

Horncastle Pool & Fitness Suite

Swimming Pool Programme

Term Time | 12th May - 25th 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	
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	7am	7am	7am	7am	7am	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	8am	8am	8am	8am	8am	8am	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	9am	9am	9am	9am	9am	9am	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	10am	10am	10am	10am	10am	10am	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	11am	11am	11am	11am	11am	11am	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	12pm	12pm	12pm	12pm	12pm	12pm	12pm
IMPORTANT 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	1pm	1pm	1pm	1pm	1pm	1pm	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	2pm	2pm	2pm	2pm	2pm	2pm	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	3pm	3pm	3pm	3pm	3pm	3pm	3pm



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 | 12th May - 25th 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: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.							
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 is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.							
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.							
	6am	6am	6am	6am	6am	6am	6am
	7am	7am	7am	7am	7am	7am	7am
	8am	8am	8am	8am	8am	8am	8am
	9am	9am	9am	9am	9am	9am	9am
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	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	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 at Ancaster Court, LN9 6HG
 # - This session takes place at Belchford Village Hall



Scan me!

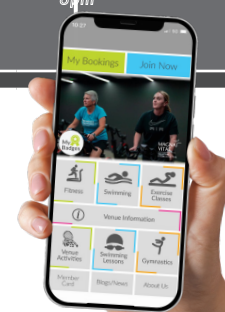
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- All payments must be made at the time of booking.
- Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

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.



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 TRUST FOR LEISURE & CULTURE

Horncastle Pool & Fitness Suite

Swimming Pool Programme

Half Term | 26th May - 1st June

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)	Family Fun Splash (9.30am)		Otters Swim Club	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)	Pool Inflatable (10.30am) Must be able to swim 50m and be at least 8yrs of age.	Ducklings Lessons	Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	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)	Adult Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	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)	Family Fun Splash (12.45pm)	General Swim (12.30pm)	General Swim (12.15pm)	General Swim (12.45pm)	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	Staff Training	General Swim (1.45pm)	Lane Swim (1.45pm)	Lane Swim (1.30pm)	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)	General Swim (2.45pm)	Quiet Swim (2.30pm)	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



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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 BANK HOLIDAY <i>Open 7.45am-1pm</i>	6am	6am	6am Tiny, but Mighty** 8am	6am	6am	6am
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
BOXERCISE: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	8am	8am Body Conditioning# 9.30am	8am Yoga** 9.15am	8am Aquacise~ 9.45am	8am	8am	8am
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.	9am	9am Aquacise~ 10.45am	9am Core & Stretch# 10.30am	9am Core & Stretch# 10.30am	9am Ageless & Agile* 10am-2pm	9am	9am
BODY COND.	10am	10am	10am Aquacise~ 12pm	10am	10am Aquacise~ 11.30am	10am Aquacise~ 11.30am	10am
BOXING CIRC.	11am	11am	11am	11am	11am	11am	11am
CORE & ST.	12pm	12pm	12pm	12pm	12pm	12pm	12pm
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.)	1pm	1pm	1pm	1pm	1pm	1pm	1pm
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.	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm Boxercise# 6pm	4pm	4pm	4pm Circuits# 5:30pm	4pm	4pm
	5pm	5pm Circuits# 7pm	5pm	5pm	5pm Boxercise# 6:30pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm



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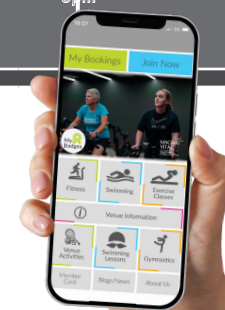
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Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

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



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	£7.55	£6.25	£5.45	FREE!
	£9.55	£7.80	£7.10	FREE!



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