12.00	Supervised SpaceBugs	18months-7yrs	N	Y	Y
<b>In the Pool</b>						
Armada	09.00-16.00	Public Swimming	4months-15yrs	N	Y	N
Whitburn	09.15-15.00	Public Swimming	4months-15yrs	N	Y	
Bathgate	09.30-16.30	Public Swimming	4months-15yrs	N	Y	N
Whitburn	09.45-15.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
Armada	09.30-13.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Bathgate	10.00-14.00	Learn 2 Swim	4months-15yrs	Y	Y	Y
<b>In the Gym</b>						
Bathgate	08.00-21.00	Teentone - Without Adult	12-15yrs	N	Y	
Whitburn	09.00-15.30	Teentone - Without Adult	12-15yrs	N	Y	

## HAVE YOUR PARTY HERE!

**Have a party that your child and their friends will always remember!**

Xcite has a great range of Party Packages to suit kids of all ages so why not try something a bit different at a great price!

**10% off**  
ALL party bookings for Junior Members

For full details ask at reception or visit our website [www.westHothianleisure.com](http://www.westHothianleisure.com)

# Junior Membership

Junior per month  
**Single:** £20.00  
**Plus:** £15.00

Junior  
Membership Package (0-15yrs):

Full use of Kids  
Membership package  
Monday - Sunday  
Open - Close

## All Kids Xcite Memberships (under 16yrs) include:

- Soft Play including Supervised Sessions
- Kids Swimming Lessons
- Swimming Sessions
- N-R-G Sessions\*
- Teentone Gym session (12-15yrs)\*\*
- Sports - Golf - Athletics - Indoor Bowling
- Racquet Sports: Badminton - Tennis - Short Tennis - Table Tennis
- Discount on Football Hire
- Equipment Hire

Junior Plus is only available when added to an Adult Xcite Membership. Joining Fee £10 per child. Terms and Conditions Apply. Age restrictions may apply. Please note that most Junior activities are timetabled and may require to be pre-booked. Not all Kids activities @ Xcite are included in Junior membership.

\*Some N-R-G activities may be offered at discounted rate to Junior Members.

\*\*Teentone session are timetabled sessions in the gym, an induction must be complete before attending sessions.

## Holiday Programmes

During West Lothian School Holidays Xcite runs additional kids activities across all our venues. The majority of these are included in Junior Membership or offered @ a discounted price.

**XCITE**

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