

# Skegness Pool & Fitness Suite

## Indoor & Outdoor Pool Programme

From 25th July 2022

**Weekend Bookings**

**Non Member/User**  
**Full Day Session (10am-5pm)**  
 Per Person £24.00  
 3&4yrs £11.00

**1/2 Day Session**  
 (10am-1.30pm/1.30pm-5pm)  
 Per Person £12.00  
 3&4yrs £5.50

**1.5hr Session**  
 (Spaced throughout the day)  
 Per person £6.50  
 3&4yrs £3.00

---

**MV Card Holder**  
**Full Day Session (10am-5pm)**  
 Adult £18.00  
 Child £16.00  
 3&4yrs £11.00

**1/2 Day Session**  
 (10am-1.30pm/1.30pm-5pm)  
 Adult £9.00  
 Child £8.00  
 3&4yrs £5.50

**1.5hr Session**  
 (Spaced throughout the day)  
 Adult £5.50  
 Child £5.00  
 3&4yrs £3.00

---

Sun lounge £2.00  
 Spectator £2.40

|      | MONDAY                                 |   | TUESDAY                                |                                       | WEDNESDAY                              |   | THURSDAY                               |                                       | FRIDAY                                 |   | SATURDAY                                  |  | SUNDAY                                   |  |
|------|--|---|--|---------------------------------------|--|---|--|---------------------------------------|--|---|---|--|--|--|
|      | Indoor Pool                            | Outdoor Pool                              | Indoor Pool                            | Outdoor Pool                          | Indoor Pool                            | Outdoor Pool                              | Indoor Pool                            | Outdoor Pool                          | Indoor Pool                            | Outdoor Pool                              | Indoor Pool                               | Outdoor Pool                           | Indoor Pool                              | Outdoor Pool                           |
| 5am  |  |   |  |                                       |  |   |  |                                       |  |   |   |  |  |  |
| 6am  | SAS Club                               |   |  |                                       | SAS Club                               |   |  |                                       |  |   |   |  |  |  |
| 7am  | Lane Swim (6.30am-7.30am)              |   | General Swim 6.30am-8am                |                                       | Lane Swim (6.30am-7.30am)              |   | General Swim 6.30am-8am                |                                       | General Swim 6.30am-9.30am             |   |   |  |  |  |
| 8am  | General Swim 7.30am-9.30am             |   |  |                                       | General Swim 7.30am-9am                |   |  |                                       |  |   |   |  |  |  |
| 9am  |  |   |  |                                       |  |   |  |                                       |  |   |   |  |  |  |
| 10am | Aquacise (10am-11am)                   |   |  |                                       | PAYG Lessons (9.15am-9.45am)           |   | PAYG Lessons (9.30am-10.30am)          |                                       | Aquacise (10am-11am)                   |   | Swim Lessons                              |  | SAS Club                                 |  |
| 11am |  |   |  |                                       |  |   |  |                                       |  |   |   |  |  |  |
| 12pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 10.30am-7pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 8am-8pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 10.30am-6pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 8am-8pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 10.30am-6pm | General Swim Sessions between 12.15pm-3pm | General Swim Sessions between 10am-5pm | General Swim Sessions between 8.30am-3pm | General Swim Sessions between 10am-5pm |
| 1pm  |  |   |  |                                       |  |   |  |                                       |  |   |   |  |  |  |
| 2pm  |  |   |  |                                       |  |   |  |                                       |  |   |   |  |  |  |
| 3pm  |  |   |  |                                       |  |   |  |                                       |  |   |   |  |  |  |
| 4pm  |  |   |  |                                       |  |   | Swim Lessons                           |                                       | Swim Lessons                           |   |   |  | Private Hire (4pm-5pm)                   |  |
| 5pm  | Swim Lessons                           |   | Swim Lessons                           |                                       | Swim Lessons                           |   |  |                                       |  |   |   |  |  |  |
| 6pm  |  |   |  |                                       |  |   | Lane Swim (5.30pm-6.15pm)              |                                       |  |   |   |  |  |  |
| 7pm  | SAS Club                               |   | Aqua Jog (7pm)                         |                                       | General Swim 6.30pm-8pm                |   | SAS Club                               |                                       | SAS Club                               |   |   |  |  |  |
| 8pm  |  |   |  |                                       |  |   |  |                                       |  |   |   |  |  |  |

We strongly advise pre-booking your swim sessions to avoid disappointment. General Swim sessions are non-refundable and non-transferable.  
 Pool times subject to change dependant on weather and demand. Both indoor and the outdoor can be closed at the discretion of the Duty Manager.

