

Horncastle Pool & Fitness Suite

Pool Programme

From 8th January

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.00	£4.20	£3.75	£1.80	FREE

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 lanned swimings. 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								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)		7am
8am	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)		Lane Swim (7.45am)	8am
9am						Swim Lessons		9am
10am	School Swimming	Over 50's Swim (9.30am)	Parent & Toddler Swim (9.30am)	Aquacise (9.30am)	Over 50's Swim (9.15am)		Otters Swimming Club	10am
11am		Aqua Circuits (10.45am)	General Swim (10.30am)		General Swim (10.15am)		General Swim (10.45am)	11am
12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (11.45am)	Ducklings Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (12pm)	12pm
1pm	School Swimming		General Swim (1pm)	Adult Lessons	Lane Swim (1pm)	General Swim (12.30pm)		1pm
2pm		Staff Training	One-to-One Lessons	One-to-One Lessons				2pm
3pm	General Swim (2.45pm)		Lane Swim (2.45pm)	Lane Swim (2.45pm)	Quiet Swim (2.45pm)			3pm
4pm								4pm
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
6pm	Lane Swim (6pm)	General Swim (6.15pm)				Please note: Our Programme is subject to change at the discretion of our Duty Manager. <i>Unfortunately, this is often for reasons beyond our control.</i> Thank you for all of your support and understanding!		6pm
7pm	Otters Swimming Club	Lane Swim (7.30pm)	Otters Swimming Club	Lane Swim (6.45pm)				7pm
8pm			Aquacise (8pm)	Lane Swim (7.45pm) WB Club				8pm
9pm								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'!

Horncastle Pool & Fitness Suite

Exercise Class Programme

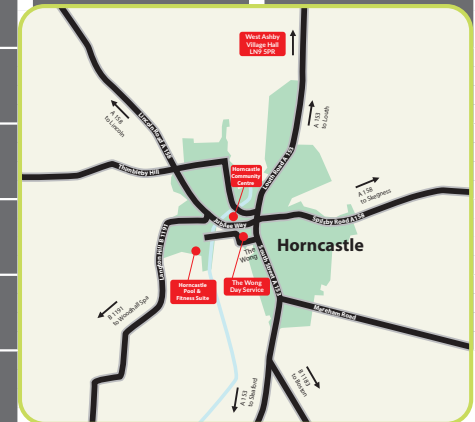
From 8th January

Exercise Classes	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

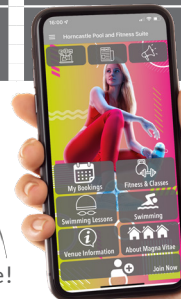
FITBALL PILATES	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
AQUA-CISE	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
AQUA CIRCUITS	Inspired by land-based circuits 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.
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+)
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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8am								8am
9am								9am
10am	Fitball Pilates** 9.15am			Aquacise~ 9.30am				10am
11am		Aqua Circuits~ 10.45am	Pilates* 10am		Ageless & Agile* 10am-2pm			11am
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am		Aquacise~ 11.30am	Aqua Circuits~ 11.30am		12pm
1pm								1pm
2pm			Circuits* 1.30pm		Boxercise* 1.30pm			2pm
3pm	Pilates* 2.30pm	Wellbeing Walk 2pm						3pm
4pm								4pm
5pm								5pm
6pm				LIIT* 5.30pm				6pm
7pm		Circuits *** 6.30pm	Boxercise*** 6.30pm	Pilates* 6.30pm				7pm
8pm								8pm
9pm			Aquacise~ 8pm					9pm

- * - 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



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

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TRUST FOR LEISURE & CULTURE