

# Horncastle Pool & Fitness Suite

## Pool Programme

11<sup>th</sup> - 17<sup>th</sup> December

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

<b>General Swim</b>	This is an open swimming pool session - suitable for all abilities.
<b>Lane Swim</b>	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.
<b>Over 50's Swim</b>	General swimming for anyone 50 and over - suitable for all abilities.
<b>School Swimming Lessons</b>	School's swimming pool booking - local school's visit the swimming pool to learn to swim
<b>Swimming Lessons</b>	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.
<b>Family Fun Splash</b>	Open pool swim, with floats in the swimming pool - suitable for all abilities.
<b>Otters Swimming Club</b>	Otters Swimming Club pool booking
<b>WB Club</b>	Private pool booking
<b>Parent &amp; Toddler Swim</b>	This session is for parents and toddler swimmers only.

	MONDAY 11 <sup>th</sup>	TUESDAY 12 <sup>th</sup>	WEDNESDAY 13 <sup>th</sup>	THURSDAY 14 <sup>th</sup>	FRIDAY 15 <sup>th</sup>	SATURDAY 16 <sup>th</sup>	SUNDAY 17 <sup>th</sup>	
6am			<b>Maintenance</b>	<b>CLOSED</b>	<b>Maintenance</b>	<b>CLOSED</b>	<b>Maintenance</b>	6am
7am	Lane Swim (6.30am)	Lane Swim (6.30am)						7am
8am	Lane Swim (8am)	Lane Swim (8am)						8am
9am								9am
10am	School Swimming	Over 50's Swim (9.30am)						10am
11am		Aqua Circuits (10.45am)						11am
12pm	Aquacise (11.45am)	General Swim (11.30am)						12pm
1pm								1pm
2pm	School Swimming	Staff Training						2pm
3pm	General Swim (2.45pm)		3pm					
4pm			4pm					
5pm	Swim Lessons	Swim Lessons	5pm					
6pm	Lane Swim (6pm)	General Swim (6.15pm)	6pm					
7pm	Otters Swimming Club		7pm					
8pm		Lane Swim (7.30pm)	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. 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

11<sup>th</sup> - 17<sup>th</sup> December

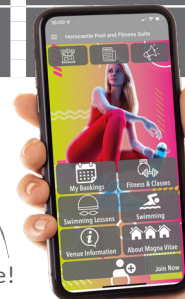
Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE

<b>FITBALL PILATES</b>	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
<b>AQUA-CISE</b>	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
<b>AQUA CIRCUITS</b>	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.
<b>CIRCUITS</b>	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.
<b>LIIT</b>	LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.
<b>PILATES (LIMITED NUMBERS)</b>	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)
<b>WELL-BEING WALK</b>	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		Yoga** 9.15am					10am
11am		Aqua Circuits~ 10.45am						11am
12pm	Aquacise~ 11.45am					Aquacise~ 11.30am		12pm
1pm								1pm
2pm			Circuits* 1.30pm					2pm
3pm	Pilates* 2.30pm	Wellbeing Walk 2pm						3pm
4pm								4pm
5pm								5pm
6pm				LIIT* 5.30pm				6pm
7pm				Pilates* 6.30pm				7pm
8pm		Circuits*** 6.30pm						8pm
9pm								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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[magnavitae.org](http://magnavitae.org)

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

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TRUST FOR LEISURE & CULTURE