**Horncastle Pool & Fitness Suite**

**Pool Programme**

4th-24th March

**Pricing for Swimming**

<table>
<thead>
<tr>
<th>Age</th>
<th>Non Member</th>
<th>MV Card Holder</th>
<th>MV Concession Card Holder</th>
<th>Under 2's</th>
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<tr>
<td>3-4yrs</td>
<td>£5.00</td>
<td>£4.20</td>
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<td>Under 2's</td>
<td>£1.80</td>
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**KEY**

- **General Swim**
  - This is an open swimming pool session - suitable for all abilities.
- **Lane Swim**
  - 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.
- **Quiet Swim**
  - 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.
- **Over 50’s Swim**
  - General swimming for anyone 50 and over - suitable for all abilities.
- **Family Fun**
  - Open pool swim, with floats in the swimming pool - suitable for all abilities.
- **School Swimming Lessons**
  - School’s swimming pool booking - local school’s visit the swimming pool to learn to swim.
- **Swimming Lessons**
  - Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.
- **Otters Swimming Club**
  - Otters Swimming Club pool booking.
- **WB Club**
  - Private pool booking.
- **Parent & Toddler Swim**
  - This session is for parents and toddler swimmers only.

**MONDAY**

- 6am: General Swim (2.45pm)
- 7am: Lane Swim (6.30am)
- 8am: Lane Swim (8am)
- 9am: School Swimming
- 10am: School Swimming
- 11am: School Swimming
- 12pm: General Swim (11.45am)
- 1pm: Staff Training
- 2pm: General Swim (2.45pm)
- 3pm: General Swim (2.45pm)
- 4pm: General Swim (2.45pm)
- 5pm: Swim Lessons
- 6pm: Lane Swim (6pm)
- 7pm: Otters Swimming Club
- 8pm: Otters Swimming Club
- 9pm: Otters Swimming Club

**TUESDAY**

- 6am: General Swim (2.45pm)
- 7am: Lane Swim (6.30am)
- 8am: Lane Swim (8am)
- 9am: General Swim (8am)
- 10am: Over 50’s Swim (7.30am)
- 11am: General Swim (10.35am)
- 12pm: General Swim (11.45am)
- 1pm: General Swim (1pm)
- 2pm: General Swim (2.45pm)
- 3pm: General Swim (2.45pm)
- 4pm: General Swim (2.45pm)
- 5pm: Swim Lessons
- 6pm: Lane Swim (6pm)
- 7pm: Lane Swim (6.45pm)
- 8pm: Lane Swim (7.30pm)
- 9pm: Lane Swim (7.30pm)

**WEDNESDAY**

- 6am: General Swim (2.45pm)
- 7am: Lane Swim (6.30am)
- 8am: Lane Swim (8am)
- 9am: General Swim (8am)
- 10am: Parent & Toddler Swim (9.30am)
- 11am: General Swim (10.35am)
- 12pm: General Swim (11.45am)
- 1pm: General Swim (1pm)
- 2pm: General Swim (2.45pm)
- 3pm: General Swim (2.45pm)
- 4pm: General Swim (2.45pm)
- 5pm: Swim Lessons
- 6pm: Lane Swim (6pm)
- 7pm: Lane Swim (6.45pm)
- 8pm: Lane Swim (7.30pm)
- 9pm: Lane Swim (7.30pm)

**THURSDAY**

- 6am: General Swim (2.45pm)
- 7am: Lane Swim (6.30am)
- 8am: Lane Swim (8am)
- 9am: Lane Swim (8am)
- 10am: General Swim (8am)
- 11am: General Swim (10.35am)
- 12pm: General Swim (11.45am)
- 1pm: General Swim (1pm)
- 2pm: General Swim (2.45pm)
- 3pm: General Swim (2.45pm)
- 4pm: General Swim (2.45pm)
- 5pm: Swim Lessons
- 6pm: Lane Swim (6pm)
- 7pm: Lane Swim (6.45pm)
- 8pm: Lane Swim (7.30pm)
- 9pm: Lane Swim (7.30pm)

