Station Leisure & Learning Centre

Swimming Pool Programme

Term Time | 24th February - 6th April

TRUST FOR LEISURE & CULTURE

Monday, Wedr	iesday & Friday	6am-9pm											,	<u> </u>
Tuesday & Thu		7am-9pm												
, Saturday & Sur		8am-5pm		MONDA	Y -	FUESDAY	WEDNESDAY	THUR	RSDAY	FRIDAY	SATUR	DAY	SUNDAY	62m
General Swim Lane Swim	This is an open sv session - suitable Where general sw lane swimming at note that it refere swimming pool (al swim area.) On Th 6pm-7pm, 2 lanes	vimming pool for all abilities. vim sessions includ the side, please nces 1 lane in the longside the gene nursdays from a re available.	de 8am 2 ral 9am 2	Swim 30am-7.30am General Swim 7.30am-8.30am General Swim Swim	ane wim ane wim r-8.30am r-8.30am Gen Sw Bam- Sw Bam- Sw	im Swim _{8am} ^{7am-8am} eral Lane im Swim	General Swim 6.30am-7.30am General Swim 7.30am-8.30am General Swim 8.30am-9.30am 8.30am-9.30am 8.30am-9.30am	General Swim ^{7am-8am} General Swim ^{8am-9am}	Lane Swim ^{7am-8am} Lane Swim ^{8am-9am}	General Swim Lane Swim 6.30am-7.30am 6.30am-7.30am General Swim Lane Swim 7.30am-8.30am 7.30am-8.30am General Swim Lane Swim S.30am-9.30am Lane Swim 8.30am-9.30am 8.30am-9.30am		Lane Swim	Adults Only Swim Bam-9am	6am 7am 8am 9am
Slow and Steady	Steady who are looking for a slower		^{nes} 10am	(4 lanes) 10am-11am		ichool Swim	Slow and Steady Social Swim**	School Swim		General Swim 9.30am-10.30am 9.30am-10.30am	Swim Lessons	9am-10am Lane Swim 10am-11am	9am-10am General Swim 10am-11am	10am 11am
Social Swim	paced swim session. 16yrs+ **Enjoy a discounted hot drink at the onsite Bistro		12pm	Slow and Stea Social Swim [*]		Home ucation Swim	10.30am-11.30am Slow and Steady Social Swim**	Aquacise 11.30am-12.30pm		Lane Swim (4 lanes) 11am-12noon	General Swim 11am-12noonE E SGeneral Swim 12noon-1pmE E S		General Swim	12pm
School Swim		l's Swimming pool booking - chool's visit for venue and use		11.30am-12.30p Slow and Stea	^m G	eneral Swim	11.30am-12.30pm			Classical Stoody			General Swim	
the pool to learn to swim. At times where school's are not in, we will a general swimming sessions in place Keep an eye on our website and th		dd 1pm			cklings Lessons	Staff Training 12.30pm-2.30pm	School Swim		Slow and Steady Social Swim** 12.30pm-1.30pm	Inclusive Swim		General Swim	1pm 2pm	
Inclusive	FREE Magna Vita This is an open se		_					General Swim		Aquacise 2pm-3pm	Family Fun Splash		Family Fun Splash 2pm-3pm	
Swim	- factoring in sens needs. We won't and will use natur than artificial light	have music playing al lighting rather	e.	General Lan Swim Swi 3pm-4pm 3pm-4			Inclusive Swim 2.30pm-3.30pm Supported Swim			General Swim	Available for Pool Party Hire		Available for Pool Party Hire	3pm 4pm
Supported Swim	Swim based exerce health referral pro advice and guidar pain management	ogrammes, providi nce around chronic	^{ng} 5pm	Swim Sw 4pm-5pm 4pn		vim General Swim 4pm-5pm General	3.30pm-4.30pm General Swim 4.30pm-5.30pm	Less	vim sons	3.30pm-4.30pm Family Fun Splash				5pm
Adult Only	Adults only swim	s only swim is for 16 years+. e is 2 single lanes and 1 double	_	Swim Sv	ne Lessons vim	Swim 5pm-6pm		Ducklings Lessons		4.45pm-5.45pm	Please note:			6pm
Swim Aquacise	lane in this session Please note this s	n. ession is 45	(Swim Sv	vim -7pm Gen 6pm	im Swim	Inclusive Swim _{6pm-7pm}	Adult Swim Lessons	Lane Swim (2 lanes) 6pm-7pm	General Swim	at the discretion of		subject to change our Duty Manager.	7pm
minutes, and will start 15 minutes into the hour session. Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.		of io uit 8pm	Aquacise		Ilts Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	General Swim _{7pm-8pm} Lane Swim _{7pm-8pm}		Adults Only Swim 7pm-8pm	Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!			8pm	
NOTES	We strongly advis swimming session disappointment. S sessions are non- non-refundable.	is to avoid Swimming transferable and	TI Se	essions on our n	nobile app or b		degrees). Book your osite (magnavitae.org)	Bookings Join Now	Commission the App Store Google Play	800		All must ab Safe Sv To view t	swimmers ide by the vim policy. his, please	9pm
Pricing for Swimming	Non Member £5.30	MV Card Holder £4.40	MV Concessio Card Holder £4.00		Under 2's FREE							scan the	e QR code:	
	KNOW?					(FE		ess Swimming Classes				ESTOP BIST		~ (

DID YOU KNOW?

