MV Concession

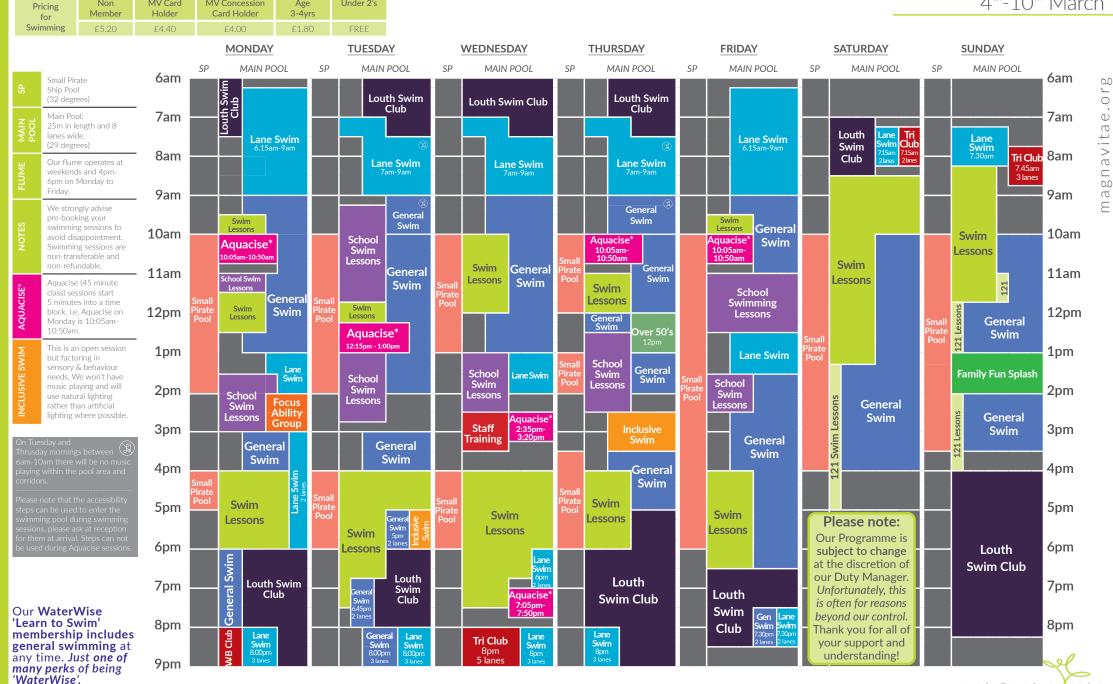
Under 2's

MV Card

Main Pool & Leisure Pool Programme

4th-10th March

TRUST FOR LEISURE & CULTURE



MV Concession

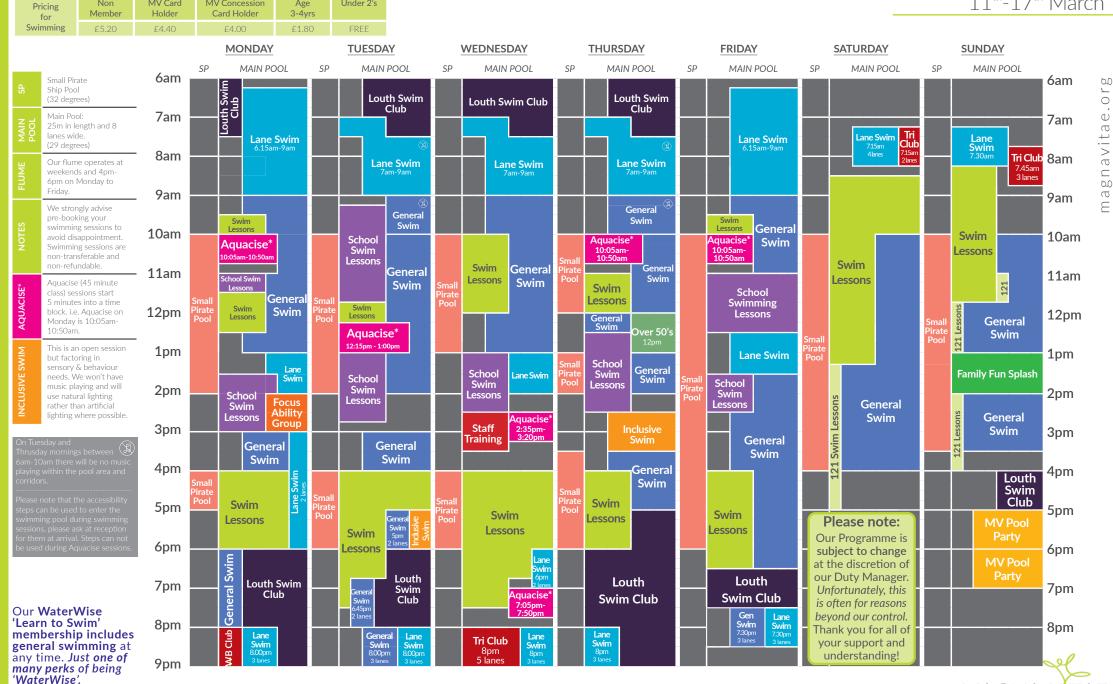
Under 2's

MV Card

Main Pool & Leisure Pool Programme

11th-17th March

TRUST FOR LEISURE & CULTURE



Swim

Louth Swim

Club

Lane

Swim

Lessons

Swim

Louth

Swim

Club

Lane

Swim

Lessons

Main Pool & Leisure Pool Programme

18th-24th March



4pm

5pm

6pm

7pm

8pm

9pm

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

121

Swim

Gen Lane

Swim

Swim

Lessons

Louth

Swim

Club

General

Swim

Swim

Lessons

Lane

Swim 8pm

Louth

Swim Club

Swim

Lessons

Tri Club

8pm

Aguacise

Lane

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!

