

Horncastle Pool & Fitness Suite

Pool Programme

Easter Holidays | 14th April - 20th April

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.65	£4.65	£4.25	£2.50	£1.00

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	BH FRIDAY	SATURDAY	SUNDAY	
General Swim	This is an open swimming pool session - suitable for all abilities.								6am
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.	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	BANK HOLIDAY Opening Times: 7:45am-1:00pm	Lane Swim (7am)		7am
		Lane Swim (8am)	Lane Swim (7.30am)	Lane Swim (8am)	Lane Swim (7.30am)			Lane Swim (7.45am)	8am
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 artifical lighting where possible. Our lifeguards will refrain from using whistles.		Lane Swim (8.30am)		Lane Swim (8.30am)		Swim Lessons	Lane Swim (8.45am)	9am
		Stage 1 & 2 Crash Course		General Swim (9.15am)	Aquacise (9.30am)				10am
		Deep Water Confidence	Over 50's Swim (9.30am)			Swim Lessons			
		General Swim (10.30am)	Aquacise (10.45am)	Family Fun Splash (10:30am)				Family Fun Splash (11am)	11am
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons		Aqua Circuits (11.30am)		12pm
Family Fun Splash	Open pool swim, with floats in the swimming pool - suitable for all abilities.				Adult Lessons				
Swim Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.	Family Fun Splash (1pm)	Pool Inflatable (1pm)	General Swim (12.45pm)	General Swim (1pm)		Family Fun Splash (12:30pm)	General Swim (12.30pm)	1pm
WB Club	Private pool booking								2pm
Aquacise	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	Lane Swim (2.30pm)	General Swim (2.30pm)	Lane Swim (2.15pm)	Lane Swim (2.15pm)				3pm
Aqua Circuits	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.								4pm
WaterWise Crash Course	If your child needs that extra support this Easter Holidays, sign them up for one of our crash courses.	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons				5pm
Pool Inflatable	Join us for our thrilling Pool Inflatable session. Swimmers must be able to swim a minimum of 50m (two lengths of our pool) and be aged 8yrs+	Lane Swim (6pm)	General Swim (6.15pm)				<div>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!</div>		6pm
		Lane Swim (7pm)	Lane Swim (7.30pm)	General Swim (7pm)	Lane Swim (6.45pm)				7pm
					Lane Swim (7.45pm)	WB Club			8pm
									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'!

Horncastle Pool & Fitness Suite

Exercise Class Programme

Easter Holidays | 14th April - 20th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE

AQUACISE	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
AQUA CIRCUITS	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
BOXER-CISE	Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
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.
BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
BOXING CIRCUITS	Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!
CORE & STRETCH	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
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
TINY, BUT MIGHTY	It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claires Yoga classes.

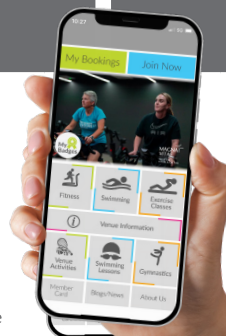
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8am				Tiny, but Mighty** 8am	GOOD FRIDAY		EASTER SUNDAY	8am
9am								9am
10am	Yoga** 9.15am	Body Conditioning# 9.30am	Yoga** 9.15am	Aquacise~ 9.30am				10am
11am		Core & Stretch# 10.30am		Core & Stretch# 10.30am	Ageless & Agile★ 10am-2pm			11am
12pm	Aquacise~ 11.45am	Aquacise~ 10.45am	Aquacise~ 12pm		Aquacise~ 11.30am	Aqua Circuits~ 11.30am		12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm	Yoga* 6pm	Boxercise# 6pm			Circuits# 5:30pm			6pm
7pm		Circuits# 7pm			Boxercise# 6:30pm			7pm
8pm								8pm
9pm								9pm



- * - This class takes place at West Ashby Village Hall
- ** - This class takes place at the Horncastle Community Centre
- ~ - This class takes place in the swimming pool
- ★ - This session takes place in the spectator area within the venue
- ^ - This session takes place at a Belchford Village Hall



