Pricing	Non	MV Card	MV Concession	Age	Under 2's	
for	Member	Holder	Card Holder	2-4yrs		
Swimming	£5.30	£4.40	£4.00	£2.0	FREE	

Pool Programme 15th - 28th April

	KEY	6am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6am
General Swim	This is an open swimming pool session - suitable for all abilities.	7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim		7am
Lane Swim	Lane swimming in the pool will split the 4 lanes of the pool into laned swimmings. There will be	8am	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (^{8am)}	Lane Swim (8am)	Lane Swim (8am)	(7am)	Lane Swim (7.45am)	8am
	2 slow lanes, 1 medium lane and 1 fast lane. Lane etiquette and	9am			General Swim			Swim	Otters	9am
	visual directions are situated at the end of the lanes.	10am	School Swimming	Over 50's Swim (9.30am)	(9am)	Aquacise (9.30am)	Over 50's Swim (9.30am)	Lessons	Swimming Club	10am
Quiet Swim	Quiet swim sessions have a limited number of spaces per week. These sessions don't have	11am		General Swim (10.30am)	School Swimming	Ducklings Lessons	General Swim (10.30am)		General Swim	11am
	any music playing and natural	12pm	Aquacise	Aqua Circuits	Aquacise		Aquacise (11.30am)	Aquacise (11.30am)		12pm
	lighting rather than artifical lighting where possible. Our	p	(11.45am)	(11.45am)	(11.45am)	Adult Lessons			General Swim	
	lifeguards will refrain from using whistles.	1pm	School	School Swimming		School	School	General Swim (12.30pm)		1pm
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.	2pm	Swimming		School Swimming	Swimming	Swimming			2pm
Family Fun	Opem pool swim, with floats in the swimming pool - suitable for all abilities.	3pm	Lane Swim (2.45pm)	Staff Training		Lane Swim (2.45pm)	Quiet Swim (2.45pm)			3pm
School	School's swimming pool booking	4pm								4pm
Swimming Lessons	- local school's visit the swiming pool to learn to swim	5pm	Swim Lessons	Swim Lessons	Swim	Swim Lessons	Swim			5pm
Swimming Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool.	6pm			Lessons		Lessons	Please	e note:	6pm
	Lessons are from Ducklings up to Stage 10.		Lane Swim	General Swim	O #			Our Programme is	s subject to change	
Otters	Otters Swimming Club pool	7pm		(6.15pm)	Otters Swimming	Lane Swim			f our Duty Manager.	7pm
Swimming Club	booking	8pm	Otters Swimming	Lane Swim	Club	Lane WB			, this is often for nd our control.	8pm
WB Club	Private pool booking	-	Club	(7.30pm)	Aquacise (8.15pm)	Swim (7.45pm)VVB Club			for all of your understanding!	·
Parent & Toddler	This session is for parents and toddler swimmers only.	9pm	Please note: We strongly a	dvise pre-booking your swi		ointment. For cancellations	, when more than 48 hour			9pm

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'!



Pricing	Non	MV Card	MV Concession	Age	Under 2's	
for	Member	Holder	Card Holder	2-4yrs		
Swimming	£5.30	£4.40	£4.00	£2.0	FREE	

