

XCITE
OUTDOORS

Easter Holiday PROGRAMME

Age 8yrs+

WEEK 1 Tuesday 2nd - Friday 5th April

WEEK 2 Monday 8th - Friday 12th April



What type of courses does the programme offer?

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 - lots of fun can be had!. 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

Course specific information - All activities are led by qualified instructors

Multi Activity 3 Day (8yrs+)

Spend 3 full days with our instructors and try all of the activities we currently offer: mountain biking, canoeing, kayaking and archery

Canoe Improver (10yrs+)

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. Possible venues for this course include the Union Canal, Falkirk Wheel or Loch Ard; all necessary transport is provided.

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

Intro Open Canoeing (8yrs+)

Participants will team up with a partner and develop canoeing skills on the Union Canal. No previous experience required; but participants should be water-confident and happy splashing around on the water.

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.

Canoe & Archery (8yrs+)

Spend a morning out in canoes and then the afternoon indoors doing archery.

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+) 2.5hrs

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: Introduction 3 hrs

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: Introduction 3hrs

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+

Easter Week 1: 2 nd - 5 th April				
Date	Activity	Time	Age	Cost
TUES 2 nd APRIL	Intro Mountain Biking (8+) FULL DAY	09:30-16:00	8-12yrs	£43
WED 3 rd APRIL	Intro Open Canoeing (8+) FULL DAY	09:30-16:00	8-12yrs	£43
	Archery (indoors)(8+)	13:00-15:30		£25
THURS 4 th APRIL	Canoe & Archery (8+) FULL DAY	09:30-16:00	8-12yrs	£43
	Family Archery Session	09:30-12:30	Group of up to 4 participants*	£75 per family group*
	Family Canoeing Session	13:30-16:30		
FRI 5 th APRIL	Intro Mountain Biking (8+) FULL DAY	09:30-16:00	8-12yrs	£43
	Canoe Improver (10+) FULL DAY	09:30-16:30	10-14yrs	£43
Easter Week 2: 8 th - 12 th April				
MON 8 th APRIL	Intro Mountain Biking (8+) FULL DAY	09:30-16:00	8-12yrs	£43
TUES 9 th APRIL	Archery (indoors)(8+)	13:00-15:30	8-12yrs	£25
	Multi Activity day 1/3 Open Canoeing (8+) FULL DAY			
WED 10 th APRIL	Multi Activity day 2/3 Mountain Biking (8+) FULL DAY	09:30-16:00	8-12yrs	£111 for 3 days
THURS 11 th APRIL	Multi Activity day 3/3 Kayak & Archery (8+) FULL DAY			
	Family Archery Session	09:30-12:30	Group of up to 4 participants*	£75 per family group*
FRI 12 th APRIL	MTB Improver(10+) FULL DAY	09:30-16:00	10-14yrs	£43

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.



Drop off time

09:30 (13:00 for afternoon archery) at Xcite Linlithgow - Outdoor studio

Pick up time

Full day sessions: 16:00
Archery: 15:30 (afternoon session)
Canoe Improver: 16:30
All pickups from Xcite Linlithgow - Outdoor studio