

# Skegness Pool & Fitness Suite

## Indoor Pool Programme

Term Time | 28<sup>th</sup> April - 4<sup>th</sup> May

Venue Opening Times: Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

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	FRIDAY	SATURDAY	SUNDAY
5am	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool
6am	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool
7am	General Swim	General Swim	General Swim	General Swim	General Swim		
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		
9am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		Adults Only
10am						Swim Lessons	SAS Club
11am	Aquacise 10.30am-11.30am	Aquacise 10am-11am	Aquacise 10.30am-11.30am	School Swim	Aquacise 10am-11am		Rookie Lessons
12pm	General Swim	General Swim 11am-1pm	General Swim		General Swim 11am-2pm	General Swim 11am-3pm	General Swim 9.30am-12.30pm
1pm	Lane Swim	Lane Swim	Lane Swim	School	Lane Swim		Family Fun Splash 12.30pm-1.30pm
2pm	General Swim 11.30am-2.30pm	Swim Lessons	General Swim 11.30am-2.30pm	Gen Swim 12.30pm-1.30pm			Family Fun Splash 1.30pm-2.30pm
3pm			Staff Training	Aquacise 1.30pm-2.30pm			
4pm					General Swim 3pm-6pm		
5pm	Swim Lessons	Swim	Swim Lessons	Swim Lessons	General Swim 4pm-6pm		
6pm	General Swim 4pm-6pm	General Swim 4pm-6pm	Gen Swim	Badge Session			
7pm	SAS Club	SAS Club	General Swim 6.30-7.30pm	SAS Club	SAS Club		
8pm	General Swim 7.10pm-8.10pm	Aquacise 7pm-8pm	Lane Swim	General Swim 7.10pm-8pm			
9pm							

<b>General Swim</b>	This is an open swimming pool session - suitable for all abilities.
<b>Lane Swim</b>	Where the swimming pool divide into 1 or 2 lanes, this is alongside our general swim session.
<b>Adult Only Swim</b>	Adults only swim is for 16 years+. One laned swim and 4 open general swim.
<b>Family Fun Splash</b>	Open pool swim, with floats in the pool - suitable for all abilities.
<b>Aquacise</b>	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.
<b>School Swim</b>	This session is used for swimming for local schools.
<b>SAS Club</b>	Skegness Amateur Swim Club private pool booking.
<b>NOTES</b>	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.

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[magnavitae.org](http://magnavitae.org)

E: [info@mvtlc.org](mailto: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 | 28<sup>th</sup> April - 4<sup>th</sup> May

Venue Opening Times: Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

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

<b>AQUACISE</b>	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.
<b>HIGH INTENSITY CIRCUITS</b>	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.
<b>ZUMBA TONING</b>	This class fuses Latin rhythms & easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone & sculpt muscles.
<b>LEGS, BUMS &amp; TUMS (LBT)</b>	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.
<b>YOGA</b>	A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.
<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
<b>CIRCUITS</b>	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.
<b>CORE &amp; STRETCH</b>	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.
<b>BOXING CIRCUITS (BC)</b>	This is a Boxercise-style class that incorporates punches such as jab, cross, hooks, and uppercuts. It also includes a variety of circuit training exercises for a full-body workout.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
8am								8am
9am			A Zumba Toning 9am		A Pilates 9am			9am
10am		P Aquacise 10am	A LBT 10am		P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	10am
11am	P Aquacise 10.30am		A Yoga 11am	P Aquacise 10.30am				11am
12pm								12pm
1pm				A Spin 12.30pm				1pm
2pm				P Aquacise 1.30pm	A Body Con 1.30pm			2pm
3pm				A Core & Stretch 2:30pm				3pm
4pm								4pm
5pm								5pm
6pm								6pm
7pm		A Spin 6:15pm	A Circuits 6pm					7pm
8pm		P Aquacise 7pm	A BC 7:15pm	A Core & Stretch 7pm				8pm
9pm								9pm

**Key**

P - Swimming Pool  
G - Gym  
A - Arts Room

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Venue Opening Times: Bank Holiday Monday: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-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!	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool	Indoor Pool
<b>LANESWIM</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.							
<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.							
<b>ADULTS ONLY</b> Adults Only Swim: Adults only swim is for ages 16 years+ This session includes: 1 lane (for lane swimming) and 4 lanes (open - for general swimming.) This session is suitable for all abilities. Book your session, today!							
<b>SAS</b> Skegness Amateur Swim (SAS Club): This is a private booking.							
<b>SCHOOL</b> School Swimming: This session is used for local schools to learn the important, life-saving skill... <i>Swimming!</i>							
<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!							
<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							
<b>IMPORTANT: OTHER NOTES</b>							

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 an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions (per week).**
- All payments must be made at the time of booking.
- **Need to cancel a booking?** You must cancel 48 hours in advance (at least) 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: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-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.	<b>BANK HOLIDAY</b>							7am
<b>Zumba:</b> Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)								8am
<b>High Intensity Circuits:</b> A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves, as well as both high and low-intensity exercises.								9am
<b>Circuits:</b> Combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' = all the exercises have been completed.								10am
<b>Zumba Toning:</b> This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!								11am
<b>Yogalates:</b> A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!								12pm
<b>Core &amp; Stretch:</b> A floor-based class working the whole body. Stretch, strength, coordination and relaxation!								1pm
<b>Yoga:</b> A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.								2pm
<b>Legs, Bums &amp; Tums:</b> A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!								3pm
<b>Pilates:</b> Combining stretching and strength work to improve both your posture - And your mobility!								4pm
<b>Fit Ball:</b> Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!								5pm
<b>Zumba Step:</b> A dance-based session inspired by Zumba. Using a small box step - Get moving to the Latin music!								6pm
<b>Ageless &amp; Agile:</b> Takes place at Barratt Court, Lyndhurst Ave, Skegness, PE25 2PQ 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.)								7pm
<b>Tiny, But Mighty:</b> A celebration of the power of the small muscle groups & how they help to promote strength! An additional support session: Links to Claire's Yoga classes.								8pm
								9pm

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45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



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