# Skegness 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                     |
| 30mins   | £2.85                 | £2.40          | £2.15                     |
| Yoga/Pilates   | £8.40                 | £7.00          | £6.30                     |

|      | MONDAY               | TUESDAY                | WEDNESDAY                    | THURSDAY             | FRIDAY          | SATURDAY                       | SUNDAY |
|------|----------------------|------------------------|------------------------------|----------------------|-----------------|--------------------------------|--------|
| 7am  |                      |                        |                              |                      |                 |                                |        |
| 8am  |                      |                        |                              |                      |                 |                                |        |
| 9am  |                      |                        |                              | A Zumba 9am          | A Pilates 9am   |                                |        |
| 10am | P Aquacise 10am      | A Boogie Bounce 9.30am | P Aquacise 10am              | A Yogalates 10am     | P Aquacise 10am | G High Intensity Circuits 10am |        |
| 11am |                      | A Zumba Toning 10.30am |                              | A Boogie Bounce 11am |                 |                                |        |
| 12pm |                      |                        | A Throwback Aerobics 11.30am |                      |                 |                                |        |
| 1pm  | G Circuits 1pm       | G Free Circuits 1pm    | A Legs, Bums & Tums 12.30pm  | G Free Circuits 1pm  |                 |                                |        |
| 2pm  | A Fit Ball 2pm       |                        | A Yoga 1.30pm                |                      |                 |                                |        |
| 3pm  | A Zumba Step 3pm     |                        |                              |                      |                 |                                |        |
| 4pm  |                      |                        |                              |                      |                 |                                |        |
| 5pm  |                      |                        |                              |                      |                 |                                |        |
| 6pm  |                      |                        |                              |                      |                 |                                |        |
| 7pm  | A KettleBlast 6.30pm |                        | A KettleBlast 6.30pm         |                      |                 |                                |        |
| 8pm  | A Clubbercise 7pm    | P Aqua Jog 7pm         | A Clubbercise 7pm            |                      |                 |                                |        |
| 9pm  |                      |                        |                              |                      |                 |                                |        |

