Swimming Pool Programme

Holiday Programme | 28th July - 3rd August

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Venue Opening Times Monday to	- riuay:		VDAY	,	iy: oam-4pn SDAY	WEDNE	ESDAY	THUF	RSDAY	FRID	AY	SATUR	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am		6	m	6	m	6	m	6	dm .	60	m	6	m	6am
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane). Lane etiquette and visual directions are situated at the end of the lanes.	7am	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am) Lane	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am) Lane	General Swim (6.30am-7.30am) (Lane Swim (6.30am-7.30am)	General Swim	Lane Swim	General Swim (6.30am-7.30am) (Lane Swim 6.30am-7.30am) Lane		7 .	;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;	7am
Aquacise: Using benefits of water resistance for a low	8am		Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	(7am-8am) General	(7am-8am)	Swim (7.30am-8.30am)	Swim 7.30am-8.30am)		8	m Adult Only Sv	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	- 9am	General Swim	Lane Swim	Swim (Duc	Lessons klings)	General Swim	Lane Swim	Swim (8am-9am)	Swim (8am-9am)	General Swim	Lane Swim		9,	(8am-9am - 16yrs m	
Slow & Steady Social Swim: An ideal session for those who are looking for a slower-paced swim. This session is			(9am-9.30am) (8.30am-9.30am) Lane Swim			(8.30am-9.30am) (8.30am-9.30am) Aquacise 10a		Breakfast Club Swim (9am-10am)		(8.30am-9.30am) (8.30am-9.30am) General Lane		Swim Lessons	Lane Swim (9am-10am)	Aquacise (9am-10am)	
for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)	10am		-10.30am)		ivity & Food me (HAF)	(9.30am-1	0.30am)		un Splash -11am)	Swim (9.30am-10.30am) (Swim 9.30am-10.30am)	EC330113	Lane Swim	General Swim	Lane Swim
Adults Only Swim: This session is for adults only (aged 16yrs+).	11am		Aquacise 1: n-11.30am)	am ^{(10an} Private	-11am) 11 Booking	Slow & Social (10.30am-1	Swim ^{° 11}	am	1	1am Lane S (10.30am-1		am Family Fui	(10am-11am) n Splash	Family Fun Sp	11am)
During this session, there will be two single lanes available and one double lane.	-12pm		Steady I Swim		12 noon) 12	Slow & Social	. 10		acise 12 -12.30pm)	2pm Family Fu l (11.30am-1		(11am-12		(11am-12noon)	
Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music	1pm	Slow &	Steady	General S (12noon-1)		(11.30am-1		(11.00um		Slow & S	Steady	General Sv (12 noon-1pi	vim Swim	General Swim (12 noon-1pm)	Swim (12pm- 1pm)
playing and will use natural lighting where possible. Supported Swim Session:	Thill	Social Swim (12.30pm-1.30pm)		General Swim (1pm-2pm) (1pm-2pm)		(12.30pm-1.30pm)		Family Fun Splash (1pm-2pm)		Social Swim (12.30pm-1.30pm)		General Swim (1pm-2pm)		General Swim	Lane Swim
Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	2pm	Family Fun Splash 2 (1.30pm-2.30pm)		Family Fun Splash		General Swim (1.30pm-2.30pm) (1.30pm-2.30pm)		General Swim	Lane Swim	Aquacise 2		Family Fun Splash		m Family Fun Sp	2pm 2pm
Gentle Aquacise: Using benefits of water resistance: Gentle	3pm - 4pm		3.00		(2pm-3pm) 3.pm 3.pm		om Inclusive Swim 3 (2.30pm-3.30pm)		(2pm-3pm) 3	(2pm-3pm) im 3		(2pm-3pm) m 3p		(2pm-3pm) m	3pm
exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.) School Swimming:			un Splash n-4pm)	General S (3pm-4pr		Supporte	ed Swim 4	General Swim	Swim (3pm-4pm)	General Sv (3pm-4pm)	vim Lane Swim (3pm-4pm)	Inclusive (3pm-4		General Swi (3pm-4pm)	m 4pm
This session is used for local schools to learn the important, life-saving skill Swimming!	трііі	General Swim	Lane Swim			(3.30pm-4		Swim I	essons	General Sv (4pm-5pm)	vim Lane				тріп
Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!	5pm	(4pm-5pm) General Swim	(4pm-5pm) Lane Swim	Swim Lessons	General Swim	General Sv (4.30pm-5.30p	vim Swim	Swim Lessons (Ducklings)	5	Family Fu	n Splash		5,	m	5pm
Swim Lessons: Our WaterWise 'Learn to Swim' programme!	6pm	(5pm-6pm) General	(5pm-6pm)	General	(5pm-6pm)			121 Swim Lessons	Lane	(5pm-c	6pm) 6pm	m	——————————————————————————————————————	.m	6pm
WaterWise memberships include general swimming at any time At any venue!	7pm	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	Inclusive (6pm-)		(Adult Lessons)	Swim (6pm-7pm)	General Sv (6pm-7pm)	Swim (6pm-7pm)			- m	7pm
becoming wiser about water! You can becoming wiser about water! You can learn more on our website #PoolPower		Aqu	acise 1-8pm)		nly Swim 1 - 16yrs+)	Adult On (7pm-8pm		General Swim	Lane Swim (7pm-8pm)	Adult On (7pm-8pm					
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential	8pm		8	m	8	ym -	8	уги орну	(7рш орш) 8	pm.	8,	m	8	(m	8pm
disappointment. • Accessibility steps:	9pm		9	pm	91	ym	9,	m	9	m	91	m	9	m	9pm
Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回然		kings can be ma	de up to 7 days	in advance.	pp! Find out more			can the QR code	to browse <mark>our wel</mark>	osite!				

