

**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	
<b>GEN. SWIM</b> 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	
<b>LANE SWIM</b> 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)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (7am)	7am	
<b>AQUACISE</b> 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)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	Swim Lessons	8am Lane Swim (7.45am)	
<b>QUIET SWIM</b> 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)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)		9am	9am
<b>OVER 50's SWIM</b> 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	10am Over 50's Swim (9.30am)	10am General Swim (9.30am)	10am Aquacise (9.45am)	10am School Swim		10am	10am Otters Swim Club
<b>FAMILY FUN</b> 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 School Swim	11am Aquacise (10.45am)	11am School Swim	11am Ducklings Lessons	11am Over 50's Swim (10.30am)	11am	11am Family Fun Splash (10.45am)	
<b>SWIM LESSONS</b> 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 Aquacise (11.45am)	12pm General Swim (11.30am)	12pm Aquacise (12pm)	12pm Adult Lessons	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)	12pm General Swim (11.45am)	
<b>IMPORTANT OTHER NOTES</b> • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. • 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.) • 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!	1pm General Swim (12.30pm)	1pm General Swim (12.30pm)	1pm General Swim (12.45pm)	1pm School Swim	1pm School Swim	1pm General Swim (12.15pm)	1pm General Swim (12.45pm)	
	2pm School Swim	2pm School Swim	2pm General Swim (1.45pm)	2pm Lane Swim (2.15pm)	2pm Quiet Swim (2.15pm)	2pm General Swim (1.15pm)	2pm General Swim (1.45pm)   Lane Swim (1.45pm)	
	3pm Lane Swim (2.30pm)	3pm	3pm Lane Swim (2.45pm)	3pm	3pm	3pm General Swim (2.15pm)   Lane Swim (2.15pm)	3pm	
	4pm General Swim (4pm)	4pm	4pm	4pm	4pm	4pm	4pm	
	5pm General Swim (5pm)	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm	5pm	
	6pm Lane Swim (6pm)	6pm General Swim (6.15pm)	6pm	6pm	6pm	6pm	6pm	
	7pm Otters Swim Club (Private Booking)	7pm	7pm Otters Swim Club (Private Booking)	7pm Lane Swim (6.45pm)	7pm	7pm	7pm	
	8pm	8pm Lane Swim (7.30pm)	8pm	8pm Lane Swim (7.45pm)   WB Club (Private Booking)	8pm	8pm	8pm	
	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.
- **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!

**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
6am				Thursday 1 <sup>st</sup> May Closed for Polling Stations			
7am							
8am	Yoga** 9.15am	Body Conditioning# 9.30am	Yoga** 9.15am	Aquacise~ 9.45am			
9am		Aquacise~ 10.45am	Core & Stretch# 10.30am		Ageless & Agile* 10am-2pm		
10am	Aquacise~ 11.45am		Aquacise~ 12pm		Aquacise~ 11.30am	Aquacise~ 11.30am	
11am							
12pm							
1pm							
2pm							
3pm							
4pm	Yoga* 6pm	Boxercise# 6pm			Circuits# 5:30pm		
5pm		Circuits# 7pm			Boxercise# 6:30pm		
6pm							
7pm							
8pm							
9pm							

- Aquacise:** Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
- YOGA:** Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
- BOXERCISE:** Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
- 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.
- BODY COND.:** Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
- BOXING CIRC.:** Boxing Circuits: Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!
- CORE & ST.:** Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!
- 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.)
- 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 Claires Yoga classes.

\* - 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 our venue's spectator area  
 ^ - This session takes place at a Belchford Village Hall



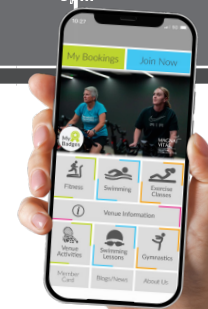
You can **book online** and via our **free Magna Vitae app!** Find out more about our classes & activities, scan the QR code to browse **our website!**

- 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 Exercise Classes:

