



# SUMMER

## HOLIDAY PROGRAMME

**Canoeing/Mountain Biking/Kayaking 09.30am – 4pm – £42 per session**

**Archery 09.30am – 12 noon – £26.25 per session Family Sessions**

**3 hours – £70 per session**

**Two-day improver course – £89 per session**

**MTB improver plus – £47 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 confidently 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 is 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 noon).

**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 is 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 or friends. Just like our other introductory sessions, there will be a big emphasis on having fun and developing your skills in a safe environment. Each family/friends group can have up to 4 participants, one of which must be an adult. Children must be 8 years+ (9.30am – 12.30pm)

**Family Canoe** – A fun introductory session for family or friend groups using 2/3 person open canoes on the Union Canal. No previous experience is 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. Children must be 8 years+ (9.30am – 12.30pm) or (1.30pm – 4.30pm)

**MTB Improver** – This session is for riders who have already attended one of our intro mountain biking courses or have previous experience of riding blue grade MTB trails. This 2-day course will help you develop your skills and confidence on both natural and purpose built mountain bike trails. Likely venues for this course include Callendar Estate trail network, Beecraigs Country Park and one of the many Pump Tracks found in West Lothian. Bikes and helmets, along with all necessary transport are provided. (Full day, 9.30am – 4.00pm)

**Paddlesports Improver** – This session is for those who have already attended either one of our intro canoe or kayak courses. This 2 day course will help you develop your skills and discover new places in both open canoes and close cockpit kayaks, one day will be spent in each type of craft. Likely venues for this course include the Union Canal, Falkirk Wheel or Loch Ard. All necessary transport is provided. (Full day, 9.30am – 4.00pm)

**MTB Improver Plus** – for riders who have previously attended one of our MTB Improver courses or are confident riding on blue grade MTB trails and are happy to develop their confidence and skill on red grade MTB trails. Likely venues for this can include Glentress or Comrie Croft. Bikes and helmets, along with all necessary transport are provided. (Full day, 9.30am – 4.30pm)

## SCAN FOR MORE INFORMATION





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**Canoeing/Mountain Biking/Kayaking 09.30am - 4pm - £42 per session**  
**Archery 09.30am - 12 noon - £26.25 per session Family Sessions**  
**3 hours - £70 per session**  
**Two-day course - £89 per session**  
**One-day course - £47 per session**  
**Glentress MTB - £45**

## ACTIVITIES

### 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.

### Intro Courses

All of our intro course as delivered in a way that allows young people to attend them more than once. 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 make and above all have lots of fun.

### Cost

#### Intro Canoeing/Mountain Biking/Kayaking

9.30am - 4pm - £42 per session

**Archery 9.30am - 12noon - £26.25 per session**

**Two-day Improver - £89 per session**

**One-day Improver Plus - £47 per session**

**Family Sessions 3 hours - £70 per session**

### 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. Ensure you read the course description and that your child has the appropriate experience and ability to participate on the course. Please contact the centre if you are unsure. Drop off access will be strictly 10 mins prior to activity start time no earlier. Late pick up maybe charged for.

### Drop off

All courses 09.30am at Xcite Linlithgow - Outdoor studio

### Pick up

**Archery 12 noon** at Xcite Linlithgow - Outdoor studio  
**Intro Canoeing/Mountain Biking/Kayaking & Mountain Bike Improver 4pm**

at Xcite Linlithgow - Outdoor studio

**Paddlesports Improver 4.30pm**

at Xcite Linlithgow - Outdoor studio

**Mountain bike Improver Plus 4.30pm**

at Xcite Linlithgow - Outdoor studio

### Booking

Please book in person at Xcite Linlithgow or contact reception on 01506 237960 (booking forms must be completed at time of booking along with full payment)



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Week 1	Activity	Time	Age	Cost
Monday 3rd July	Intro to Kayaking	09.30-4pm	10-14yrs	£42
	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
Tuesday 4th July	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
	Family Archery	1pm - 4pm	*	£70
	Intro to Open Canoeing	09.30-4pm	8-12yrs	£42
Wednesday 5th July	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
	Intro to Kayaking	09.30-4pm	8-12yrs	£42
	Intro to Archery	09.30-12 noon	8-12yrs	£26.25
Thursday 6th July	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
	Intro to Open Canoeing	09.30-4pm	10-14yrs	£42
Friday 7th July	Intro to Kayaking	09.30-4pm	8-12yrs	£42
Sunday 9th July	Family Canoeing Session	09.30-12.30pm	*	£70 per family
	Family Canoeing Session	1.30pm -4.30pm	*	group*

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



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Week 2	Activity	Time	Age	Cost
Monday 10th July	Intro to Archery	09.30-12 noon	8-12yrs	£26.25
Tuesday 11th July	Intro to Kayaking	09.30-4pm	10-14yrs	£42
	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
Wednesday 12th July	MTB Improver 2-day course (day1)	09.30-4pm	10-14yrs	£89 (for 2 days)
	Intro to Archery	09.30-12 noon	8-12yrs	£26.25
Thursday 13th July	MTB Improver 2-day course (day2)	09.30-4pm	10-14yrs	£89 (for 2 days)
Friday 14th July	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
	Intro to Open Canoeing	09.30-4pm	8-12yrs	£42

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Week 3	Activity	Time	Age	Cost
Monday 17th July	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
Tuesday 18th July	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
	Family Archery	09.30-12.30pm	*	£70
Wednesday 19th July	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
Thursday 20th July	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42

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Week 4	Activity	Time	Age	Cost
Monday 24th July	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
Tuesday 25th July	Intro to Open Canoeing	09.30-4pm	8-12yrs	£42
	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
Wednesday 26th July	Intro to Kayaking	09.30-4pm	8-12yrs	£42
	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
Thursday 27th July	Paddle sports 2-day Improver course (Day 1)	09.30-4.30pm	10-14yrs	£89 (for 2 days)
	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
Friday 28th July	Paddle sports 2-day Improver course (Day 2)	09.30-4.30pm	10-14yrs	£89 (for 2 days)
	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42

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Week 5	Activity	Time	Age	Cost
Monday 31st July	Intro to Kayaking	09.30-4pm	8-12yrs	£42
	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
Tuesday 1st August	MTB Improver 2-day course (day1)	09.30-4pm	10-14yrs	£89 (for 2 days)
	Intro to Archery (indoors)	09.30-12 noon	8-12yrs	£26.25
Wednesday 2nd August	MTB Improver 2-day course (day2)	09.30-4pm	10-14yrs	£89 (for 2 days)
Thursday 3rd August	MTB Improver Plus	09.30-4.30pm	10-14yrs	£47
Friday 4th August	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
	Intro to Kayaking	09.30-4pm	10-14yrs	£42

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



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Week 6	Activity	Time	Age	Cost
Monday 7th August	Intro to Open Canoeing	09.30-4pm	8-12yrs	£42
Tuesday 8th August	Paddle sports 2-day Improver course (Day 1)	09.30-4.30pm	10-14yrs	£89 (for 2 days)
	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42
Wednesday 9th August	Paddle sports 2-day Improver course (Day 2)	09.30-4.30pm	10-14yrs	£89 (for 2 days)
Thursday 10th August	Intro to Kayaking	09.30-4pm	8-12yrs	£42
	Intro to Mountain Biking	09.30-4pm	8-12yrs	£42

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