Pool Programme 29th April - 5th May

	KEY	6am	MONDAY	TUESDAY	WEDNESDAY	<u>THURSDAY</u>	FRIDAY	<u>SATURDAY</u>	<u>SUNDAY</u>	6am
General Swim	This is an open swimming pool session - suitable for all abilities.	7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim		7am
Lane Swim	Lane swimming in the pool will split the 4 lanes of the pool into laned swimmings. There will be	8am	Lane Swim (8am)	Lane Swim	Lane Swim	Lane Swim	Lane Swim	(7am)	Lane Swim (7.45am)	8am
	2 slow lanes, 1 medium lane and 1 fast lane, Lane etiquette and	9am			General Swim	(oun)		Swim	Otters	9am
	visual directions are situated at the end of the lanes.	10am	School Swimming	Over 50's Swim (9.30am)	(9am)	Aquacise (9.30am)	Over 50's Swim (9.30am)	Lessons	Swimming Club	10am
Quiet Swim	Quiet swim sessions have a limited number of spaces per	11am	Swithing	General Swim (10.30am)	School Swimming		General Swim (10.30am)		General Swim	11am
	week. These sessions don't have any music playing and natural	10.000	Aquacise	Aquacise (11.30am)		Ducklings Lessons	Aquacise (11.30am)	Aqua Circuits	(10.45am)	10.000
	lighting rather than artifical lighting where possible. Our	12pm	(11.45am)	(11.30411)	Aquacise (12pm)	Adult Lessons	(11.300m)		General Swim	12pm
	lifeguards will refrain from using whistles.	1pm	School	School Swimming		School	School	General Swim (12.30pm)		1pm
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.	2pm	Swimming		School Swimming	Swimming	Swimming			2pm
Family Fun	Opem pool swim, with floats in the swimming pool - suitable for all abilities.	3pm	Lane Swim (2.45pm)	Staff Training		Lane Swim (2.45pm)	Quiet Swim (2.45pm)			Зрт
School	School's swimming pool booking	4pm								4pm
Swimming Lessons	- local school's visit the swiming pool to learn to swim	5pm	Swim Lessons	Swim Lessons	Swim	Swim Lessons	Swim			5pm
Swimming Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool.	6pm			Lessons		Lessons	Diago	e note:	6pm
	Lessons are from Ducklings up to Stage 10.	7pm	Lane Swim (6pm)	General Swim (6.15pm)	Otters			Our Programme is	subject to change our Duty Manager.	7pm
Otters Swimming	Otters Swimming Club pool booking	, 6.11	Otters		Swimming Club	Lane Swim (6.45pm)		Unfortunately,	this is often for	
Club		8pm	Swimming Club	Lane Swim (7.30pm)		Lane WB Swim Club			nd our control.	8pm
WB Club	Private pool booking	9pm	Club			(7.45pm) Club			or all of your Inderstanding!	9pm
Parent &	This session is for parents and		loaco noto: W/o strongly a	dvise pre-booking your swi	im cossions to avoid disapr	ointmont For concellations	when more than 49 hours	notico is given veu will		

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'!



Toddler

toddler swimmers only.

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

FITBALL	Pilates and Fitball exercises help to	8am -	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<u>SUNDAY</u>	8am
PILATES	transform the way your body looks, feels and performs.									
AQUA- CISE	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide	9am -	Fitball Pilates**		Yoga**					- 9am
AQUA	range of abilities/user groups. Inspired by land-based circuits	10am	9.15am		9.15am Pilates*	Aquacise~ 9.30am				10am
CIRCUITS	classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in	11am -			10am		Ageless & Agile*			11am
	the pool with the added benefit of water resistance.	-					Aquacise~	Aquacise~		-
CIRCUITS	Circuit training is a combination of exercises, performed with short rest periods between them. This	12pm -	Aquacise~ 11.45am	Aqua Circuits~ 11.45am	Aquacise~ 11.45am		11.30am	11.30am		12pm
	would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the	1pm								1pm
	chosen exercises have been completed.	2pm			Circuits* 1.30pm		Boxercise* 1.30pm			2pm
BOXER- CISE	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting	- F	Pilates*	Wellbeing Walk 2pm	1.00pm		1.00pm			- - -
	focus pads. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all	3pm	2.30pm							3pm
	abilities and fitness levels. (Ages 16+)	4pm							sst. Aduby Rage Hall	4pm
LIIT	LIIT is a class that focuses on low impact interval training. This class involves a strength focused	5pm							1 State	- - 5pm
PILATES	workout using light weights. A class combining stretching and	opin				LIIT*				-
(LIMITED NUMBERS)	strength work to improve posture and mobility on the muscles around the spine. (Please note, this class	6pm				5.30pm			A Superior	6pm
	has limited numbers and we work from a 'first come, first serve' basis)	7pm			Circuits * 6.30pm	Pilates* 6.30pm			Horncastle	- 7pm
WELL- BEING	A weekly walk starting from the Bull Hotel Court Yard in Horncastle	0.000			Boxercise*			Litter and the second		8pm
WALK	 pick from a 30 minute or 90 minute walk. In partnership with the Cooperative. 	8pm -			7.30pm Aquacise~		Hote 4			орш
	•	9pm	* - This class takes place	e at West Ashby Village H	8.15pm all	Cownload on the App Store		1<3		9pm
Wednesday	that Aquacise on a evening will only be	:	** - This class takes plac	e at the Horncastle Comr e in the swimming pool						
runninguntil	24th April.		★- This session takes p	lace in the spectator area	within the venue		Ap Balogy Ap Balogy Common Conserve Common Conserve C		R	L
maor	navitae org					Stav up to date!	Venue Information Recourse		MACNIA V	ТЛГ

