

Summer Holiday PROGRAMME

Age 5yrs+

XCITE

XCITE
Team

6 WEEKS OF ACTIVITIES FROM 1ST JULY UNTIL 11TH AUGUST

Sports camp, Pool fun sessions, extra Public Swim sessions, Golf camp, Inflatable bounce sessions.

What's On?

Multi Sports Day camps (5-11years)

Monday - Thursday, 09:00-15:00

Our multi-sports camps are the perfect way to keep your child active this Summer! These fun 6-hr sessions are jam packed with exciting activities and sports for your child, from old school games to tennis, hockey, dodgeball and more!

Golf (5-11years)

15th - 18th July Only, 09:00-15:00

Join our golf coach, Macrina Crawford, at Polkemmet Golf & Driving Range for lots of golfing challenges and fun! Going between the golf course, driving range, pitch 'n' putt and an indoor classroom, children will learn the fundamentals of the sport - including full swing, putting, chipping and pitching, through fun golf games and activities.

If you have them, please bring your own golf clubs. We can supply equipment to any child who does not have their own - just let us know at time of booking.



VENUE	Week 1 01-04 JULY	Week 2 08-11 JULY	Week 3 15-18 JULY	Week 4 22-25 JULY	Week 5 29 JUL - 01	Week 6 05-08 AUG
Xcite Bathgate	☑		☑	☑		☑
Xcite Broxburn			☑			
Xcite Craigswood			☑			☑
Xcite East Calder		☑			☑	
Xcite Linlithgow		☑			☑	
Xcite Winchburgh	☑	☑		☑	☑	
Deans Community High School	☑			☑		☑
Polkemmet Golf Course & Driving Range			☑ Golf Camp			

All camps run Mon-Thurs: you can book your child into a single day camp, 2 or 3 days or for a full 4-day week!

Prices: Our camps are £28.50 per day or £85.50 for the full week. A full week consists of 4 consecutive days at one venue. Access Xcite members are eligible for discounted rates

Registration time: 09:00 – 09:15

Pick up time: 15:00

Booking Option 1 – Please follow the link from the QR code to our holiday programme website page – you will be asked to complete a note of interest form. Once submitted, our team will contact you to take payment.

Booking Option 2 – Please book in person at the relevant Xcite venue. You will be asked to complete a booking form (or supply details for the form) and pay for your course in full at the time of booking. Bookings for golf camp can be taken at Xcite Bathgate.

Please note that your place is not confirmed until full payment has been taken.



Booking T&C'S

- Please drop off your child during the registration time. We ask that you do not arrive earlier than this, as there may not be anyone available at the Xcite venue to welcome you. The course will start at 09:15.
- Children attending any day camp should bring lunch, snacks and their own water bottle.
- Please be as punctual as possible to collect your child at the end of their session.

- Please send your child to camp in clothing suitable for the weather conditions, as they may be outside for some or all of the day. Your child should have sunscreen applied before the start of the camp if required.

- Each child should also bring a change of clothes if the weather is due to be wet.

- Access Xcite is a membership available to individuals / families receiving certain benefits. For more information scan the QR code



Swimming Pool Fun Sessions

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Pool Fun Session (60m)

All Ages (Children under 8 must be accompanied by someone over 16)

Join us as we throw floats, inflatable toys, pool noodles and more into the water so that families can splash around and have a great time together!

Price: Included Xcite Academy+ and Xcite New Gen memberships.

Children under 5 £3.00 / Non-member child (over 5 or non WL resident) £6.00

Non-member adult £6.20 / Adult 65+ (WL Resident) £4.00

All accompanying adults must pay to swim (unless they have an Xcite membership)

Aquatrack (45m) & Aquarun (1h) Sessions

Children 8 years+

(all children have to be able to swim a 25m length of the pool unaided at the start of each session)

Our large inflatable obstacle course is perfect for bigger kids who like a challenge! Swim up, climb onto the course and try to get to the other end without falling off... It's not as easy as it sounds!

Price: Aquatrack (Xcite Bathgate) Not included in any membership: £8 per child.

Aquarun (Xcite Whitburn & Winchburgh) £7* per session.