Louth

Swim Club

4pm

5pm

6pm

7pm

Wellness Studio Programme 4th-24th March

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY	SUNDAY
KEY 6am	6am
A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. Wellness Hour	7am 8am
A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping 9am you relax and release stress	9am
body, with stretch, strength, coordination and relaxation. 10am Mobility Pilates	Wellness Hour 10am
IIIII	11am
Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and stretching to promote overall well-being. Stretch S. Polov.	12pm
Stretch & Relax	1pm
Wellness Hour is a quite session for users and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own. 1pm 2pm 2pm	2pm
3pm	3pm
4pm	4pm
5pm	5pm
6pm Yoga	6pm
Yoga Pilates Wellness Hour	7pm
Pilates Wellness Hour Wellness Hour	8pm
9pm	9pm

Fitness Suite & Cycle Studio Programme 4th-24th March

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
Vitrual Classes	£3.50	£2.90	£2.60	FREE

	KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how	6am		RPM						6am 7am
Vir	it works.	7am i	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM			
ual 1™	A group indoor cycling work- out where you control the	- 8am	RPM		SPRINT	RPM	SPRINT			
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT			CYCLE			9am
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) work- out, using an indoor bike to	10am	CYCLE	CYCLE			RPM	CYCLE		10am
SP <	achieve fast results Cycle is high-intensity exer-	11am -				RPM	SPRINT			11am
Cycle	cise on a stationary bike. It combines cardio and endur- ance in a calorie-crunching	12pm		RPM		RPM	SPRINT	SPRINT		12pm 1pm
ž	session! Taking place on the gym floor these classes are a	_ 1pm						RPM	SPRINT	İ
SYNRGY*	great way to improve your strength and fitness whilst preparing your body for	2pm					RPM	RPM	BEGINNER RPM	2pm 3pm
ms*	everyday tasks. Legs, bums and tums is a full	3pm	SPRINT	RPM	RPM	DDM	SPRINT	SPRINT	RPM	
Bums and Tums	body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those	4pm	RPM	SPRINT	SPRINT	RPM SPRINT	RPM	RPM	SPRINT	4pm
Legs, Bums	who want to lose weight or even for those who simply want to improve their fitness	5pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM	5pm
	levels. An exercise concept based	6pm -	CYCLE	SPRINT	RPM	RPM SYNRGY*	BEGINNER RPM -		SPRINT	6pm
ess*	on the training methods used by boxers. Sessions typically involve	7pm	RPM	RPM	CYCLE	RPM LBT*	RPM			7pm
Fight to Fitness*	hitting focus pads and no class involves hitting an opponent. It is a fun, challenging and safe	8pm	RPM	SPRINT	RPM		KI M			8pm
Figh	workout - which is great for stress busting! Accessible to	9pm	* - This session takes place in t	the functional area of the gym	n.					9pm

stress busting! Accessible to all abilities and fitness levels.

(Ages 16+)

A Partner to East Lindsey District Council.

Dance Studio Programme 4th-24th March

TRUST FOR LEISURE & CULTURE

magnavitae.org

Exercise Classes Non Member		MV Card Holder	MV Concession Card Holder	Membership FREE FREE FREE	
45mins - 1 hour	£6.95	£5.75	£5.20	FREE	
Yoga/Pilates	£8.60	£7.20	£6.50	FREE	
Vitrual Classes	£3.50	£2.90	£2.60	FREE	

BODY CON- DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	,	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	■ 6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the musclesaround the spine.	6am 7am								7am
MATURE MOVERS	A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.	8am	Les Mills BodyPU Les Mills CORE			Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am 10am	Body Conditioni		Zumba	Fitness Pilates	Zumba	BodyBALANCE Latin Fit	Les Mills BodyPUMP	9am 10am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment	11am	Pilates	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
LATIN FIT	and balance. Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic	12pm	Mature Mover	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
ZUMBA	style workout! Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability.	1pm 2pm			Yoga Les Mills BodyPUMP		Les Mills BodyPUMP	Les Mills Sh'Bam	Les Mills CORE	1pm 2pm
WHOLE BODY EXERCISE	Get fit & bring your Latin spirit with you. Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence move-	3pm		Les Mills BodyCOMBAT	Private Hire	Cardiac Rehab	Les Mills BodyCOMBAT		Les Mills BodyPUMP	3pm
LOW	ment dynamics; suitable for all ages, male and female; work at your own pace; fun. A great class based around traditional aerobics	4pm	Les Mills Sh'Bai		Les Mills BodyPUMP				Les Mills BodyBALANCE	5pm
IMPACT AEROBICS	music with great music with the choreography designed to be slightly slower tempo than aerobics.	5pm 6pm	Fitness Pilates		Les Mills BodyCOMBAT	Les Mills BodyPUMP	Private Hire		Private Hire	6pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	7pm	Yoga	Zumba	CLUBFIT	Body Conditioning	Latin Fit			7pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!	8pm	Yoga	Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam			8pm
BALANCE & MOBILITY	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.	9pm	Virtual	Les Mills CORE The yoga-based class that will improve your life. Bend and stretch through a serind embrace elements of Tai Chi and Pila	ies of simple yoga moves	VILUAL	diovascular workout that will burn , kick and jump through pre chore ning music.			9pm
PiYo	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program		Virtual RodyPUMP™	great full body workout set to great mu nd high repetition's to burn calories and one.			es around the core, cx worx provion tronger body. As well as the stoma lower back.		A	7
Magna Vitae is a	that'll get you incredibly defined. Registered Charity. Charity Number 1160156.		Sh'Bam™ ∈	a fun loving insanely addictive dance wor ence required. An insanely addictive grou un, simple yet sassy dance moves, all set	ıp dance class, featuring				MAGNA V	TAE

