

# Horncastle Pool & Fitness Suite

# Pool Programme

3<sup>rd</sup> June - 21<sup>st</sup> July

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

## KEY

<b>General Swim</b>	This is an open swimming pool session - suitable for all abilities.
<b>Lane Swim</b>	Lane swimming in the pool will split the 4 lanes of the pool into laned swimmings. There will be 2 slow lanes, 1 medium lane and 1 fast lane. Lane etiquette and visual directions are situated at the end of the lanes.
<b>Quiet Swim</b>	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artificial lighting where possible. Our lifeguards will refrain from using whistles.
<b>Over 50's Swim</b>	General swimming for anyone 50 and over - suitable for all abilities.
<b>Family Fun</b>	Open pool swim, with floats in the swimming pool - suitable for all abilities.
<b>School Swimming Lessons</b>	School's swimming pool booking - local school's visit the swimming pool to learn to swim
<b>Swimming Lessons</b>	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.
<b>Otters Swimming Club</b>	Otters Swimming Club pool booking
<b>WB Club</b>	Private pool booking
<b>Parent &amp; Toddler Swim</b>	This session is for parents and toddler swimmers only.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)	
8am	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Swim Lessons	Lane Swim (7.45am)
9am			General Swim (9am)		School Swimming		
10am	School Swimming	Over 50's Swim (9.30am)		Aquacise (9.30am)		Aqua Circuits (11.30am)	General Swim (10am)
11am		General Swim (10.30am)	School Swimming	Ducklings Lessons	General Swim (10.30am)		
12pm	Aquacise (11.45am)	Aquacise (11.30am)	Aquacise (12pm)	Adult Lessons	Aquacise (11.30am)		General Swim (12pm)
1pm	School Swimming	School Swimming		School Swimming	School Swimming	General Swim (12.30pm)	
2pm			School Swimming				
3pm	Lane Swim (2.45pm)	Staff Training		Lane Swim (2.45pm)	Quiet Swim (2.45pm)		
4pm							
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
6pm	Lane Swim (6pm)	General Swim (6.15pm)				<b>Please note:</b> Our Programme is subject to change at the discretion of our Duty Manager. Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!	
7pm	Otters Swimming Club		Otters Swimming Club	Lane Swim (6.45pm)			
8pm		Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club		
9pm			Aqua Rave (8.15pm)				

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'!

# Horncastle Pool & Fitness Suite

# Exercise Class Programme

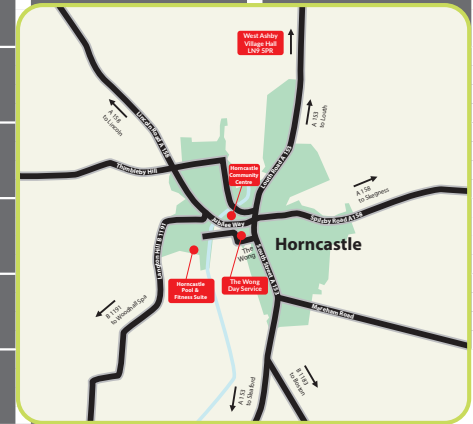
3<sup>rd</sup> June - 21<sup>st</sup> July

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

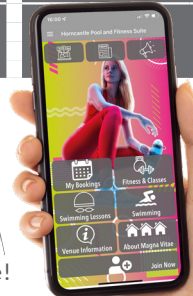
<b>FITBALL PILATES</b>	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
<b>AQUA-CISE</b>	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
<b>AQUA CIRCUITS</b>	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
<b>CIRCUITS</b>	Circuit training is a combination of exercises, performed with short rest periods between them. This would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.
<b>BOXER-CISE</b>	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)
<b>LIIT</b>	LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.
<b>PILATES (LIMITED NUMBERS)</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. (Please note, this class has limited numbers and we work from a 'first come, first serve' basis)
<b>WELL-BEING WALK</b>	A weekly walk starting from the Bull Hotel Court Yard in Horncastle - pick from a 30 minute or 90 minute walk. In partnership with the Cooperative.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am							
9am							
10am	Fitball Pilates** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am			
11am			Pilates* 10am		Ageless & Agile* 10am-2pm		
12pm	Aquacise~ 11.45am	Aquacise~ 11.30am	Aquacise~ 12pm		Aquacise~ 11.30am	Aqua Circuits~ 11.30am	
1pm							
2pm		Wellbeing Walk 2pm	Circuits* 1.30pm		Boxercise* 1.30pm		
3pm	Pilates* 2.30pm						
4pm							
5pm							
6pm				LIIT* 5.30pm			
7pm			Circuits* 6.30pm	Pilates* 6.30pm			
8pm			Boxercise* 7.30pm				
9pm			Aqua Rave ~ 8.15pm				

\* - This class takes place at West Ashby Village Hall  
 \*\* - This class takes place at the Horncastle Community Centre  
 ~ - This class takes place in the swimming pool  
 ★ - This session takes place in the spectator area within the venue



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

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