Not included Academy+ or New Gen memberships.

* Access Xcite Under 18s members are eligible for discounted rates on Aquarun but NOT Aquatrack.

Xcite Linlithgow Pool Party (2h)

Children 8 years+ Join us at Xcite Linlithgow for a pool party!

Lights, music and lots of fun in the pool, followed by pizza and a drink afterwards!

Price: £10 per child - includes swim, slice of pizza & drink. Not included in any membership.

Session times will be published on our website's dedicated Summer Holiday activities page.

Booking

Book via the WLL App, online or at the venue.

Find out how to book via the App by scanning the QR code.

To book online, scan QR code to take you to our website bookings login page.

App



Web



T&Cs We cannot offer a refund on a digital booking if you are unable to attend.

For Pool fun sessions, both child and accompanying over 16 will need a booked place in the session



Pool Fun Session Timetable

Fun Swim Sessions (Charges Apply)

VENUE	WEEK 1 01-05 JULY	WEEK 2 08-12 JULY	WEEK 3 15-19 JULY
Xcite Bathgate	Aquatrack Session - Tues, Thurs Pool Fun Sessions - Mon, Wed	Aquatrack Session - Tues, Thurs Pool Fun Sessions - Mon, Wed	Aquatrack Session - Tues, Thurs Pool Fun Sessions - Mon, Wed
Xcite Linlithgow	Pool Fun Session Mon, Tues, Wed, Thurs	Pool Fun Session Mon, Tues, Wed, Thurs	Pool Fun Session Mon, Tues, Wed, Thurs
Xcite Winchburgh	Fun Float Session - Thurs Aqarun Session - Tues	Fun Float Session - Thurs Aqarun Session - Tues	Fun Float Session - Thurs Aqarun Session - Tues
Xcite Whitburn	Aqarun Session - Fri	Fun Float Session - Mon, Wed Aqarun Session - Fri	Fun Float Session - Mon, Wed Aqarun Session - Fri
Deans Community High School	Aqarun Session - Mon Fun FLOat Session - Wed	Aqarun Session - Mon Fun FLOat Session - Wed	Aqarun Session - Mon Fun FLOat Session - Wed

Venue	WEEK 4 22-26 JULY	WEEK 5 29 JULY - 02 AUG	WEEK 6 05 - 09 AUG
Xcite Bathgate	Aquatrack Session - Tues, Thurs Pool Fun Sessions - Mon, Wed	Aquatrack Session - Tues, Thurs Pool Fun Sessions - Mon, Wed	Aquatrack Session - Tues, Thurs Pool Fun Sessions - Mon, Wed
Xcite Linlithgow	Pool Fun Session Mon, Tues, Wed, Thurs	Pool Fun Session Mon, Tues, Wed, Thurs	Pool Fun Session Mon, Tues, Wed, Thurs Pool Party - Friday
Xcite Winchburgh	Fun Float Session - Thurs Aqarun Session - Tues	Fun Float Session - Thurs Aqarun Session - Tues	Fun Float Session - Thurs Aqarun Session - Tues
Xcite Whitburn	Fun Float Session - Mon, Wed Aqarun Session - Fri	Fun Float Session - Mon, Wed Aqarun Session - Fri	Fun Float Session - Mon, Wed Aqarun Session - Fri
Deans Community High School	Aqarun Session - Mon Fun FLOat Session - Wed	Aqarun Session - Mon Fun FLOat Session - Wed	Aqarun Session - Mon Fun FLOat Session - Wed

For times of sessions, please see our website Summer Holiday page or contact the venue.

Extra Public Swimming Sessions

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We are opening our pools up even more over the summer holidays to allow you more opportunity to get into the water. See the timetable below for more information about your local pool. If your local pool has no information beside it, check the venue's swimming timetable page on our website westlothianleisure.com – there may be some minor changes to the regular timetable.

