


HORNCASTLE POOL & FITNESS SUITE

Fitness and Pool Programme

From 20th February 2023

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
Swimming	£5.00	£4.20	£3.75	£1.80	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						Swim Lessons	Otters Swimming Club	9am
10am	General Swim (10am)	Over 50's (9.30am)	School Swimming	Aquacise (9.30am)	General Swim (10am)			10am
11am	Ducklings Lessons	Aqua Circuits (10.45am)	General Swim (10am)	Ducklings Lessons			General Swim (10.45am)	11am
12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (11.45am)		Aquacise (11.30am)	Aqua Circuits (11.30am)	General Swim (12pm)	12pm
1pm	School Swimming		School Swimming	School Swimming	School Swimming	General Swim (12.30pm)		1pm
2pm		School Swimming	School Swimming	School Swimming	School Swimming			2pm
3pm	Lane Swim (2.45pm)	Staff Training (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)						6pm
7pm	Otters Swimming Club		Otters Swimming Club	Lane Swim (6.45pm)				7pm
8pm		Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club			8pm
9pm								9pm

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. General Swim sessions are non-refundable and non-transferable.

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Exercise Classes

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

	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	Social Walk 10.30am	Aqua Circuits~ 10.45am						11am
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am		Aquacise~ 11.30am	Aqua Circuits~ 11.30am		12pm
1pm					Gym Social 1pm			1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm				LIIT* 5.30pm				6pm
7pm		Circuits*** 6.30pm	Boxercise*** 6.30pm	Pilates* 6.30pm				7pm
8pm								8pm

Key

- * - 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

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

magnavitae.org

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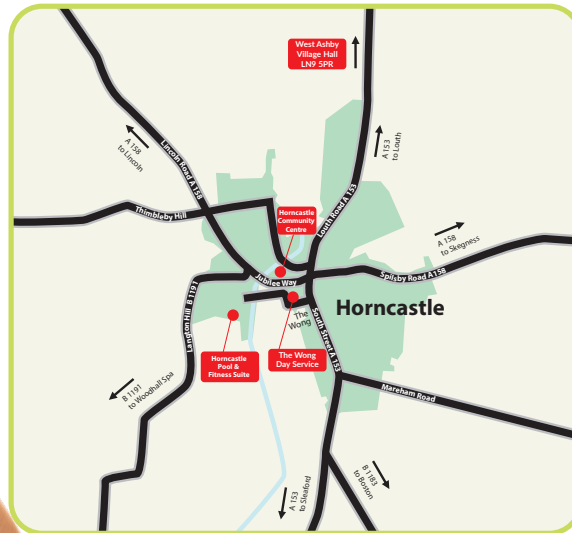
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Yoga/Pilates	£8.60	£7.20	£6.50

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 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 life-guards 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

FITBALL PILATES JACQUI - Mondays at 9.15am at Horncastle Community Centre	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
AQUACISE Mondays at 11:45am, Wednesdays at 11.45am, Thursdays at 9:30am & Fridays at 11.30am	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/ user groups.
YOGA JACQUI - Wednesdays at 9.15am at Horncastle Community Centre	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
AQUA CIRCUITS Tuesdays at 10:45am and Saturdays at 11.30am	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.
SOCIAL WALK Mondays at 10.30am	Come along on Mondays from 10:30am and join one of our Lifestyle Consultants for a walk and a natter. (These can be up to one hour long)
GYM SOCIAL Fridays at 1pm	This session is the perfect opportunity to meet new people and train with others. Meet and motivate each other - exchanging your favourite workout tips and tricks... A lifestyle consultant will be available for a chat and training tips, too!
CIRCUITS Tuesdays at 6.30pm at The Wong Day Service, Horncastle	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 Wednesdays at 6.30pm at The Wong Day Service, Horncastle	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 (LOW IMPACT INTERVAL TRAINING) Thursdays at 5.30pm at West Ashby Village Hall	LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.
PILATES (LIMITED NUMBERS) Thursdays at 6.30pm at West Ashby Village Hall	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. <i>(Please note, this class has limited numbers and we work from a 'first come, first serve' basis)</i>



Stay up to date!

Download our App for free from your App Store

Did you know? You can **Learn to Swim with Magna Vitae**. We offer **WaterWise Swim Lessons**, following Swim England's 'Learn to Swim' criteria, with our Level 1 and Level 2 qualified Swim Teachers. **(Plus: Our WaterWise membership includes general swimming at any time at any of our Swimming Pools*)**



Scan here with your mobile phone's camera for more information about our swimming lessons!


MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Just one of many perks of being 'WaterWise'.

