

Learn 2 Swim**SMALL GROUP Adult and Baby****up to 12 months**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Thursday	9.00-9.20
	Friday	12.20-12.40
Xcite Bathgate	Friday	11.30-11.50
Xcite Armadale	Sunday	9.00-9.20
Xcite Broxburn Swimming Pool	Monday	13.30-13.50
	Friday	12.00-12.20
	Wednesday	13.00-13.20
Xcite Livingston	Wednesday	9.30-9.50
Xcite Linlithgow	Friday	11.00-11.20

Learn 2 Swim**Adult and Baby****up to 12 months**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Tuesday	10.20-10.40
	Friday	9.00-9.20
Xcite Bathgate	Tuesday	10.00-10.20
	Tuesday	12.30-12.50
	Tuesday	13.10-13.30
	Friday	9.00-9.20
	Sunday	11.00-11.20
Xcite Broxburn Swimming Pool	Monday	12.30-12.50
	Wednesday	13.30-13.50
	Friday	9.00-9.20
	Saturday	9.20-9.40
Xcite Livingston	Tuesday	11.30-11.50
	Tuesday	11.00-11.20
	Sunday	9.00-9.20
Xcite Linlithgow	Friday	9.00-9.20
	Saturday	9.40-10.00

Learn 2 Swim**SMALL GROUP Adult & Toddler****from 12m - 24m****Information correct as of 02/09/2020**

Venue	Day	Time
Xcite Bathgate	Friday	11.00-11.20
Xcite Broxburn Swimming Pool	Wednesday Friday	14.00-14.20 13.30-13.50
Xcite Whitburn	Thursday	9.30-9.50
Xcite Linlithgow	Friday	10.30-10.50
Xcite Livingston	Wednesday	13.10-13.30

Learn 2 Swim**Adult and Toddler****From 12 - 24 months**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Tuesday	10.50-11.10
	Friday	9.30-9.50
	Friday	11.30-11.50
Xcite Livingston	Tuesday	12.00-12.20
	Saturday	9.00-9.20
	Sunday	9.30-9.50
Xcite Linlithgow	Friday	9.10-9.30
		10.00-10.20
	Saturday	9.10-9.30
		10.10-10.30
		11.40-12.00
Xcite Bathgate	Tuesday	9.30-9.50
		12.00-12.20
		14.10-14.30
	Friday	9.30-9.50
	Sunday	11.30-11.50
Xcite Armadale	Sunday	9.30-9.50
		10.30-10.50
		11.30-11.50
Xcite Broxburn Swimming Pool	Monday	9.30-9.50
		13.00-13.20
	Wednesday	9.30-9.50
		12.30-12.50
	Friday	9.30-9.50
		13.30-13.50
	Saturday	9.10-9.30
		14.00-14.20

Learn 2 Swim**SMALL GROUP - Preschool****From 3 years - 4.5 years**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Thursday	10.30-10.50
	Friday	13.00-13.20
Xcite Bathgate	Friday	15.50-16.10
Xcite Broxburn Swimming Pool	Monday	10.30-10.50 17.30-17.50 14.00-14.20
	Wednesday	10.30-10.50 17.30-17.50
	Friday	10.30-10.50
	Friday	11.00-11.20 15.00-15.20 16.30-16.50
	Saturday	12.00-12.20
	Xcite Linlithgow	Tuesday
Xcite Livingston	Friday	10.10-10.30 12.00-12.20
	Saturday	11.00-11.20 15.00-15.20
	Tuesday	9.40-10.00 16.10-16.30
Xcite Livingston	Wednesday	12.10-12.30 16.10-16.30 17.40-18.00
	Thursday	12.30-12.50 15.50-16.10 16.30-16.50

