

# Monday

Group Name/ Activity	When	Where	Target Group	Aims of group	Contact for further info.
Lochside Playgroup	08:30-12:30	G P Room	For Children aged from 2.5.	Pre-school playgroup	Heather Stewart 07884 014884
Monday Tea Dance	13:30-16:00	Games Hall	50+	Social dances	Olive Borland 01506 881371
Linlithgow Kayak Racing Club	18:30-20:30	Changing Facilities	Adults and Children	To promote Kayak racing in Sprint and Marathon. To encourage the Junior Paddler (i.e. under 18 years of age)	Pamela Fletcher 01506 671105
Louise Barry	19:00-20:00	Lounge	Adults	Yoga	Louise Barry 01506 201516
Susan Douglas Pilates	09:30-10:30	Lounge	Adults	Pilates	Susan Douglas 01506 870062
SCA Regional Development Squad	17:00-1800	Games Hall	Children	Fitness training and maintenance of club members interest and continuity	Peter Easson
Zumba Fitness	20:30-21:30	Games hall	Adults	Fitness training	Julie Wilkinson

# Tuesday

Group Name/ Activity	When	Where	Target Group	Aims of group	Contact for further info.
Lochside Playgroup	08:30-12:30	G P Room	For Children aged from 2.5.	Pre-school playgroup.	Heather Stewart 07884 014884
Linlithgow Speakers	19:30-22:00	Low Port Centre	Adults	Public speaking and Leadership club	Sionagh Smith 0131 650 8787
Linlithgow Players	19:30-22:00	Low Port Centre	Adults	Drama Rehearsals	Lorna Irving 01506 512098
Linlithgow Running Group	19:30-21:30	Low Port Centre	Adults	Changing Facilities only	Graham Burrows

# Wednesday

Group Name/ Activity	When	Where	Target Group	Aims of group	Contact for further info.
Lochside Playgroup	08:30-12:30	G P Room	For Children aged from 2.5.	Pre-school playgroup.	Heather Stewart 07884 014884
Linlithgow Kayak Racing Club	17:00-18:00	Changing Facilities	Adults and Children	To promote Kayak racing in Sprint and Marathon. To encourage the Junior Paddler (i.e. under 18 years of age)	Pamela Fletcher 01506 671105
50 + Outdoor Group (1 <sup>st</sup> Wednesday of each month)	16:30-17:30	G P Room	Adults	Social Meetings, arrange outings	Mr C McGrath 01506 847266
Lazy Daisy	19:00-21:00	OEd Lab	Adults	Pregnancy Relaxation Exercise Class	Deborah Mann 01506 492086
French Class	19:00-20:30	G P Room	Adults	Intermediate French lessons	Elaine Middleton 01506 842626

# Thursday

Group Name/ Activity	When	Where	Target Group	Aims of group	Contact for further info.
Lochside Playgroup	08:30-12:30	G P Room	For Children aged from 2.5.	Pre-school playgroup	Heather Stewart 07884 014884
Taoist Tai Chi	13:00-15:00	Games Hall	Adults	Adult instructional class	Philomena Pretsell 0131 666 1877
Linlithgow Players	19:30-22:00	Main Building	Adults	Drama Rehearsals	Lorna Irving 01506 512098
Linlithgow Running Group	19:00-21:00	Low Port Centre	Adults	Changing Facilities only	Graham Burrows
Edith Grant Dressmaking	19:00-21:30	Main Building	Adults	Adult instructional class	Edith Grant 01506 834561
Linlithgow Judo Club	19:00-20:00	Games Hall	Adults	Judo training class	Gareth Butterfield 07831 433625

# Friday

Group Name/ Activity	When	Where	Target Group	Aims of group	Contact for further info.
Senior Citizens Sequence Dancing	19:00-22:00	Games Hall	50+	Social Dances	Mr & Mrs Simpson 01324 626745
United Taekwon-Do Federation	16:00-17.00	Games Hall	Young Adults	Instructional Classes	Mr Paul Desykes

# Saturday

Group Name/ Activity	When	Where	Target Group	Aims of group	Contact for further info.
Linlithgow Judo Club	09:00-10:00	Games Hall	Adults	Judo training classes	Gareth Butterfield 07831 433625
Mini Kickers	10:30-12:30	Games Hall	Children aged 3 – 5 years	The aim of mini kickers is to aid each child's development in 3 basic ways, physically, psychologically and socially in a safe fun environment.	Jim Grant 01506 776183

# Sunday

Group Name/ Activity	When	Where	Target Group	Aims of group	Contact for further info.