

October Holiday PROGRAMME

Age 5yrs+



A WEEK OF ACTIVITIES FROM 14th – 21st OCTOBER

What's On?

Multi-sports and Outdoors camps, pool fun sessions, golf simulator sessions and a brand new virtual dance class for kids! Read through our descriptions, then check out the relevant timetables to see where and when the sessions are happening.

Multi Sports Day camps (5–11years)

AVAILABLE AT XCITE BATHGATE, XCITE WINCHBURGH AND DEANS COMMUNITY HIGH SCHOOL.

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!

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.

Registration time: 09:00 – 09:15

Pick up time: 15:00

* Access Xcite Under 18s users are eligible for discounted rates. Please ask at your local venue or let us know on our online note of interest form that you are an Access Xcite registered user. For more information about Access Xcite, scan the QR code below.





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.

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



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

SWIMMING POOL FUN SESSIONS

XCITE

Pool Fun Session (60m)

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!

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

Price: Children: Sessions are included Xcite Academy+, Access Xcite DD and Xcite New Gen memberships. **Adults:** included in all memberships (hips).

For those swimmers without a membership mentioned above, normal pay-per-visit prices apply to fun pool sessions:

Children under 5 £3.00 / Child over 5 (or non WL resident) £4.10

Non-member adult £6.20 / Adult 65+ (WL Resident) £4.10

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

Aquatrack (45m)

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!

Children 8 years+ Price: £8 per participant

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

Fun Swim Sessions						
VENUE	MONDAY 14 OCTOBER	TUESDAY 15 OCTOBER	WEDNESDAY 16 OCTOBER	THURSDAY 17 OCTOBER	FRIDAY 18 OCTOBER	MONDAY 21 OCTOBER
Xcite Bathgate	15:30-16:30		14:15-15:15		11:00-11:45	
Xcite Linlithgow	13:00-14:00	13:00-14:00	13:00-14:00	13:00-14:00	13:00-14:00	13:00-14:00
Xcite Whitburn	12:00-13:00		12:00-13:00		12:00-13:00	
AQUATRACK						
Xcite Bathgate		14:00-14:45		15:00-15:45		

Book in venue, online or WLL App

App

Web



*Please note that activities on the app are only bookable 2 weeks in advance





NEW FOR THIS SCHOOL HOLIDAY!

Trackman Golf Simulator – interactive kids sessions (1hr) ages 5+

Golf isn't just for grown ups!

Come along to Xcite Bathgate's golf simulator and spend an hour playing games, hitting targets and having lots of fun whilst practising your swing!

This is a supervised session, but not coach-led; participants should have some experience of hitting a golf ball to a target. Feel free to bring your own clubs if you have them - if you don't, no problem - we'll have some for you to use (please let us know when you book or check in at the venue on the day).

Price: £5 per child, maximum 6 children per session.

Bookable at Xcite Bathgate reception (in person or by phone 01506 237910).

Numbers are limited, book early!



Trackman For Kids						
VENUE	MONDAY 14 OCTOBER	TUESDAY 15 OCTOBER	WEDNESDAY 16 OCTOBER	THURSDAY 17 OCTOBER	FRIDAY 18 OCTOBER	SATURDAY 19 OCTOBER
Xcite Bathgate	10:00-11:00		10:00-11:00		10:00-11:00	

New to Xcite – FREE taster sessions of our new virtual class for kids:

LES MILLS BORN TO MOVE – (45m class) from ages 2 to 12

Come and try these new virtual classes designed for kids and grown ups to enjoy together. Friends and family can experience the fun and excitement of a class together with these specially designed Les Mills classes for age groups 2-3y, 4-7y and 8-12y. Please note that adults **MUST** accompany children under the age of 8 to the class.



Children are at their best when they feel they belong. BORN TO MOVE classes provide a safe, happy environment where your child will enjoy meeting other children and make new friends.