Sports Hall Programme

From 4th March

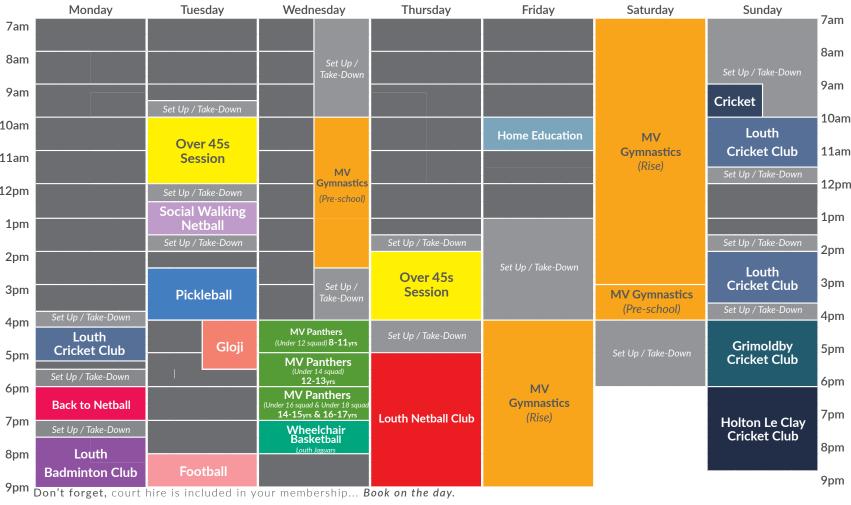
Payment must be made on booking. A booking can be made up to a week in advance.

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

Payment must be made on booking. A booking can be made up to a week in advance.

Please note: bookings must be cancelled at least 48 hours in advance for a refund.

OVER 45'S	Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)	
MV GYMINASTICS	Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criterial This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.	7 8 9
MV PANTHERS	MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills - whilst also teaching the importance of teamwork.	10
LOUTH BADMINTON CLUB	A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!	12
SOCIAL WALKING NETBALL	Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)	2 3
WHEELCHAIR BASKETBALL LOUTH JAGUARS	Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.	4 5 6 7
LOUTH NETBALL CLUB	There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email:	8









carolynblackburn0409@gmail.com

Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

Main Pool & Leisure Pool Programme

understanding!

TRUST FOR LEISURE & CULTURE

25th-31st March MV Card **MV** Concession Under 2's Pricing Card Holder 3-4yrs Member Holder for Swimming £5.20 £4.40 £1.80 **EASTER GOOD** MONDAY 25th TUESDAY 26th WEDNESDAY 27th THURSDAY 28th FRIDAY 29th SATURDAY 30th SUNDAY 31st SP MAIN POOL MAIN POOL MAIN POOL MAIN POOL SP MAIN POOL SP MAIN POOL MAIN POOL SP 6am 6am Small Pirate agnavitae.org Ship Pool Louth Swii Club **Louth Swim Louth Swim** (32 degrees) **Louth Swim Club** Club Club Main Pool: 7am 7am 25m in length and 8 Lane Swim Louth Tri Club Lane lanes wide Lane Swim Lane Swim (29 degrees **Swim** 7.15am 8am Tri Club 8am Club Our flume operates at Lane Swim Lane Swim Lane Swim 7.45am weekends and 4pm-3 lanes 6pm on Monday to Louth Friday. 9am 9am Swim Club We strongly advise General General pre-booking your School Swim swimming sessions to 10am 10am **Swim** avoid disappointment. Aquacise^{*} Aquacise' **Swim** Swimming sessions are 10:05am-Lessons non-transferable and 10:50am Lessons **Swim** non-refundable. General Swim General 11am General 11am School Swim Swim Lessons Lessons Swim Aquacise (45 minute **Swim** Swim class) sessions start General Lessons 5 minutes into a time Swim Swim block, i.e. Aquacise on 12pm Swim 12pm Lessons Lessons Monday is 10:05am-General Swim Aquacise* 10:50am. Swim 12:15pm - 1:00pm General This is an open session 1pm 1pm but factoring in Swim School General Swim sensory & behaviour **Family Fun Splash** Swim School Lane Swim School needs. We won't have Swim Lessons music plaving and will **Swim** 2pm 2pm Lessons School use natural lighting Lessons Swim Lessons ocus General rather than artificial **MV Pool Party** lighting where possible. Aquacise Lessons Swim General Staff Inclusive 2:35pm 3:20pm 3pm 3pm Swim Training Swim General General **Swim Swim** 4pm General 4pm 12 Swim Swim Swim 5pm 5pm Lessons Swim Lessons Please note: Swim Lessons Our Programme is Lessons 6pm 6pm Louth subject to change at the discretion of **Swim Club** our Duty Manager Louth Louth **Louth Swim** 7pm 7pm Swim Unfortunately, this Aquacise Club **Swim Club** Club is often for reasons Our WaterWise beyond our control 'Learn to Swim' 8pm 8pm Club Thank you for all of Lane Lane Lane membership includes Tri Club Swim Swim your support and general swimming at 8pm

9pm

any time. Just one of

many perks of being 'WaterWise'.

