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		SATU	RDAY	SUNDAY	_
SWIM	General Swim Session: This is an open swimming pool session.	6am		Sam	-6am		6am		66m -		-69m			Som	6am
GEN.	Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim	Lane Swim	7am	Lane Swim (6.30am)	7am	Lane Swim	7em	Lane Swim (6.30am)	7e#	9	;	7.9m	7am
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.	8am		Rem Lane Swim (7.30am)	8am	Lane Swim (7.30am)	8am		8am	Lane Swim (7.30am)	807		Swim ^{am)}	Lane Swim (7.45am)	8am
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.	9am	Lane Swim (8.30am)	am Lane Swim (8.30am)	9am	Lane Swim (8.30am)	9am	Lane Swim (8.30am)	9am	Lane Swim (8.30am)	9an		ہ vim sons	9cm	9am
MIM	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather	10am	1	am Over 50's Swim (9.30am)	10am	General Swim (9.30am)	.0 <mark>am</mark>	Aquacise 1 (9.45am)	0am	School Swim	10 <mark>ar</mark>	n n		Opposition of the second se	10am
QUIETS		11am	School Swim 1	1am Aquacise (10.45am)	11am	School Swim	1am	Ducklings Lessons	1 1 am	Over 50's Swim (10.30am)	11 <i>a</i> r			1 Family Fun Splash (10.45am)	11am
0's SWIM	over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social! 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!	12pm	Aquacise	2 pm General Swim (11.30am)	12pm	Aquacise	.2 <mark>0</mark> m	Adult Lessons	2pm	Aquacise (11.30am)	1201		acise 10am) 1	2 ^{20m} General Swim	12pm
OVER 5		1pm	(11.45am)	om General Swim	1pm	(12pm)	1.pm	Addit Lessons	1pm		1 <i>n</i> rr		al Swim	(11.45am)	1pm
ILY FUN		2pm	School Swim	(12.30pm)	General Swim (12.45pm)		School Swim			School Swim		General Swim		General Swim (12.45pm)	ipin
FAM				2pm School Swim	2pm	General Swim	2 p.m		2.0m		_2pm	(111		² p ^m General Swim (1.45pm) (1.45pm)	2pm
ESSONS	Swim Lessons: Our WaterWise Learn to Swim' programme! WaterWise memberships include general	Зрт	Lane Swim (2.30pm)	3.em	3. <mark>0m</mark>	Lane Swim	3pm	Lane Swim (2.15pm)	3pm	Quiet Swim (2.15pm)	3pn	General Swim (2.15pm)	Lane Swim (2.15pm)	(1.+ <i>.pm)</i> 3pm	3pm
1 MIMS	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	4pm		l em	4.em		4.p.m		4.pm	_	4 am	n		âgum	4pm
	On our website #PoolPower Pre-booking: We strongly advise booking your swimming	5pm	General Swim (4pm)	sym Swim	5pm	Swim	5pm		5pm		5 pm	a		5µm	5pm
S	sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable.	6pm	General Swim (5pm)	Lessons	ham	Lessons	kum	Swim Lessons	ham	Swim Lessons	ham	'n		Su ma	6pm
HER NOTE	Accessibility steps: Available to use to aid entry into the	7pm	Lane Swim	General Swim						ngorda .				al are	opin
MOPRTANT: OTHER NOT	swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)		Otters Swim Club	zom (6.15pm)	⁷ pm c	Otters Swim Club (Private Booking)	7.pm	Lane Swim (6.45pm)	7 pm		7 p#	}	,	7pm	7pm
IMOPR	Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortuantely this is often for reasons	8pm	(Private Booking)	bom Lane Swim (7.30pm)	8 <mark>9m</mark>		1 S	Lane WB Club (Private Booking	8 (9111 3)		8pm			9pm	8pm
	beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm			9pm		9,000		9 pm		9pm			9pm	9pm



🗋) Scan me!

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.

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

Prices for Swimming:

111663 101 34	inning.				
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!



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) ΜΟΝΠΑΥ THESDAY WEDNESDAV SATURDAV SUNDAV Aqu Usi imp