Toddler Exercise – (45m) Parent & Child

IMAGINATION, EXPLORATION AND MUSIC FOR 2-3 YEAR OLDS

Join your child in an imaginative exploration of movement to music. In this 45-minute class, the music is specially written for the class and instructions are sung as lyrics. This means you and your child will sing and dance your way through a series of simple moves that build body awareness and balance, ensuring you & child are engaged throughout.

IT'S FUN

Children experience the joy of moving to a simple beat. They embrace a fun approach to following instructions while strengthening the bond with their parent/caregiver.

IT'S ORIGINAL

There's lots of variety in every class keeping your children stimulated and engaged. The classes are regularly updated with new music and choreography.

IT MOVES BODIES AND MINDS

The music is written specially for the class and the lyrics act as sung instructions, leading children through simple moves that build body awareness and balance.

THEY'RE THE STAR

Children love unleashing energy and achieving in a safe and happy environment. Young ones are particularly happy if their parent/guardian is also part of the action.

Kids Exercise – (45m) 4-7 Years parent & Child

AN ADVENTURE OF DISCOVERY, ACTION AND SONG

These fun-fuelled classes help 4 to 7-year-olds explore how their bodies work & learning with their grown up participating and supporting their learning experience. There's plenty of opportunity to develop self-awareness, balance, coordination and concentration skills as they interpret music, explore and move to a beat. Each 45min session will ensure you & child are engaged, active and having a whole heap of fun whilst your participating together as a family.

PLAYING

Captivating lyrics fire children's imaginations and immerse them in a world of active play through drama, dance and storytelling.

LEARNING

Working independently, children thrive as they quickly master the simple moves. It fuels their appetite to learn more

REFRESHING

Variety-packed, the classes are regularly updated with new music and choreography – so children never get bored.

ENERGISING

Children get to unleash energy, imaginative journey through action and song

Kids Exercise – (45m) 8-12 Years

WHY 8-12 YEAR OLDS LOVE BORN TO MOVE: IT'S FUN

We all get bored sometimes, but that won't happen in this class. Whether it's learning new moves, mastering a game or singing along to hit songs, fun comes first. Anyone can do the moves and it's easy to get them right. Plus, there's new music and moves every few months! Everything is more fun with friends – bring your friends or make new ones! Featuring music by Rudimental, Katy Perry, One Direction and AfroJack.

WHY PARENTS OF 8-12 YEAR OLDS LOVE BORN TO MOVE: IT MOVES BODIES AND MINDS

Dancing, punching, kicking, core training, yoga and more... Featuring moves from eight movement categories this class helps develop a wide variety of motor skills. Your child will improve coordination, build endurance and strength, increase flexibility, relax and have loads of fun. It doesn't matter if they are involved in sport or not – the moves are easy to follow and will develop skills that set them up for a lifetime of physical activity.

BORN TO MOVE provides structured, fun fitness classes your child will love. There are objectives and learning outcomes for each class, but your child will be having too much fun to notice that they are learning! We are delighted to be able to offer these classes for free between 14th and 21st October! In order to control class size and ensure safety, we will only admit customers into the studio with a booking for the class. Classes can be booked online, via the WLL app (up to 2 weeks in advance) or at the venue

Book in venue, online or WLL App

Web



App



Les Mills Born to Move Virtual Classes

VENUE		MONDAY 14 OCT	TUESDAY 15 OCT	WEDNESDAY 16 OCT	THURSDAY 17 OCT	FRIDAY 18 OCT	MONDAY 21 OCT
Toddler Exercise 2-3 Years Parent & Child Class	Xcite Broxburn	11:00-11:45				11:00-11:45	
	Xcite Craigswood					13:30-14:15	
	Xcite Linlithgow					13:00-13:45	
Kids Exercise 4-7Years Parent & Child Class	Xcite Broxburn	13:00-13:45	10:00-10:45	12:30 -13:15	14:00-14:45	12:00-12:45	11:00 -11:45
	Xcite Craigswood					15:00-15:45	
	Xcite Linlithgow					14:00-14:45	
	XciteWhitburn					12:00 -12:45	
Kids Exercise 8-12 Years	Xcite Broxburn	15:30-16:15	13:00-13:45 15:30-16:15	14:00-14:45 16:15-17:00	16:15-17:00	16:15-17:00	12:00-12:45
	Xcite Craigswood					16:15-17:00	
	Xcite Linlithgow					15:00-15:45 16:00-16:45	
	XciteWhitburn					13:00-13:45	

