

SKEGNESS POOL & FITNESS SUITE

Make a Splash

Indoor Pool Programme
Term Time



Home to Skegness Amateur Swimming Club

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

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

www.magnavitae.org

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Exercise Programme
JULY 2019

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
8am							
9am							
10am	Zumba						
	Yoga	Balanc-ability	****Bolly-wood	Core & Stretch	Cycle	**Functional Fitness	**Functional Fitness
11am	Core & Back Rehab	****Yoga	Kettle-cise				Strong Zumba
	*Low Impact Aquacise		*Low Impact Aquacise	Yogalates	Strong Zumba	*Aqua Zumba	**Junior Circuits
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						
7pm	***NEON FIT	Strong Zumba	Cycle	**Functional Fitness			
8pm							
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 ZUMBA - A classic aqua aerobics with Latin flavour added in. You perform large muscle movements by reaching out your arms and lifting your legs in the water, as well as circling your hips and shoulders to the music.

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 work out.

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.

*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)

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

MV SSP 0719 V5
Skegness Pool & Fitness Suite
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 Lincolnshire PE25 2UG
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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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