	Aquacise:		MONDAT	TOLSDAT		LJDAI	THORSDAT	TRIDAT	SATORDAT	SUNDAT	
	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am	(6 	60m	<u> </u>	m Thursday 1 st May Closed for Polling Stations	69 m		66m	6am
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping	7am	Yoga** 9.15am	- Body Conditioning#	Zum Yo		m	76m		7.0m	7am
XERCISE	you relax and release stress. Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to	8am	9.13aiii {	9.30am	8 am	.5am 8.	m Aquacise~ 8 9.45am	Bom Δσι	8em eless کړ		8am
80 B0	improve fitness, strength, and coordination. Circuits: Circuit training combines exercises with short	9am	c	2 mAquacise~ 10.45am	9am	90	m9	¥4m /	Agile ⁹ 4 ^m am-2pm Aquacise~	9.4 m	9am
CIRCUIT	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	Aquacise~ 1 11.45am	C <i>am</i> 1		10 acise~ 2pm	am 1	ogm 11.30am	10 am 11.30am	<u>10</u> 2m	10am
DY COND.	Aerobics warm up with muscle toning exercises. A great class for those looking for	11am –		1 <i>am</i> 1	11am	11c	am1	1am	11am	11am	11am
NG CIRC. BC	muscle shaping away from the gym. Boxing Circuits: Boxing Circuits is a high-energy workout mix- ing boxing drills, strength and cardio. Sweat,	12pm -		3pm1	2.2 pm	12;	om1	2pm	12pm	12om	12pm
KE & ST. BOXI	burn calories and feel employed the calor over the burn calories and feel employed the calories over the burn calories and feel employed the burn calories and the burn calories	1pm	1	om	1.pm	1	m1	1 phrm	1.pm	1m	1pm
ğ	Stretch, strength, coordination and relaxation!	2pm		2 am	2.0m	2	m2	2,0m	2,m	2µm	2pm
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	3pm –		lpm	3.jom	3p	m	3.jum	3,,m	3pm	3pm
AGELESS & AGILE	health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes And even discussing	4pm	Yoga* ^{6pm}	i <u>om</u> Boxercise# 6pm	4.om	&n	m4	4pm Circuits# 5:30pm	4jum	\$pm	4pm
	health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members (Or only £3.00 per session.)	5pm	s	เ <mark>.</mark>	5.om	5	m§	Boxercise 50 ^m 6:30pm	#	5µm	5pm
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	6pm _		Circuits# 7pm	6pm	6p	m(6ym		6pm	6pm
TINY	that links in with Claires Yoga classes.	7			_	_					7
** -	This class takes place at West Ashby Village Hall This class takes place at the Horncastle Community Ce This class takes place in the Swimming Pool	7pm entre			/ pm		773. ,	/pm		/ [273)	7pm
*-	This session takes place at Ancaster Court, LN9 6HG This session takes place a Belchford Village Hall	8pm		bom	8pm		m 8	8pm		8pm	8pm
		9pm		pm	9 m		m Sownload M		My Bookings Join Now	9 _N m	9pm
	You can book online and via ou about our classes & activities, sci						app for FREE				
	Bookings can be made up to 7 has the opportunity to attend ou place): Please do not book over All payments must be made at	days in adv ir popular cl r 3 Aquacis	vance. (To ensure everybody lasses, we have limits in e sessions per week.	Prices for Exercise	Non Members	MV Card	Download on App Store MV Card with Concession	Download on Google play	Torus Dorus O Wrate Information	magnavitae.org	e L
	Scan me! All payments must be made at Need to cancel a booking? You advance in order to claim a ref	ı must canc	Ū.	Classes: 45 minutes to 1 hour		(Subscription Holder) £6.25	(Subscription Holder) £5.45	(Membership Holder) FREE!	Minime Anteriore Minime	magnavitae.org MAGNA V	TAE
0	gna Vitae is a Registered Charity. Charity Number 11		artner to East Lindsey District (Council. Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!		TRUST FOR LEISURE &	

Swimming Pool Programme

Half Term | 26th May - 1st June

magnavitae.org

MAGNA V

TRUST FOR LEISURE & CULTURE

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)





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	Aquacise:		MONDAY	TUESDAY	WEDN	IESDAY	THURSDAY	FRI	DAY	SATURDAY	SUNDAY	
	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	em 6			Tiny, but Mighty** 8am	60m		•	-66m	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	Open 7.45am-1pm 7	Body Conditioning#		ga ** L5am	m Boxing Aquacico - Circuits#	7om		1	7cm	7am
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	8am 9am	8	am 9.30am 8 Core & Stretch AmAquacise~ 10.30am 9	/ um		Aquacise Circuits# 9.45am Core & Stretch# 10.30am	80m 90m	* Ageless & Agile	9	8em 9em	8am 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 -	10	10.45am		10 acise~ 2pm		Aquacise~ 10 ²⁰¹ 11.30am	Agne 10am-2pm 10 <mark>a</mark>	Aquacise~ ^m 11.30am	<mark>10</mark> am	10am
BODY COND.	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym	11am 12pm -	1:	1am 1 2om 1:	1am 2am	11o 12r	1m1 1m1	1 1 am	11a 12b	n	11 m	11am 12pm
BOXING CIRC.	Boxing Circuits: Boxing Circuits is a high-energy workout mix- ing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	12pm	1	em 1	l.om	1p	m	1.00m	19en	1	1µm	12pm
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm -	2	pm2	1. m	2p	m	2pm	29en	٩	2pm	2pm
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	3pm -		em3	g <u>orn</u>	3ø	m	3µm		n	3µm	3pm
AGELESS & AGILI	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	4pm		a <u>m 4</u> Boxercise# _{6pm}	inem	&p	m	هريه Circu 5:30 Boxer)pm 4pm	ŋ	4.pm	4pm
È	diabetes! Ageless & Agile is FREE for MV members (Or only £3.00 per session.) Tiny, But Mighty:	5pm		om 5 Circuits# 7pm	i	5p	m	BOXE r 5.30 مربع	P	n	<u>5 m</u>	5pm
TINY BUT MIGH	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.	6pm	6	pm 6	(pm		70	Ggm	6pn	3	6pm	6pm
** -	This class takes place at West Ashby Village Hall This class takes place at the Horncastle Community C This class takes place in the Swimming Pool	7pm - Centre	7	pm 7	'pm	7p	<u>m</u>	7pm	7pn	<u>9</u>	7pm	7pm
	This session takes place at Ancaster Court, LN9 6HG This session takes place a Belchford Village Hall	8pm	8	pm 6	kpm	8 p	m	8pm			8pm	8pm
		9pm	9	977		9	‴ Download №	9. 1agna Vitae'	S S	zokings Join Now	9µm	9pm
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