



# OCTOBER

## HOLIDAY PROGRAMME

**Canoeing/Mountain Biking/Kayaking 09.30am - 4pm - £40 per session**

**Archery 09.30am - 12.00pm - £25 per session**

**Family Sessions 3 hours - £60 per session**

## ACTIVITIES

**Intro to Mountain Biking** - 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).

**Intro to Open Canoeing** - 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).

**Intro to Archery** - 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 - 12.30pm).

**Intro to Kayaking** - 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).

**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 have to 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 have to be 8 yrs+ (9.30am - 12.30pm) or (1.30pm - 4.30pm).

**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** - 09.30am (1.30pm for afternoon archery) at Xcite Linlithgow - Outdoor studio

**Pick up** - Either 12.00pm for archery or 4pm for full day session at Xcite Linlithgow - Outdoor studio

**Booking** - Please contact Xcite Linlithgow 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.
- Please ensure you read the course description and that your child has the appropriate experience and ability to participate on the course.
- 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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Sept Weekend	Activity	Time	Age	Cost
Friday 16th September	Intro to Mountain Biking	09.30-4pm	8-12yrs	£40
	Intro to Open Canoeing	09.30-4pm	8-12yrs	£40
Sunday 18th September	Family Canoeing Session	09.30-12.30pm	*	£60 per family group*
	Family Canoeing Session	1.30pm-4.30pm		
Monday 19th September	Intro to Archery (indoors)	09.30-12.00pm	8-12yrs	£25
	Intro to Kayaking	09.30-4pm	8-12yrs	£40
Tuesday 20th September	Intro to Mountain Biking	09.30-4pm	8-12yrs	£40
	Intro to Open Canoeing	09.30-4pm	8-12yrs	£40

\*Group of up to 4 participants, must include at least 1 adult, children 8yrs+



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October Week	Activity	Time	Age	Cost
Monday 10th October	Intro to Open Canoeing	09.30-4pm	8-12yrs	£40
Tuesday 11th October	Intro to Archery (indoors)	1.30pm-4pm	8-12yrs	£25
	Intro to Kayaking	09.30-4pm	10-14yrs	£40
Wednesday 12th October	Intro to Mountain Biking	09.30-4pm	8-12yrs	£40
	Intro to Open Canoeing	09.30-4pm	8-12yrs	£40
Thursday 13th October	Intro to Kayaking	09.30-4pm	10-14yrs	£40
	Family Archery Session	09.30-12.30pm	*	£60 per family
	Family Archery Session	1.30pm- 4.30pm	*	group*
Friday 14th October	Intro to Mountain Biking	09.30-4pm	8-12yrs	£60 per family
	Family Canoeing Session	09.30-12.30pm	*	group*
	Family Canoeing Session	1.30pm-4.30pm	*	£60 per family group*

\*Group of up to 4 participants, must include at least 1 adult, children 8yrs+