

# Mablethorpe Community Programme

LOCATION BY COLOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PHOENIX COURT						
METHODIST CHURCH						
JOHN SPENDLUFFE, ALFORD						
MABLETHORPE COMMUNITY HALL						
ALFORD CORN EXCHANGE						
MERIDALE						
BACCHUS HOTEL						
EMPOWER FITNESS STUDIO ALFORD						
FITZWILLIAM CARE HOME						
SPRINGWELL ACADEMY						
TRUSTHORPE VILLAGE HALL						
SUTTON ON SEA PLAYING FIELDS						
DUNES THEATRE						
SEACROFT BUS STATION						
LOUTH HOTEL						
BEACH BAR						
COASTAL CENTRE, MABLETHORPE						
SUTTON ON SEA SOCIAL CLUB						
THEDDLETHORPE VILLAGE HALL						
	9am					9am
	10am	Ageless & Agile	Dance Fitness	Magna Vitae Drop-In at Coastal Centre	Movement to Music	Dance Fitness
	11am	It's not just aerobics	Chair Based Dance Fitness	Seated Exercise	Fighting Fit	Sutton Sea Dogs Walking Rugby
	12pm	Yoga with Jenny			Wellbeing Walk	
	1pm					
	2pm	Line Dancing Class	Tai Chi	Line Dancing (Improvers)	House of Games	
	3pm		Walking Netball			
	4pm					
	5pm					
	6pm		It's not just aerobics		Seated Yoga	
	7pm	Circuits	Pickleball	Dunes Walking Group	Yoga with SO Yoga	Beach Bar Boxing Club
	8pm	Zumba with Kath	Sutton Sharks Football	Zumba with Kath		
	9pm	Yoga with SO Yoga	Pilates with SO Yoga	Dance/Zumba		

Whilst we await the opening of Station Leisure & Learning Centre in July... We are working hard with the Community to share delivery sessions available across Mablethorpe and further afield.

[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

# Mablethorpe Community Programme

SESSIONS at PHOENIX COURT, MABLETHORPE	DAY/TIME	PRICE / HOW TO BOOK
<b>AGELESS AND AGILE</b>	Mondays   10am-12pm	£2.00 a session   Members FREE   JUST TURN UP!
<b>SESSIONS at METHODIST CHURCH, SUTTON</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>YOGA WITH JENNY</b>	Mondays   10.45am-12pm	£6.00   JUST TURN UP!
<b>SESSIONS at JOHN SPENDLUFFE, ALFORD</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>PICKLEBALL</b>	Tuesdays   5.30pm-6.30pm	Email: <a href="mailto:community@mvtlc.org">community@mvtlc.org</a>
<b>ZUMBA WITH KATH</b>	Wednesdays   6.30pm-7.30pm	£4.00 - first class FREE   JUST TURN UP!
<b>SESSIONS at MABLETHORPE COMMUNITY HALL</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>IT'S NOT JUST AEROBICS</b>	Mondays   10am-11am Tuesdays   5.15pm-6.15pm/6.30pm-7.30pm	Email: <a href="mailto:michellegledhill@rocketmail.com">michellegledhill@rocketmail.com</a>
<b>SESSIONS at ALFORD CORN EXCHANGE</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>LINE DANCING CLASS</b>	Mondays   1pm-3pm	£5.00   JUST TURN UP!
<b>ZUMBA WITH KATH</b>	Mondays   7.30pm-8.30pm	£4.00   JUST TURN UP!
<b>DANCE/ZUMBA</b>	Thursdays   7pm-8pm	£6.00   JUST TURN UP!
<b>SESSIONS at MERIDALE, SUTTON ON SEA</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>TAI CHI</b>	Tuesdays   4pm-2pm	£4.00   JUST TURN UP!
<b>WALKING NETBALL</b>	Tuesdays   1.15pm-2.15pm	£3.00   JUST TURN UP!
<b>MOVEMENT TO MUSIC</b>	Thursdays   12.30pm-1.30pm	£5.00   JUST TURN UP!
<b>MABO RUNNING CLUB</b>	Mondays   6.30pm	FREE - Meet at Flag Pole   JUST TURN UP!
<b>BEGINNERS LINE DANCING</b>	Thursdays   2pm-3pm	£4.50   JUST TURN UP!
<b>SESSIONS at THE BACCHUS HOTEL, SUTTON ON SEA</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>YOGA</b>	Thursdays   10.45am-12pm	£3.00   JUST TURN UP!
<b>SESSIONS at EMPOWER FITNESS STUDIO ALFORD</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>YOGA WITH SO YOGA</b>	Mondays   8pm	£6.50   JUST TURN UP!
<b>PILATES WITH SO YOGA</b>	Tuesdays   7pm-8pm	£6.50   JUST TURN UP!
<b>SESSIONS at FITZWILLIAM CARE HOME</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>SEATED EXERCISE CLASS</b>	Wednesdays   10am-11am	£2.00 a session   Members FREE   JUST TURN UP!
<b>SESSIONS at SPRINGWELL ACADEMY, MABLETHORPE</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>CIRCUITS</b>	Mondays   6pm-6.45pm	£2.00 a session   Members FREE   JUST TURN UP!
<b>SESSIONS at TRUSTHORPE VILLAGE HALL</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>DANCE FITNESS</b>	Tuesdays   9.45am-10.30am Fridays   9.45am-10.30am	£4.50   JUST TURN UP!
<b>CHAIR BASED DANCE FITNESS</b>	Tuesdays   11am-11.45am	£4.50   JUST TURN UP!
<b>SEATED YOGA</b>	Thursdays   5pm-6pm	£4.50   JUST TURN UP!
<b>YOGA WITH SO YOGA</b>	Thursdays   6pm-7pm	£4.50   JUST TURN UP!
<b>SESSIONS at SUTTON ON SEA SOCIAL CLUB</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>FIGHTING FIT</b>	Thursdays   10.30am-11.30am	Supporting those living with cancer - enquires@lincolncityfoundation.co.uk
<b>LINE DANCING (IMPROVERS)</b>	Wednesdays   1pm-3pm	£5.00   Contact Brian on 07875 764524
<b>SESSIONS at SUTTON ON SEA PLAYING FIELDS</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>SUTTON SHARKS WALKING FOOTBALL</b>	Tuesdays   7pm-8pm	£3.00   JUST TURN UP!
<b>SUTTON SEA DOGS WALKING RUGBY</b>	Saturdays   10am-11.30am	Contact <a href="mailto:paul.panter05@gmail.com">paul.panter05@gmail.com</a>   JUST TURN UP!
<b>SESSIONS at DUNES THEATRE</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>DEBBIE'S WALKING GROUP</b>	Wednesdays   6pm Start	Meet at the Dunes Complex   JUST TURN UP!
<b>SESSIONS at SEACROFT BUS STATION</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>WELLBEING WALK</b>	Fridays   10.30am	FREE - Meet at Seacroft Bus Station   JUST TURN UP!
<b>SESSIONS at LOUTH HOTEL</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>HOUSE OF GAMES</b>	Fridays   11.30am-3.30pm	Board games!   JUST TURN UP!
<b>SESSIONS at BEACH BAR</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>BEACH BAR BOXING CLUB</b>	Mondays/Wednesdays/Fridays   6pm-7pm	£5.00   JUST TURN UP!
<b>SESSIONS at COASTAL CENTRE, MABLETHORPE</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>DROP-IN</b>	Wednesdays 10am-1pm	JUST TURN UP!
<b>SESSIONS at THE DDLETHORPE VILLAGE HALL</b>	DAY/TIME	PRICE / HOW TO BOOK
<b>MOVEMENT TO MUSIC</b>	Thursdays   10am-11am	£5.00   JUST TURN UP!

Please note: Monday sessions exclude Bank Holidays.

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[magnavitae.org](http://magnavitae.org)

# Station Sports Centre

## Frequently Asked Questions

### **Do you know what the programme will look like?**

We do not know what the programming will look like yet.

- For the swimming pool the aim is to offer swimming throughout the day and evenings.
- The exercise class programme will house several instructor-led and virtual classes. Classes still to be confirmed. The aim is to share the programme prior to opening of the new venue.

### **Do you know what the pricing will be?**

If you join the new venue the initial price will be £26.00 per month for a membership with unlimited use of the swimming pool, exercise classes and fitness suite. There is also a pay as you go option as well. If you are a current member of SSC, as a loyal member your membership cost will transfer across at £23.50.

### **Will there be swimming lessons?**

There will be a swimming lesson provision. The days and times are still to be confirmed. It will likely be after school and/or at a weekend.

### **When will the new venue open?**

The aim is that the new venue will open in July. The exact date is to be confirmed.

### **What will the opening times be?**

The opening times are still to be confirmed, although there will be peak and off-peak hours.

### **Will Schools be swimming at the pool?**

The aim is for local schools to use the swimming pool for swimming lessons.

### **Will there be a flume/leisure pool?**

No, there is no flume or leisure pool at the new venue. This offering is at Meridian Leisure Centre in Louth. The swimming pool is 4 lanes wide, 25m long and 1.2m deep.

### **What is the parking situation?**

There is a new car park, which will sit behind the new venue. This is a council car park and chargeable. Members will be given parking permits (daily/monthly), for a 2 hour slot per day.

### **What is happening whilst you are closed?**

The team are working hard to provide a community programme within the Mablethorpe and Sutton on Sea area. *If you are a member at Station Sports Centre, you can continue your membership whilst we are closed and access our other venues in Louth, Skegness and Horncastle. There is no additional cost for this, you will still pay their normal DD price during this time.*

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