**FRIDAY**

- 6am: General Swim (2.45pm)
- 7am: Lane Swim (6.30am)
- 8am: Lane Swim (8am)
- 9am: Lane Swim (8am)
- 10am: General Swim (8am)
- 11am: General Swim (10.35am)
- 12pm: General Swim (11.45am)
- 1pm: General Swim (1pm)
- 2pm: General Swim (2.45pm)
- 3pm: General Swim (2.45pm)
- 4pm: General Swim (2.45pm)
- 5pm: Swim Lessons
- 6pm: Lane Swim (6pm)
- 7pm: Lane Swim (6.45pm)
- 8pm: Lane Swim (7.30pm)
- 9pm: Lane Swim (7.30pm)

**SATURDAY**

- 6am: Lane Swim (7am)
- 7am: Lane Swim (7.45am)
- 8am: Lane Swim (8am)
- 9am: Over 50’s Swim (9.30am)
- 10am: General Swim (10.30am)
- 11am: General Swim (11.30am)
- 12pm: General Swim (12pm)
- 1pm: General Swim (12.30pm)
- 2pm: General Swim (12pm)
- 3pm: General Swim (12pm)
- 4pm: General Swim (12pm)
- 5pm: General Swim (12pm)
- 6pm: General Swim (12pm)
- 7pm: General Swim (12pm)
- 8pm: General Swim (12pm)
- 9pm: General Swim (12pm)

**SUNDAY**

- 6am: Lane Swim (7am)
- 7am: Lane Swim (7.45am)
- 8am: Lane Swim (8am)
- 9am: Lane Swim (8am)
- 10am: Over 50’s Swim (9.30am)
- 11am: General Swim (10.30am)
- 12pm: General Swim (11.30am)
- 1pm: General Swim (12pm)
- 2pm: General Swim (12pm)
- 3pm: General Swim (12pm)
- 4pm: General Swim (12pm)
- 5pm: General Swim (12pm)
- 6pm: General Swim (12pm)
- 7pm: General Swim (12pm)
- 8pm: General Swim (12pm)
- 9pm: General Swim (12pm)

Please note:

- **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!

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’!
### Exercise Class Programme

**4th-24th March**

<table>
<thead>
<tr>
<th>Exercise Classes</th>
<th>Non Member</th>
<th>MV Card Holder</th>
<th>MV Concession Card Holder</th>
<th>Membership</th>
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<tr>
<td>Yoga/Pilates</td>
<td>£6.95</td>
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<td>£8.60</td>
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**FITBALL PILATES**  
Pilates and Fitball exercises help to 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 range of abilities/user groups.

**AQUA-CIRCUITS**  
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.

**CIRCUITS**  
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.

**BOXERCISE**  
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+)

**LIIT**  
LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.

**PILATES (LIMITED NUMBERS)**  
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)

**WELL-BEING WALK**  
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.

---

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

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**Exercise Classes**

- **Monday, 8am:** Pilates*
- **Monday, 9am:** Yoga**
- **Monday, 10am:** Aqua Circuits~
- **Monday, 11am:** Circuits***
- **Monday, 12pm:** Wellbeing Walk
- **Monday, 1pm:** Pilates*
- **Monday, 2pm:** LIIT*
- **Monday, 3pm:** Boxercise***
- **Monday, 4pm:** Boxercise***
- **Monday, 5pm:** Circuits***
- **Monday, 6pm:** Boxercise***
- **Monday, 7pm:** Circuits***
- **Monday, 8pm:** Aqua Circise~
- **Monday, 9pm:** Aqua Circise~

- **Tuesday, 9.15am:** Yoga**
- **Tuesday, 10am:** Pilates*
- **Tuesday, 11.45am:** Aquacise~
- **Tuesday, 1pm:** Circuits*
- **Tuesday, 2pm:** Wellbeing Walk
- **Tuesday, 3pm:** Pilates*
- **Tuesday, 4pm:** LIIT*
- **Tuesday, 5pm:** Boxercise***
- **Tuesday, 6pm:** Boxercise***
- **Tuesday, 7pm:** Circuits***
- **Tuesday, 8pm:** Boxercise***
- **Tuesday, 9pm:** Aquacise~