magnavitae.org

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

Stay up to date! Download our App for free from your App Store



Exercise Class Programme 15th - 28th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

	1	0	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	0
FITBALL PILATES	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.	8am								8am
AQUA- CISE	Using benefits of water resistance for a low impact cardio & muscle	9am -								- 9am
CIJE	toning workout that can suit a wide range of abilities/user groups.	10am -	Fitball Pilates** 9.15am		Yoga ** 9.15am	Aquacise~				- 10am
AQUA CIRCUITS	Inspired by land-based circuits classes, Aqua Circuits involves the	Ioan			Pilates* 10am	9.30am				
	traditional strength and cardio exercises - but are completed in the pool with the added benefit of	11am					Ageless & Agile★			11am
	water resistance.			Aquacise~			10am-2pm Aquacise~	Aqua Circuits~		
CIRCUITS	Circuit training is a combination of exercises, performed with short rest periods between them. This	12pm -	Aquacise~ 11.45am	11.30am	Aquacise~ 12pm		11.30am	11.45am		- 12pm
	would be for either a set number of repetitions or for a set amount of	1pm								1pm
	time. One 'circuit' is when all of the chosen exercises have been completed.	-			Circuits*		Boxercise*			-
BOXER-	An exercise concept based on the	2pm		Wellbeing Walk	1.30pm		1.30pm			2pm
CISE	training methods used by boxers. Sessions typically involve hitting focus pads. It is a fun, challenging	3pm	Pilates* 2.30pm	2pm						3pm
	and safe workout - which is great for stress busting! Accessible to all	opin	2.30pm							opin
	abilities and fitness levels. (Ages 16+)	4pm					-		CANNY ure Hat 9 Sol	4pm
LIIT	LIIT is a class that focuses on low impact interval training. This class involves a strength focused	_							t _n ş	-
	workout using light weights.	5pm								- 5pm
PILATES (LIMITED	A class combining stretching and strength work to improve posture	6pm				LIIT* 5.30pm		Children y till	All	6pm
NUMBERS)	and mobility on the muscles around the spine. (Please note, this class has limited numbers and we work	-			Circuits *	 Pilates*			Horncastle	
	from a 'first come, first serve' basis)	7pm			6.30pm	6.30pm		Herscatte Poal a Reas Sala		7pm
WELL- BEING	A weekly walk starting from the Bull Hotel Court Yard in Horncastle - pick from a 30 minute or 90	8pm			Boxercise* 7.30pm				Contraction derive	8pm
WALK	minute walk. In partnership with the Cooperative.	opin			7.000		Herror and Financial Arts			opin
	the cooperative.	9pm				(Promised on the)		J ² š	Λ	9pm
		*	* - This class takes place	at West Ashby Village Ha e at the Horncastle Comm		Gentred on the App Store				
			 - This class takes place - This session takes pl 	e in the swimming pool ace in the spectator area v	within the venue		An Backing By Backing Semming Ecoser Semming Ecoser			
				-			Suitaning Learns		⊘ ₽	e
							Venue Information About Magna Vitae			\sim

magnavitae.org

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

Stay up to date! Download our App for free from your App Store



Exercise Class Programme 29th April - 5th May