• To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions** (per week). • All payments must be made at the time of booking.

Need to cancel a booking? You must cancel 48 hours in advance (at least) to claim a refund.

to change at the discretion of our Duty Manager.
Unfortuantely this is often for reasons beyond our

Prices for Swimming

1 11000 101 01	,				
Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!



Potential Changes:

Please be aware that our programme is subject

Unfortuantely this is often for reasons beyond our control. For the most up-to-date programmes, view the live timetables on our website...

Or download our free MV app!

Exercise Class Programme

Holiday Programme | 28th July - 3rd August

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Gentle Aquacise*: In the Swimming Pool

MONDAY

TUESDAY



You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the

· Bookings can be made up to 7 days in advance.

To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions** (per week). All payments must be made at the time of booking.

Need to cancel a booking? You must cancel 48 hours in advance (at least) to claim a refund.

QR code to browse our website!
Prices for
Exercise Classes:
45 minutes to 1 hour

Yoga/Pilates

website!			App Store	Coogle play
for lasses:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
o 1 hour	£7.55	£6.25	£5.45	FREE!
Classes	£9.55	£7.80	£7.10	FREE!



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Swimming Pool Programme

Holiday Programme | 4th - 10th August

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Venue Opening Times Monday to			NDAY	,	SDAY	WEDNES	SDAY	THUR	SDAY	FRID	AY	SATU	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am		6	lm	6.	nn .	60	m	6	dm	60	m		m	6am
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am) Lane	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am) Lane	General Swim (6.30am-7.30am) (6.	Lane Swim 30am-7.30am) Lane	General Swim	Lane Swim	General Swim (6.30am-7.30am) (Lane Swim 6.30am-7.30am) Lane		 	m	7am
Aquacise: Using benefits of water resistance for a low	8am	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am) (7.	Swim .30am-8.30am)	(6am-7am) General	(6am-7am)	Swim (7.30am-8.30am)	Swim 7.30am-8.30am)			<i>m</i> Adult Only Sw	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	- 9am		Lane Swim	Swim (Duc	Lessons klings)	General Swim	Lane Swim	Swim (7am-8am)	Swim (7am-8am)	General Swim	Lane Swim		Lane	(8am-9am - 16yrs+ ım	
Slow & Steady Social Swim: An ideal session for those who are looking for a slower-paced swim. This session is			(8.30am-9.30am) Swim		Club Swim ^{10am)}	(8.30am-9.30am) (8.30am-9.30am) Aquacise 10		Breakfast Club Swim (9am-10am)		(8.30am-9.30am) (8.30am-9.30am) General Lane		Swim Swim	Aquacise (9am-10am)		
for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)	10am		-10.30am)		ivity & Food me (HAF)	(9.30am-10.	30am)		un Splash	Swim (9.30am-10.30am) (Swim 9.30am-10.30am)	Lessons	Lane Swim	General Swim	Lane Swim
Adults Only Swim: This session is for adults only (aged 16yrs+).	11am		Aquacise 1: n-11.30am)	am (10am		am Slow & Si Social Si (10.30am-11	wim ^{' 11}	am (10um	-11am) 11	am Lane S (10.30am-1		Family Fu	(10am-11am) In Splash	Family Fun Spl	11am)