Learn 2 Swim**Pre-school****From 3 years - 4.5 years**

Information correct as of 02/09/2020

Venue	Day	Time		
Xcite Whitburn	Monday	17.00-17.20		
	Tuesday	11.50-12.10		
	Thursday	11.00-11.20 12.00-12.20 15.30-15.50		
	Friday	11.00-11.20 12.00-12.20 15.30-15.50		
	Saturday	9.00-9.20 10.00-10.20 11.00-10.20 12.00-12.20		
	Xcite Bathgate	Tuesday	10.30-10.50 11.00-11.20 13.40-14.00	
		Friday	10.30-10.50 12.20-12.40 13.20-13.40 13.50-14.10 14.20-14.40 14.50-15.10 15.20-15.20	
		Sunday	9.30-9.50 12.30-12.50 14.50-15.10 15.50-16.10	
		Xcite Broxburn Swimming Pool	Monday	9.00-9.20 11.00-11.20 14.50-15.10 16.00-16.20
			Wednesday	9.00-9.20 11.00-11.20 15.00-15.20 16.00-16.20
Friday			11.00-11.20 16.30-16.50	
Saturday			9.00-9.20 10.00-10.20 11.00-11.20 13.30-13.50	
Xcite Linlithgow	Tuesday		15.30-15.50 16.20-16.40 17.20-17.40	
	Friday	9.40-10.00 10.40-11.00 12.30-12.50 17.00-17.20		
	Saturday	9.30-9.50 11.30-11.50 13.00-13.20 14.00-14.20		
	Xcite Livingston	Tuesday	10.10-10.30 13.20-13.40 16.40-17.00 17.30-17.50	
Wednesday		10.30-10.50 13.40-14.00 15.40-16.00 16.40-17.00		
Saturday		10.00-10.20 11.00-11.20		
Sunday		10.00-10.20 11.00-11.20		

Learn 2 Swim**SMALL GROUP Adult and Child****From 24 months +**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Livingston	Tuesday	12.30-12.50
	Wednesday	11.00-11.30
	Thursday	16.20-16.40
Xcite Linlithgow	Friday	9.30-9.50
	Saturday	12.00-12.20
Xcite Whitburn	Thursday	10.00-10.20
Xcite Broxburn Swimming Pool	Monday	11.30-11.50
	Wednesday	11.30-11.50
	Friday	14.00-14.20

Learn 2 Swim**Adult and Child****From 24 months +**

Information correct as of 02/09/2020

Venue	Day	Time	
Xcite Livingston	Tuesday	14.20-14.40 16.00-16.20	
	Wednesday	10.00-10.20 12.40-13.00	
	Saturday	9.30-9.50 12.00-12.20	
	Sunday	12.00-12.20	
Xcite Armadale	Sunday	10.00-10.20 11.00-11.20 12.30-12.50 13.00-13.20 13.30-13.40 14.00-14.30	
	Xcite Linlithgow	Friday	11.10-11.30 11.30-11.50
		Saturday	9.00-9.20 10.30-10.50 10.40-11.00 13.40-14.00
	Xcite Bathgate	Tuesday	9.00-9.20
		Friday	11.30-11.50 14.40-15.00 10.00-10.20
Sunday		12.00-12.20 14.20-14.40	
Xcite Whitburn	Tuesday	11.20-11.40	
	Thursday	11.30-11.50	
Xcite Broxburn Swimming Pool	Monday	10.00-10.20	
	Wednesday	10.00-10.20 14.30-14.50	
	Saturday	9.50-10.10	

Learn 2 Swim**Small group Swim Skill 1A**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Thursday	18.40-19.00
	Friday	14.40-15.00
Xcite Bathgate	Tuesday	16.50-17.10
	Friday	16.10-16.30
Xcite Broxburn Swimming Pool	Monday	18.30-18.50
	Wednesday	18.30-18.50
	Friday	16.00-16.20
Xcite Linlithgow	Tuesday	18.20-18.40
	Saturday	11.10-11.30
		13.30-13.50
Xcite Livingston	Tuesday	15.40-16.00
	Wednesday	17.10-17.30
	Thursday	16.50-17.10