Venue	WEEK 1 01-04 JULY	WEEK 2 08-11 JULY	WEEK 3 15-18 JULY	WEEK 4 22-25 JULY	WEEK 5 29 JULY - 01 AUG	WEEK 6 05-08 AUG
Xcite Bathgate	NO ADDITIONAL SESSIONS, CHECK TIMETABLE ON WEBSITE					
Xcite Linlithgow	NO ADDITIONAL SESSIONS, CHECK TIMETABLE ON WEBSITE					
Xcite Winchburgh	Tues - 2 sessions Wed - 1 sessions Thurs- 2 sessions	Tues - 2 sessions Wed - 1 sessions Thurs- 1 session	Tues - 2 sessions Wed - 1 sessions Thurs- 1 session	Tues - 2 sessions Wed - 1 sessions Thurs- 1 session	Tues - 2 sessions Wed - 1 sessions Thurs- 1 session	Tues - 2 sessions Wed - 1 sessions Thurs- 1 session
Xcite Whitburn	NO ADDITIONAL SESSIONS, CHECK TIMETABLE ON WEBSITE					
Deans Community High School	Mon - 2 sessions Tues - 1 sessions Wed - 2 sessions	Mon - 2 sessions Tues - 1 sessions Wed - 2 sessions	Mon - 2 sessions Tues - 1 sessions Wed - 2 sessions	Mon - 2 sessions Tues - 1 sessions Wed - 2 sessions	Mon - 2 sessions Tues - 1 sessions Wed - 2 sessions	Mon - 2 sessions Tues - 1 sessions Wed - 2 sessions

Inflatable Bounce Sessions

Come along to Xcite Broxburn on Wednesday afternoons to try their new inflatable activity run- can you get from one end to the other without falling over? We will also have a bouncy castle for smaller children or those who require a gentler bouncing session!

Session Times: Wednesday 10th July, 24th July and 7th August

4-7 year olds @12:30 (45m session) - Children must have an accompanying adult present in the hall

8-14 year olds @13:30 (45m session)- Children can be dropped off at the activity, then collected at 14:15.

Price: £3 for Xcite Academy, Academy+ and New Gen members. £6.50 for non-members.

Booking: Please contact Xcite Broxburn reception in person or on 01506 237920. Alternatively book via App or WLL website - see page 3 for details





Summer Holiday Grand Finale: Colour Run!

This year, we will bring our summer holiday activity programme to a close with a Colour Run at Xcite Broxburn on Sunday 11th August. Ever wanted to take part in something different? How about negotiating a cross-country run that has slip & slides, cargo net crawls and inflatable obstacles to tackle along the way?

Not only that, you'll also be covered with colour whilst you make your way around! For those who missed our 2023 event, or those who want to do it again, it's back this year at a different location – Xcite Broxburn! Participants are encouraged to dance, walk or run around the course, with obstacles to tackle along the way. A team of Xcite volunteers will be on hand to cover participants with colourful powder paint as they work their way around the course!

This event is suitable for children over 5. Please see our Colour Run page on our website for full details and how to book your place, or scan the QR code.



Venue	ADDRESS	TELEPHONE NUMBER
Xcite Bathgate	Balbardie Park, Torphichen Road, Bathgate, EH48 4LA	01506 237910
Xcite Broxburn	Church Street, Broxburn, EH52 5EL	01506 237920
Xcite Craigswood	Craigswood, Livingston, EH54 5ER	01506 237940
Xcite East Calder	20A Rawholdings, East Calder, EH53 0JN	01506 883340
Xcite Linlithgow	McGinley Way, Linlithgow, EH49 6SQ	01506 237960
Xcite Whitburn	West Main Street, Whitburn, EH47 00D	01506 229210
Xcite Winchburgh	Linlithgow Road, Winchburgh, EH52 6FY	01506 340720
Deans Community High School	Eastwood Park, Deans, Livingston, EH54 8PS	01506 237970
Xcite Polkemmet Golf Course & Driving Range	Polkemmet Country Park, Bathgate, EH47 0AD	01501 743905



West Lothian Leisure (known as Xcite) is a Scottish Charity, SC027470.

www.westlothianleisure.com

YOUR CHARITY, INVESTING EVERY PENNY YOU SPEND BACK INTO A HEALTHIER AND HAPPIER WEST LOTHIAN.