

Learn 2 Swim

Adult and Baby Lesson Availability @ Xcite

To book call reception on

up to 12 months

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Broxburn Swimming Pool	Monday	10.00 - 10.30
	Tuesday	11.00 - 11.30
	Friday	09.30 - 10.00
Xcite Linlithgow	Monday	09.30-10.00
	Tuesday	11.30-12.00
	Wednesday	09.30-10.00
	Thursday	13.40-14.10
	Friday	10.00-10.30
	Saturday	09.45-10.15
Xcite Bathgate	Friday	10.00-10.30
	Saturday	11.30-12.00
Xcite Whitburn	Wednesday	10.00 - 10.30
	Friday	09.30 - 10.00
Xcite Armadale	Friday	09.30 - 10.00
	Saturday	09.30 - 10.00
Xcite Livingston	Monday	10.00-10.30
	Friday	10.00-10.30
	Saturday	09.30-10.00

Learn 2 Swim**Adult and Toddler Lesson Availability @ Xcite**

To book call reception on

From 12 - 24 months

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Broxburn Swimming Pool	Monday	09.30 - 10.00
	Monday	10.30 - 11.00
	Tuesday	11.30 - 12.00
	Wednesday	10.00 - 10.30
	Thursday	13.30 - 14.00
	Friday	10.00 - 10.30
Xcite Linlithgow	Monday	11.00-11.30
	Wednesday	09.45-10.15
	Sunday	14.00-14.30
Xcite Bathgate	Friday	10.30-11.00
Xcite Armadale	Friday	11.30-12.00
Xcite Livingston	Monday	11.30-12.00
	Tuesday	10.45-11.15

Learn 2 Swim**Adult and Child Lesson Availability @ Xcite**

To book call reception on

From 24 months +

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Linlithgow	Tuesday	11.00 - 11.30
	Wednesday	10.30 - 11.00
	Wednesday	11.00 - 11.30
	Thursday	12.00 - 12.30
	Thursday	12.40 - 13.10
	Friday	11.30-12.00
	Friday	14.30-15.00
Xcite Whitburn	Wednesday	11.00 - 11.30
	Thursday	10.00 - 10.30
Xcite Bathgate	Tuesday	12.00 - 12.30
Xcite Livingston	Monday	11.00 - 11.30
	Wednesday	10.45 - 11.15
	Wednesday	14.00 - 14.30
	Thursday	10.00 - 10.30
	Thursday	13.00 - 13.30
Xcite Broxburn Swimming Pool	Monday	09.00 - 09.30
	Monday	11.45 - 12.15
	Tuesday	12.30 - 13.00
	Wednesday	12.00 - 12.30

Learn 2 Swim

Preschool Lesson Availability @ Xcite

From 3 years - 4.5 years

To book call reception on

Xcite Armadale - 01501 229200

Xcite Linlithgow - 01506 237960

Xcite Bathgate - 01506 237910

Xcite Livingston - 01506 237970

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Linlithgow	Wednesday	10.45 - 11.15
Xcite Broxburn Swimming Pool	Tuesday	10.00 - 11.00
	Tuesday	13.30 - 14.00
	Wednesday	11.30 - 12.00
	Thursday	13.00 - 13.30
	Thursday	14.00 - 14.30
Xcite Whitburn	Monday	17.45 - 18.15
	Friday	11.30 - 12.00
	Friday	13.45 - 14.15
	Saturday	11.45 - 12.15
Xcite Bathgate	Tuesday	11.30 - 12.00
	Friday	12.00 - 12.30
	Saturday	11.00 - 11.30
Xcite Armadale	Monday	16.30 - 17.00
	Tuesday	16.00 - 16.30
	Tuesday	17.00 - 17.30
	Wednesday	17.00 - 17.30
	Friday	14.00 - 14.30
	Friday	15.30 - 16.00
	Saturday	13.00 - 13.30
	Saturday	13.30 - 14.00
	Sunday	12.00 - 12.30

Xcite Livingston

Monday	12.30 - 13.00
Wednesday	11.15 - 11.45
Wednesday	12.30 - 13.00
Wednesday	13.00 - 13.30
Wednesday	13.30 - 14.00
Wednesday	16.15 - 16.45

Learn 2 Swim

Swim Skills 1a Lesson Availability @ Xcite From 4.5 years (little/ no previous water experience)