During this session, there will be two single lanes available and one double lane.	-12pm		Steady I Swim		12 noon) 12	Slow & St	* 10			om Family Fur		(11am-1	(2noon)	(11am-12noon)	12nn
Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music	•	(11.30am	1-12.30pm) Steady	General S		(11.30am-12		(11.30am	-12.30pm) 1	(11.30am-1	Steady	General S (12 noon-1)		General Swim (12 noon-1pm)	Swim (12pm- 1pm)
playing and will use natural lighting where possible. Supported Swim Session:	1pm	Social Swim (12.30pm-1.30pm)		General Swim (1pm-2pm) (1pm-2pm)		Staff Training (12.30pm-1.30pm)		Family Fun Splash (1pm-2pm)		Social Swim (12.30pm-1.30pm)		General Swim (1pm-2pm)		General Swim	Lane Swim
Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	2pm	Family Fun Splash 2		Family Fun Splash				General Swim	Lane Swim	Aquacise		rm 2: Family Fun Splash		Family Fun Splash	
Gentle Aquacise: Using benefits of water resistance: Gentle	3pm		3pm		(2pm-3pm) 3.p		om Inclusive Swim 3 ₁ (2.30pm-3.30pm)		(2pm-3pm) 3	(2pm-3	pm) 3 į	(2pm 	-3pm)	(2pm-3pm) m	3pm
exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)			un Splash n-4pm)	General S (3pm-4pr		Supported		General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	General Sw (3pm-4pm)	vim Lane Swim (3pm-4pm)	Inclusiv (3pm-		General Swir (3pm-4pm)	
School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	General Swim	Lane Swim			(3.30pm-4.	30pm)	Swim L	essons	General Sw (4pm-5pm)	vim Lane Swim		41		4pm
Family Fun Splash: An open swimming session with floats! It's	5pm	(4pm-5pm) General	(4pm-5pm) Lane	Swim Lessons	General	General Swi (4.30pm-5.30pn		Swim Lessons (Ducklings)	5	ım	(4pm-5pm)		5,	m	5pm
suitable for all abilities & great for family bonding. Swim Lessons:	- 6pm	Swim (5pm-6pm)	Swim (5pm-6pm)		Swim (5pm-6pm)			121 Swim Lessons	- 6	Family Fui (5pm-6		m	6 _i	.m	6pm
Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst	7	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	Inclusive (6pm-7p		(Adult Lessons)	Lane Swim (6pm-7pm)	General Sw (6pm-7pm)	vim Lane Swim (6pm-7pm)				7
One perk of many others, whilst becoming wiser about water! You can learn more on our website #PoolPower	y /pm	Aquacise Adult Only Swim (7pm-8pm) (7pm-8pm - 16yrs+)		7; Adult Only Swim (7pm-8pm - 16yrs+)		General Swim	Lane Swim	Adult Only Swim (7pm-8pm - 16yrs+)				m =	7pm		
Pre-booking: We strongly advise booking your swimming	8pm			yını	81	упп	81	(7pm-8pm) лп	(7pm-8pm) 8	m	81	m	81	m	8pm
sessions in advance to avoid potential disappointment. • Accessibility steps:	9pm		9	pm	91	ทก	91	m	9	m	9,	m	9,	m	9pm
Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回数		kings can be ma	de up to 7 days	in advance.	pp! Find out more a		es & activities, so	can the QR code	to browse <mark>our web</mark>	site!				

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Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Membe (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!



Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

during Aquacise sessions.)

