



AUTUMN

HOLIDAY PROGRAMME

Adventure Day Canoeing/Mountain Biking/Kayaking

9.30am - 4pm £42/session

Mini Adventure Day (Canoeing & Archery combo)

9.30am - 4pm £42/session

Improver Day 4pm - £42/session

Archery 9.30am - 12noon - £26.25/session

Family Sessions 3 hours - £70/ session

ACTIVITIES

Mountain Biking (8-12yrs) - 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 (10-14yrs) - for riders who have already attended one of our intro/adventure day 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. Participants **must be able to ride a bike** and be keen to develop skills. Bikes and helmets, along with all necessary transport are provided.

(Full day, 9.30am - 4.00pm)

Open Canoeing (8-12yrs) - 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).

Canoe Improver - for those who have already attended one of our Intro/Adventure day Canoe or Kayak courses. This course will help you develop your skills and discover new places in open canoes. Likely venues for this course include the Union Canal, Falkirk Wheel or Loch Ard, all necessary transport is provided (Full day, 9.30am - 4.30pm)

Kayaking (8-12yrs) - Participants will spend the day learning basic skills and improving confidence whilst exploring the Union Canal. This course will be delivered in single person closed cockpit kayaks. 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)

Archery (8-12yrs) - 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. (9.30am - 12pm)

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 must be 8 yrs+ (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 must be 8 yrs+ (9.30am - 12.30pm) or (1.30pm - 4.30pm)

SCAN FOR MORE INFORMATION





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ACTIVITIES

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.

Intro Courses

All of our intro course is delivered in a way that allows young people to attend them more than once. Whilst they may visit the same venue and participate in the same or similar activities during the session they will still be in an environment where their confidence can grow, skills can be developed, new friendships can make and above all have lots of fun.

Cost

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Drop off

All courses 9.30am at Xcite Linlithgow – Outdoor studio

Pick up

Archery 12 noon at Xcite Linlithgow – Outdoor studio

Canoeing/Mountain Biking/Kayaking & Mountain Bike

Improver 4pm 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.
- Ensure you read the course description and that your child has the appropriate experience and ability to participate on the course. Please contact the centre if you are unsure.
- 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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September	Activity	Time	Age	Cost
Friday 15th September	Open Canoeing (8+)	9.30 - 4pm	8-12yrs	£42
	Mountain Biking (8+)	9.30 - 4pm	8-12yrs	£42
Monday 18th September	Canoe & Archery (8+)	9.30 - 4pm	8-12yrs	£42
	Family Archery Session	9.30 - 12.30pm	*Group of up to 4 participants, must include at least 1 adult, children 8yrs+	£70/family group*
	Family Canoeing Session	1.30 - 4.30pm		£70/family group*
Tuesday 19th September	Kayaking (8+)	9.30 - 4pm	8-12yrs	£42
	Mountain Biking (8+)	9.30 - 4pm	8-12yrs	£42



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October	Activity	Time	Age	Cost
Monday 9th October	Open Canoeing (8+)	9.30-4pm	8-12yrs	£42
	Mountain Biking (8+)	9.30-4pm	8-12yrs	£42
Tuesday 10th October	Kayaking (8+)	9.30-4pm	8-12yrs	£42
	Archery (8+)	1pm – 3.30pm	8-12yrs	£26.25
Wednesday 11th October	Canoe Improver (10+)	9.30 – 4.30pm	10-14yrs	£42
	Mountain Biking (8+)	9.30-4pm	8-12yrs	£42
Thursday 12th October	Canoe & Archery (8+)	9.30 – 4pm	8-12yrs	£42
	Family Archery Session	9.30 – 12.30pm	*Group of up to 4 participants, must include at least 1 adult, children 8yrs+	£70/family group*
	Family Canoeing Session	1.30 – 4.30pm		£70/family group*
Friday 13th October	MTB Improver (10+)	9.30-4pm		£42
	Archery (8+)	9.30 – 12.00pm		£26.25