

Skegness Pool & Fitness Suite

Indoor Pool Programme

Term Time | 24th February - 6th April

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

Venue Opening Times

Mon & Wed | 6am-9pm
Tues, Thurs & Fri | 6am-8pm
Sat & Sun | 8am-3pm

General Swim	This is an open swimming pool session - suitable for all abilities.
Lane Swim	Where the swimming pool is divide into 1 or 2 lanes, this is alongside our general swim session.
Adult Only Swim	Adults only swim is for 16 years+. One laned swim and 4 open general swim.
Family Fun Splash	Open pool swim, with floats in the pool - suitable for all abilities.
Aquacise	Please note this session is 45 minutes, allowing you 15 minutes to swim after. Aquacise uses 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.
School Swim	This session is used for swimming for local schools.
SAS Club	Skegness Amateur Swim Club private pool booking.
Private Hire	The swimming pool is privated hired out. There are not bookings during this time.
NOTES	We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable & non-refundable. Please be aware the flume is no longer in action.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	
5am								5am
6am								6am
7am								7am
8am	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am			8am
9am							Adults Only	9am
10am				Adult Swim Lessons		Swim Lessons	SAS Club Rookie Lessons	10am
11am	Aquacise 10.30am-11.30am	Aquacise 10am-11am	Aquacise 10.30am-11.30am	School Swim	Aquacise 10am-11am		General Swim 9.30am-12.30pm	11am
12pm		Gen Swim 11am-1pm		Ducklings Swim Lessons	General Swim 11am-2pm			12pm
1pm	General Swim 11.30am-2.30pm	Swim Lessons	General Swim 11.30am-2.30pm	School 12.30pm-1.30pm		General Swim 12pm-3pm	Family Fun Splash 12.30pm-1.30pm	1pm
2pm		Staff Training		Aquacise 1.30pm-2.30pm			Private Hire 2pm-3pm	2pm
3pm								3pm
4pm								4pm
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
6pm					Gen Swim 5pm-6pm			6pm
7pm	SAS Club			SAS Club	SAS Club	Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund.		7pm
8pm	General Swim 7.10pm-8.10pm	Aquacise 7pm-8pm	General Swim 6.30-7.30pm	General Swim 7.10pm-8.10pm				8pm
9pm								9pm

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'!

magnavitae.org

E: info@mvtlc.org T: 01754 610675

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

Skegness Pool & Fitness Suite

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

Venue Opening Times
 Mon & Wed | 6am-9pm
 Tues, Thurs & Fri | 6am-8pm
 Sat & Sun | 8am-3pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
8am								8am
AQUACISE 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.								
ZUMBA Combine the calorie burning benefits of aerobics with up to date, fun dance moves and you have Zumba. Catering for every user's ability, it's one of our most popular classes.								
HIGH INTENSITY CIRCUITS A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high/low-intensity exercises.								
ZUMBA TONING This class fuses Latin rhythms & easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone & sculpt muscles.								
YOGALATES A mix of Pilates & Yoga designed to increase mobility, muscle, tone, flexibility & leave you feeling centred & calm.								
LEGS, BUMS & TUMS (LBT) Legs, Bums & Tums is a unique aerobic fitness class that is full of fun exercises to tone those "wobbly" areas on your stomach, thighs and bum. We use circuits and games to add to the fun and keep things interesting.								
FUN, FIT AND FAB								
ZUMBA STEP A dance-based session incorporating the Latin beats of a Zumba class! Using a small box step, this class will really get you moving to the music!								
YOGA A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.								
PILATES A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.								
FIT BALL Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.								
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 are completed.								
CORE & STRETCH This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.								
9am								9am
10am								10am
11am								11am
12pm								12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm								6pm
7pm								7pm
8pm								8pm
9pm								9pm

Key
 P - Swimming Pool
 G - Gym
 A - Arts Room

Stay up to date!
 Download our App.



Scan here with your mobile phone's camera to download our free Magna Vitae app.



magnavitae.org

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

MAGNA VITAE
 TRUST FOR LEISURE & CULTURE