HORNCASTLE POOL & FITNESS SUITE

Fitness and Pool Programme

From 3rd -9th April (Half Term) 2023

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	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
Swimming	£5.00	£4.20	£3.75	£1.80	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)		7am	
8am	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (7.45am)		Lane Swim (8am)	8am	
9am	Deep Water Confidence	Deep Water Confidence	Deep Water Confidence			Swim Lessons		9am	
10am	General Swim (10am)	Over 50's (9.45am)	General Swim (10.15am)	Aquacise (9.30am)	Swim Lessons			General Swim (9.30am)	10am
11am		Aqua Circuits (10.45am)		Ducklings Lessons			General Swim (10.45am)	11am	
12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (11.45am)		General Swim (11.30am)	Aqua Circuits (11.30am)		12pm	
1pm	General Swim (1pm)	Family Fun (1pm)	General Swim (1pm)	Family Fun (1pm)		General Swim (12.30pm)		1pm	
2pm								2pm	
3pm	General Swim (2.30pm)	Staff Training (2.45pm)	Lane Swim (2.30pm)	General Swim (2.30pm)				3pm	
4pm								4pm	
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons				5pm	
6pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.30pm)			<div style="border: 2px solid black; padding: 10px;"> <p>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!</p> </div>		6pm	
7pm				Lane Swim (6.45pm)					7pm
8pm	Lane Swim (7.15pm)	Lane Swim (7.30pm)	1-to-1's Available	Lane Swim (7.45pm)	WB Club				8pm
9pm									9pm

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9am	Fitball Pilates** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am				9am
10am								10am
11am		Aqua Circuits~ 10.45am						11am
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am			Aqua Circuits~ 11.30am		12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm				LIIT* 5.30pm				6pm
7pm		Circuits *** 6.30pm	Boxercise*** 6.30pm	Pilates* 6.30pm				7pm
8pm								8pm

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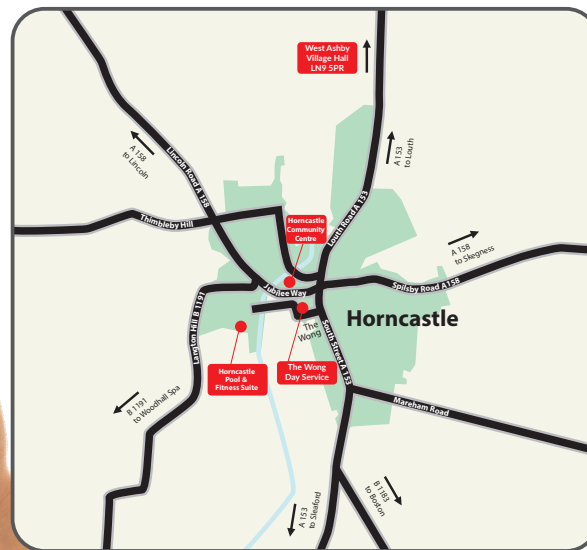
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9am						Swim Lessons		9am
10am	Swim Lessons	Distance Badge Session	Distance Badge Session	Aquacise (9.30am)			1-to-1's Available	10am
11am		Over 50's (9.45am)	General Swim (10.15am)		General Swim (10am)		General Swim (10.45am)	11am
12pm		Aqua Circuits (10.45am)		Ducklings Lessons		Aqua Circuits (11.30am)		12pm
1pm	General Swim (11.30am)	General Swim (11.30am)	Aquacise (11.45am)		Aquacise (11.30am)	General Swim (12.30pm)	General Swim (12pm)	1pm
2pm		Family Fun (1pm)	General Swim (1pm)	Family Fun (1pm)	General Swim (1pm)			2pm
3pm		Staff Training (2.45pm)	Lane Swim (2.30pm)	General Swim (2.30pm)	Quiet Swim (2.45pm)			3pm
4pm								4pm
5pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
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12pm			Aquacise~ 11.45am		Aquacise~ 11.30am	Aqua Circuits~ 11.30am		12pm
1pm								1pm
2pm								2pm
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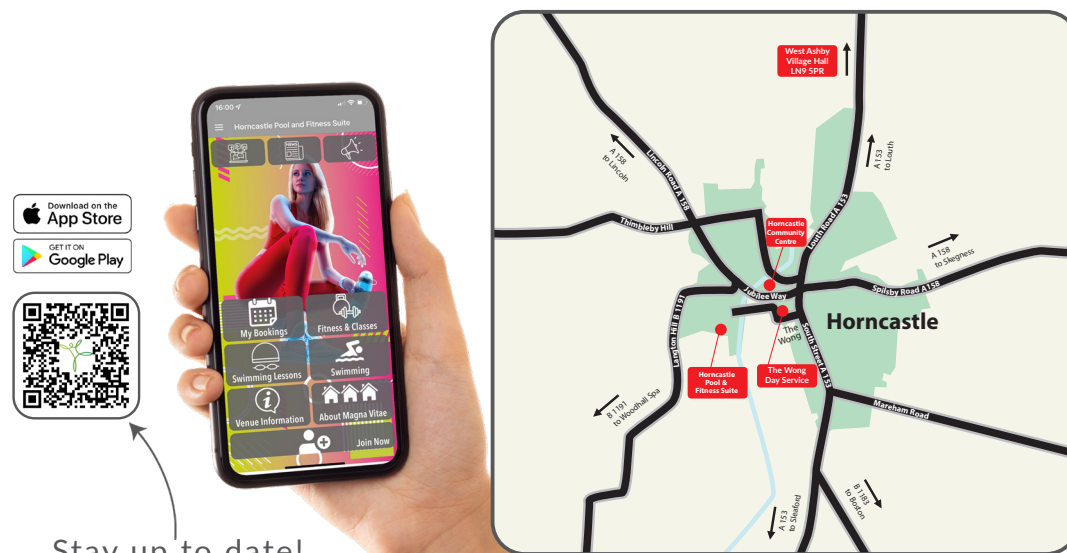
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