

Xcite Linlithgow Swimming Timetable

Unless specified, there is no public swimming during club bookings, swimming lessons & aqua classes.

Time	Activity/Session	Ages	Notes
Monday			
07:00-10:30	Lane Swimming	8yrs+	
10:45-11:30	Aqua Fit	16yrs+	Encouraged to book class to secure a place. Public access to sauna and steam room.
11:45-17:00	Public Swimming	All	
17:15-18:15	Lane Swimming	8yrs+	
18:30-19:15	Aqua Fit	16yrs+	Encouraged to book class to secure a place. Public access to sauna and steam room.
19:30-21:00	Public Swimming	All	
Tuesday			
07:00-10:00	Lane Swimming	8yrs+	
10:10-10:55	Aqua Fit	16yrs+	Encouraged to book class to secure a place. Public access to sauna and steam room.
11:15-15:00	Public Swimming	All	
15:15-21:00	Swimming lessons		Public access to sauna and steam room.
Wednesday			
07:00-10:45	Lane Swimming	8yrs+	
11:00 - 11:45	Aqua Zumba	16yrs+	Encouraged to book class to secure a place. Public access to sauna and steam room.
12:00 -18:15	Public Swimming	All	
18:30-21:00	Lane Swimming	8yrs+	
Thursday			
07:00-08:35	Lane Swimming	8yrs+	
08:50-09:35	Aqua Fit	16yrs+	Encouraged to book class to secure a place. Public access to sauna and steam room.
09:50-10:35	Aqua Fit	16yrs+	Encouraged to book class to secure a place. Public access to sauna and steam room.
10:50-18:15	Public Swimming	All	
18:30-21:00	Lane Swimming	8yrs+	
Friday			
07:00-08:45	Lane Swimming	8yrs+	
09:00 - 13:00	Swimming Lessons		Public access to sauna and steam room.
10:00 - 11:00	ASN family fun session	All	Shared pool with swimming lessons.
13:15-14:30	Public Swimming	All	
14:45-19:00	Swimming lessons		Public access to sauna and steam room.
Saturday			
09:00-17:00	Swimming lessons		Public access to sauna and steam room.
Sunday			
08:15-09:15	Lane Swimming	8yrs+	No need to book – Lanes still in place in pool.
09:30-19:00	Public Swimming	All	Sessions bookable online or via the Xcite WLL App.