- **Wednesday, 9.30am:** Aquacise~
- **Wednesday, 10am:** Pilates*
- **Wednesday, 11.45am:** Aqua Circise~
- **Wednesday, 1pm:** Circuits*
- **Wednesday, 2pm:** Wellbeing Walk
- **Wednesday, 3pm:** Pilates*
- **Wednesday, 4pm:** LIIT*
- **Wednesday, 5pm:** Boxercise***
- **Wednesday, 6pm:** Boxercise***
- **Wednesday, 7pm:** Circuits***
- **Wednesday, 8pm:** Boxercise***
- **Wednesday, 9pm:** Aquacise~

- **Thursday, 9.30am:** Aquacise~
- **Thursday, 10am:** Pilates*
- **Thursday, 11.45am:** Aqua Circise~
- **Thursday, 1pm:** Circuits*
- **Thursday, 2pm:** Wellbeing Walk
- **Thursday, 3pm:** Pilates*
- **Thursday, 4pm:** LIIT*
- **Thursday, 5pm:** Boxercise***
- **Thursday, 6pm:** Boxercise***
- **Thursday, 7pm:** Circuits***
- **Thursday, 8pm:** Boxercise***
- **Thursday, 9pm:** Aquacise~

- **Friday, 11am:** Aquacise~
- **Friday, 10am:** Ageless & Agile+
- **Friday, 11.30am:** Ageless & Agile+
- **Friday, 1pm:** Circuits*
- **Friday, 2pm:** Wellbeing Walk
- **Friday, 3pm:** Pilates*
- **Friday, 4pm:** LIIT*
- **Friday, 5pm:** Boxercise***
- **Friday, 6pm:** Boxercise***
- **Friday, 7pm:** Circuits***
- **Friday, 8pm:** Boxercise***
- **Friday, 9pm:** Aquacise~

- **Saturday, 9.30am:** Aquacise~
- **Saturday, 10am:** Ageless & Agile+
- **Saturday, 11.30am:** Ageless & Agile+
- **Saturday, 1pm:** Circuits*
- **Saturday, 2pm:** Wellbeing Walk
- **Saturday, 3pm:** Pilates*
- **Saturday, 4pm:** LIIT*
- **Saturday, 5pm:** Boxercise***
- **Saturday, 6pm:** Boxercise***
- **Saturday, 7pm:** Circuits***
- **Saturday, 8pm:** Boxercise***
- **Saturday, 9pm:** Aquacise~

- **Sunday, 10am:** Aquacise~
- **Sunday, 11.30am:** Aquacise~
- **Sunday, 1pm:** Circuits*
- **Sunday, 2pm:** Wellbeing Walk
- **Sunday, 3pm:** Pilates*
- **Sunday, 4pm:** LIIT*
- **Sunday, 5pm:** Boxercise***
- **Sunday, 6pm:** Boxercise***
- **Sunday, 7pm:** Circuits***
- **Sunday, 8pm:** Boxercise***
- **Sunday, 9pm:** Aquacise~

---

* This class takes place at West Ashby Village Hall  
** This class takes place at the Horncastle Community Centre  
*** This class takes place at The Wong Day Service, Horncastle  
~ This class takes place in the swimming pool  
★ This session takes place in the spectator area within the venue
## Horncastle Pool & Fitness Suite

### Pool Programme

**Easter Holidays | 25th - 31st March**

### Pricing for Swimming

<table>
<thead>
<tr>
<th>Non Member</th>
<th>MV Card Holder</th>
<th>MV Concession Card Holder</th>
<th>Age 3-4yrs</th>
<th>Under 2's</th>
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</thead>
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<td>£5.00</td>
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<td>£3.75</td>
<td>£1.80</td>
<td>FREE</td>
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</tbody>
</table>

### Key

- **General Swim**: This is an open swimming pool session - suitable for all abilities.
- **Lane Swim**: Lane swimming in the pool will split the 4 lanes of the pool into 4 lanes. 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.
- **Quiet Swim**: 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.
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- **WB Club**: Private pool booking
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### Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 25th</th>
<th>Tuesday 26th</th>
<th>Wednesday 27th</th>
<th>Thursday 28th</th>
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</tbody>
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### Additional Information

- **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’!

