

Station Leisure & Learning Centre

Swimming Pool Programme

Term Time | 24th February - 6th April

Venue Opening Times:

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								6am
7am	General Swim 6.30am-7.30am		General Swim 6.30am-7.30am		General Swim 6.30am-7.30am			7am
8am	Lane Swim 6.30am-7.30am		Lane Swim 6.30am-7.30am		Lane Swim 6.30am-7.30am			8am
9am	General Swim 7.30am-8.30am	General Swim 7am-8am	General Swim 7.30am-8.30am	General Swim 7am-8am	General Swim 7.30am-8.30am		Adults Only Swim 8am-9am	9am
10am	Lane Swim 7.30am-8.30am	Lane Swim 7am-8am	Lane Swim 7.30am-8.30am	Lane Swim 7am-8am	Lane Swim 7.30am-8.30am		Aquacise 9am-10am	10am
11am	General Swim 8.30am-9.30am	General Swim 8am-9am	General Swim 8.30am-9.30am	General Swim 8am-9am	General Swim 8.30am-9.30am	Swim Lessons	General Swim 10am-11am	11am
12pm	Lane Swim 8.30am-9.30am		Lane Swim 8.30am-9.30am		Lane Swim 8.30am-9.30am	Lane Swim 9am-10am	Lane Swim 10am-11am	12pm
1pm	Lane Swim (4 lanes) 10am-11am	School Swim		School Swim		Lane Swim 10am-11am	General Swim 11am-12noon	1pm
2pm	Slow and Steady Social Swim** 11.30am-12.30pm	Home Education Swim	Slow and Steady Social Swim** 10.30am-11.30am	Aquacise 11.30am-12.30pm	Lane Swim (4 lanes) 11am-12noon	General Swim 11am-12noon	General Swim 11am-12noon	2pm
3pm	Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm	Slow and Steady Social Swim** 11.30am-12.30pm	School Swim	Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm	General Swim 12noon-1pm	3pm
4pm		Ducklings Lessons	Staff Training 12.30pm-2.30pm			Inclusive Swim 1pm-2pm	General Swim 1pm-2pm	4pm
5pm		School Swim		General Swim 2pm-3pm	Aquacise 2pm-3pm	Family Fun Splash 2pm-3pm	Family Fun Splash 2pm-3pm	5pm
6pm	General Swim 3pm-4pm		Inclusive Swim 2.30pm-3.30pm	Lane Swim		Available for Pool Party Hire	Available for Pool Party Hire	6pm
7pm	Lane Swim 3pm-4pm		Supported Swim 3.30pm-4.30pm		General Swim 3.30pm-4.30pm			7pm
8pm	General Swim 4pm-5pm	Swim Lessons	General Swim 4.30pm-5.30pm	Swim Lessons				8pm
9pm	Lane Swim 4pm-5pm	General Swim 4pm-5pm		Ducklings Lessons	Family Fun Splash 4.45pm-5.45pm			9pm
	General Swim 5pm-6pm	General Swim 5pm-6pm		Adult Swim Lessons				
	Lane Swim 5pm-6pm	Lane Swim 6pm-7pm	Inclusive Swim 6pm-7pm	Lane Swim (2 lanes) 6pm-7pm	General Swim 6pm-7pm			
	General Swim 6pm-7pm	Adults Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	General Swim 7pm-8pm	Adults Only Swim 7pm-8pm			
	Aquacise 7pm-8pm			Lane Swim				

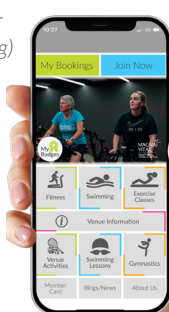
The pool is 25m in length and 4 lanes wide. (29 degrees). Book your sessions on our mobile app or by visiting our website (magnavitae.org)

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.30	£4.40	£4.00	£2.00	FREE

DID YOU KNOW?

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

All swimmers must abide by the Safe Swim policy. To view this, please scan the QR code:



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!



MAGNA VITAE
 TRUST FOR LEISURE & CULTURE

Station Leisure & Learning Centre

Venue Opening Times:

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

Exercise Class Programme

Term Time | 24th February - 6th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								6am
7am								7am
8am	Cardio Dumbbell**	YOGA**	BIKE~		BIKE~			8am
	YOGA**				Pilates**			
9am		BIKE~	YOGA**			YOGA**	YOGA**	9am
	BIKE~		Cardio BodyWeight**	Cycle~			Aquacise*	
10am	BodyWeight Strength**		Stretch & Mobility**		Breathwork**	BIKE~		10am
	Ageless & Agile***	Kettlebell Circuits**		Cardio Dumbbell**				
11am	Pilates**	Cycle~	Zumba**		BIKE~		BodyWeight Strength**	11am
12pm	Yoga**		Pilates**	Aquacise*	Core & Stretch**	Breathwork**	BIKE~	12pm
1pm	Gentle Yoga**	Breathwork**	BIKE~		Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**	1pm
2pm				BIKE~				2pm
	BIKE~				Aquacise*	BIKE~	Pilates**	
3pm		BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**	3pm
4pm	Cardio BodyWeight**		Strength Dumbbell**		BIKE~			4pm
5pm	Jnr Circuits~~	Circuits**						5pm
6pm	Body Conditioning**	BIKE~	Cycle~	Cardio BodyWeight**	Strength Dumbbell**			6pm
7pm			Boxercise Circuits**		Stretch & Mobility**			7pm
	Cycle~	Aquacise*		BIKE~				
8pm	YOGA**	Strength Dumbbell**	Core & Stretch**	Pilates**	BIKE~			8pm
9pm								9pm

Our classes take place in the following locations:

- * - Class takes place in the swimming pool
- ~ - Class takes place in Engine Room One
- ** - Class takes place in Engine Room Two
- ~~ - Class takes place in the Fitness Suite
- *** - Class takes place in The Signal Box

Virtual Classes delivered by FIIT

CARDIO DUMBBELL	High intensity classes to burn fat, tone muscle and build stamina using Dumbbells.
YOGA	Become more relaxed and focused. Tune in. Tone up. And find your zen.

STRENGTH DUMBBELL	Bodyweight, equipment and resistance training to build and sculpt muscle. Master control and feel the burn using dumbbells.
BODY-WEIGHT STRENGTH	Bodyweight and resistance training to build and sculpt muscle. Master control and feel the burn. No weights required.

BREATH-WORK	Improve joint health and flexibility, build core strength and prevent injury.
STRETCH & MOBILITY	To improve mobility, flexibility and mental focus.
PILATES	To improve mobility, flexibility and mental focus.

CARDIO BODY-WEIGHT	High intensity classes to burn fat, tone muscle and build stamina. No weights required using bodyweight only.
BIKE	Designed to replicate a real-life ride, these 25 and 45min workouts use revolutions per minute (RPM) and resistance to create not only a challenging workout, but a measurable performance every time you get in the saddle.

AGELESS & AGILE	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org
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