



Summer Holiday

Age 8yrs+

PROGRAMME



**6 WEEKS OF ACTIVITES FROM
1ST JULY UNTIL 11TH AUGUST**

What's On?

Adventure Days & Multi Activity Courses (8-12yrs)

These courses are delivered to allow young people attend them more than once. Whilst they may visit the same venue, we continue to provide an environment where 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

Improver Sessions (10-14yrs)

Courses are aimed at children who have participated in the activity before and want to develop their skills and confidence, perhaps in a new environment or activity environment.

FULL DAY COURSES - 09:30-16:00

Multi Activity 3 or 4 days (8yrs+)

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

Intro Mountain Biking (8yrs+)

Based at Xcite Linlithgow, this course is for children who are relatively new to Mountain Biking and/or 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.

MTB Improver (10yrs+)

For riders who have already attended one of our intro MTB courses or have previous experience of riding blue grade MTB trails. Possible venues for this course include Callendar Estate Trail network, Beecraigs Country Park or one of the many Pump Tracks found in West Lothian. This course helps develop skills and confidence on both natural and purpose built mountain bike trails. Bikes and helmets, along with all required transport, are provided.

Intro Open Canoeing/Kayaking (8yrs+)

Spend a day learning to canoe or kayak on the Union Canal. For canoeing, participants team up with a partner in canoes. Kayaking participants have individual crafts. No previous experience required; but participants should be water-confident and happy splashing around on the water.

Paddlesports Improver (10yrs+)* 09:30- 16:30 *

If you have already attended either our Intro Canoe or Intro Kayak course, or have previous paddlesports experience, this course will help develop skills and discover new places in our open canoes or kayaks. Possible venues for this course include the Union Canal, Falkirk Wheel or Loch Ard; all necessary transport is provided.

For full day courses please bring a packed lunch, a complete change of clothing (including footwear) and a towel. You should also provide any medication that your child may need, e.g. asthma inhaler, EpiPen. All safety equipment: helmets, buoyancy aids, waterproofs and mountain bikes is provided.



PART DAY COURSES

- Variable course length & duration

Archery (8yrs+) 09:30 – 12:00 or 13:30 – 16:00

Based indoors at Xcite Linlithgow, this session will teach children how to use a bow and arrow with a big emphasis on having fun and developing technique in a safe environment.

Family Archery 09:30 – 12:30 or 13:00 – 16:00

Based indoors at Xcite Linlithgow, this introductory session is for groups of family/friends. Just like other introductory sessions, there is a big emphasis on having fun and developing 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+**

Family Canoe 09:30 – 12:30 or 13:30 – 16:30

A fun introductory session for family/friend groups using 2/3 person open canoes on the Union Canal. No previous experience required, but participants should be 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+**

Drop off time – 09:30 (13:30 for afternoon archery) at Xcite Linlithgow – Outdoor studio

Pick up time – 12:00 for Morning Archery / 16:00 Afternoon Archery / 16:00 Full day session / 16:30 Paddlesports Improver – 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.



Week 1 (1st - 7th July)

Date	Activity	Time	Age	Cost
Monday 1st - Thursday 4th July	Multi Activity 4 day (8+): Canoe, MTB, Kayak, Archery & Team Building Challenges	09:30 - 16:00	8-12yrs	£148
Monday 1st July	Intro MTB (8+)	09:30 - 16:00	8-12yrs	£43
Wednesday 3rd July	Archery (indoors)(8+)	13:30 - 16:00	8-12yrs	£25
Thursday 4th July - Friday 5th July	Paddlesports Improver 2 day (10+)	09:30 - 16:30	8-12yrs	£86
Sunday 7th July	Family Canoeing Session	09:30 - 12:30	Group of up to 4 participants*	£75 per group
		13:30 - 16:30		

Week 2 (8th -14th July)

Date	Activity	Time	Age	Cost
Monday 8th - Wednesday 10th July	Multi Activity 3 day (8+): MTB, Canoe, Kayak	09:30 - 16:00	8-12yrs	£111
Tuesday 9th July	Intro MTB (8+)	09:30 - 16:00	8-12yrs	£43
Wednesday 10th July	Family Archery Session	09:30 - 12:30	Group of up to 4 participants*	£75 per group
	Archery (indoors)(8+)	13:30 - 16:00	8-12yrs	£25
Thursday 11th - Friday 12th July	MTB Improver 2 day (10+)	09:30 - 16:00	8-12yrs	£86

Week 3 (15th -21st July)

Date	Activity	Time	Age	Cost
Monday 15th July	Archery (indoors)(8+)	13:30 - 16:00	8-12yrs	£25
Tuesday 16th July	Intro Open Canoeing (8+)	09:30 - 16:00	8-12yrs	£43
	Family Archery Session	13:00 - 16:00	Group of up to 4 participants*	£75 per group
Wednesday 17th - Thursday 18th July	Paddlesports Improver 2 day (10+)	09:30 - 16:30	10-14yrs	£86
Thursday 18th July	Intro MTB (8+)	09:30 - 16:00	8-12yrs	£43

Week 4 (22nd - 28th July)

Date	Activity	Time	Age	Cost
Monday 22nd July	Intro MTB (8+)	09:30 - 16:00	8-12yrs	£43
Tuesday 23rd - Wednesday 24th July	MTB Improver 2 day (10+)	09:30 - 16:00	10-14yrs	£86
Thursday 25th July	Archery (indoors)(8+)	13:30 - 16:00	8-12yrs	£25
Friday 26th July	Intro MTB (8+)	09:30 - 16:00	8-12yrs	£43

Week 5 (29th July - 4th August)

Date	Activity	Time	Age	Cost
Monday 29th - Thursday 1st August	Multi Activity 4 day (8+): Canoe, MTB, Kayak, Archery & Team Building Challenges	09:30 - 16:00	8-12yrs	£148
Monday 29th July	Intro MTB (8+)	09:30 - 16:00	8-12yrs	£43
Tuesday 30th July	Intro Kayak (8+)	09:30 - 16:00	8-12yrs	£43
Wednesday 31st July	Archery (indoors)(8+)	09:30 - 12:00	8-12yrs	£25
Thursday 1st - Friday 2nd August	Paddlesports Improver 2 day (10+)	09:30 - 16:30	10-14yrs	£86
Sunday 4th August	Family Canoeing Session	09:30 - 12:30	Group of up to 4 participants*	£75 per group
	Family Canoeing Session	13:30 - 16:30		

Week 6 (5th - 11th August)

Date	Activity	Time	Age	Cost
Monday 5th - Wednesday 7th August	Multi Activity 3 day (8+): MTB, Canoe, Kayak	09:30 - 16:00	8-12yrs	£111
Tuesday 6th August	Intro MTB (8+)	09:30 - 16:00	8-12yrs	£43
Wednesday 7th August	Archery (indoors)(8+)	13:30 - 16:00	8-12yrs	£25
Thursday 8th - Friday 9th July	MTB Improver 2 day (10+)	09:30 - 16:00	10-14yrs	£86

A group can have up to 4 participants, one of which must be an adult and children must be 8 yrs+