Key  
P - Swimming Pool  
G - Gym  
A - Arts Room

# Skegness Pool & Fitness Suite

## Exercise Class Descriptions

From 25th July 2022

|  |  |
|--|--|
| <b>AQUACISE</b><br>Mondays at 11am, Wednesdays at 10am & Fridays at 10am | 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.  |
| <b>AQUA JOG</b><br>Tuesdays at 7pm                                       | Not only is Aqua Jog an excellent way to improve cardiovascular fitness and work on running form, but it also minimizes the impact on your joints. Plus, since the water provides resistance, aqua jogging is similar to running against the wind.   |
| <b>ZUMBA</b><br>Thursdays at 9am   | Combine the calorie burning benefits of traditional aerobics with up to date, fun dance moves and you have Zumba. Catering for every user's ability, it's one of our most popular classes. Come and get fit and bring your Latin spirit with you.  |
| <b>CLUBBERCISE</b><br>Mondays and Wednesdays at 7pm                      | Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session burns around 600 calories. The routines combine dance, toning and combat moves with options to suit all fitness levels.   |
| <b>HIGH INTENSITY CIRCUITS</b><br>Saturdays at 10am                      | High-intensity circuits involve a combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high-intensity and lower-intensity exercises.  |
| <b>ZUMBA TONING</b><br>Tuesdays at 10.30am                               | This class fuses Latin rhythms and easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone and sculpt muscles.  |
| <b>YOGALATES</b><br>Thursdays at 10am                                    | A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.   |
| <b>BOOGIE BOUNCE</b><br>Tuesdays at 9:30am & Thursdays at 11am           | Boogie Bounce is a high energy and low impact workout to get fit, have fun and bounce away fat! The exercise is performed on a trampet/mini trampoline (provided) with patented T-Bar handles.   |
| <b>LEGS, BUMS &amp; TUMS</b><br>Wednesdays at 12.30pm                    | Legs, Bums & Tums is a unique aerobic fitness class that is full of fun exercises to tone those "wobbly" areas on your stomach, thighs and bum. We use circuits and games to add to the fun and keep things interesting. This class is great for anyone who wants to lose weight, tone up, or just improve their overall fitness. It's suitable for all levels of fitness, from complete beginners through to experienced gym-goers! |
| <b>THROWBACK AEROBICS</b><br>Wednesdays at 11.30am                       | A cardiovascular aerobics session set to some of your favourite throwback music from the 80's & 90's. This class is fun, a great exercise and is set to some great music!  |
| <b>CIRCUITS</b><br>Mondays at 1pm  | Located within the gym, led by an instructor. Using the new Technogym equipment to its full advantage, creating a circuit session designed to target the whole body.   |
| <b>ZUMBA STEP</b><br>Mondays at 3pm                                      | A dance-based session incorporating the Latin beats of a Zumba class! Using a small box step, this class will really get you moving to the music!  |
| <b>KETTLEBLAST</b><br>Mondays and Thursdays at 6:30pm                    | A short 30-minute blast workout - aiming to get you sweating in no time! This class is a great way to build your strength and get lean at the same time.   |
| <b>FREE CIRCUITS</b><br>Tuesdays and Thursdays at 1pm                    | Free circuits is not instructor led, but you have everything planned for you. Tailored programmes designed for all users to come and get your teeth stuck into. Assistance is at hand if required.   |
| <b>YOGA</b><br>Wednesdays at 1.30pm                                      | A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.   |
| <b>PILATES</b><br>Fridays at 9am   | A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.  |
| <b>FIT BALL</b><br>Mondays at 2pm  | Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.   |



# Skegness Pool & Fitness Suite

## Indoor & Outdoor Pool Programme

From 1<sup>st</sup> - 31<sup>st</sup> August 2022

|      | MONDAY                                 |   | TUESDAY                                |                                       | WEDNESDAY                              |   | THURSDAY                              |  | FRIDAY                                 |   | SATURDAY                                  |  | SUNDAY                                   |  |
|------|--|---|--|---------------------------------------|--|---|---------------------------------------|--|--|---|---|--|--|--|
|      | Indoor Pool                            | Outdoor Pool                              | Indoor Pool                            | Outdoor Pool                          | Indoor Pool                            | Outdoor Pool                              | Indoor Pool                           | Outdoor Pool                           | Indoor Pool                            | Outdoor Pool                              | Indoor Pool                               | Outdoor Pool                           | Indoor Pool                              | Outdoor Pool                           |
| 5am  |  |   |  |                                       |  |   |                                       |  |  |   |   |  |  |  |
| 6am  | SAS Club                               |   |  |                                       | SAS Club                               |   |                                       |  |  |   |   |  |  |  |
| 7am  | Lane Swim (6.30am-7.30am)              |   | General Swim 6.30am-8am                |                                       | Lane Swim (6.30am-7.30am)              |   | General Swim 6.30am-8am               |  |  |   |   |  |  |  |
| 8am  | General Swim 7.30am-9.30am             |   |  |                                       | General Swim 7.30am-9am                |   |                                       |  | General Swim 6.30am-9.30am             |   |   |  |  |  |
| 9am  |  |   |  |                                       |  |   |                                       |  |  |   |   |  |  |  |
| 10am | Aquacise (10am-11am)                   |   |  |                                       | Booster Lessons                        |   | Booster Lessons                       |  | Aquacise (10am-11am)                   |   | Swim Lessons                              |  |  |  |
| 11am |  |   |  |                                       | Aquacise (10am-11am)                   |   |                                       |  |  |   |   |  | SAS Club                                 |  |
| 12pm |  |   |  |                                       |  |   | General Swim Sessions between 8am-8pm |  |  |   |   |  |  |  |
| 1pm  | General Swim Sessions between 12pm-3pm | General Swim Sessions between 10.30am-7pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 8am-8pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 10.30am-6pm |                                       | General Swim Sessions between 12pm-3pm | General Swim Sessions between 12pm-3pm | General Swim Sessions between 10.30am-6pm | General Swim Sessions between 12.15pm-3pm | General Swim Sessions between 10am-5pm | General Swim Sessions between 8.30am-3pm | General Swim Sessions between 10am-5pm |
| 2pm  |  |   |  |                                       |  |   |                                       |  |  |   |   |  |  |  |
| 3pm  |  |   |  |                                       |  |   |                                       |  |  |   |   |  |  |  |
| 4pm  |  |   |  |                                       |  |   | Swim Lessons                          |  | Swim Lessons                           |   |   |  |  |  |
| 5pm  | Swim Lessons                           |   | Swim Lessons                           |                                       | Swim Lessons                           |   |                                       |  |  |   |   |  | Private Hire (4pm-5pm)                   |  |
| 6pm  |  |   |  |                                       |  |   | Lane Swim (5.30pm-6.15pm)             |  |  |   |   |  |  |  |
| 7pm  | Booster Lessons                        |   |  |                                       | General Swim 6.30pm-8pm                |   | SAS Club                              |  | SAS Club                               |   |   |  |  |  |
| 8pm  | SAS Club                               |   | Aqua Jog (7pm)                         |                                       |  |   |                                       |  |  |   |   |  |  |  |