Wellness Studio Programme 25th-31st March

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

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	KEY	6am								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	7am 8am	Wellness Hour				Wellness Hour			7am 8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	9am		Wellness Hour						9am
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	10am	Pilates		Balance & Mobility Pilates Pilates			Wellness Hour	Wellness Hour	10am
		11am			Pilates			Tremiess Flour		11am
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and stretching to promote overall well-being.	12pm		Yoga						12pm
	Wellness Hour is a quite session for users	1pm			Stretch & Relax					1pm
WELLNESS HOUR	and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.	2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm								5pm
		6pm			D.1. 4	Yoga				6pm
		7pm		Yoga	Pilates	Wellness Hour				7pm
		8pm !		Pilates	Wellness Hour					8pm
		9pm								9pm

Fitness Suite & Cycle Studio Programme 25th-31st March

Exercise Classes Non Memb		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
Vitrual Classes	£3.50	£2.90	£2.60	FREE

	KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	t
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how	6am		RPM						6am
Vir Beginn	it works.		BEGINNER CYCLE	SPRINT	RPM	RPM	RPM			8am
Virtual RPM™	A group indoor cycling work- out where you control the	- 8am	RPM		SPRINT	RPM	SPRINT			0
Virt	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT			CYCLE			3
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) work- out, using an indoor bike to	10am	CYCLE	CYCLE			RPM	CYCLE		10am
SPI	achieve fast results Cycle is high-intensity exer-	11am -				RPM	SPRINT			11am
Cycle	cise on a stationary bike. It combines cardio and endur- ance in a calorie-crunching	12pm		RPM		RPM	SPRINT	SPRINT		12pm
*	session! Taking place on the gym floor these classes are a	_ 1pm						RPM	SPRINT	1pm
SYNRGY*	great way to improve your strength and fitness whilst preparing your body for	2pm					RPM	RPM	BEGINNER RPM	2pm
	everyday tasks. Legs, bums and tums is a full	3pm	SPRINT	RPM	RPM	201	IXI IVI	SPRINT	RPM	3pm
and Tums*	body aerobic workout that aims to tone up those flabby areas of your thighs, bum	4pm	RPM	SPRINT	SPRINT	RPM SPRINT		RPM	SPRINT	4pm
s, Bums and	and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness	5pm	RPM	RPM	RPM	SPRINT		RPM	RPM	5pm
Legs,	levels. An exercise concept based	6pm -	CYCLE	SPRINT	RPM	RPM SYNRGY*			SPRINT	6pm
855	on the training methods used by boxers. Sessions typically involve	7pm	RPM -	RPM	CYCLE	RPM LBT				7pm
Fight to Fitness*	hitting focus pads and no class involves hitting an opponent. It is a fun,	8pm	RPM RPM	CDDIVIT	RPM	Krivi Ebi				8pm
Fight	challenging and safe workout - which is great for stress busting! Accessible to	9pm	* - This session takes place in t	SPRINT the functional area of the gym).					9pm



stress busting! Accessible to all abilities and fitness levels.

(Ages 16+)

A Partner to East Lindsey District Council.

Dance Studio Programme

25th-31st March

TRUST FOR LEISURE & CULTURE

magnavitae.org

Exercise Classes Non Member		MV Card Holder	MV Concession Card Holder	Membership FREE FREE FREE	
45mins - 1 hour	£6.95	£5.75	£5.20	FREE	
Yoga/Pilates	£8.60	£7.20	£6.50	FREE	
Vitrual Classes	£3.50	£2.90	£2.60	FREE	

BODY CON- DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	,	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	∎6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the musclesaround the spine.	6am 7am								7am
MATURE MOVERS	A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.	8am	Les Mills BodyPU Les Mills CORI			Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am 10am	Body Conditioni		Zumba	Fitness Pilates		BodyBALANCE Latin Fit	Les Mills BodyPUMP	9am 10am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment	11am	Pilates	PiYo	Body Conditioning	Low Impact Aerobics		Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
LATIN FIT	and balance. Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic	12pm	Mature Mover	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
ZUMBA	style workout! Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.	1pm 2pm			Yoga Les Mills BodyPUMP		Les Mills BodyPUMP	Les Mills Sh'Bam	Les Mills CORE	1pm 2pm
WHOLE BODY EXERCISE	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and	3pm 4pm		Les Mills BodyCOMBAT	Private Hire	Cardiac Rehab	Les Mills BodyCOMBAT		Les Mills BodyPUMP	3pm 4pm
LOW IMPACT AEROBICS	female; work at your own pace; fun. A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.	5pm	Fitness Pilates	Les Mins CORE	Les Mills BodyPUMP Les Mills BodyCOMBAT	Les Mills BodyPUMP			Les Mills BodyBALANCE Private Hire	5pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	6pm 7pm	Yoga	Zumba	CLUBFIT	Body Conditioning				6pm 7pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!	8pm	Yoga	Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT				8pm
BALANCE & MOBILITY	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.	9pm	Virtual	Les Mills CORE The yoga-based class that will improve your life. Bend and stretch through a seriund embrace elements of Tai Chi and Pila	ies of simple yoga moves	VILUAL	diovascular workout that will burn , kick and jump through pre chore ning music.			9pm
PiYo	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program		BodyPUMP™	A great full body workout set to great mu ind high repetition's to burn calories and one.	help increase muscle		es around the core, cx worx provio tronger body. As well as the stoma lower back.		H	7
Magna Vitae is a	that'll get you incredibly defined. Registered Charity. Charity Number 1160156.		Sh'Bam™ €	A fun loving insanely addictive dance wor ence required. An insanely addictive grou un, simple yet sassy dance moves, all set	ıp dance class, featuring				MAGNA V	TAE

Sports Hall Programme

Payment must be made on booking. A booking can be made up to a week in advance.

