

# HORNCASTLE SWIMMING POOL

Make a Splash

Pool Programme - School Holidays 2017

Monday 31st July – Sunday 6th August

**\*FIN2FIT** is the exciting new 5 day course for children to learn how to swim like a mermaid/merman.

Booking is essential and children must have gained their Swim England stage 5 award or be working towards it and be able to swim 50 metres. For more details please ask at reception.

## Safe Swimming Policy

Will all swimming pool users please note and adhere to the following Safe Swimming Policy.

- The staff may, at their sole discretion, refuse admission if they believe that the safety of swimming pool users is compromised.
- Children may at times be asked to demonstrate their swimming competency.
- All non-swimming children should wear approved buoyancy aids and should remain within the designated non-swimmers area.
- All swimming pool users should listen to the advice of the lifeguards on duty.

## Children under 8 years old:

- Children of this age must be supervised at all times in the pool water by a responsible adult (16 years +), at a ratio of one adult to two children (1:2).
- If one or more of the children holds the ASA Pool Swimming Standard Award, the maximum child supervision ratio can be increased to 1 responsible adult to three children under the age of eight years (1:3).
- All children under 8 years old must be accompanied by an adult at all times within the complex.

## Please note:

These programmes may change during school holidays. An additional programme will be available at this time.

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
	06:30	07:30	08:30	09:30	10:30	11:30	12:30	13:30	14:30	15:30	16:30	17:30	18:30	19:30	20:30	21:30	
Mon		LANE SWIMMING	ADULTS ONLY SWIM 16YRS +	FIN2FIT	ONE TO ONE GENERAL SWIMMING	AQUACISE 14YRS + DEEP END SWIM	FAMILY FUN SPLASH	WATER WALKERZ	GENERAL SWIMMING		WATERWISE SWIMMING LESSONS	ROOKIE LIFEGUARD	STAFF TRAINING		OTTERS SWIMMING CLUB		
Tue		LANE SWIMMING	ADULTS ONLY SWIM 16YRS +	FIN2FIT	ONE TO ONE GENERAL SWIMMING AQUAJOG	50YRS + SWIM	FAMILY FUN SPLASH	WATER WALKERZ	GENERAL SWIMMING	STAFF TRAINING	WATERWISE SWIMMING LESSONS	GENERAL SWIMMING			LANED FITNESS SWIM ADULTS ONLY SWIM 16YRS +		
Wed		LANE SWIMMING	ADULTS ONLY SWIM 16YRS +	FIN2FIT	ONE TO ONE GENERAL SWIMMING	AQUACISE 14YRS + DEEP END SWIM	FAMILY FUN SPLASH	WATER WALKERZ	GENERAL SWIMMING		WATERWISE SWIMMING LESSONS			OTTERS SWIMMING CLUB		SWIM TECH	FAMILY FITNESS SWIM 10YRS +
Thur		LANE SWIMMING	ADULTS ONLY SWIM 16YRS +	FIN2FIT	ONE TO ONE GENERAL SWIMMING	50YRS + SWIM	FAMILY FUN SPLASH	WATER WALKERZ	GENERAL SWIMMING	GIANT INFLATABLE 7-15YRS 50M		ONE TO ONE LESSONS			AQUACISE 14YRS + DEEP END SWIM		LANED FITNESS SWIM ADULTS ONLY SWIM 16YRS +
Fri		LANE SWIMMING	ADULTS ONLY SWIM 16YRS +	FIN2FIT	ONE TO ONE GENERAL SWIMMING	AQUACISE 14YRS + DEEP END SWIM	FAMILY FUN SPLASH	WATER WALKERZ	GENERAL SWIMMING		WATERWISE SWIMMING LESSONS			SURVIVE & SAVE			POOL AVAILABLE FOR HIRE
Sat		LANE SWIMMING	ADULTS ONLY SWIM 16YRS +	WATERWISE SWIMMING LESSONS	ADULTS 16YRS + DUCK-LINGS		GENERAL SWIMMING		FAMILY FUN SPLASH	GENERAL SWIMMING	POOL AVAILABLE FOR HIRE						
Sun		LANE SWIMMING	ADULTS ONLY SWIM 16YRS +	OTTERS SWIMMING CLUB			GENERAL SWIMMING		FAMILY FUN SPLASH	GENERAL SWIMMING	POOL AVAILABLE FOR HIRE						

Information is correct at time of printing -07/2017. The Facility Management Team reserves the right to alter sessions, times and charges.

www.magnavitae.org

**Horncastle Swimming Pool & Fitness Suite**  
Coronation Walk, Horncastle, Lincolnshire LN9 6HP  
01507 522489 | horncastlepool@mvtlc.org

MV HSP Pool Prog V21 Week 3 0717

# HORNCASTLE SWIMMING POOL & FITNESS SUITE

'live a great life!'

## Exercise Class Programme

- AQUACISE - using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.
- AQUAJOG - Burn calories while running in water, great low impact exercise using buoyancy belts.
- CIRCUITS - muscle toning in the gym using our easy to use circuit series kit. Instructor led to help with technique and give slight changes to keep the class fresh.
- CORE BLIMEY - targets the mid section with a range of traditional gym exercises and some of the most effective Pilates exercises, finished off with a stretch.
- FITNESS ACADEMY- Cardiovascular, gym based exercise for 11-15 year olds with some supervised muscle tone work to add variation.
- KETTLEBELLS - a full body workout using the Kettle Bells. Due to the full body nature of this class you will burn calories and get great muscle tone at the same time. Great class for anyone looking for improved muscle tone.
- METAFIT - is the original 30 minutes, non choreographed, bodyweight only HIIT workout. Shred the calories while getting significant health and fitness results.
- ZUMBA - Combine the calorie burning benefits of traditional aerobics with up to date fun dance moves and you have Zumba. Catering for every users ability it's already one of our most popular classes. Come and get fit and bring your Latin spirit with you.

