

MONDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	7:45- 08:45 & 14:45- 6:00	LOW PORT HUT	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW AC.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	08:30- 12:30	LOW PORT HUT	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP	HEATHER STEWART 07884 014884
LINLITHGOW CHILDMINDING GROUP	10:00- 11:30 (TERM TIME)	NORTH ROOM, LOW PORT HUT	REGISTERED CHILDMINDERS, PARENTS OF MINDED CHILDREN AND FRIENDS OF CHILDMINDERS AND PARENTS.	PROVIDE INFORMATION AND TRAINING AS WELL AS THE CHANCE TO DROP IN FOR A COFFEE AND CHAT. THE GROUP ALSO ARRANGES PARTIES FOR MINDED CHILDREN. THE GROUP CAN ALSO PROVIDE UP TO DATE INFORMATION ON VACANCIES FOR CHILDCARE IN THE LINLITHGOW AREA	PAMELA WILSON 01506 670248
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.
OUT OF SCHOOL CARE CLUB	07:45- 08:45 & 14:45- 18:00	LOW PORT HUT	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	08:30- 12:30	LOW PORT HUT	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.
OUT OF SCHOOL CARE CLUB	07:45- 08:45 & 14:45- 18:00	LOW PORT HUT	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	08:30- 12:30	LOW PORT HUT	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP.	HEATHER STEWART 07884 014884
50+ OUTDOOR GROUP	16:30- 17:30 1 ST WED OF MONTH	MEETING ROOM LOW PORT HUT	50 YEARS OLD AND OVER	FORTNIGHTLY OUTINGS TO PLACES OF INTEREST. WALKS TO SUIT ABILITIES.	MR MCGRATH 01506 847266
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
DRAWING AND PAINTING	19:30- 21:30	LOW PORT HUT	ADULTS	DRAWING & PAINTING CLASS SUITABLE FOR BEGINNERS & IMPROVERS. WE WORK WITH A VARIETY OF MEDIA, IN A RELAXED AND FRIENDLY ATMOSPHERE.	MICHELE MATHIESON 01506 825115
NATIONAL CHILDBIRTH TRUST	18:30- 21:30	LOUNGE	ADULTS	OFFER SUPPORT FOR PARENTS AND PARENTS-TO-BE, AND ORGANISE VARIOUS ACTIVITIES AND EVENTS.	CAROLINE BROWN 01738 449492

THURSDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	07:45- 08:45 & 14:45- 18:00	LOW PORT HUT	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	08:30- 12:30	LOW PORT HUT	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP	HEATHER STEWART 07884 014884
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
LINLITHGOW/BROXBURN JUDO CLUB	19:00- 20:00	GAMES HALL	ADULTS	JUDO GROUP	TRACEY CAMERON 01506 491890
EDITH GRANT DRESSMAKING	19:00- 21:00	MAIN BUILDING	ADULTS	ADULT INSTRUCTIONAL CLASS	EDITH GRANT 01506 834561

FRIDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	07:45- 08:45	LOW PORT HUTS	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
DRAWING & PAINTING CLASS	09:30- 14:00	NORTH ROOM, LOW PORT HUT	ADULTS	DRAWING & PAINTING CLASS SUITABLE FOR BEGINNERS & IMPROVERS. WE WORK WITH A VARIETY OF MEDIA, IN A RELAXED AND FRIENDLY ATMOSPHERE.	MICHELLE MATHIESON 01506 825115
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/BROXBURN JUDO CLUB	09:00- 10:00	GAMES HALL	CHILDREN & ADULTS	JUDO TRAINING CLASSES	TRACEY CAMERON 01506 491890
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 SOCIALY IN A SAFE FUN ENVIRONMENT.	JIM GRANT 01506 776183
CHILDRENS ART CLUB	09:30- 13:30 (MONTHLY)	LOW PORT HUTS	CHILDREN	ART AND CRAFT CLASSES FOR CHILDREN	MICHELE MATHIESON 01506 825115

SUNDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
LINLITHGOW/BROXBURN JUDO CLUB	11:00- 12:00	GAMES HALL	CHILDREN & ADULTS	JUDO TRAINING CLASSES	TRACEY CAMERON 01506 491890