

N-R-G KIDS TIMETABLE



XCITE

www.westlothianleisure.com

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LIFE IS
BETTER
WHEN
YOU'RE
SWIMMING

LEARN 2 SWIM

XCITE

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

Monday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
Soft Play						
Broxburn Pool	08.30-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
In the Pool						
Broxburn Pool	08.30-19.30	Public Swimming	4months-15yrs	N	Y	N
Broxburn Pool	09.00-12.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	16.00-19.30	Learn 2 Swim	4months-15yrs	Y	Y	N
In the Gym						
Broxburn SC	06.30-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Broxburn SC	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Broxburn SC	18.00-22.00	Teentone - With Adult	12-15yrs	N	Y	

Tuesday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
Soft Play						
Broxburn Pool	08.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
In the Pool						
Broxburn Pool	08.30-19.30	Public Swimming	4months-15yrs	N	Y	N
Broxburn Pool	10.00-14.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	15.40-18.10	Learn 2 Swim	4months-15yrs	Y	Y	N
Get Sporty						
Broxburn SC	09.30-10.15	N-R-G Gymnastics	18months-3yrs	Y	Y	N
Broxburn SC	10.30-11.15	N-R-G Gymnastics	3-5yrs	Y	Y	N
Broxburn SC	16.00-17.00	N-R-Getix	3-7yrs	Y	Y	N
Broxburn SC	16.00-17.00	Xcite Soccer Centre	5-8yrs	Y	Y	N
Broxburn SC	17.00-17.45	Footie Tots	3-5yrs	Y	Y	N
In the Gym						
Broxburn SC	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Broxburn SC	18.00-22.00	Teentone - With Adult	12-15yrs	N	Y	

Please note the pool closes at 8am on the 1st Wednesday of each month.

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.

Wednesday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
Soft Play						
Broxburn Pool	08.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	N
In the Pool						
Broxburn Pool	08.30-21.00	Public Swimming	4months-15yrs	N	Y	N
Broxburn Pool	08.30-12.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	15.45-19.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Get Sporty						
Broxburn SC	16.00-16.45	Yoga Bees	3-5yrs	Y	Y	N
Broxburn SC	16.45-17.30	Yoga Bees	5-10yrs	Y	Y	N
Broxburn SC	16.00-16.45	N-R-G Gymnastics	5-7yrs	Y	Y	N
Broxburn SC	16.45-17.30	N-R-G Gymnastics	7-10yrs	Y	Y	N
In the Gym						
Broxburn SC	06.30-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Broxburn SC	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Broxburn SC	18.00-22.00	Teentone - With Adult	12-15yrs	N	Y	

Thursday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
Soft Play						
Broxburn Pool	10.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
In the Pool						
Broxburn Pool	08.30-18.00	Public Swimming	4months-15yrs	N	Y	N
Broxburn Pool	13.00-15.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	15.40-18.10	Learn 2 Swim	4months-15yrs	Y	Y	N
Get Sporty						
Broxburn SC	16.00-17.00	N-R-G Badminton	6-10yrs	N	Y	N
Broxburn SC	17.00-18.00	N-R-G Badminton	8-15yrs	N	Y	N
In the Gym						
Broxburn SC	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Broxburn SC	18.00-22.00	Teentone - With Adult	12-15yrs	N	Y	

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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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Friday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
Soft Play						
Broxburn Pool	08.30-20.30	SpaceBugs Soft Play	18months-7yrs	N	Y	
In the Pool						
Broxburn Pool	08.30-21.00	Public Swimming	4months-15yrs	N	Y	N
Broxburn Pool	13.30-16.00	£1.00 Swim	4months-15yrs	N	Y	N
Broxburn Pool	09.00-12.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	14.00-15.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	15.30-18.15	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	15.40-18.20	Learn 2 Swim	4months-15yrs	Y	Y	N
Get Sporty						
Broxburn SC	09.30-10.15	N-R-G Gymnastics	18months-3yrs	Y	Y	N
Broxburn SC	10.30-11.15	N-R-G Gymnastics	3-5yrs	Y	Y	N
Broxburn SC	13.15-14.00	N-R-G Footie Tots	3-5yrs	Y	Y	N
Broxburn SC	14.00-15.00	N-R-Getix	3-7yrs	Y	Y	N
Broxburn SC	15.00-16.00	Fit Kids	6-9yrs	Y	Y	N
In the Gym						
Broxburn SC	12.30-21.00	Teentone - Without Adult	12-15yrs	N	Y	

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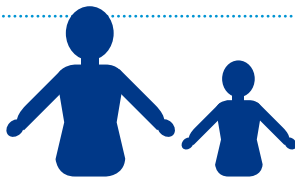
Swimming Pool Child Admission Policy

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:



Under 4 years

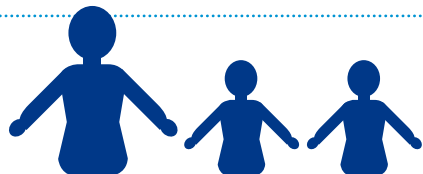
One Adult

One child with or without armbands

One Adult

Two children with armbands

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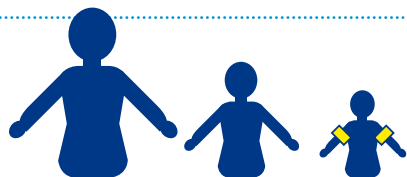


4 - 7 years

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.

Saturday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
Soft Play						
Broxburn Pool	08.30-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
In the Pool						
Broxburn Pool	08.30-16.30	Public Swimming	4months-15yrs	N	Y	N
Broxburn Pool	09.00-12.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	09.00-13.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	11.15-13.15	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	13.30-15.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	15.00-15.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	12.00-13.00	N-R-G Splash	4months-15yrs	N	Y	N
Get Sporty						
Broxburn SC	09:00-10:00	N-R-G Footie Tots	3-5yrs	Y	Y	N
In the Gym						
Broxburn SC	09.00-18.00	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

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SSP: Supervised Soft Play is available.

Sunday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
Soft Play						
Broxburn Pool	09.00-16.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
In the Pool						
Broxburn Pool	08.30-16.30	Public Swimming	4months-15yrs	N	Y	N
Broxburn Pool	09.00-12.45	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	14.30-15.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Broxburn Pool	12.00-13.00	N-R-G Splash	4months-15yrs	N	Y	N
In the Gym						
Broxburn SC	09.00-21.00	Teentone - Without Adult	12-15yrs	N	Y	

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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.

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