

SKEGNESS POOL & FITNESS SUITE

Indoor Pool Programme
Term Time



Home to Skegness Amateur Swimming Club

Make a
Splash

Skegness Pool & Fitness Suite

Grand Parade, Skegness, Lincolnshire PE25 2UG
01754 610675
skegnesspool@mvtlc.org

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 yrs +), 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.

	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
	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	
Mon		ADULTS ONLY SWIM	BREAKFAST SWIM		GENERAL SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIMMING	SCHOOL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	SURVIVE & SAVE	SWIMMING CLUB		ADULT RECREATIONAL SWIM	
			LANE SWIMMING			WIDTHS SWIM		LANE SWIMMING		GENERAL SWIMMING	LANE SWIM				
									FLUME						
Tue		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOL SWIMMING	LESSONS	GENERAL SWIMMING	SCHOOL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	ROOKIE LIFEGUARD	GENERAL SWIMMING	DISABLED SWIM		
					LANE SWIMMING					GENERAL SWIMMING		LANE SWIMMING			
									FLUME			FLUME			
Wed		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOL SWIMMING	GENERAL SWIMMING	SCHOOL SWIMMING	GENERAL SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIMMING	SWIMMING LESSONS	ROOKIE LIFEGUARD	GENERAL SWIMMING	SUB AQUA CLUB	
					LANE SWIMMING			LANE SWIMMING		GENERAL SWIMMING	LANE SWIM	AQUAJOG	LANE SWIM		
									FLUME			FLUME			
Thur		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOL SWIMMING	LESSONS	GENERAL SWIMMING	SCHOOL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	ROOKIE LIFEGUARD	SWIMMING CLUB		STAFF TRAINING	
			LANE SWIM						LANE SWIMMING	GENERAL SWIMMING	LANE SWIM				
									FLUME						
Fri		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOL SWIMMING	GENERAL SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIMMING	GENERAL SWIMMING	LESSONS	FAMILY FUN SPLASH	SWIMMING CLUB			
					LANE SWIMMING		WIDTHS SWIM		LANE SWIMMING						
										FLUME					
Sat			ROOKIE LIFEGUARD	SWIMMING LESSONS	SURVIVE & SAVE	GENERAL SWIMMING	GENERAL SWIMMING	FAMILY FUN SPLASH	POOL AVAILABLE FOR PARTY HIRE						
				SWIMMING LESSON SWIM		LANE SWIMMING									
								FLUME							
Sun		ADULTS ONLY SWIM	BREAKFAST SWIM		GENERAL SWIMMING	GENERAL SWIMMING	GENERAL SWIMMING	SWIMMING CLUB	POOL AVAILABLE FOR PARTY HIRE						
					LANE SWIMMING										
									FLUME						

Information is correct at time of printing -03/2019.
The Facility Management Team reserves the right to alter sessions, times and charges.

www.magnavitae.org

SKEGNESS POOL & FITNESS SUITE

Exercise Programme

From 1st April 2019

Fitness Opening times are:
Monday to Friday 6am-9pm
Saturday & Sunday 8am-6pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am								6am
7am								7am
8am								8am
9am								9am
10am	Zumba							10am
	Yoga	Balanc-ability	****Bolly-wood	Core & Stretch	Cycle	**Functional Fitness	**Functional Fitness	Strong Zumba
11am	Core & Back Rehab	****Yoga	Kettle-cise					Strong Zumba
	Low Impact Aquacise		Low Impact Aquacise	Yogalates	Strong Zumba	Low Impact Aquacise	**Junior Circuits	**Functional Fitness
12pm		Cycle				**F Fitness	**Functional Fitness	**Functional Fitness
1pm			Bounce			**Functional Fitness	**Functional Fitness	
2pm								
3pm								
4pm								
5pm	**Junior Fitness	**Junior Fitness	**Junior Fitness	**Junior Fitness	**Junior Fitness			
6pm		BoxFit	Strong Zumba					
	Cycle		*Aqua Jog	**Functional Fitness				
7pm		Strong Zumba	Cycle					
	***NEON FIT							
8pm								
9pm								9pm

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.

AQUA JOG - Burn calories in this water-based session that mixes high intensity with low impact. (Buoyancy belts provided).

BALANCABILITY - A stretch, abdominal and balance session, focusing on function and mobility.

BOUNCE - A high energy and low impact workout to get fit, have fun and bounce away fat! Trampet Provided during the workout.

BOX-FIT - Punch your way to fitness while working your whole body using boxing techniques. Great fun so you hardly notice how hard you're working!

CORE & BACK REHAB - Reduce back pain and improve abdominal tone by building core strength and balance in these sessions.

CORE & STRETCH - A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.

CYCLE - Cycling sessions designed to boost your cardiovascular fitness and burn fat! Check out our sessions to see how they fit for you.

FUNCTIONAL FITNESS - A 30 or 60 minute interval based class using a variety of body weight exercise and cardio machines.

JUNIORS CIRCUITS - An instructor led gym based circuit session for Juniors. For ages 11-15 only.

JUNIORS FITNESS - An open slot for our junior members to use the gym. Please be aware that this is not a class based session and will not be instructor led. For ages 11 years +

KETTLECISE - Rip fat, improve muscle tone and get fit in this all round, full body, circuit based workout. With a wide choice of weights, it's your session, every time. Everyone welcome!

NEON FIT - It's all about having fun and dancing to great dance hits in an atmosphere unlike any other. Move to the beat and shake the glow sticks.

STRONG ZUMBA - Strong By Zumba is a high intensity interval class (HIIT) that's synced to specific music. There is no dancing and is physically more demanding and a greater all body workout.

YOGA - A physical and mental exercise using stretching and breathing to help improve posture and core stability while helping you relax and release stress.

YOGALATES - A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.

ZUMBA - A dance based session combining the calorie burning benefits of traditional aerobics with up-to-date music and fun dance moves.

All classes take place in the Embassy Arts Room unless stated otherwise.

MV SSP 0319 V4
Skegness Pool & Fitness Suite
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*These classes take place in the Swimming Pool
**These classes take place in the Fitness Suite
*** These class tables place at the Embassy Theatre
**** These classes take place at Wainfleet Road Pavilion, Wainfleet Road Skegness (Community based classes)

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.

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



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