**Weekend Bookings**

**Non Member/User**  
**Full Day Session (10am-5pm)**  
 Per Person £24.00  
 3&4yrs £11.00

**1/2 Day Session**  
 (10am-1.30pm/1.30pm-5pm)  
 Per Person £12.00  
 3&4yrs £5.50

**1.5hr Session**  
 (Spaced throughout the day)  
 Per person £6.50  
 3&4yrs £3.00

---

**MV Card Holder**  
**Full Day Session (10am-5pm)**  
 Adult £18.00  
 Child £16.00  
 3&4yrs £11.00

**1/2 Day Session**  
 (10am-1.30pm/1.30pm-5pm)  
 Adult £9.00  
 Child £8.00  
 3&4yrs £5.50

**1.5hr Session**  
 (Spaced throughout the day)  
 Adult £5.50  
 Child £5.00  
 3&4yrs £3.00

---

Sun lounge £2.00  
 Spectator £2.40

We strongly advise pre-booking your swim sessions to avoid disappointment. General Swim sessions are non-refundable and non-transferable.  
 Pool times subject to change dependant on weather and demand. Both indoor and the outdoor can be closed at the discretion of the Duty Manager.

# Skegness Pool & Fitness Suite

## Exercise Classes

From 1<sup>st</sup> - 14<sup>th</sup> August 2022

|  | Exercise Class Prices |                |                           |
|--|-----------------------|----------------|---------------------------|
|  | Non Member            | MV Card Holder | MV Concession Card Holder |
| 45mins - 1 hour  | £6.80                 | £5.65          | £5.10                     |
| 30mins   | £2.85                 | £2.40          | £2.15                     |
| Yoga/Pilates   | £8.40                 | £7.00          | £6.30                     |

|      | MONDAY               | TUESDAY                | WEDNESDAY                    | THURSDAY             | FRIDAY          | SATURDAY                       | SUNDAY |
|------|----------------------|------------------------|------------------------------|----------------------|-----------------|--------------------------------|--------|
| 7am  |                      |                        |                              |                      |                 |                                |        |
| 8am  |                      |                        |                              |                      |                 |                                |        |
| 9am  |                      |                        |                              | A Zumba 9am          | A Pilates 9am   |                                |        |
| 10am | P Aquacise 10am      | A Boogie Bounce 9.30am | P Aquacise 10am              | A Yogalates 10am     | P Aquacise 10am | G High Intensity Circuits 10am |        |
| 11am |                      | A Zumba Toning 10.30am |                              | A Boogie Bounce 11am |                 |                                |        |
| 12pm |                      |                        | A Throwback Aerobics 11.30am |                      |                 |                                |        |
| 1pm  | G Circuits 1pm       | G Free Circuits 1pm    | A Legs, Bums & Tums 12.30pm  | G Free Circuits 1pm  |                 |                                |        |
| 2pm  | A Fit Ball 2pm       |                        | A Yoga 1.30pm                |                      |                 |                                |        |
| 3pm  | A Zumba Step 3pm     |                        |                              |                      |                 |                                |        |
| 4pm  |                      |                        |                              |                      |                 |                                |        |
| 5pm  |                      |                        |                              |                      |                 |                                |        |
| 6pm  |                      |                        |                              |                      |                 |                                |        |
| 7pm  | A KettleBlast 6.30pm |                        | A KettleBlast 6.30pm         |                      |                 |                                |        |
| 8pm  | A Clubbercise 7pm    | P Aqua Jog 7pm         | A Clubbercise 7pm            |                      |                 |                                |        |
| 9pm  |                      |                        |                              |                      |                 |                                |        |