Learn 2 Swim**Swim Skill 1A****Swim Skills 1a**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Monday	16.30-16.50
		17.30-17.50
		17.50-18.10
	Thursday	16.40-17.00
		17.10-17.30
		17.40-18.00
		18.10-18.30
	Friday	15.10-15.30
		16.10-16.30
		16.40-17.00
	Saturday	9.30-9.50
		10.30-10.50
11.30-11.50		
Xcite Bathgate	Tuesday	16.30-16.50
		17.00-17.20
		15.50 - 14.10
		16.20-16.40
		17.20-17.40
	Friday	12.40-13.00
		13.10-13.30
		13.40-14.00
		14.10-14.30
		14.40-15.00
		15.10-15.30
		15.40-16.00
16.30-16.50		
17.00-17.20		
17.30-17.50		
Sunday	10.00-10.20	
	13.00-13.20	
	15.20-15.40	
	13.50-14.10	
Xcite Broxburn Swimming Pool	Monday	16.30-16.50
		17.00-17.20
		18.00-18.20

Wednesday 16.30-16.50
18.00-18.20
17.00-17.20

Friday 15.30-15.50

Saturday 9.30-9.50
10.30-10.50
11.30-11.50
13.00-13.20

Xcite Linlithgow

Tuesday 15.50-16.10
16.30-16.50
16.50-17.10

Friday 17.30-17.50

Saturday 10.00-10.20
14.30-13.50
15.30-15.50
15.40-16.00

Xcite Livingston

Tuesday 17.10-17.30
17.40-18.00
18.10-18.30

Wednesday 15.50-16.10
17.20-17.40
18.10-18.30

Saturday 10.30-10.50
13.00-13.20
14.30-14.50

Sunday 10.30-10.50
13.00-13.20
14.30-14.50

Learn 2 Swim**SMALL GROUP Swim Skill 1B**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Bathgate	Tuesday	16.00-16.20
	Friday	16.00-16.20
Xcite Broxburn Swimming Pool	Monday	16.50-17.10
	Wednesday	16.40-17.00
Xcite Linlithgow	Tuesday	17.40-18.00
	Friday	16.30-16.50
	Saturday	10.20-10.40
		15.50-16.10
Xcite Livingston	Tuesday	17.50-18.10
		18.50-19.10
	Wednesday	18.20-18.40

Learn 2 Swim**Swim Skills 1B**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Monday	15.50-16.10
		16.50-17.10
		18.10-18.30
	Thursday	15.50-16.10
		16.20-16.40
		17.20-17.40
		17.50-18.10
	Saturday	9.10-9.30
		10.10-10.30
11.10-11.30		
11.40-12.00		
Xcite Bathgate	Tuesday	15.40-16.00
		16.10-16.30
		16.40-17.00
	Friday	17.50-18.10
		12.50-13.10
		13.20-13.40
		14.20-14.40
		14.50-15.10
	15.30-15.50	
	Sunday	10.30-10.50
		12.10-12.30
		12.40-13.00
13.40-14.00		
14.10- 14.30		
Xcite Broxburn Swimming Pool	Monday	15.40-16.00
		17.40-18.00
		17.50-18.10
	Wednesday	15.40-16.00
		17.30-17.50
		18.10-18.30
	Friday	16.20-16.40
		17.00-17.20
	Saturday	9.40-10.00
		10.40-11.00
		11.10-11.30

14.00-14.20

Xcite Linlithgow

Tuesday 16.00-16.20
18.40-19.00

Friday 16.00-16.20

Saturday 11.20-11.40
12.10-12.30
13.10-13.30
13.20-13.40
14.50-15.10

Xcite Livingston

Tuesday 17.00-17.20
18.00-18.20

Wednesday 16.20-16.40
16.50-17.10
17.50-18.10

Saturday 11.30-11.50
13.30-13.50
15.00-15.20

Sunday 11.30-11.50
13.30-13.50
15.00-15.20

Learn 2 Swim**SMALL GROUP Swim Skill 2**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Bathgate	Tuesday	17.30-17.50
Xcite Broxburn Swimming Pool	Monday	18.20-18.40
	Wednesday	18.10-18.30
Xcite Linlithgow	Tuesday	19.00-19.20
	Friday	17.10-17.30
	Saturday	11.50-12.10
		15.10-15.30
Xcite Livingston	Tuesday	16.50-17.10
	Wednesday	17.20-17.40