25th-31st March

Have a go at badminton, new age kurling, short mat Please note: bookings must be cancelled at least 48 hours in advance for a refund. bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Our Gymnastics is for children ages 18mths-16yrs. Wednesday Friday Monday Tuesday Thursday Saturday Sunday Our pre-school programme, teaches children about 7am 7am the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main 8am programme consists of RISE groups 1-4 and an 8am Advanced class. We have incorporated British Set Up / Take-Down Take-Dow Gymnastics latest RISE learning criteria! This has 9am been developed and modified from the Core 9am Proficiency for a better all-round experience, which Cricket Set Up / Take-Down includes beams, bars, vaults & floor work. 10am 10am MV Panthers is Magna Vitae's very own basketball Louth Home Education MV group for juniors aged 8-17yrs. We aim to develop Over 45s a passion for basketball in juniors by teaching them **Cricket Club** 11am **Gymnastics** Session 11am the fun sport itself and developing their skills -(Rise) whilst also teaching the importance of teamwork. Set Up / Take-Down **Gymnastics** 12pm A friendly adults badminton club, playing on 12pm Set Up / Take-Down (Pre-school) a Monday evening from 7.30pm to 9.30pm. Social Walking They play social mixed badminton and welcome 1pm 1pm all abilities. To contact us, either email us at: Netball louthbc2020@gmail.com or come and join in! Set Up / Take-Down Set Up / Take-Down Set Up / Take-Down 2pm Social walking netball is suitable for all ages. Only 2pm Louth £3.50 per session with an MV card (or £4.20 per Set Up / Take-Down Cricket Club session without an MV card) Over 45s 3pm 3pm Session **Pickleball MV Gymnastics** Take-Dowi Louth Jaguars Wheelchair Basketball Club is a fun (Pre-school) Set Up / Take-Down 4pm Set Up / Take-Down way of participating in physical education within WHEELCHAIR BASKETBALL LOUTH JAGUARS a safe environment. For our disabled players (the **MV Panthers** Set Up / Take-Down Louth majority of the team) it gives invaluable support to (Under 12 squad) 8-11yrs Gloii Grimoldby 5pm **Cricket Club** build upper body strength and assists with motor Set Up / Take-Down 5pm Cricket Club **MV Panthers** skills. It offers a chance to socialise and make (Under 14 squad) 12-13vrs friends whilst learning the importance of teamwork. Set Up / Take-Down 6pm Their qualified coaches treat players as individuals, MV 6pm **MV Panthers** recognising their strengths and weaknesses and **Gymnastics** Back to Netball helping to build self-confidence so that each 14-15yrs & 16-17yrs 7pm (Rise) Louth Netball Club person feels a valued member of the team. 7pm **Holton Le Clay** Set Up / Take-Down Wheelchair Basketball We welcome people of all ages and abilities. Cricket Club There are 4 sessions: 5:00-6:00pm; (Years 2-6): 8pm Louth 8pm 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional **Football Badminton Club** 9pm information, please email: 9pm Don't forget, court hire is included in your membership... Book on the day. carolynblackburn0409@gmail.com







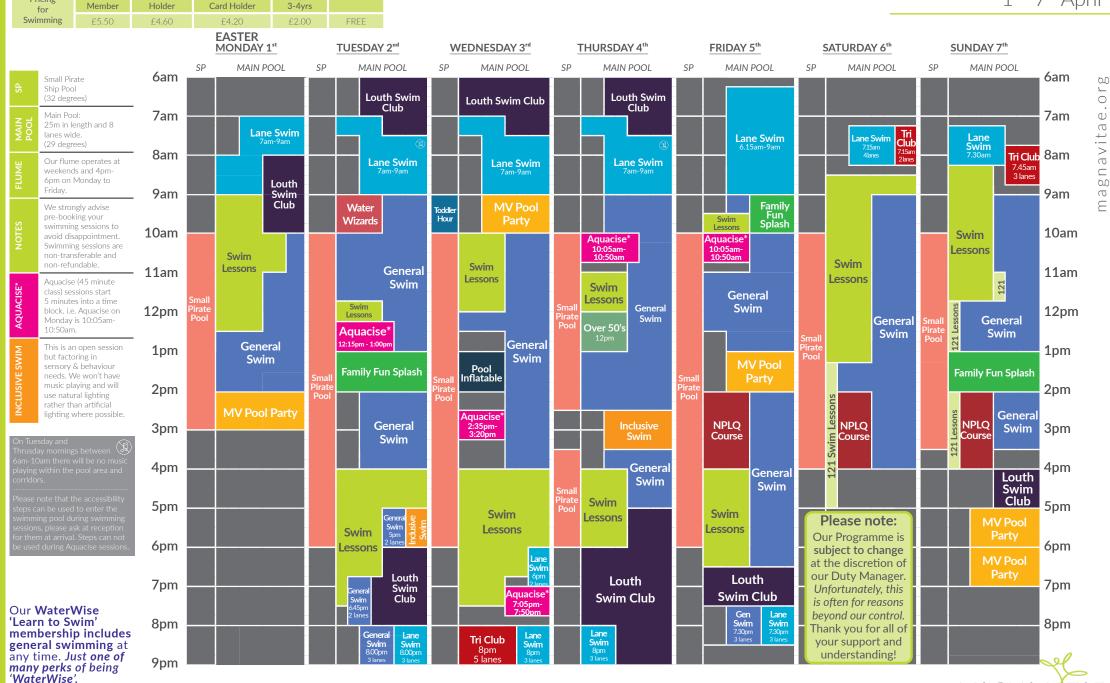
Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

Pricing

Main Pool & Leisure Pool Programme

1st -7th April

TRUST FOR LEISURE & CULTURE



Wellness Studio Programme 1st -7th April

magnavitae.org

Exercise C	lasses	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 3	1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pil	ates	£8.90	£7.30	£6.60	FREE

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	KEY	6am								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	7am 8am	Wellness Hour				Wellness Hour			7am 8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	9am		Wellness Hour						9am
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	10am			Balance & Mobility Pilates				Wellness Hour	10am
	una relazioni.	11am			Pilates		Pilates	Wellness Hour		11am
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and	12pm		Yoga			Pilates			12pm
	stretching to promote overall well-being. Wellness Hour is a quite session for users and members to use for stretching, light	1pm			Stretch & Relax					1pm
WELLNESS	aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.	2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm								5pm
		6pm			Pilates	Yoga				6pm
		7pm		Yoga	·	Wellness Hour				7pm
		8pm		Pilates	Wellness Hour		Wellness Hour			8pm
		9pm								9pm