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magnavitae.org

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

**Easter Holidays | 25th - 31st March**

### Horncastle Pool & Fitness Suite

#### Exercise Classes

<table>
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<tr>
<th>Time</th>
<th>MONDAY 25th</th>
<th>TUESDAY 26th</th>
<th>WEDNESDAY 27th</th>
<th>THURSDAY 28th</th>
<th>GOOD FRIDAY 29th</th>
<th>SATURDAY 30th</th>
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### NON MEMBER

- **45mins - 1 hour**
- **£6.95**
- **£5.75**
- **£5.20**
- **FREE**

### MV CARD HOLDER

- **£6.95**
- **£5.75**
- **£5.20**
- **FREE**

### MV CONCESSION CARD HOLDER

- **£6.95**
- **£5.75**
- **£5.20**
- **FREE**

### MEMBERSHIP

- **£6.95**
- **£5.75**
- **£5.20**
- **FREE**

### Non Member Pricing

- Yoga/Pilates: £8.60
- Pilates: £6.50

### Membership Pricing

- Yoga/Pilates: £7.20
- Pilates: £6.50

### About Magna Vitae

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

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**Exercise Classes**

1. **FITBALL PILATES**
   - Pilates and Fitball exercises help to transform the way your body looks, feels and performs.

2. **AQUACISE**
   - Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.

3. **AQUA CIRCUITS**
   - 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.

4. **CIRCUITS**
   - 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.

5. **BOXER CISE**
   - 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+)

6. **LIIT**
   - LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.

7. **PILATES (LIMITED NUMBERS)**
   - 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)

8. **WELLBEING WALK**
   - 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.

### Notes

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

---

**Contact Information**

- **Horncastle Pool & Fitness Suite**
  - Mareham Road Horncastle Louth Road A 153
  - South Street A 153 Thimbleby Hill Langton Hill B 1191
  - A 158 to Lincoln Road A 158 to Skegness B 1191 to Woodhall Spa A 153 to Southorpe B 1183 to Boston

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Horncastle Pool & Fitness Suite

Pool Programme
Easter Holidays | 1st - 7th April

### Pricing for Swimming

<table>
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<td>£5.30</td>
<td>£4.40</td>
<td>£4.00</td>
<td>FREE</td>
</tr>
</tbody>
</table>

#### KEY

- **General Swim:** This is an open swimming pool session - suitable for all abilities.
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- **WB Club:** Private pool booking.
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#### EASTER MONDAY 1st

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>6am</td>
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<tr>
<td>8am</td>
<td>Lane Swim (7.45am)</td>
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<tr>
<td>9am</td>
<td>Swim Lessons (8am)</td>
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<td>General Swim (6.15pm)</td>
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<td>Lane Swim (7.30pm)</td>
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<tr>
<td>8pm</td>
<td>Aquacise (8pm)</td>
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<tr>
<td>9pm</td>
<td>Lane Swim (7.45pm)</td>
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</tbody>
</table>

### 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.

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magnavitae.org
Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.
## Exercise Class Programme

### Easter Holidays | 1st - 7th April

### Horncastle Pool & Fitness Suite

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>EASTER</td>
<td>8am</td>
<td>Aquacise~</td>
<td>9.30am</td>
<td>Yoga**</td>
<td>9.15am</td>
<td>Aquacise~</td>
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<td>Fitball Pilates*</td>
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</tbody>
</table>

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

---

### Fitball Pilates
Pilates and Fitball exercises help to 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 range of abilities/user groups.

### Aqua Circuits
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.

### Circuits
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.

### Boxercise
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+)

### LIIT
LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.

### Pilates (Limited Numbers)
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)

### Wellbeing Walk
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.

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Horncastle Pool & Fitness Suite

Pool Programme
Easter Holidays | 8th - 14th April

Pricing for Swimming

<table>
<thead>
<tr>
<th>Non Member</th>
<th>MV Card Holder</th>
<th>MV Concession Card Holder</th>
<th>Age 3-4yrs</th>
<th>Under 2's</th>
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<td>£5.30</td>
<td>£4.40</td>
<td>£4.00</td>
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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’!

Please note: 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!
Horncastle Pool & Fitness Suite

Exercise Class Programme

Easter Holidays | 8th-14th April

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

magnavitae.org

Non Member | MV Card Holder | MV Concession Card Holder | Membership
45mins - 1 hour | £6.95 | £5.75 | £5.20 | FREE
Yoga/Pilates | £8.60 | £7.20 | £6.50 | FREE

**FITBALL PILATES**

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**AQUA-CISE**

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Stay up to date!
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