To book call reception on

Xcite Armadale - 01501 229200

Xcite Linlithgow - 01506 237960

Xcite Bathgate - 01506 237910

Xcite Livingston - 01506 237970

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Whitburn - 01501 229210

Information Correct as of: 08/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Bathgate	Tuesday	17.30 - 18.00
	Wednesday	17.30 - 18.00
	Wednesday	18.00 - 18.30
	Thursday	16.00 - 16.30
	Thursday	18.30 - 19.00
	Friday	15.00 - 15.30
	Saturday	10.30 - 11.00
	Saturday	12.30 - 13.00
Xcite Broxburn Swimming Pool	Monday	16.00 - 16.30
	Tuesday	17.10 - 17.40
	Wednesday	16.15 - 16.45
	Wednesday	17.15 - 17.45
	Thursday	16.10 - 16.40
	Thursday	17.40 - 18.10
	Friday	14.00 - 14.30
	Friday	16.30 - 17.00
	Saturday	12.15 - 12.45
	Saturday	15.00 - 15.30
	Sunday	11.45 - 12.15
Sunday	13.00 - 13.30	
Xcite Linlithgow	Tuesday	15.30 - 16.00
	Wednesday	15.30 - 16.00
	Wednesday	17.30 - 18.00
	Friday	13.30 - 14.00

Friday	16.30 - 17.00
Friday	17.45 - 18.15
Saturday	14.45 - 15.15
Sunday	12.30 - 13.00

Xcite Whitburn

Monday	15.45 - 16.15
Tuesday	15.45 - 16.15
Wednesday	15.45 - 16.15

Xcite Livingston

Monday	15.30 - 16.00
Tuesday	16.45 - 17.15
Wednesday	16.45 - 17.15
Thursday	18.15 - 18.45
Sunday	14.45 - 15.15

Xcite Armadale

Tuesday	18.30 - 19.00
Wednesday	17.30 - 18.00

Learn 2 Swim

Swim Skills 1b Lesson Availability @ Xcite

To book call reception on

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Bathgate	Monday	16.30 - 17.00
Xcite Broxburn Swimming Pool	Monday	17.00 - 17.30
	Tuesday	17.40 - 18.10
	Wednesday	16.45 - 17.15
	Wednesday	18.15 - 18.45
	Thursday	17.10 - 17.40
	Friday	13.30 - 14.00
	Friday	16.00 - 16.30
	Saturday	11.45 - 12.15
	Sunday	13.30 - 14.00
	Sunday	14.30 - 15.00
Xcite Linlithgow	Tuesday	17.15 - 17.45
	Thursday	16.30 - 17.00
	Friday	13.00 - 13.30
	Friday	17.15 - 17.45
	Saturday	11.00 - 11.30
	Saturday	14.00 - 14.30
	Sunday	17.30 - 18.00
Xcite Whitburn	Monday	15.45 - 16.15
	Monday	16.45 - 17.15
	Wednesday	16.15 - 16.45
	Friday	14.15 - 14.45

Xcite Armadale

Tuesday	16.30 - 17.00
Tuesday	18.30 - 19.00
Wednesday	16.30 - 17.00
Wednesday	18.00 - 18.30
Friday	16.00 - 16.30
Saturday	11.30 - 12.00

Xcite Livingston

Monday	18.45 - 19.15
Saturday	11.15 - 11.45
Saturday	12.45 - 13.15
Saturday	14.45 - 15.15
Saturday	15.30 - 16.00
Sunday	12.30 - 13.00
Sunday	13.45 - 14.15
Sunday	15.15 - 15.45

Learn 2 Swim

Swim Skills 2 Lesson Availability @ Xcite

To book call reception on

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Broxburn Swimming Pool	Monday	18.30 - 19.00
	Tuesday	15.40 - 16.10
	Tuesday	16.10 - 16.40
	Wednesday	16.15 - 16.45
	Wednesday	17.45 - 18.15
	Thursday	16.10 - 16.40
	Friday	14.30 - 15.00
	Friday	16.45 - 17.15
	Friday	17.00 - 17.30
	Saturday	12.15 - 12.45
	Saturday	14.00 - 14.30
	Sunday	12.15 - 12.45
Sunday	14.00 - 14.30	
Xcite Linlithgow	Monday	17.30 - 18.00
	Thursday	15.45 - 16.15
	Thursday	17.30 - 18.00
	Friday	14.00 - 14.30
	Friday	15.30 - 16.00
	Saturday	11.30 - 12.00
	Saturday	15.00 - 15.30
	Sunday	13.30-14.00
	Sunday	18.00-18.30
Xcite Bathgate	Wednesday	16.30 - 17.00
	Thursday	16.00 - 16.30

