

# Horncastle Pool & Fitness Suite

# Pool Programme

18<sup>th</sup>-24<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      |

|  | MONDAY 18 <sup>th</sup> | TUESDAY 19 <sup>th</sup> | WEDNESDAY 20 <sup>th</sup>     | THURSDAY 21 <sup>st</sup> | FRIDAY 22 <sup>nd</sup> | SATURDAY 23 <sup>rd</sup> | SUNDAY 24 <sup>th</sup>    |
|--|-------------------------|--------------------------|--------------------------------|---------------------------|-------------------------|---------------------------|----------------------------|
| <b>General Swim</b><br>This is an open swimming pool session - suitable for all abilities.   |                         |                          |                                |                           |                         |                           |                            |
| <b>Lane Swim</b><br>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.          | Lane Swim (6.30am)      | Lane Swim (6.30am)       | Lane Swim (6.30am)             | Lane Swim (6.30am)        | Lane Swim (6.30am)      | Lane Swim (7am)           |                            |
| <b>Quiet Swim</b><br>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 lifeguards will refrain from using whistles. |                         |                          |                                |                           |                         |                           | General Swim (8am)         |
| <b>Over 50's Swim</b><br>General swimming for anyone 50 and over - suitable for all abilities.   |                         | Over 50's Swim (9.30am)  |                                |                           | Over 50's Swim (9am)    |                           |                            |
| <b>Family Fun</b><br>Open pool swim, with floats in the pool - suitable for all abilities.   |                         |                          | Parent & Toddler Swim (9.30am) | Aquacise (9.30am)         |                         |                           | Family Fun Splash (9.30am) |
| <b>School Swimming</b><br>School's swimming booking - local school's visit the pool to learn to swim   | School Swimming         |                          | General Swim (10.30am)         |                           | General Swim (10.15am)  |                           | General Swim (10.45am)     |
| <b>Swimming Lessons</b><br>Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.  |                         | Aqua Circuits (10.45am)  |                                | Ducklings Lessons         |                         |                           |                            |
| <b>Otters Swimming Club</b><br>Otters Swimming Club pool booking   |                         | General Swim (11.30am)   | Aquacise (11.45am)             | General Swim (12pm)       | Aquacise (11.30am)      | Aquacise (11.30am)        |                            |
| <b>WB Club</b><br>Private pool booking   |                         |                          |                                |                           |                         |                           |                            |
| <b>Parent &amp; Toddler Swim</b><br>This session is for parents and toddler swimmers only.   |                         |                          | General Swim (1pm)             | Adult Lessons             | Lane Swim (12.30pm)     | General Swim (12.30pm)    |                            |
|  | School Swimming         | Staff Training           | One-to-One Lessons             | One-to-One Lessons        | General Swim (1.30pm)   |                           |                            |
|  | General Swim (2.45pm)   |                          | Lane Swim (2.45pm)             | Lane Swim (2.45pm)        | Quiet Swim (2.45pm)     |                           |                            |
|  |                         |                          |                                |                           |                         |                           |                            |
|  | Swim Lessons            | Swim Lessons             | Swim Lessons                   | Swim Lessons              | Swim Lessons            |                           |                            |
|  |                         |                          |                                |                           |                         |                           |                            |
|  | Lane Swim (6.30pm)      | General Swim (6.15pm)    | Aquacise (7pm)                 | Lane Swim (6.45pm)        |                         |                           |                            |
|  |                         | Lane Swim (7.30pm)       |                                | Lane Swim (7.45pm)        | WB Club                 |                           |                            |
|  |                         |                          |                                |                           |                         |                           |                            |

**Venue Opening Times**  
 Mon-Thurs | 6.30am-9pm  
 Fri | 6.30am-8pm  
 Sat | 7am-2pm  
 Sun | 8am-12pm

**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 understanding!

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours before the start of the session, please contact the pool. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time.



# Horncastle Pool & Fitness Suite

# Exercise Class Programme

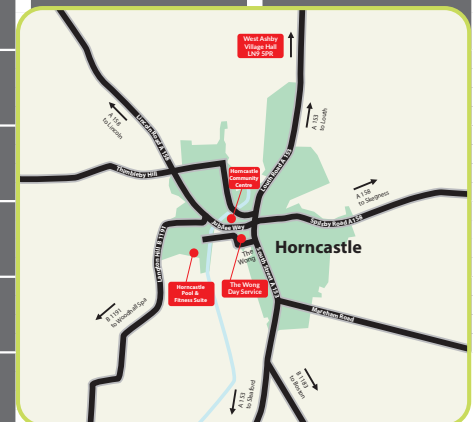
18<sup>th</sup>-24<sup>th</sup> December

| 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       |

**Venue Opening Times**  
 Mon-Thurs | 6.30am-9pm  
 Fri | 6.30am-8pm  
 Sat | 7am-2pm  
 Sun | 8am-12pm

|                                  |  |
|----------------------------------|--|
| <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>AQUA RAVE</b>                 | A normal Aquacise class with a modern twist - utilising contemporary music.  |
| <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>BOXER-CISE</b>                | 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+) |
| <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  |                             |                           |                        |                     |                              |                      |        |
| 9am  |                             |                           |                        |                     |                              |                      |        |
| 10am | Fitball Pilates**<br>9.15am |                           | Yoga**<br>9.15am       | Aquacise~<br>9.30am |                              |                      |        |
| 11am |                             | Aqua Circuits~<br>10.45am |                        |                     | Ageless & Agile*<br>10am-2pm |                      |        |
| 12pm | Aquacise~<br>11.45am        |                           | Aquacise~<br>11.45am   |                     | Aquacise~<br>11.30am         | Aquacise~<br>11.30am |        |
| 1pm  |                             |                           |                        |                     |                              |                      |        |
| 2pm  |                             |                           | Circuits*<br>1.30pm    |                     | Boxercise*<br>1.30pm         |                      |        |
| 3pm  | Pilates*<br>2.30pm          | Wellbeing Walk<br>2pm     |                        |                     |                              |                      |        |
| 4pm  |                             |                           |                        |                     |                              |                      |        |
| 5pm  |                             |                           |                        |                     |                              |                      |        |
| 6pm  |                             |                           |                        | LIIT*<br>5.30pm     |                              |                      |        |
| 7pm  |                             | Circuits***<br>6.30pm     | Boxercise***<br>6.30pm | Pilates*<br>6.30pm  |                              |                      |        |
| 8pm  |                             |                           |                        |                     |                              |                      |        |
| 9pm  |                             |                           | Aqua Rave~<br>8pm      |                     |                              |                      |        |



- \* - 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

