

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	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.)								
	• 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!								



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

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*)

	Aquacise:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	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 Open 7.45am-1pm			Tiny, but Mighty** 8am				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
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	8am		Body Conditioning# 9.30am	Yoga** 9.15am	Aquacise~ 9.45am				8am
		9am	Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am		*Ageless & Agile 10am-2pm			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			Aquacise~ 12pm		Aquacise~ 11.30am	Aquacise~ 11.30am		10am
BODY COND.	Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	11am								11am
		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
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	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... (<i>Or only £3.00 per session.</i>)	3pm								3pm
		4pm		Boxercise# 6pm		Circuits# 5:30pm				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		Circuits# 7pm			Boxercise# 6:30pm			5pm
		6pm								6pm
		7pm								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 at Ancaster Court, LN9 6HG									
#	- This session takes place at Belchford Village Hall									



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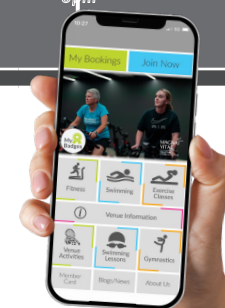
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Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

Prices for
Exercise
Classes:

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.



magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE

Horncastle Pool & Fitness Suite

Swimming Pool Programme

Term Time | 2nd June - 20th July

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)	Swim Lessons	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)			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	Ducklings Lessons	Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Adult Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	12pm
OVER 50's SWIM	1pm		General Swim (12.30pm)				General Swim (12.15pm)	General Swim (12.45pm)	1pm
	2pm	School Swim	School Swim	School Swim	School Swim	School Swim	General Swim (1.15pm)	Lane Swim (1.45pm)	2pm
FAMILY FUN	3pm	Lane Swim (2.30pm)		Lane Swim (2.45pm)	Lane Swim (2.15pm)	Quiet 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
	9pm		Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club (Private Booking)			9pm



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	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.	8am	8am	8am	8am Tiny, but Mighty**	8am	8am	8am
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9.15am Yoga**		9.15am Yoga**				
BOXERCISE Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		9.30am Body Conditioning#		9.45am Aquacise~			
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.		10.30am Core & Stretch#		10.30am Core & Stretch#			
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.		10.45am Aquacise~		11am	11am *Ageless & Agile		
BOXING CIRC. Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!					11.30am Aquacise~		
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	11.45am Aquacise~		12pm Aquacise~		12pm	11.30am Aquacise~	
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.)					10am-2pm		
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	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm Yoga*	6pm Boxercise#	6pm	6pm	6pm Boxercise#	6pm	6pm
	7pm	7pm Circuits#	7pm	7pm	7pm Circuits#	7pm	7pm
	8pm		8pm	8pm	8pm	8pm	8pm
	9pm		9pm	9pm	9pm	9pm	9pm

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