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



Horncastle Pool & Fitness Suite

Pool Programme

Term Time | 21st April - 27th April

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.65	£4.65	£4.25	£2.50	£1.00

		BH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
General Swim	This is an open swimming pool session - suitable for all abilities.	6am							6am
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.	7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)		7am
		8am	Lane Swim (7.30am)	Lane Swim (8am)	Lane Swim (7.30am)	Lane Swim (8am)		Lane Swim (7.45am)	8am
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.	9am	Lane Swim (8.30am)		Lane Swim (8.30am)	Over 50's Lane Swim (9am)	Swim Lessons		9am
		10am	Over 50's Swim (9.30am)	General Swim (9.15am)	Aquacise (9.30am)			Otters Swim Club	10am
		11am	Aquacise (10.45am)	School Swim		School Swim			11am
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.	12pm	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons	Aquacise (11.30am)	Aqua Circuits (11.30am)	Family Fun Splash (11am)	12pm
Family Fun Splash	Open pool swim, with floats in the swimming pool - suitable for all abilities.	1pm		General Swim (12.45pm)	Adult Lessons		General Swim (12.30pm)	General Swim (12.30pm)	1pm
Swim Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.	2pm	School Swim		School Swim	Lane Swim (1pm)	General Swim (1.45pm)	General Swim (1.45pm)	2pm
Otters Swim Club	Otters Swimming Club pool booking	3pm		Lane Swim (2.15pm)	Lane Swim (2.15pm)	Quiet Swim (2.15pm)			3pm
WB Club	Private pool booking	4pm							4pm
Aquacise	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
Aqua Circuits	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.	6pm					<div>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!</div>		6pm
		7pm	General Swim (6.15pm)	Otters Swim Club	Lane Swim (6.45pm)				7pm
		8pm	Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club			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'!

Horncastle Pool & Fitness Suite

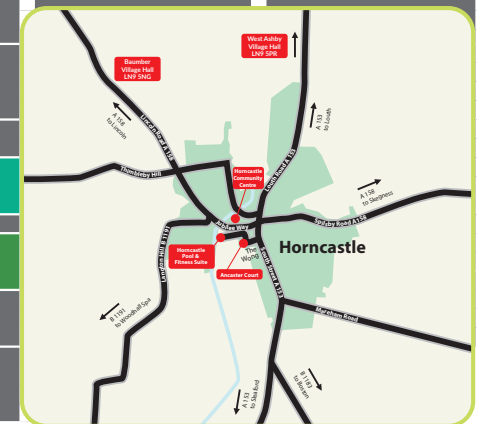
Exercise Class Programme

Term Time | 21st April - 27th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE

AQUACISE	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
AQUA CIRCUITS	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
BOXER-CISE	Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
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.
BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
BOXING CIRCUITS	Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!
CORE & STRETCH	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
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
TINY, BUT MIGHTY	It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claire's Yoga classes.

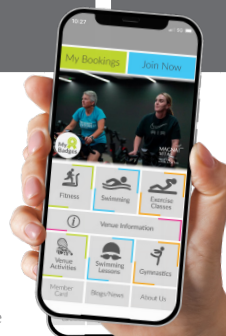
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am	BANK HOLIDAY			Tiny, but Mighty** 8am			
9am							
10am	Yoga** 9.15am	Body Conditioning# 9.30am	Yoga** 9.15am	Aquacise~ 9.30am			
11am		Core & Stretch# 10.30am		Core & Stretch# 10.30am	Ageless & Agile★ 10am-2pm	Aqua Circuits~ 11.30am	
12pm	Aquacise~ 11.45am	Aquacise~ 10.45am	Aquacise~ 12pm		Aquacise~ 11.30am		
1pm							
2pm							
3pm							
4pm							
5pm							
6pm	Yoga* 6pm	Boxercise# 6pm			Circuits# 5:30pm		
7pm		Circuits# 7pm			Boxercise# 6:30pm		
8pm							
9pm							



- * - This class takes place at West Ashby Village Hall
- ** - This class takes place at the Horncastle Community Centre
- ~ - This class takes place in the swimming pool
- ★ - This session takes place in the spectator area within the venue
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MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GEN. SWIM	6am								6am
	7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)		7am
LANE SWIM	8am	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)		Lane Swim (7.45am)	8am
	9am	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Swim Lessons		9am
AQUACISE	10am		Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	School Swim		Otters Swim Club	10am
QUIET SWIM	11am	School Swim	Aquacise (10.45am)	School Swim		Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons	Aquacise (11.30am)		General Swim (11.45am)	12pm
OVER 50's SWIM	1pm		General Swim (12.30pm)	General Swim (12.45pm)			General Swim (12.15pm)	General Swim (12.45pm)	1pm
	2pm	School Swim	School Swim	General Swim (1.45pm)	School Swim	School Swim	General Swim (1.15pm)	General Swim (1.45pm)	2pm
FAMILY FUN	3pm	Lane Swim (2.30pm)		Lane Swim (2.45pm)	Lane Swim (2.15pm)	Quiet Swim (2.15pm)	General Swim (2.15pm)	Lane Swim (2.15pm)	3pm
	4pm								4pm
SWIM LESSONS	5pm	General Swim (4pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
	6pm	General Swim (5pm)							6pm
IMPORTANT: OTHER NOTES	7pm	Lane Swim (6pm)	General Swim (6.15pm)						7pm
	8pm	Otters Swim Club (Private Booking)		Otters Swim Club (Private Booking)	Lane Swim (6.45pm)				8pm
			Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club (Private Booking)			
	9pm								9pm



You can [book online](#) and via our [free Magna Vitae app](#)! Find out more about our classes & activities, scan the QR code to browse [our website](#)!

- Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week.
- All payments must be made at the time of booking.
- **Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Horncastle Pool & Fitness Suite

Exercise Class Programme

Term Time | **28th April - 4th May**

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (*Fitness Suite closes at 3pm*) | Sunday: 8am-3.30pm (*Fitness Suite closes at 3pm*)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am	6am	6am	6am	6am	6am	6am	6am
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	7am	7am	7am	7am	7am	7am	7am	7am
		8am	8am	8am	8am	8am	8am	8am	8am
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	9am	9am	9am	9am	9am	9am	9am	9am
CIRCUITS	Circuits: Circuit training combines exercises with short rest periods between them, 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.	10am	10am	10am	10am	10am	10am	10am	10am
		11am	11am	11am	11am	11am	11am	11am	11am
BODY COND.	Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	12pm	12pm	12pm	12pm	12pm	12pm	12pm	12pm
BOXING CIRC.	Boxing Circuits: Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	1pm	1pm	1pm	1pm	1pm	1pm	1pm	1pm
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm	2pm	2pm	2pm	2pm	2pm	2pm	2pm
AGELESS & AGILE	Ageless & Agile: It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	3pm	3pm	3pm	3pm	3pm	3pm	3pm	3pm
		4pm	4pm	4pm	4pm	4pm	4pm	4pm	4pm
TINY BUT MIGHTY	Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claire's Yoga classes.	5pm	5pm	5pm	5pm	5pm	5pm	5pm	5pm
		6pm	6pm	6pm	6pm	6pm	6pm	6pm	6pm
		7pm	7pm	7pm	7pm	7pm	7pm	7pm	7pm
		8pm	8pm	8pm	8pm	8pm	8pm	8pm	8pm
		9pm	9pm	9pm	9pm	9pm	9pm	9pm	9pm



You can **book online** and via our **free Magna Vitae app!** Find out more about our classes & activities, scan the QR code to browse **our website!**

- Bookings can be made up to 7 days in advance. *(To ensure everybody has the opportunity to attend our popular classes, we have limits in place):* Please do not book over 3 Aquacise sessions per week.
- All payments must be made at the time of booking.
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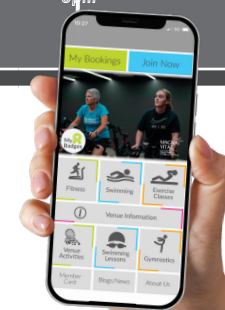
 Scan me!

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

Download Magna Vitae's app for **FREE!** Be 'appy.



Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Members (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE

Horncastle Pool & Fitness Suite

Swimming Pool Programme

Term Time | 5th May - 11th May

Venue Opening Times | Bank Holiday Monday: 7.45am-1pm | Tuesday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GEN. SWIM	General Swim Session: This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	6am	6am	6am	6am	6am	6am	6am	6am
LANE SWIM	Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)		7am
AQUACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	8am	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Swim Lessons	Lane Swim (7.45am)	8am
QUIET SWIM	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.	9am	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)			9am
OVER 50's SWIM	Over 50's Swim: General swimming for anyone aged 50 and over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	10am	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	School Swim			10am
FAMILY FUN	Family Fun Splash: An open swimming session with floats! Come and make a splash... It's suitable for all abilities and great for some family bonding time!	11am	Aquacise (10.45am)	School Swim		Over 50's Swim (10.30am)			11am
SWIM LESSONS	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower	12pm	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons	Aquacise (11.30am)	Aquacise (11.30am)		12pm
IMPROVANT: OTHER NOTES	• Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable.	1pm	General Swim (12.30pm)	General Swim (12.45pm)			General Swim (12.15pm)		1pm
	• Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	2pm	School Swim	General Swim (1.45pm)	School Swim	School Swim	General Swim (1.15pm)	General Swim (1.45pm)	2pm
	• Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website... Or download our free MV app!	3pm		Lane Swim (2.45pm)	Lane Swim (2.15pm)	Quiet Swim (2.15pm)	General Swim (2.15pm)	Lane Swim (2.15pm)	3pm
		4pm							4pm
		5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
		6pm							6pm
		7pm	General Swim (6.15pm)	Otters Swim Club (Private Booking)	Lane Swim (6.45pm)				7pm
		8pm	Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club (Private Booking)			8pm
		9pm							9pm



You can [book online](#) and via our [free Magna Vitae app](#)! Find out more about our classes & activities, scan the QR code to browse [our website](#)!

- Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week.
- All payments must be made at the time of booking.
- **Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Term Time | 5th May - 11th May

magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE