

# N-R-G KIDS TIMETABLE



**XCITE**

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

@XciteLeisure





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

**LEARN 2 SWIM**

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

# Monday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Linlithgow	09.00-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Linlithgow	09.00-12.00	Supervised SpaceBugs	18months-7yrs	N	Y	
<b>In the Pool</b>						
Linlithgow	07.00-21.00	Public Swimming	4months-15yrs	N	Y	
Linlithgow	09.00-13.30	Learn 2 Swim	4months-15yrs	Y	Y	
Linlithgow	15.30-18.30	Learn 2 Swim	4months-15yrs	Y	Y	N
<b>Get Sporty</b>						
Linlithgow	16.00-17.00	Xcite Soccer Centre	5-6yrs	Y	Y	N
Linlithgow	17.00-18.00	Xcite Soccer Centre	7-12yrs	Y	Y	N
<b>In the Gym</b>						
Linlithgow	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	16.30-17.00	Teen Omnia	12-15yrs	N	Y	
Linlithgow	18.00-22.00	Teentone - With Adult	12-15yrs	N	Y	

# Tuesday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Linlithgow	09.00-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Linlithgow	09.00-12.00	Supervised SpaceBugs	18months-7yrs	N	Y	
Linlithgow	18.00-20.00	Supervised SpaceBugs	18months-7yrs	N	Y	
<b>In the Pool</b>						
Linlithgow	07.00-21.00	Public Swimming	4months-15yrs	N	Y	
Linlithgow	11.00-13.00	Learn 2 Swim	4months-15yrs	Y	Y	
Linlithgow	15.15-18.15	Learn 2 Swim	4months-15yrs	Y	Y	N
Linlithgow	18.15-18.45	Rookie Lifeguard	8-15yrs	Y	Y	
<b>In the Gym</b>						
Linlithgow	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	16.30-17.00	Teen Omnia	12-15yrs	N	Y	
Linlithgow	18.00-22.00	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.

**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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# Wednesday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Linlithgow	09.00-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Linlithgow	09.00-12.00	Supervised SpaceBugs	18months-7yrs	N	Y	
<b>In the Pool</b>						
Linlithgow	07.00-20.00	Public Swimming	4months-15yrs	N	Y	
Linlithgow	09.30-11.45	Learn 2 Swim	4months-15yrs	Y	Y	
Linlithgow	15.30-18.30	Learn 2 Swim	4months-15yrs	Y	Y	N
<b>In the Gym</b>						
Linlithgow	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	16.30-17.00	Teen Omnia	12-15yrs	N	Y	
Linlithgow	18.00-22.00	Teentone - With Adult	12-15yrs	N	Y	

# Thursday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Linlithgow	09.00-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
Linlithgow	09.00-12.00	Supervised SpaceBugs	18months-7yrs	N	Y	
Linlithgow	18.00-20.00	Supervised SpaceBugs	18months-7yrs	N	Y	
<b>In the Pool</b>						
Linlithgow	07.00-21.00	Public Swimming	4months-15yrs	N	Y	
Linlithgow	10.45-14.10	Learn 2 Swim	4months-15yrs	Y	Y	N
Linlithgow	15.15-18.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Linlithgow	18.30-19.00	Rookie Lifeguard	8-15yrs	Y	Y	Y
<b>Get Sporty</b>						
Linlithgow	16.00-17.00	N-R-G Badminton	5-10yrs	N	Y	N
Linlithgow	17.00-18.00	N-R-G Badminton	11-15yrs	N	Y	N
<b>In the Gym</b>						
Linlithgow	06.00-08.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	15.30-18.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	16.30-17.00	Teen Omnia	12-15yrs	N	Y	
Linlithgow	18.00-22.00	Teentone - With Adult	12-15yrs	N	Y	