Key  
P - Swimming Pool  
G - Gym  
A - Arts Room

# Skegness Pool & Fitness Suite

## Exercise Class Descriptions

From 1<sup>st</sup> - 14<sup>th</sup> August 2022

|  |  |
|--|--|
| <b>AQUACISE</b><br>Mondays at 11am, Wednesdays at 10am & Fridays at 10am | 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.  |
| <b>AQUA JOG</b><br>Tuesdays at 7pm                                       | Not only is Aqua Jog an excellent way to improve cardiovascular fitness and work on running form, but it also minimizes the impact on your joints. Plus, since the water provides resistance, aqua jogging is similar to running against the wind.   |
| <b>ZUMBA</b><br>Thursdays at 9am   | Combine the calorie burning benefits of traditional aerobics with up to date, fun dance moves and you have Zumba. Catering for every user's ability, it's one of our most popular classes. Come and get fit and bring your Latin spirit with you.  |
| <b>CLUBBERCISE</b><br>Mondays and Wednesdays at 7pm                      | Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session burns around 600 calories. The routines combine dance, toning and combat moves with options to suit all fitness levels.   |
| <b>HIGH INTENSITY CIRCUITS</b><br>Saturdays at 10am                      | High-intensity circuits involve a combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high-intensity and lower-intensity exercises.  |
| <b>ZUMBA TONING</b><br>Tuesdays at 10.30am                               | This class fuses Latin rhythms and easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone and sculpt muscles.  |
| <b>YOGALATES</b><br>Thursdays at 10am                                    | A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.   |
| <b>BOOGIE BOUNCE</b><br>Tuesdays at 9:30am & Thursdays at 11am           | Boogie Bounce is a high energy and low impact workout to get fit, have fun and bounce away fat! The exercise is performed on a trampet/mini trampoline (provided) with patented T-Bar handles.   |
| <b>LEGS, BUMS &amp; TUMS</b><br>Wednesdays at 12.30pm                    | Legs, Bums & Tums is a unique aerobic fitness class that is full of fun exercises to tone those "wobbly" areas on your stomach, thighs and bum. We use circuits and games to add to the fun and keep things interesting. This class is great for anyone who wants to lose weight, tone up, or just improve their overall fitness. It's suitable for all levels of fitness, from complete beginners through to experienced gym-goers! |
| <b>THROWBACK AEROBICS</b><br>Wednesdays at 11.30am                       | A cardiovascular aerobics session set to some of your favourite throwback music from the 80's & 90's. This class is fun, a great exercise and is set to some great music!  |
| <b>CIRCUITS</b><br>Mondays at 1pm  | Located within the gym, led by an instructor. Using the new Technogym equipment to its full advantage, creating a circuit session designed to target the whole body.   |
| <b>ZUMBA STEP</b><br>Mondays at 3pm                                      | A dance-based session incorporating the Latin beats of a Zumba class! Using a small box step, this class will really get you moving to the music!  |
| <b>KETTLEBLAST</b><br>Mondays and Thursdays at 6:30pm                    | A short 30-minute blast workout - aiming to get you sweating in no time! This class is a great way to build your strength and get lean at the same time.   |
| <b>FREE CIRCUITS</b><br>Tuesdays and Thursdays at 1pm                    | Free circuits is not instructor led, but you have everything planned for you. Tailored programmes designed for all users to come and get your teeth stuck into. Assistance is at hand if required.   |
| <b>YOGA</b><br>Wednesdays at 1.30pm                                      | A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.   |
| <b>PILATES</b><br>Fridays at 9am   | A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.  |
| <b>FIT BALL</b><br>Mondays at 2pm  | Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.   |