Please be aware that our programme is subject

to change at the discretion of our Duty Manager Unfortuantely this is often for reasons beyond our

control. For the most up-to-date programmes, view the live timetables on our website...

Or download our free MV app!

Potential Changes:

Exercise Class Programme

Holiday Programme 4th - 10th August

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm **MONDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** SUNDAY Gentle Aquacise*: In the Swimming Pool Using benefits of water resistance: Gentle 6am exercises that improve flexibility, endurance and 6am strength. (An ideal class for injury recovery.) Circuits**: In Engine Room Two High-energy and fast paced! Move your way 7am around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps. Cardio Dumbbell** YOGA** Yoga**: In Engine Room Two 8am 8am YOGA** Pilates** Physical and mental exercises, using stretching and breathing to help improve posture & core YOGA** YOGA** stability. Helpful to relax and release stress! YOGA* 9am 9am Gentle Yoga**: In Engine Room Two Cvcle~ A slow-paced class moves through a series of gentle Aquacise* movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for 10am Aquacise 10am Ageless* those with pain, trouble sleeping, anxiety and/or stress. Kettlebell Circuits** Breathwork** Cardio Dumbbell st Body Conditioning**: In Engine Room Two Agile 11am 11am An aerobics-style warm up with muscle-toning BodyWeight Strength exercises. A great class for shaping & toning up! Cycle~ Zumba** Pilates^{*} Kettlebell Circuits**: In Engine Room Two 12pm 12pm Designed not just to improve health - But also Aquacise* to improve your core strength, balance, mobility, YOGA* Pilates* flexibility and even your overall co-ordination! Core & Stretch**: In Engine Room Two 1pm 1pm Improve your posture, balance, mobility and Stretch & Mobility YOGA*^{*} stability through light exercises and stretching. Body Conditioning* Strength Dumbbell^{*} 2pm 2pm Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Pilates** Combine cardio and endurance in a Aquacise* calorie-crunching cycle session! 3pm 3pm Boxercise® Circuits**: In Engine Room Two YOGA** Cardio BodyWeight* BodyWeight Strength* YOGA** Boxercise® is an extremely popular form of fitness training. The punches taught include jab. 4pm 4pm cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout! Virtual Classes delivered by FIIT: Cardio BodyWeight* Strength Dumbbell* CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells. Ageless & Agile***: Takes place inside The Signal Box (inside our venue) FREE for MV members or only 5pm CARDIO BODYWEIGHT** High intensity. Tone muscle and build stamina. £3.00 per session. Accessible to all - But tailored Boxercise Circuits st YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen for adults who may suffer with health conditions Circuits** Your weekly social and opportunity to meet new STRENGTH DUMBBELL** Bodyweight, equipment & resistance training using dumbbell Cvcle~ 6pm people! With lots of activities, exercises and 6pm BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle. health & wellbeing advice, expect activities and Cardio BodyWeight* Strength Dumbbell* BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride! games like: Boccia, crafts, group events (i.e. sports Body Conditioning^{*} days), nostalgic games, seated exercises, quizzes. BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury. Body Conditioning* And even discussing health awareness topics like 7pm dementia and diabetes! Stretch & Mobility* PILATES** Combine stretching and strength work to improve posture and mobility. Aquacise³ Cycle~ Strength Dumbell* Zumba**: In Engine Room Two BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike rid Combining the calorie-burning benefits of 8pm 8pm aerobics - with fun dance moves. Get fitter

to push you beyond your limits. You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the

9pm

YOGA**

Bookings can be made up to 7 days in advance.

and have fun with a sprinkle of Latin spirit! Strong** with Venia: In Engine Room Two

Strong combines high intensity interval training with the science of synced music. Motivation.

music and moves in every class, synced perfectly

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QR code to browse our websi Prices for Von Memhers

Exercise Classes:

45 minutes to 1 hour

Yoga/Pilates Classes

Download Magna Vitae's app for FREE! Be 'appy.



£5.45

£7.10

MV Card

£6.25

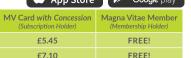
£7.80

£7.55

£9.55

Pilates*





and the same of



9pm

Magna Vitae is a Registered Charity, Charity Number 1160156, A Partner to East Lindsey District Council,