	Friday	15.00 - 15.30
	Saturday	10.30 - 11.00
	Saturday	12.00 - 12.30
Xcite Whitburn	Wednesday	16.45 - 17.15
	Thursday	15.45 - 16.15
Xcite Armadale	Wednesday	18.30 - 19.00
	Friday	13.30 - 14.00
	Sunday	11.00 - 11.30
	Sunday	12.00 - 12.30
Xcite Livingston	Friday	17.00 - 17.30

Learn 2 Swim

Swim Skills 3 Lesson Availability @ Xcite

To book call reception on

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Bathgate	Tuesday	16.30 - 17.00
	Wednesday	17.00 - 17.30
	Thursday	18.30 - 19.00
	Friday	15.30 - 16.00
Xcite Linlithgow	Wednesday	18.00 - 18.30
	Thursday	16.45 - 17.15
	Friday	14.00-14.30
	Saturday	14.15-14.45
	Saturday	16.15-16.45
	Sunday	14.00 - 14.30
Xcite Whitburn	Wednesday	17.15 - 17.45
	Thursday	16.15 - 16.45
	Thursday	17.15 - 17.45
	Friday	15.15 - 15.45
Xcite Armadale	Monday	18.30 - 19.00
	Wednesday	17.30 - 18.00
	Friday	14.30 - 15.00
	Sunday	13.00 - 13.30
Xcite Broxburn Swimming Pool	Monday	16.00 - 16.30
	Monday	18.00 - 18.30
	Monday	19.00 - 19.30
	Tuesday	16.10 - 16.40

Tuesday	17.10 - 17.40
Wednesday	15.45 - 16.15
Thursday	15.40 - 16.10
Friday	15.00 - 15.30
Saturday	11.15 - 11.45
Saturday	13.30 - 14.00
Sunday	15.00 - 15.30

Xcite Livingston

Tuesday	16.15 - 16.45
Tuesday	17.45 - 18.15
Wednesday	17.15 - 17.45
Wednesday	18.30 - 19.00
Friday	18.30 - 19.00
Saturday	14.15 - 14.45
Sunday	14.15 - 14.45
Sunday	17.00 - 17.30

Learn 2 Swim

Swim Skills 4 Lesson Availability @ Xcite

To book call reception on

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Bathgate	Tuesday	17.00 - 17.30
	Tuesday	18.00 - 18.30
	Tuesday	19.00 - 19.30
	Thursday	17.00 - 17.30
	Thursday	18.00 - 18.30
	Friday	16.00 - 16.30
Xcite Broxburn Swimming Pool	Tuesday	16.40 - 17.10
	Wednesday	17.15 - 17.45
	Friday	16.00 - 16.30
	Friday	17.45 - 18.15
	Saturday	11.45 - 12.15
Xcite Linlithgow	Monday	16.45 - 17.15
	Tuesday	16.30 - 17.00
	Tuesday	17.45 - 18.15
	Friday	15.00 - 15.30
	Friday	17.45 - 18.15
	Saturday	09.15 - 09.45
	Saturday	13.30 - 14.00
	Saturday	15.45 - 16.15
	Sunday	14.30 - 15.00
	Sunday	17.00-17.30
Xcite Armadale	Sunday	13.30 - 14.00

Xcite Livingston

Tuesday

16.30 - 17.00

Tuesday

17.45 - 18.15

Friday

16.30 - 17.00

Learn 2 Swim

Club Ready Swim Lesson Availability @ Xcite

To book call reception on

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Broxburn Swimming Pool	Thursday	16.40 - 17.40
	Saturday	14.30 - 15.30
Xcite Bathgate	Tuesday	19.00 - 20.00
	Friday	17.00 - 18.00
Xcite Armadale	Wednesday	19.00 - 20.00

Learn 2 Swim

Club Ready Water Polo Lesson Availability @ Xcite

To book call reception on

Xcite Armadale - 01501 229200

Xcite Bathgate - 01506 237910

Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960

Xcite Livingston - 01506 237970

Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue

Day

Time (24hr clock 14.00-14.30 etc)

Xcite Whitburn

Thursday

17.45 - 18.45

**Learn 2 Swim
Adult Lesson Availability @ Xcite
To book call reception on**

Xcite Armadale - 01501 229200
Xcite Bathgate - 01506 237910
Xcite Broxburn Swimming Pool - 01506 237930

Xcite Linlithgow - 01506 237960
Xcite Livingston - 01506 237970
Xcite Whitburn - 01501 229210

Information Correct as of: 15/04/2019

Venue	Day	Time (24hr clock 14.00-14.30 etc)
Xcite Linlithgow	Friday	18.15 - 19.00
Xcite Livingston	Tuesday	18.15 - 19.00
	Friday	19.00 - 19.45
Xcite Broxburn Swimming Pool	Friday	18.15 - 18.45