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

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



**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	
<b>GEN. SWIM</b> 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
<b>LANE SWIM</b> 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 <b>BANK HOLIDAY</b> Open 7.45am-1pm	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (7am)	7am
<b>AQUACISE</b> 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 (7.45am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.45am)	8am
<b>QUIET SWIM</b> 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 (9am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Swim Lessons	9am Otters Swim Club
<b>OVER 50's SWIM</b> 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 General Swim (10am)	10am Over 50's Swim (9.30am)	10am General Swim (9.30am)	10am Aquacise (9.45am)	10am School Swim	10am School Swim	10am Swim Lessons	10am Otters Swim Club
<b>FAMILY FUN</b> 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 General Swim (11am)	11am Aquacise (10.45am)	11am School Swim	11am Ducklings Lessons	11am Over 50's Swim (10.30am)	11am Over 50's Swim (10.30am)	11am Swim Lessons	11am Family Fun Splash (10.45am)
<b>SWIM LESSONS</b> 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	12pm General Swim (11.30am)	12pm Aquacise (12pm)	12pm Adult Lessons	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)	12pm General Swim (11.45am)
<b>IMPORTANT OTHER NOTES</b> • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. • 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.) • 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!	1pm	1pm General Swim (12.30pm)	1pm General Swim (12.45pm)	1pm School Swim	1pm School Swim	1pm School Swim	1pm General Swim (12.15pm)	1pm General Swim (12.45pm)
	2pm	2pm School Swim	2pm General Swim (1.45pm)	2pm Lane Swim (2.15pm)	2pm Quiet Swim (2.15pm)	2pm General Swim (1.15pm)	2pm General Swim (1.15pm)	2pm General Swim (1.45pm)
	3pm	3pm	3pm Lane Swim (2.45pm)	3pm Lane Swim (2.15pm)	3pm Quiet Swim (2.15pm)	3pm General Swim (2.15pm)	3pm Lane Swim (2.15pm)	3pm Lane Swim (1.45pm)
	4pm	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons
	6pm	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm General Swim (6.15pm)	7pm Otters Swim Club (Private Booking)	7pm Lane Swim (6.45pm)	7pm Lane Swim (6.45pm)	7pm Lane Swim (6.45pm)	7pm Lane Swim (6.45pm)	7pm Lane Swim (6.45pm)
	8pm	8pm Lane Swim (7.30pm)	8pm	8pm Lane Swim (7.45pm)	8pm WB Club (Private Booking)	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.
- **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!

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
6am	BANK HOLIDAY Open 7.45am-1pm			Tiny, but Mighty** 8am			
7am			Yoga** 9.15am				
8am		Body Conditioning# 9.30am		Aquacise~ 9.45am	Boxing Circuits# 9.30am		
9am		Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am	*Ageless & Agile 10am-2pm		
10am			Aquacise~ 12pm			Aquacise~ 11.30am	Aquacise~ 11.30am
11am							
12pm							
1pm							
2pm							
3pm							
4pm						Circuits# 5:30pm	
5pm		Boxercise# 6pm				Boxercise# 6:30pm	
6pm		Circuits# 7pm					
7pm							
8pm							
9pm							

- Aquacise:** Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
- YOGA:** Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
- BOXERCISE:** Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
- 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.
- BODY COND.:** Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
- BOXING CIRC.:** Boxing Circuits: Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!
- CORE & ST.:** Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!
- 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.)
- 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 Claires Yoga classes.

\* - 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 at Ancaster Court, LN9 6HG  
 # - This session takes place at Belchford Village Hall



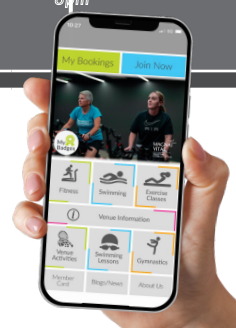
You can [book online](#) and via our [free Magna Vitae app!](#) Find out more about our classes & activities, scan the QR code to browse [our website!](#)

- 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 Exercise Classes:

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

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



**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	
<b>GEN. SWIM</b> 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
<b>LANE SWIM</b> 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)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (7am)	7am	7am
<b>AQUACISE</b> 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)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am	8am Lane Swim (7.45am)	8am
<b>QUIET SWIM</b> 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)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am	9am	9am
<b>OVER 50's SWIM</b> 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	10am Over 50's Swim (9.30am)	10am General Swim (9.30am)	10am Aquacise (9.45am)	10am School Swim	10am	10am Swim Lessons	10am Otters Swim Club
<b>FAMILY FUN</b> 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 School Swim	11am Aquacise (10.45am)	11am School Swim	11am Ducklings Lessons	11am Over 50's Swim (10.30am)	11am	11am	11am Family Fun Splash (10.45am)
<b>SWIM LESSONS</b> 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 Aquacise (11.45am)	12pm General Swim (11.30am)	12pm Aquacise (12pm)	12pm Adult Lessons	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)	12pm	12pm General Swim (11.45am)
<b>IMPORTANT OTHER NOTES</b> • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable.  • 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.)  • 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!	1pm School Swim	1pm General Swim (12.30pm)	1pm General Swim (12.45pm)	1pm School Swim	1pm School Swim	1pm General Swim (12.15pm)	1pm	1pm General Swim (12.45pm)
	2pm	2pm School Swim	2pm General Swim (1.45pm)	2pm	2pm	2pm General Swim (1.15pm)	2pm	2pm General Swim (1.45pm)   Lane Swim (1.45pm)
	3pm Lane Swim (2.30pm)	3pm	3pm Lane Swim (2.45pm)	3pm Lane Swim (2.15pm)	3pm Quiet Swim (2.15pm)	3pm General Swim (2.15pm)   Lane Swim (2.15pm)	3pm	3pm
	4pm General Swim (4pm)	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm General Swim (5pm)	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm	5pm	5pm
	6pm Lane Swim (6pm)	6pm General Swim (6.15pm)	6pm	6pm	6pm Swim Lessons	6pm	6pm	6pm
	7pm Otters Swim Club (Private Booking)	7pm	7pm Otters Swim Club (Private Booking)	7pm Lane Swim (6.45pm)	7pm	7pm	7pm	7pm
	8pm	8pm Lane Swim (7.30pm)	8pm	8pm Lane Swim (7.45pm)   WB Club (Private Booking)	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.
- **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!



