

Xcite Bathgate Swimming Timetable

Starts Friday 1st September 2023

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

Time	Activity/Session	Ages	Notes
Monday			
08:30-09:35	Adults Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
09:50 – 10:35	Aqua Fit	16yrs+	
10:45 – 12:15	Public Swimming	All	
12:30 – 13:15	Lane Swimming	8yrs+	
13:30 – 19:00	Public Swimming	All	
19:30 – 21:00	Adult Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
Tuesday			
08:30 – 10:00	Adults Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
10:00 – 15:15	Public Swimming	All	
15:15 – Close	Swimming Lessons		
Wednesday			
08:30 – 10:00	Adult Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
09:30 – 10:20	Aqua Fit	16yrs+	Shared pool with public swimming
10:00- 12:00	Public Swimming	All	
12:15- 14:00	Lane Swimming	8yrs+	
14:00 – 15:00	ASN family fun session	All	
15:15 – 17:00	Public Swimming	All	
17:00 – Close	Swimming Club		
Thursday			
08:30-09:35	Adult Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
09:50 – 10:35	Xcite Aqua	16yrs+	No public swim access.
10:45- 12:15	Public Swimming	All	
12:30 – 13:15	Lane Swimming	8yrs+	
13:30 – 19:00	Public Swimming	All	
19:30- 21:00	Adult Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book. Shared pool with Aqua Zumba from 8pm.
20:00 – 20:50	Aqua Zumba	16yrs+	Shared pool with public swimming.
Friday			
08:30 – 10:00	Adult Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
10:00-12:15	Public Swimming	All	
12:15 – Close	Swimming Lessons / Swim Club		
Saturday			
09:30 – 10:30	Adults Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
10:30 – 13:00	Public Swimming	All	
14:00 – 16:00	Aquatrack sessions		Sessions last 45 minutes. Sauna and Steam room closed from 13:00.
Sunday			
09:00-10:00	Adults Only Swim	16yrs+	Adult only swimming session. Must be 16 years or above, no need to book.
10:00 – Close	Swimming Lessons		