Learn 2 Swim**Swim Skill 2**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Monday	16.10-16.30
		16.20-16.40
		17.20-17.40
		18.40-19.00
	Thursday	16.00-16.20
		16.50-17.10
		17.30-17.50
		18.20-18.40
	Saturday	9.20-9.40
		10.20-10.40
		11.20-11.40
		12.10-12.30
	14.10-14.30	
Xcite Bathgate	Tuesday	15.50-16.10
		17.20-17.40
		17.30-17.50
		18.30-18.50
	Friday	13.00-13.20
		14.30-14.50
		15.30-15.50
	Sunday	11.00-11.20
		11.50-12.10
13.20-13.40		
Xcite Armadale	Wednesday	15.40-16.00
		16.10-16.30
		16.40-17.00
		17.10-17.30
	Sunday	9.10-9.30
		10.40-11.00
13.40-14.00		
	14.30-14.50	
Xcite Broxburn Swimming Pool	Monday	16.20-16.40
		17.10-17.30

Wednesday	16.10-16.30 17.10-17.30 18.40-19.00
Friday	15.50-16.10
Saturday	10.20-10.40 11.20+-11.40 11.40-12.00 12.30-12.50

Xcite Linlithgow

Tuesday	15.40-16.00 16.40-17.00 18.10-18.30
Friday	16.10-16.30 17.40-18.00 18.30-18.50
Saturday	9.50-10.10 10.50-11.10 13.50-14.10 14.10-14.30 16.10-16.30

Xcite Livingston

Tuesday	15.50-16.10 17.20-17.40 17.50-18.10
Wednesday	16.10-16.30 16.40-17.00 16.50-17.10
Saturday	14.00-14.20 15.30-15.50
Sunday	14.00-14.20 15.30-15.50

Learn 2 Swim

SMALL GROUP Swim Skill 3

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Bathgate	Tuesday	18.00-18.20
Xcite Broxburn Swimming Pool	Monday	17.10-17.30
	Wednesday	17.10-17.30
	Saturday	10.10-10.30
Xcite Linlithgow	Tuesday	16.10-16.30
	Friday	18.10-18.30
	Saturday	14.20-14.40
Xcite Livingston	Tuesday	18.20-18.40
	Wednesday	17.40-18.00

Learn 2 Swim**Swim Skill 3**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Monday	16.40-17.00 17.10-17.30
	Thursday	16.30-16.50 18.00-18.20
	Saturday	9.40-10.00 10.40-11.00
Xcite Bathgate	Tuesday	16.20-16.40 17.50-18.10 18.00-18.20
	Friday	13.30-13.50 15.00-15.20 15.50-16.10
	Sunday	12.50-13.10 14.00-14.20 15.00-15.20
Xcite Armadale	Wednesday	15.50-16.10 16.20-16.40 17.20-17.40 18.20-18.40
	Sunday	9.40-10.00 12.40-13.00
Xcite Broxburn Swimming Pool	Monday	16.10-16.30 18.50-19.10
	Wednesday	16.10-16.30 18.40-19.00
	Friday	16.00-16.20 16.30-16.50
	Saturday	11.50-12.10
Xcite Linlithgow	Tuesday	17.50-18.10
	Friday	16.40-17.00
	Saturday	9.20-9.40 15.20-15.40

Xcite Livingston

Tuesday
15.50-16.10
16.20-17.00
16.50-17.10
17.50-18.10

Wednesday
15.50-16.10
17.10-17.30
17.50-18.10
18.10-18.30

Learn 2 Swim

SMALL GROUP Swim Skill 4

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Bathgate	Tuesday	18.00-18.20
Xcite Linlithgow	Tuesday	17.00-17.20
	Saturday	14.40-15.00
Xcite Livingston	Tuesday	17.20-17.40
	Wednesday	18.40-19.00