Venue Opening Times: Monday, Wednesday & Friday

6am-9pm

Our Swimming Pool is open to Party Hire on Saturdays & Sundays from 3pm-4pm! There's no party like a Magna Vitae party... Scan this QR code to view our party leaflet:

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





Stay up to date: Download our App for free from your App Store!

magnavitae.org

Station Leisure & Learning Centre

Venue Opening Times:

DUMBBELL

Monday, Wednesday & Friday	6am-9pm
Tuesday & Thursday	7am-9pm
Saturday & Sunday	8am-5pm

Instructor-led Classes

AQUACISE*	Using the benefits of water resistance for a low impact cardio & muscle toning workout that suits a wide range of abilities and user groups.
CIRCUITS	Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.
YOGA	A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.
GENTLE YOGA	A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety or stress.
BODY CONDI- TIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
KETTLE- BELL CIRCUITS	Kettlebells is designed to not just help improve your strength, but will also help to improve other factors like the strength of your core, improve balance & flexibility as well as coordination.
CORE & STRETCH	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching,
CYCLE	Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!
JNR CIR- CUITS	A meet on the mats session in the gym utilising the new functional area.
BOX- ERCISE CIRCUITS	Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. The classes also include a range of circuit training exercises to give a full body workout.
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.
Virtual Cl	asses delivered by FIIT

unday 8am-5pm							45mins - 1	hour	£7.10	£5.90		£5.30	FREE
r-led Classes							Yoga/Pila	ates	£8.90	£7.30		£6.60	FREE
Using the benefits of water resistance for a low impact cardio & muscle toning workout that suits a wide range of abilities and user groups.	MO 6am	NDAY	TUESDA	<u> </u>	WEDNESDAY	THURSD	AY	F	RIDAY	SATURI	DAY	SUNDAY	6am
Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.	7am												7am
A physical & mental exercise using stretching & breathing to help improve posture & core	8am	oumbbell** IGA**	YOGA**		BIKE~				BIKE~ ilates**				8am
stability, whilst helping you relax & release stress. A slow-paced class moves through a series of	9am		BIKE~		YOGA**					YOGA	**	YOGA**	9am
gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Especially well-suited for those with	Bi 10am _{Bod Weight}	IKE~	Kettlebell Circuits**		Cardio BodyWeight**	Cycle~						Aquacise*	10am
pain, trouble sleeping, anxiety or stress.	Strength*	Ageless &			Stretch & Mobility**			Breathwork**		BIKE~			11
Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	11am Pilates**	Agile***	Cycle~		Zumba**				BIKE~			BodyWeight Streng	:h**
Kettlebells is designed to not just help improve your strength, but will also help to improve other		oga**			Pilates**	Aquacise	e*	Core	& Stretch**	Breathwo	ork**	BIKE~	12pm
factors like the strength of your core, improve balance & flexibility as well as coordination.	1pm Gentl	e Yoga**	Breathwor	'k**	BIKE~	BIKE~		Bodv C	onditioning**	Strength Dun	nbbell**	Stretch & Mobility	** 1pm
This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.		IKE~				Dirte			quacise*	BIKE	~	Pilates**	2pm
Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	3pm		BIKE~	В	odyWeight Strength**	YOGA**	ĸ			Cardio Body	Neight**	YOGA**	3pm 4pm
A meet on the mats session in the gym utilising the new functional area.		odyWeight**			Strength Dumbbell**				BIKE~				5pm
Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. The classes also include a range of circuit training exercis-	6pm		Circuits**		Cycle~	Cardio BodyW	/eight**	Strength Dumbbell**		Our classes take place in		the following location	- Anm
es to give a full body workout. Combine the calorie burning benefits of	Body Col	nditioning**	DINE~		Boxercise Circuits**		CIBITE .		& Mobility**			the swimming pool Engine Room One	7pm
traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.	Cycle~			bbell**	Core & Stretch**	BIKE~				** - Class takes place in E ~~ - Class takes place in E ~~ - Class takes place in		Engine Room Two	- 8pm
asses delivered by FIIT	YOGA** 9pm					Pilates**		BIKE~		*** - Class takes place in		in The Signal Box	9pm
High intensity classes to burn fat, tone muscle and build stamina using Dumbbells.	STRENGTH Bodyw DUMBBELL to build	eight, equipment and I and sculpt muscle. I	Master control and	BREATH- WORK	Improve joint health and flex strength and prevent injury.	ibility, build core	CARDIO BODY- WEIGHT	and buil	ensity classes to buri Id stamina. No weigh eight only.		AGELESS & AGILE	Wellbeing advice, seated indoor boccia, a cuppa, s more! For more informatio	exercises, ocialising &
Become more relaxed and focused. Tune in. Tone up. And find your zen.	BODY- Bodyweight and resistance training to build and sculpt muscle. Master control and feel the burn. No weights required.		STRETCH & MOBILITY PILATES	To improve mobility, flexibilit focus. To improve mobility, flexibilit focus.	·	nd mental		egni only. ed to replicate a real-l 45min workouts use (RPM) and resistance hallenging workout, b	sessions, please contact M marko.humphrey@mvtlc.c	ntact Marko:			

Exercise Class Programme Term Time | 24th February - 6th April

Exercise Classes Non Member MV Card Holder MV Concession Card Holder Membership

performance every time you get in the saddle.

MAGNA VITAE

TRUST FOR LEISURE & CULTURE