

XCITE LINLITHGOW SWIMMING POOL SUMMER TIMETABLE - Valid 1st July to 11th August

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

Please be aware of our rules regarding children under 8 in the pool,
please see the swimming page of our website.

Sauna & Steam Rooms open as usual, see website for times - over 16s only

Day	Session Time	Activity	Age	Notes
Monday	07:00 - 10:30	Lane Swimming	8+	
	10:45 - 11:30	Aqua Fit	16+	Popular class - book in advance! No public access to pool
	11:45 - 17:00	Public Swimming	All ages	
	17:15 - 18:15	Lane Swimming	8+	
	18:30 - 19:15	Aqua Fit	16+	Popular class - book in advance! No public access to pool
	19:30 - 21:00	Public Swimming	All ages	
Tuesday	07:00 - 10:00	Lane Swimming	8+	
	10:05 - 10:55	Aqua Fit	16+	Popular class - book in advance! No public access to pool
	11:15 - 15:00	Public Swimming	All ages	
	15:15 - 20:30	Learn to Swim	All ages	No public access
Wednesday	07:00 - 08:15	Lane Swimming	8+	
	08:30 - 09:15	Aqua Fit	16+	Popular class - book in advance!
	09:30 - 10:45	Lane Swimming	8+	
	11:00 - 11:45	Aqua Zumba	16+	Popular class - book in advance! No public access to pool
	12:00 - 18:15	Public Swimming	All ages	
	18:30 - 21:00	Lane Swimming	8+	
Thursday	07:00 - 08:35	Lane Swimming	8+	
	08:50 - 09:35	Aqua Fit	16+	Popular class - book in advance! No public access to pool
	09:50 - 10:35	Aqua Fit	16+	Popular class - book in advance! No public access to pool
	10:50 - 18:15	Public Swimming	All ages	
	18:30 - 21:00	Lane Swimming	8+	
Friday	07:00 - 08:45	Lane Swimming	8+	
	09:00 - 13:00	Learn to Swim	All ages	No public access
	10:00 - 11:00	ASN session	All ages	Numbers limited to 30 participants max.
	13:15 - 14:30	Public Swimming	All ages	
	14:45 - 19:30	Learn to Swim	All ages	No public access
Saturday	09:00 - 17:00	Learn to Swim	All ages	No public access
Sunday	08:15 - 09:15	Lane Swimming	8+	
	09:30 - 19:00	Public Swimming	All ages	Bookable swimming session

Highlighted activities are bookable events via the venue/website/app

Learn to Swim is a coaching activity available to Academy, Academy+ and other U18s memberships - contact venue for info