Learn 2 Swim**Swim Skill 4**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Monday	17.40-18.00
	Thursday	17.00-17.20
		18.30-18.50
	Saturday	9.50-10.10
10.50-11.10		
Xcite Bathgate	Tuesday	16.50-17.10
		19.00-19.20
	Friday	14.00-14.20
		16.50-17.10
	Sunday	12.20-12.40
		14.30-14.50
13.10-13.30		
Xcite Armadale	Wednesday	16.50-17.10
		17.50-18.10
	Sunday	10.10-10.30
		13.10-13.30
Xcite Broxburn Swimming Pool	Monday	16.40-17.00
		18.10-18.30
	Wednesday	16.40-17.00
		18.10-18.30
	Friday	16.30-16.50
	Saturday	10.50-11.10
		13.00-13.20
Xcite Linlithgow	Tuesday	17.00-17.20
	Tuesday	17.10-17.30
		19.30-19.50
	Friday	18.00-18.20
	Saturday	12.20-12.40
		16.20-16.40

Xcite Livingston

Tuesday

16.20-16.40

Wednesday

16.20-16.40

18.10-18.30

Learn 2 Swim**Disability**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Monday	15.50-16.10
	Thursday	16.10-16.30
Xcite Bathgate	Tuesday	15.30-15.50
	Friday	12.50-13.10
		16.30-16.50
Xcite Broxburn Swimming Pool	Monday	15.30-15.50
	Wednesday	14.50-15.10 15.30-15.50
	Friday	13.00-13.20
Xcite Linlithgow	Tuesday	19.10-19.30
	Friday	12.20-12.40
Xcite Livingston	Tuesday	13.20-13.40 15.20-15.40
	Thursday	9.00-9.20 17.00-17.20 17.20-17.40

Learn 2 Swim
Adult Beginners

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Tuesday	9.00-9.40
	Thursday	19.10-19.50
Xcite Bathgate	Tuesday	18.20-19.00
Xcite Armadale	Wednesday	17.40-18.20
Xcite Linlithgow	Friday	11.40-12.20
Xcite Livingston	Tuesday	10.40-11.20 18.30-18.50
	Wednesday	18.40-19.20

Learn 2 Swim

Adult Intermediate

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Tuesday	19.40-10.20
Xcite Armadale	Wednesday	18.20-19.00
Xcite Broxburn Swimming Pool	Wednesday	11.30-12.10
Xcite Linlithgow	Tuesday Friday	19.40-20.20 18.40-19.20

Learn 2 Swim

Adult Advance

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Linlithgow	Tuesday	20.00-20.40

Learn 2 Swim

Club Ready

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Monday	18.00-19.00
	Saturday	11.50-12.50
Xcite Bathgate	Friday	17.00-17.40
Xcite Armadale	Sunday	11.10-12.10
		11.10-12.10
Xcite Broxburn Swimming Pool	Saturday	14.30-15.30

Xcite Livingston Tuesday

Wednesday

Saturday

Sunday

Learn 2 Swim

Diving

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Thursday	19.20-19.40
	Saturday	12.40-13.00
Xcite Bathgate	Friday	17.20-17.40
Xcite Armadale	Sunday	15.00-15.20

Learn 2 Swim**Rookie**

Information correct as of 02/09/2020

Venue	Day	Time
Xcite Whitburn	Thursday	18.50-19.10
		19.00-19.20
		19.30-19.50
Xcite Bathgate	Friday	17.50-18.10
		18.00-18.20
Xcite Armadale	Wednesday	18.50-19.10
		19.00-19.20
		18.20-18.40
	Sunday	14.10-14.30
		14.40-15.00
		15.10-15.30
Xcite Linlithgow	Tuesday	18.20-18.40
		18.50-19.10
		19.20-19.40
	Saturday	1600-16.20
		16.30-16.50
Xcite Livingston	Tuesday	18.40-19.00
		18.50-19.10
		19.10-19.30