### Horncastle Swimming Pool & Fitness Suite

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Lincolnshire LN9 6HP  
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MV HSP Exercise Prog V11 0617

[www.magnavitae.org](http://www.magnavitae.org)

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

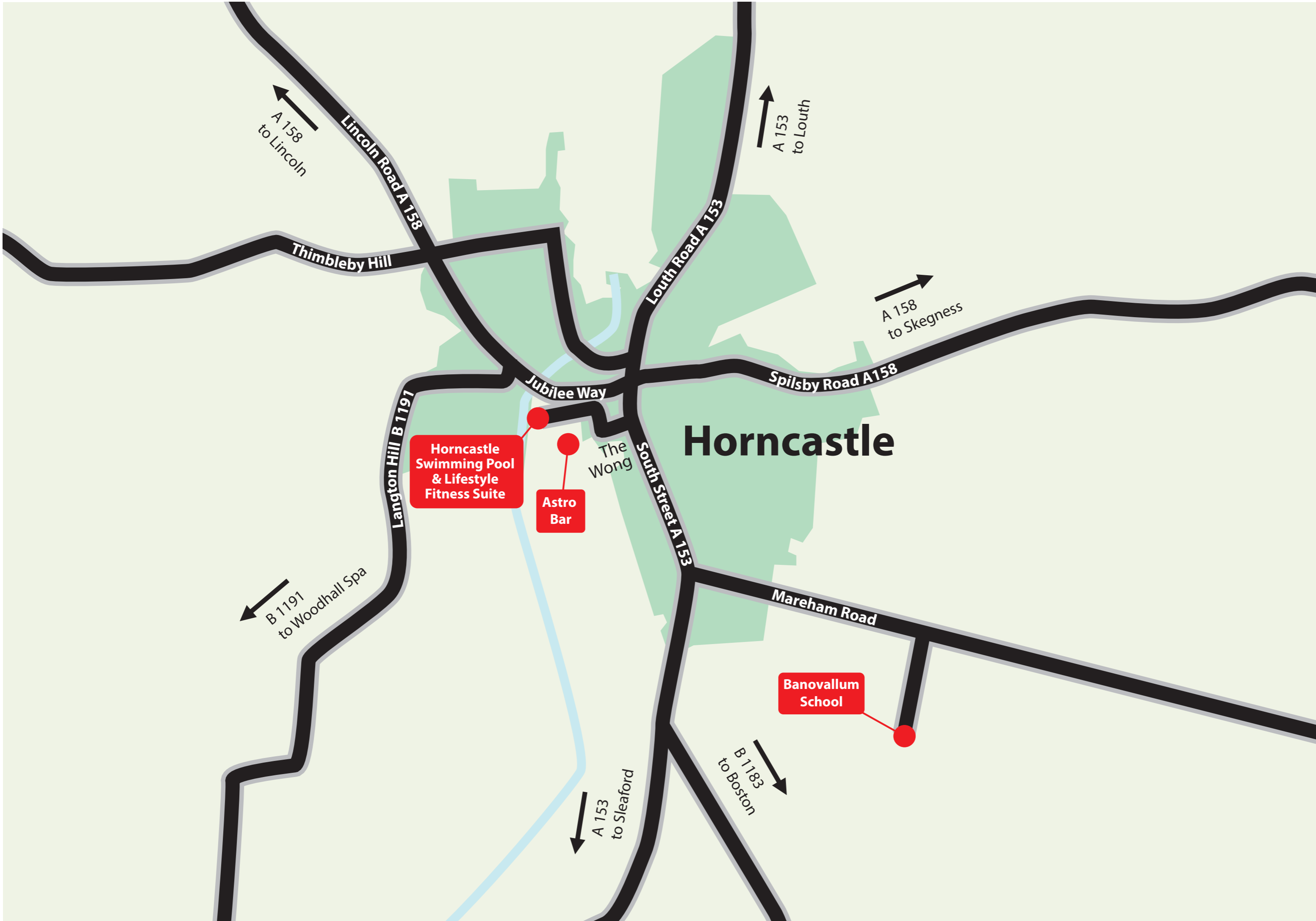
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
7am								7am
8am								8am
9am								9am
10am				Aquajog				10am
11am			Aquacise		Aquacise		Aquacise	11am
12pm								12pm
1pm								1pm
2pm	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds						2pm
3pm								3pm
4pm			Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds	4pm
5pm								5pm
6pm				Zumba		Kettlebells		6pm
7pm			Zumba, Metafit and Core Blimey are held at Banovallum School	Metafit	Kettlebells is held at the Astro Bar	Aqua Zumba	Circuits	7pm
8pm				Core Blimey		Core & Abs		8pm
9pm								9pm
10pm								10pm

All Classes are for 16 years and above unless labelled otherwise.

See overleaf for map showing Banovallum School and the Astro Bar.

Payment must be made on booking. A booking can be made up to a week in advance.  
Please note: bookings must be cancelled at least 48 hours in advance for a refund.

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A 158  
to Lincoln

Lincoln Road A 158

Thimbleby Hill

A 153  
to Louth

Louth Road A 153

A 158  
to Skegness

Spilsby Road A158

Jubilee Way

Langton Hill B 1191

Horncastle  
Swimming Pool  
& Lifestyle  
Fitness Suite

Astro  
Bar

The  
Wong

# Horncastle

South Street A 153

B 1191  
to Woodhall Spa

Mareham Road

Banovallum  
School

A 153  
to Sleaford

B 1183  
to Boston