


HORNCASTLE POOL & FITNESS SUITE

Fitness and Pool Programme

From 25th July 2022

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
Swimming	£4.80	£4.00	£3.60	£1.70	FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								6am
7am	Lane Swim (7am)	Lane Swim (7am)	Lane Swim (7am)	Lane Swim (7am)	Lane Swim (7am)	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	Top Up Swim Lessons		Lane Swim (8.30am)		Top Up Swim Lessons	Swim Lessons	One to One Swim Lessons (must be pre booked)	9am
10am	General Swim (10am)	Over 50's (9.30am)	General Swim (10am)	Aquacise (9.30am)	General Swim (10am)			
11am	Ducklings Lessons	General Swim (11am)		Ducklings Lessons			General Swim (10.45am)	11am
12pm	Aquacise (11.45am)		Aquacise (11.45am)		Aquacise (11.30am)	General Swim (11.30am)	Family Fun Splash (12pm)	12pm
1pm		Family Fun Splash (1pm)		Family Fun Splash (12.30pm)				1pm
2pm	General Swim (1.30pm)		General Swim (1.30pm)	General Swim (2pm)	General Swim (1.30pm)			2pm
3pm		Staff Training (2.45pm)	Lane Swim (2.45pm)		Sensory Swim (2.45pm)			3pm
4pm								4pm
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
6pm								6pm
7pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.45pm)	Lane Swim (6.45pm)	General Swim (6.30pm)			7pm
8pm	Lane Swim (7.30pm)	Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club			8pm
9pm								9pm

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. General Swim sessions are non-refundable and non-transferable.

HORNCASTLE POOL & FITNESS SUITE

Exercise Classes

From 25th July 2022

	Exercise Class Prices		
	Non Member	MV Card Holder	MV Concession Card Holder
45mins - 1 hour	£6.80	£5.65	£5.10
Yoga/Pilates	£8.40	£7.00	£6.30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
8am								8am
9am	Fitball Pilates** 9.15am		Yoga** 9.15am	Aquacise 9.30am				9am
10am								10am
11am								11am
12pm	Aquacise 11.45am		Aquacise 11.45am		Aquacise 11.30am			12pm
1pm								1pm

Key

** - This class takes place at the Horncastle Community Centre

FITBALL PILATES JACQUI - Mondays at 9.15am at Horncastle Community Centre
AQUACISE Mondays at 11:45am, Wednesdays at 11.45am, Thursdays at 9:30am & Fridays at 11.30am
YOGA JACQUI - Wednesdays at 9.15am at Horncastle Community Centre

Pilates and Fitball exercises help to transform the way your body looks, feels and performs.

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.

A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.