# Friday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Linlithgow	09.00-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	N
Linlithgow	09.00-15.00	Supervised SpaceBugs	18months-7yrs	N	Y	N
<b>In the Pool</b>						
Linlithgow	07.00-20.00	Public Swimming	4months-15yrs	N	Y	
Linlithgow	09.30-12.45	Learn 2 Swim	4months-15yrs	Y	Y	Y
Linlithgow	13.00-16.00	£1.00 Swim	4months-15yrs	N	Y	
Linlithgow	13.30-18.15	Learn 2 Swim	4months-15yrs	Y	Y	
<b>Get Sporty</b>						
Linlithgow	13.45-14.45	D-Force	7-15yrs	Y	Y	Y
Linlithgow	14.00-15.00	Xcite Soccer Centre	5-6yrs	Y	Y	Y
Linlithgow	15.00-16.00	Xcite Soccer Centre	7-8yrs	Y	Y	N
Linlithgow	16.00-17.00	Xcite Soccer Centre	9-12yrs	Y	Y	N
Linlithgow	15.00-16.00	N-R-Getix	3-7yrs	Y	Y	N
Linlithgow	16.00-17.00	N-R-Getix	3-7yrs	Y	Y	N
<b>In the Gym</b>						
Linlithgow	06.00-08.00	Teentone - Without Adult	12-15yrs	N		Y
Linlithgow	12.30-22.00	Teentone - Without Adult	12-15yrs	N	Y	
Linlithgow	16.30-17.00	Teen Omnia	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.westhottianleisure.com](http://www.westhottianleisure.com)

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.



# Swimming Pool Child Admission Policy

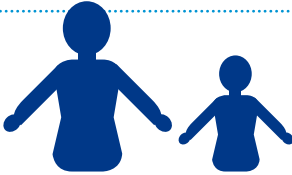
**Lifeguards cannot be left to look after children as they are responsible for the safety of all swimmers.**

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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**

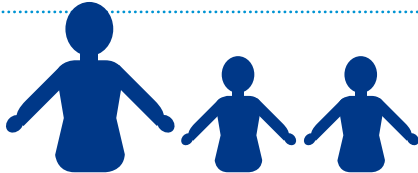
**One Adult**

One child with or without armbands

**One Adult**

Two children with armbands

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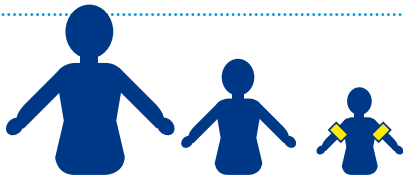


**4 - 7 years**

**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.

# Saturday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Linlithgow	09.00-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	
<b>In the Pool</b>						
Linlithgow	08.45-19.00	Public Swimming	4months-15yrs	N	Y	N
Linlithgow	09.00-18.00	Learn 2 Swim	4months-15yrs	Y	Y	N
Linlithgow	18.00-18.30	Rookie Lifeguard	8-15yrs	Y	Y	N
<b>Get Sporty</b>						
Linlithgow	09.00-10.00	N-R-Getix	3-7yrs	Y	Y	N
Linlithgow	10.00-11.00	N-R-Getix	3-7yrs	Y	Y	N
<b>In the Gym</b>						
Linlithgow	08.45-20.00	Teentone - Without Adult	12-15yrs	N	Y	N

# Sunday

Xcite Venue	Time	Activity	Age	Book	Junior	SSP
<b>Soft Play</b>						
Linlithgow	09.00-20.00	SpaceBugs Soft Play	18months-7yrs	N	Y	N
<b>In the Pool</b>						
Linlithgow	08.15-21.00	Public Swimming	4months-15yrs	N	Y	N
Linlithgow	14.45-19.30	Learn 2 Swim	4months-15yrs	Y	Y	N
Linlithgow	19.00-19.30	Rookie Lifeguard	8-15yrs	Y	Y	N
<b>Get Sporty</b>						
Linlithgow	09.00-10.00	N-R-G Footie Tots	3-5yrs	Y	Y	N
Linlithgow	11.00-12.30	N-R-G Footie Tots	3-5yrs	Y	Y	N
Linlithgow	12.00-13.00	Hockey Juniors	5-8yrs	Y	Y	N
Linlithgow	13.00-14.00	Hockey Juniors	5-8yrs	Y	Y	N
Linlithgow	14.00-15.00	Hockey Juniors	5-8yrs	Y	Y	N
Linlithgow	15.00-16.00	Hockey Juniors	9-13yrs	Y	Y	N
Linlithgow	16.00-17.00	Hockey Juniors	9-13yrs	Y	Y	N
<b>In the Gym</b>						
Linlithgow	08.15-22.00	Teentone - Without Adult	12-15yrs	N	Y	



# 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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