



EASTER

HOLIDAY PROGRAMME

Canoeing/Mountain Biking/Kayaking 09.30am – 4pm – £42 per session

Archery 1.30pm – 4.00pm – £26.25 per session

Family Sessions 3 hours – £70 per session

ACTIVITIES

Intro to Mountain Biking – based out of Xcite Linlithgow this course is for those who are relatively new to Mountain Biking and who would like to learn some more about how to get the most out of their bike, the trails and themselves. Participants must be able to ride a bike and be keen to develop skills. Bikes and helmets are provided. (Full day, 9.30am – 4.00pm).

MTB Improver – For riders who have already attended one of our intro mountain biking courses or have previous experience of riding blue grade MTB trails. This course will help you develop your skills and confidence on both natural and purpose built mountain bike trails. Likely venues for this course can include Callendar Estate Trail network, Beecraigs Country Park or one of the many Pump Tracks found in West Lothian. Bikes and helmets, along with all necessary transport are provided. (Full day, 9.30am – 4.00pm)

Intro to Open Canoeing – Participants will team up with a partner and develop canoeing skills on the Union Canal. No previous experience required, we just ask that participants are water-confident and happy splashing around on the water. (Full day, 9.30am – 4.00pm).

Intro to Archery – Based in Xcite Linlithgow, participants will spend the session learning how to use a bow and arrow with a big emphasis on having fun and developing your technique in a safe environment. (1.30pm – 4pm).

Family Archery – Based in Xcite Linlithgow this is an introductory session for groups of family/friends. Just like our other introductory session there will be a big emphasis on having fun developing your skills in a safe environment. Each family/friends group can have up to 4 participants, one of which must be an adult and children have to be 8 yrs+ (9.30am – 12.30pm) or (1.30pm – 4.30pm).

Family Canoe – A fun introductory session for family/friend groups using 2/3 person open canoes on the Union Canal. No previous experience required, we just ask that participants are water-confident and happy splashing around on the water. Each family/friends group can have up to 4 participants, one of which must be an adult and children have to be 8 yrs+ (9.30am – 12.30pm) or (1.30pm – 4.30pm).

All activities are led by qualified instructors – For full day courses please bring a packed lunch and a complete change of clothing, including footwear, and a towel, along with any medication that your child may need, i.e., asthma inhaler, EpiPen. All safety equipment is provided, i.e., helmets, buoyancy aid, waterproofs and mountain bikes.

Drop off – 09.30am (1.30pm for afternoon archery) at Xcite Linlithgow – Outdoor studio

Pick up – 12pm for archery and 4pm for full day session at Xcite Linlithgow – Outdoor studio

Booking – Please book in person at Xcite Linlithgow or contact reception on 01506 237960 (booking forms must be completed at time of booking along with full payment)

T&C's

- Strictly a no refund policy will be in place – No refunds or transfers due to demand, if you are unable to attend you will not be refunded or receive any compensation.
- Please ensure you read the course description and that your child has the appropriate experience and ability to participate on the course.
- Drop off access will be strictly 10 mins prior to activity start time no earlier.
- Late pick up maybe charged for.



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Week One	Activity	Time	Age	Cost
Monday 3rd April	Intro to Mountain Biking	9.30am-4pm	8-12yrs	£42
Tuesday 4th April	Intro to Open Canoeing	9.30am-4pm	8-12yrs	£42
	Intro to Archery (indoors)	1.30pm-4pm	8-12yrs	£26.25
Wednesday 5th April	Intro to Mountain Biking	9.30am-4pm	8-12yrs	£42
	Family Canoeing Session	9.30am-12.30pm	*	£70 per family group*
	Family Canoeing Session	1.30pm-4.30pm	*	£70 per family group*
Thursday 6th April	Intro to Open Canoeing	9.30am-4pm	10-14yrs	£42
	Family Archery Session	9.30am-12.30pm	*	£70 per family group*
	Family Archery Session	1.30pm-4.30pm	*	£70 per family group*
Friday 7th April	Intro to Mountain Biking	09.30am-4pm	8-12yrs	£42

*Group of up to 4 participants, must include at least 1 adult, children 8yrs+



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Week Two	Activity	Time	Age	Cost
Monday 10th April	Intro to Mountain Biking	9.30am-4pm	8-12yrs	£42
Tuesday 11th April	Intro to Open Canoeing	9.30am-4pm	8-12yrs	£42
	Intro to Archery (indoors)	1.30pm-4pm	8-12yrs	£26.25
Wednesday 12th April	Intro to Mountain Biking	9.30am-4pm	8-12yrs	£42
	Family Canoeing Session	9.30am-12.30pm	*	£70 per family group*
	Family Canoeing Session	1.30pm-4.30pm	*	£70 per family group*
Thursday 13th April	Intro to Canoeing	9.30am-4pm	10-14yrs	£42
	Family Archery Session	9.30am-12.30pm	*	£70 per family group*
	Family Archery Session	1.30pm-4.30pm	*	£70 per family group*
Friday 14th April	MTB Improver	09.30am-4pm	10-14yrs	£42

*Group of up to 4 participants, must include at least 1 adult, children 8yrs+