

Horncastle Pool & Fitness Suite

Pool Programme

25th-31st 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

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 lifeguards 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 pool - suitable for all abilities.
Parent & Toddler Swim	This session is for parents and toddler swimmers only.

Venue Opening Times
 Mon-Tues | Closed
 Wed-Fri | 8am-4pm
 Sat | 7am-2pm
 Sun | 8am-12pm

	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th	SATURDAY 30 th	SUNDAY 31 st
6am							
7am						Lane Swim (7am)	
8am			Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	General Swim (8am)
9am					Over 50's Swim (9am)		
10am			Parent & Toddler Swim (9.30am)	Aquacise (9.30am)		Family Fun Splash (10am)	Family Fun Splash (9.30am)
11am			General Swim (11am)	Lane Swim (10.30am)	General Swim (10.15am)		General Swim (10.45am)
12pm				General Swim (12pm)	Aquacise (11.30am)	Aquacise (11.30am)	
1pm			Family Fun Splash (1pm)	Family Fun Splash (1pm)	Lane Swim (12.30pm)	General Swim (12.30pm)	
2pm					General Swim (1.30pm)		
3pm			Lane Swim (2.30pm)	Lane Swim (2.30pm)	Quiet Swim (2.30pm)		
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

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 us on 01522 511111. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time.

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 patience and understanding!



Horncastle Pool & Fitness Suite

Exercise Class Programme

25th-31st 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

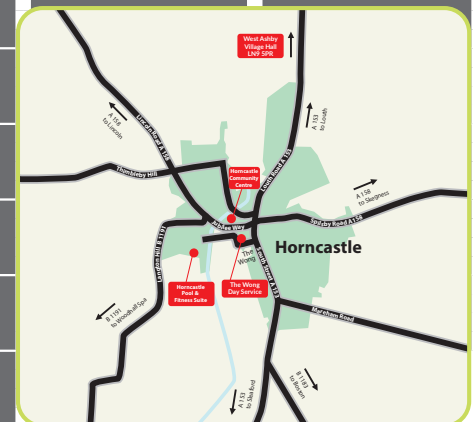
- AQUA-CISE** Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
- YOGA** A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
- CIRCUITS** 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.
- BOXER-CISE** 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+)

Venue Opening Times
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 Sat | 7am-2pm
 Sun | 8am-12pm

	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th	SATURDAY 30 th	SUNDAY 31 st
8am							
9am							
10am				Aquacise~ 9.30am			
11am							
12pm					Aquacise~ 11.30am	Aquacise~ 11.30am	
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

Christmas Day
CLOSED

Boxing Day
CLOSED



- * - 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