XCITE OUTDOORS ACTIVITIES

XCITE
OUTDOORS

Xcite Linlithgow offers a wide range of single and multi-day courses during school holidays. We're passionate about getting children outdoors, no matter the weather, staying active and having fun! We have three types of activities available:

Intro Days & Multi Activity Courses (both 8-12yrs)

These courses are delivered in a way that allows young people to attend them more than once if they choose. 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 be made and above all have lots of fun. No previous experience is required for these sessions.

Adventure Days (10-14yrs)

These courses are aimed at slightly older children who have participated in the activity before and are looking to develop their skills and confidence in a new environment.

Here are the courses available this October half term!

Multi Activity 3 & 4 Day Courses (6h30) 8yrs+

Spend 3 or 4 days with our instructors and get to try all of the activities we currently offer – mountain biking*, canoeing, kayaking, archery and team building challenges.

* mountain biking is not available on our 3 day multi activity course.

Intro Mountain Biking (6h30) 8yrs+

This full-day 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.

Intro Open Canoeing (6h30) 8yrs+

Full day course. 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.



Archery (2h30) 8yrs+

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.

Mountain Biking Adventure (7h) 10yrs+

Aimed at riders who have already attended one of our intro 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. Bikes and helmets, along with all necessary transport, are provided.

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.

Drop off time – 09:30 at Xcite Linlithgow – Outdoor studio

Pick up time – variable please see timetable below. All pickups from Xcite Linlithgow – Outdoor studio

Booking – Please book in person at Xcite Linlithgow or contact reception on 01506 237960. 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.

Booking T&C's

- Please ensure you read the course description and that your child has the appropriate experience and ability to participate on the course. Please contact us if you are unsure or have any questions.
- Please drop off your child 10 mins prior to activity start time. We ask that you do not arrive earlier than this, as there may not be anyone available at the Xcite Outdoors studio to welcome you.
- We operate a no refund policy. We regret that we cannot offer refunds or transfers due to demand; if your child is unable to attend, we will not be able to offer a refund or compensation.
- Please be as punctual as you can be to collect your child at the end of their course. Late pick up maybe charged for.



XCITE LINLITHGOW

Date	Activity	Time	Age	Cost
Monday 14th October	4-day Multi-Activity Course - Day 1	Drop off 09:30 Pick up 16:00	8-12yrs	£148 (4 days)
	Intro Mountain Biking (full day)			£43
	Intro Canoeing (full day)			
Tuesday 15th October	4-day Multi-Activity Course - Day 2	Drop off 09:30 Pick up 16:00	8-12yrs	See Day 1
	3-day Multi-Activity Course - Day 1			£111 (3days)
Wednesday 16th October	4-day Multi-Activity Course - Day 3	Drop off 09:30 Pick up 16:00	8-12yrs	See Day 1
	3-day Multi-Activity Course - Day 2			See Day 1
	Archery (indoors)	09:30 - 12:00	8-12yrs	£25
Thursday 17th October	4-day Multi-Activity Course - Day 4	Drop off 09:30 Pick up 16:00	8-12yrs	See Day 1
	3-day Multi-Activity Course - Day 3			See Day 1
	Intro Canoeing (full day)			£43
Friday 18th October	Mountain Biking Adventure Day	Drop off 09:30 Pick up 16:00	10-14yrs	£43



VENUE INFORMATION

Venue	Address	Telephone Number
Xcite Bathgate	Balbardie Park, Torphichen Road Bathgate, EH48 4LA	01506 237920
Xcite Broxburn	Church Street Broxburn, EH52 5EL	01506 237910
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 0QD	01501 229210
Xcite Winchburgh	Linlithgow Road, Winchburgh EH52 6FY	01506 340729
Xcite Deans Community High School	Eastwood Park, Deans Livingston EH54 8PS	01506 237970