**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
<b>AQUACISE:</b> Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.				Thursday 1 <sup>st</sup> May Closed for Polling Stations			
<b>YOGA:</b> A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	Yoga** 9.15am		Yoga** 9.15am				
<b>BOXERCISE:</b> Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		Body Conditioning# 9.30am		Aquacise~ 9.45am			
<b>CIRCUITS:</b> 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.		Aquacise~ 10.45am	Core & Stretch# 10.30am		Ageless & Agile* 10am-2pm		
<b>BODY COND.</b> Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.			Aquacise~ 12pm		Aquacise~ 11.30am	Aquacise~ 11.30am	
<b>BOXING CIRC.</b> Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!							
<b>CORE &amp; ST.</b> A floor-based class working the whole body. Stretch, strength, coordination and relaxation!							
<b>AGELESS &amp; AGILE:</b> 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! <b>Ageless &amp; Agile is FREE for MV members...</b> (Or only £3.00 per session.)							
<b>TINY BUT MIGHTY:</b> 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.							
	Yoga* 6pm	Boxercise# 6pm			Circuits# 5:30pm		
		Circuits# 7pm			Boxercise# 6:30pm		

\* - 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 at Ancaster Court, LN9 6HG  
 # - This session takes place at Belchford Village Hall



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 Exercise Classes:**

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

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



**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	
<b>GEN. SWIM</b> 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	
<b>LANE SWIM</b> 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 BANK HOLIDAY Open 7.45am-1pm	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (7am)	7am	
<b>AQUACISE</b> 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 (7.45am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	Swim Lessons	8am Lane Swim (7.45am)	
<b>QUIET SWIM</b> 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 (9am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)		9am	9am
<b>OVER 50's SWIM</b> 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 General Swim (10am)	10am Over 50's Swim (9.30am)	10am General Swim (9.30am)	10am Aquacise (9.45am)	10am Family Fun Splash (9.30am)		10am	10am Otters Swim Club
<b>FAMILY FUN</b> 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 General Swim (11am)	11am Aquacise (10.45am)	11am Pool Inflatables (10.30am) Must be able to swim 50m and be at least 8yrs of age.	11am Ducklings Lessons	11am Over 50's Swim (10.30am)	11am	11am Family Fun Splash (10.45am)	
<b>SWIM LESSONS</b> 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	12pm General Swim (11.30am)	12pm Aquacise (12pm)	12pm Adult Lessons	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)	12pm General Swim (11.45am)	
<b>IMPORANT: OTHER NOTES</b> • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. • 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.) • 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!	1pm	1pm General Swim (12.30pm)	1pm General Swim (12.45pm)	1pm Family Fun Splash (12.45pm)	1pm General Swim (12.30pm)	1pm General Swim (12.15pm)	1pm General Swim (12.45pm)	
	2pm	2pm Staff Training	2pm General Swim (1.45pm)	2pm Lane Swim (1.45pm)	2pm Lane Swim (1.30pm)	2pm General Swim (1.15pm)	2pm General Swim (1.45pm)	
	3pm		3pm Lane Swim (2.45pm)	3pm General Swim (2.45pm)	3pm Quiet Swim (2.30pm)	3pm General Swim (2.15pm)	3pm Lane Swim (1.45pm)	
	4pm							
	5pm	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons			
	6pm							
	7pm	7pm General Swim (6.15pm)	7pm Otters Swim Club (Private Booking)	7pm Lane Swim (6.45pm)				
	8pm	8pm Lane Swim (7.30pm)		8pm Lane Swim (7.45pm)	8pm WB Club (Private Booking)			
	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!

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
6am	BANK HOLIDAY Open 7.45am-1pm			Tiny, but Mighty** 8am			
7am			Yoga** 9.15am				
8am		Body Conditioning# 9.30am		Aquacise~ 9.45am	Boxing Circuits# 9.30am		
9am		Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am		Ageless & Agile* 10am-2pm	
10am			Aquacise~ 12pm		Aquacise~ 11.30am	Aquacise~ 11.30am	
11am							
12pm							
1pm							
2pm							
3pm							
4pm						Circuits# 5:30pm	
5pm		Boxercise# 6pm				Boxercise# 6:30pm	
6pm		Circuits# 7pm					
7pm							
8pm							
9pm							

- Aquacise:**  
Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
- YOGA**  
**Yoga:**  
A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
- BOXERCISE**  
**Boxercise:**  
Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
- 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.
- BODY COND.**  
**Body Conditioning:**  
Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
- BOXING CIRC.**  
**Boxing Circuits:**  
Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!
- CORE & ST.**  
**Core & Stretch:**  
A floor-based class working the whole body. Stretch, strength, coordination and relaxation!
- 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.)
- 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.

\* - 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 at Ancaster Court, LN9 6HG  
 # - This session takes place at Belchford Village Hall



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 Exercise Classes:

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

Download Magna Vitae's app for **FREE!** Be 'appy.  
 Download on **App Store** | Download on **Google play**