Fitness Suite & Cycle Studio Programme 1st-7th 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
Vitrual Classes	£3.60	£3.00	£2.65	FREE

	KEY		MONDAY	TUESDAY	WEDNESDAY	THU	RSDAY	FRIDAY	SATURDAY	SUNDAY		b.
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how	6am		RPM							6am 7am	(
Vir Beginn	it works.	7am i	BEGINNER CYCLE	SPRINT	RPM	RI	PM	RPM				+
	A group indoor cycling work- out where you control the	- 8am	RPM		SPRINT	R	PM	SPRINT				2
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT				CYCLE			9am	2
tual N∓™	A 30-minute High-Intensity Interval Training (HIIT) work-	10am	CYCLE	CYCLE				RPM	CYCLE		10am	
Virtual SPRINT*	out, using an indoor bike to achieve fast results	11am -				R	PM	SPRINT			11am	
Cycle	Cycle is high-intensity exer- cise on a stationary bike. It combines cardio and endur-	12pm		DDM		R	PM		CDDINT		12pm	
0	ance in a calorie-crunching session!	_ 1pm		RPM		ı,		SPRINT	SPRINT	SPRINT	1pm	
SYNRGY*	Taking place on the gym floor these classes are a great way to improve your	2pm							RPM RPM		2pm	
SYN	strength and fitness whilst preparing your body for everyday tasks.	3pm						RPM		BEGINNER RPM	3pm	
*smu	Legs, bums and tums is a full body aerobic workout that	- · 4pm		RPM	RPM	R	PM	SPRINT	SPRINT	RPM	■ 4pm	
Bums and Tums	aims to tone up those flabby areas of your thighs, bum and stomach, great for those			SPRINT	SPRINT	SP	RINT	RPM	RPM	SPRINT	5pm	
Legs, Bun	who want to lose weight or even for those who simply want to improve their fitness	5pm		RPM	RPM	SP	RINT	SPRINT	RPM	RPM	■6pm	
Le	levels. An exercise concept based	6pm		SPRINT	RPM	RPM	SYNRGY*	BEGINNER RPM SPRINT		SPRINT		
\$\$5	on the training methods used by boxers. Sessions typically involve	7pm		RPM	CYCLE	RPM	LBT	RPM			7pm	
Fight to Fitness	hitting focus pads and no class involves hitting an opponent. It is a fun,	8pm			RPM	INFIN	LDI	KPIVI			8pm	
Fight	challenging and safe workout - which is great for stress busting! Accessible to	9pm	* - This session takes place in t	SPRINT the functional area of the gyn	n.						9pm	



stress busting! Accessible to all abilities and fitness levels.

(Ages 16+)

A Partner to East Lindsey District Council.

Dance Studio Programme

1st -7th April

magnavitae.org

TRUST FOR LEISURE & CULTURE

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
Vitrual Classes	£3.60	£3.00	£2.65	FREE

Viti dai Cia	20.00	22.00	TREE						
BODY CON- DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	MONDA	AY TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	■6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the musclesaround the spine.	7am							7am
MATURE MOVERS YOGA	A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based. A physical and mental exercise using stretching & breathing to help improve	Les Mills Body Les Mills C 9am	ORE Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		8am 9am
	posture and core stability, whilst helping you relax and release stress.	10am	Pilates	Zumba Body Conditioning	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP Les Mills	10am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	11am	B	Whole Body Exercise	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	BodyBALANCE Les Mills Sh'Bam	11am
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	12pm	Balance & Mobility		Body Conditioning	Les Mills BodyPUMP	Les Mills BodyPUMP	Les Mills Sn Bam Les Mills CORE	12pm
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.	1pm2pm		Yoga Les Mills BodyPUMP	Cardiac Rehab		Les Mills Sh'Bam		1pm 2pm
WHOLE BODY EXERCISE	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and female; work at your own pace; fun.	3pm	Les Mills BodyCOMBAT	Private Hire Les Mills BodyPUMP		Les Mills BodyCOMBAT		Les Mills BodyPUMP	3pm 4pm
LOW IMPACT AEROBICS	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.	5pm	Les Mills CORE	Les Mills BodyCOMBAT	Les Mills BodyPUMP	Private Hire		Private Hire	5pm 6pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	7pm	Zumba		Body Conditioning				7pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!	8pm	Les Mills BodyPUMP		Les Mills BodyCOMBAT	Les Mills Sh'Bam			8pm
BALANCE & MOBILITY	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.	9pm Virtual BodyBALANCE"	The yoga-based class that will improve y your life. Bend and stretch through a ser and embrace elements of Tai Chi and Pila	ies of simple yoga moves	Vietua	diovascular workout that will burn , kick and jump through pre chored ning music.			9pm
PiYo	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get the pilate of the pil	Virtual BodyPUMP™	A great full body workout set to great mand high repetition's to burn calories and tone.	d help increase muscle		es around the core, cx worx provio tronger body. As well as the stoma lower back.	ach, expect to	Y	,
Magna Vitae is a	that'll get you incredibly defined. Registered Charity. Charity Number 1160156.	Virtual Sh'Bam™	A fun loving insanely addictive dance we ence required. An insanely addictive grou fun, simple yet sassy dance moves, all se	up dance class, featuring				MAGNA V	ГАЕ

Sports Hall Programme

1st -7th April

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.

MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills whilst also teaching the importance of teamwork.

A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!

> Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

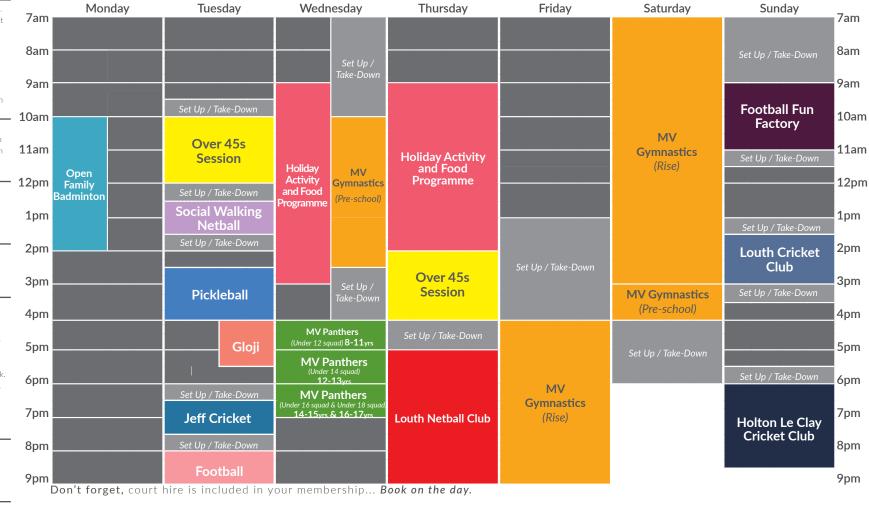
Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.

WHEELCHAIR BASKETBALL LOUTH JAGUARS

There are 4 sessions: 5:00-6:00pm; (Years 2-6): 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com

Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.









MV Concession

Under 2's

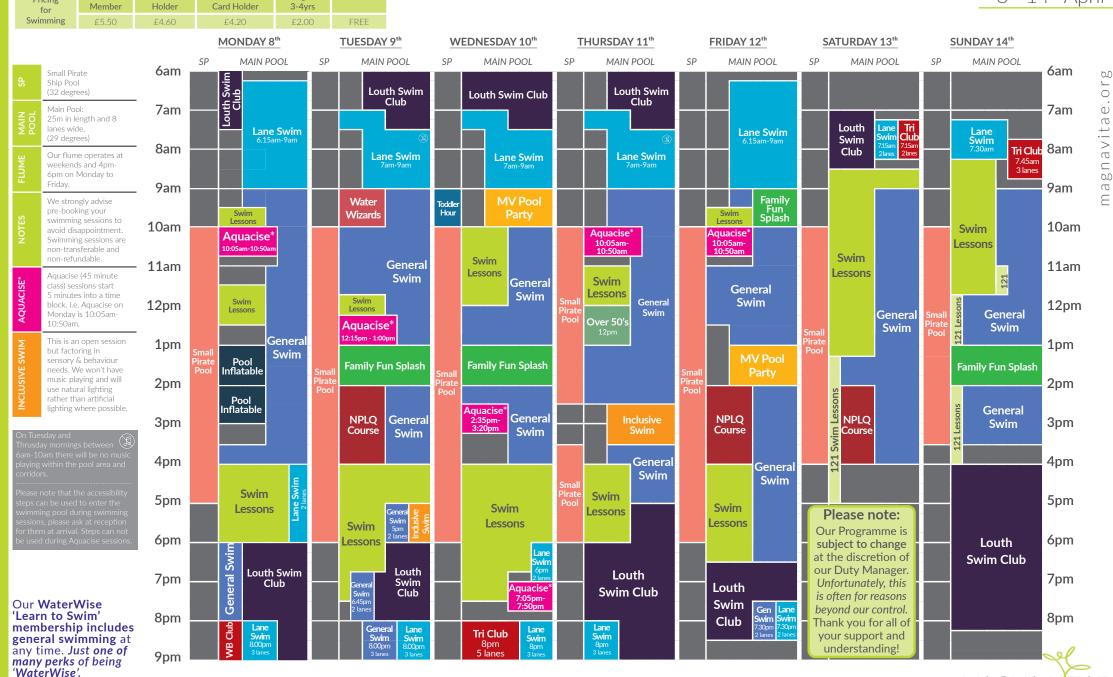
MV Card

Pricing

Main Pool & Leisure Pool Programme

8th-14th April

TRUST FOR LEISURE & CULTURE



Wellness Studio Programme 8th-14th 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

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	KEY	6am								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	7am 8am	Wellness Hour				Wellness Hour			7am : 8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	9am		Wellness Hour						9am
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	10am	Pilates		Balance & Mobility Pilates				Wellness Hour	10am
		11am	rilates		Pilates		Pilates	Wellness Hour		11am
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and	12pm		Yoga			Pilates			12pm
	stretching to promote overall well-being. Wellness Hour is a quite session for users	1pm			Stretch & Relax					1pm
WELLNESS	and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.	2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm				V				5pm
		6pm			Pilates	Yoga				6pm
		7pm		Yoga	Pliates	Wellness Hour				7pm
		8pm		Pilates	Wellness Hour					8pm
		9pm								9pm

Fitness Suite & Cycle Studio Programme 8th-14th 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
Vitrual Classes	£3.60	£3.00	£2.65	FREE

	KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how	6am 7am		RPM						6am 7am
V Begin	it works.		BEGINNER CYCLE	SPRINT	RPM	RPM	RPM			0.000
	A group indoor cycling work- out where you control the	- 8am	RPM		SPRINT	RPM	SPRINT			oalli
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT			CYCLE			9am
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) work-	- 10am	CYCLE	CYCLE			RPM	CYCLE		10am
Vird	out, using an indoor bike to achieve fast results	11am				RPM				11am
<u>e</u>	Cycle is high-intensity exercise on a stationary bike. It	12pm					SPRINT			12pm
Cycle	combines cardio and endur- ance in a calorie-crunching session!	1pm		RPM		RPM	SPRINT	SPRINT		1pm
*_	Taking place on the gym floor these classes are a	- Thiii						RPM	SPRINT	
SYNRGY*	great way to improve your strength and fitness whilst	2pm						RPM	BEGINNER RPM	2pm
·S	preparing your body for everyday tasks.	3pm	SPRINT		DD14		RPM	SPRINT	DDM	3pm
*sums	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby	4pm		RPM	RPM	RPM	SPRINT	O. M. V.		■4pm
Bums and Tums [*]	areas of your thighs, bum and stomach, great for those	5	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT	5pm
Legs, Bum	who want to lose weight or even for those who simply want to improve their fitness	5pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM	
Le	levels. An exercise concept based	6pm -	CYCLE	SPRINT	RPM	RPM SYNRGY*	BEGINNER RPM		SPRINT	6pm
*.	on the training methods used by boxers. Sessions	7pm		RPM	CYCLE	ontite	SPRINT			7pm
Fight to Fitness*	typically involve hitting focus pads and no class involves hitting	8pm	RPM	KPIVI		RPM LBT*	RPM			8pm
tht to F	an opponent. It is a fun, challenging and safe	Omar	RPM	SPRINT	RPM					9pm
년 80	workout - which is great for stress busting! Accessible to	ърш	* - This session takes place in t	the functional area of the gym	n					- Janes



stress busting! Accessible to all abilities and fitness levels.

(Ages 16+)

A Partner to East Lindsey District Council.

Dance Studio Programme 8th-14th April

TRUST FOR LEISURE & CULTURE

magnavitae.org

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
Vitrual Classes	£3.60	£3.00	£2.65	FREE

BODY CON- DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES	muscle shaping away from the gym. A class combining stretching and strength work to improve posture and mobility on the musclesaround the spine.	- 6am 7am								6am 7am
MATURE MOVERS	A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.	Les 8am	Mills BodyPUN			Les Mills BodyBALANCE	Les Mills CORE	Les Mills		8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am Bo	ody Conditionin		Zumba	Fitness Pilates	Zumba	Les Mills BodyBALANCE Latin Fit	Les Mills BodyPUMP	9am 10am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	11am	Pilates	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	12pm	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning	Les Mills BodyPUMP	Les Mills BodyPUMP	Les Mills Sh'Bam Les Mills CORE	12pm
ZUMBA	Style Workout: Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.	1pm	Pilates		Yoga Les Mills BodyPUMP		Les Millis Douy POINT	Les Mills Sh'Bam	Les Millis CORE	1pm 2pm
WHOLE BODY EXERCISE	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and	3pm		Les Mills BodyCOMBAT	Private Hire	Cardiac Rehab	Les Mills BodyCOMBAT		Les Mills BodyPUMP	3pm
LOW IMPACT AEROBICS	female; work at your own pace; fun. A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than	. Lo	es Mills Sh'Bam Fitness Pilates	Les Mills CORE	Les Mills BodyPUMP Les Mills BodyCOMBAT		Private Hire		Les Mills BodyBALANCE Private Hire	5pm
CLUB FIT	aerobics. Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	6pm	Yoga	Zumba	CLUBFIT	Les Mills BodyPUMP Body Conditioning	Latin Fit		Filvate i ilie	6pm 7pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!	8pm	Yoga	Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam			8pm
BALANCE & MOBILITY	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.	9pm —	Virtual	Les Mills CORE Le yoga-based class that will improve your life. Bend and stretch through a serid embrace elements of Tai Chi and Pila	es of simple yoga moves	Virtua	diovascular workout that will burn kick and jump through pre chore ning music.			9pm
PiYo	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program	Во	odvPUMP™	great full body workout set to great mu d high repetition's to burn calories and ne.	ısic using light weights	Virtual Exercising muscle	es around the core, cx worx provi cronger body. As well as the stoma lower back.		H	7
Magna Vitae is a	that'll get you incredibly defined. Registered Charity. Charity Number 1160156.		Sh'Bam™ en	fun loving insanely addictive dance wor ce required. An insanely addictive grou n, simple yet sassy dance moves, all set	p dance class, featuring				MAGNA V	TAE

Sports Hall Programme

Payment must be made on booking. A booking can be made up to a week in advance.

Please note: bookings must be cancelled at least 48 hours in advance for a refund.

8th-14th April

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work. MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills whilst also teaching the importance of teamwork. A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in! Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. 7pm We welcome people of all ages and abilities. There are 4 sessions: 5:00-6:00pm; (Years 2-6): 8pm 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: 9pm Don't forget, court hire is included in your membership... Book on the day.

rs.		Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday	_
out	7am									7am
	8am				Set Up / Take-Down				Set Up / Take-Down	8am
ich	9am					Holiday Activity and Food Programme MV Gymnastics (Rise)	Gymnasti			9am
	L0am	_	Set Up / Take-Down						Football Fun Factory	10am
op om	11am		Over 45s Session	Holidav				Gymnastics	Set Up / Take-Down	11am
1	.2pm		Set Up / Take-Down	Activity and Food	MV Gymnastics (Pre-school)		, ,		12pm	
	1pm		Social Walking Netball	Programme	(Pre-scribbly		Set Up / Take-Down		Set Up / Take-Down	1pm
/	2pm		Set Up / Take-Down			Over 45s Session			Louth Cricket Club	2pm
	3pm	NHS Blood Donations	Pickleball		Set Up / Take-Down			MV Gymnastics	Set Up / Take-Down	Зрт
n	4pm		ations				(Pre-school)		4pm	
to r	5pm		Gloji		anthers quad) 8-11 yrs	Set Up / Take-Down		Set Up / Take-Down		5pm
ork.				(Under	anthers 14 squad) -13yrs		NO.	Set Op / Take Down	Set Up / Take-Down	6pm
,	6pm			Set Un / Take-Down	MVP	anthers		MV		

Louth Netball Club



14-15yrs & 16-17yrs

Wheelchair

Jeff Cricket

Set Up / Take-Down

Football



Gymnastics

(Rise)



Holton Le Clay

Cricket Club

7pm

8pm

9pm

carolynblackburn0409@gmail.com

Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.