

Skegness Pool & Fitness Suite

Fitness and Pool Programme

21st - 27th December

Please note our programmes will be reviewed daily. For an accurate and up to date timetable please see the online booking system.

All fitness sessions MUST be pre-booked online using our booking online system.

Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

Width Swim

Width swim is swimming across the swimming pool rather than lengths. Please note as part of this session, there will be a requirement to be in deep water. The session will vary from shallow/deep depending on our swimming lesson programme.

| | MONDAY 21 | | TUESDAY 22 | | WEDNESDAY 23 | | THURSDAY 24 | | FRIDAY 25 | | SATURDAY 26 | | SUNDAY 27 | | |
|------|-------------------------|-----------------|-------------------------|-----------------|-------------------------|-----|-------------|------------------------|-----------------|-----|-------------|-----|-----------|-----|------|
| | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | |
| 6am | | | | | | | | | | | | | | | 6am |
| 7am | | Fitness Session | | | | | | Fitness Session | | | | | | | 7am |
| 8am | Adults Only (7.30am) | Fitness Session | Adults Only (7.45am) | Fitness Session | Adults Only (7.30am) | | | Fitness Session | | | | | | | 8am |
| 9am | | Fitness Session | | Fitness Session | | | | Adults Only (8.45am) | Fitness Session | | | | | | 9am |
| 10am | General Swim (9.30am) | Fitness Session | General Swim (9.30am) | Fitness Session | General Swim (9.30am) | | | General Swim (10.15am) | Fitness Session | | | | | | 10am |
| 11am | Lane Swimming (10.15am) | Fitness Session | Lane Swimming (10.15am) | Fitness Session | Lane Swimming (10.15am) | | | Lane Swimming (11am) | Fitness Session | | | | | | 11am |
| 12pm | | | | | | | | | | | | | | | 12pm |
| 1pm | | | | | | | | | | | | | | | 1pm |
| 2pm | | | | | | | | | | | | | | | 2pm |
| 3pm | General Swim (2.45pm) | Fitness Session | General Swim (2.45pm) | Fitness Session | | | | | | | | | | | 3pm |
| 4pm | Swim Lessons | Fitness Session | | Fitness Session | | | | | | | | | | | 4pm |
| 5pm | Width Swim (4.45pm) | Fitness Session | Swim Lessons | Fitness Session | | | | General Swim (5.15pm) | Fitness Session | | | | | | 5pm |
| 6pm | | Fitness Session | | Fitness Session | | | | Lane Swim (6pm) | Fitness Session | | | | | | 6pm |
| 7pm | SAS Club | Fitness Session | | Fitness Session | | | | | | | | | | | 7pm |
| 8pm | | | Lane Swim (7.15pm) | Fitness Session | Lane Swim (7.15pm) | | | | | | | | | | 8pm |
| 9pm | | | | | | | | | | | | | | | 9pm |

Please note for General Swim sessions they are non-refundable and non-transferable.

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

Skegness Pool & Fitness Suite

Fitness and Pool Programme

28th December 2020 - 3rd January 2021

Please note our programmes will be reviewed daily. For an accurate and up to date timetable please see the online booking system.

All fitness sessions MUST be pre-booked online using our booking online system.

Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

Width Swim

Width swim is swimming across the swimming pool rather than lengths. Please note as part of this session, there will be a requirement to be in deep water. The session will vary from shallow/deep depending on our swimming lesson programme.

| | MONDAY 28 | | TUESDAY 29 | | WEDNESDAY 30 | | THURSDAY 31 | | FRIDAY 1 | | SATURDAY 2 | | SUNDAY 3 | | | | |
|------|-----------|-----|-------------------------|-----------------|-------------------------|-----------------|------------------------|-----------------|----------|-----|------------|-----|----------|-----|------|-----|-----|
| | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | Pool | Gym | | | |
| 6am | | | | | | | | | | | | | | | 6am | | |
| 7am | | | | | | | | | | | | | | | 7am | | |
| 8am | | | Adults Only (7.15am) | Fitness Session | Adults Only (7.15am) | Fitness Session | | | | | | | | | 8am | | |
| 9am | | | | Fitness Session | | Fitness Session | Adults Only (8.45am) | Fitness Session | | | | | | | 9am | | |
| 10am | | | General Swim (9.30am) | Fitness Session | General Swim (9.30am) | Fitness Session | General Swim (10.15am) | Fitness Session | | | | | | | 10am | | |
| 11am | | | Lane Swimming (10.45am) | Fitness Session | Lane Swimming (10.45am) | Fitness Session | Lane Swimming (11am) | Fitness Session | | | | | | | 11am | | |
| 12pm | CLOSED | | | | | | | | | | | | | | 12pm | | |
| 1pm | | | | | | | | | | | | | | | | 1pm | |
| 2pm | | | | | | | | | | | | | | | | | 2pm |
| 3pm | | | | | | | | | | | | | | | | | 3pm |
| 4pm | | | | | | | | | | | | | | | | | 4pm |
| 5pm | | | Swim Lessons | Fitness Session | Swim Lessons | Fitness Session | | | | | | | | | 5pm | | |
| 6pm | | | | Fitness Session | | Fitness Session | | | | | | | | | 6pm | | |
| 7pm | | | | Fitness Session | General Swim (6.30pm) | Fitness Session | | | | | | | | | 7pm | | |
| 8pm | | | Lane Swim (7.15pm) | Fitness Session | Lane Swim (7.15pm) | Fitness Session | | | | | | | | | 8pm | | |
| 9pm | | | | | | | | | | | | | | | 9pm | | |

Please note for General Swim sessions they are non-refundable and non-transferable.

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