Main Pool & Leisure Pool Programme

Term Time | 12th May - 25th May

Venue Opening Times Monday to Friday: 6am-9.30pm Saturday: 7am-5.30pm Sunday: 7.30am-7pm **WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY SUNDAY** SP SP MAIN POOL MAIN POOL SP MAIN POOL **MAIN POOL** MAIN POOL SP MAIN POOL SP MAIN POOL SP Small Pirate Ship Pool: 6am 6am Temperature: 32 degrees **Louth Swim Louth Swim Louth Swim** Main Pool: Club Club Club Length: 25m Amount of lanes: 8 7am 7am Temperature: 29 degrees Louth Lane Swim **Lane Swim** Aquacise (45 minutes): Lane Swim Swim Sessions start 5 minutes into 8am Tri Club 8am Club 7.30am 5 lanes Lane Swim **Lane Swim** a time block, i.e. Aquacise on Lane Swim Monday's 10:05am-10:50am. Inclusive Swim: 9am 9am This is an open session that factors in sensory and General Genera behaviour needs. We won't School **Swim** Swim play any music during this General Swim session - & We'll use natural 10am 10am Swim **Swim** lighting where possible. Aquacise* Aguacise* Aquacise Lessons 10:05-10:50a 10:05-10:50ar Swim Lessons: Swim Swim General Our WaterWise 🖏 General 'Learn to Swim' programme! 11am 11am Pirat Lessons Smal Lessons **Swim** School Swin Swim General 121 Swim Pool WaterWise memberships **Swim** School include general swimming Lessons General at any time... At any venue! Swim Swim Swim 12pm 12pm One perk of many others, General Lessons Lessons General whilst becoming wiser about Over 50's Swim Aguacise* Aquacise Swim water! Learn more on our website... #PoolPower 12.15-1pr 12:15nm - 1ni Lane Swim 1pm 1pm Pre-booking: Family Fun We strongly advise booking Lane Lane Swim School School Swim your swimming sessions in Splash advance to avoid potential Swim Swim 2pm 🚆 2pm disappointment. Note that School swimming sessions are not 121 Swim Les **Family Fun** General transferable, nor refundable Swim Ability Splash Inclusive Accessibility steps: 3pm **Staff Training** 3pm Swim Available to use to aid entry General General General into the swimming pool **Swim** during swimming sessions. Swim Swim Please ask at reception upon Genera General 4pm 4pm arrival. (Steps cannot be used Swim Swim during Aquacise sessions.) Ouieter Sessions: Swim Louth Swim Tuesday's & Thursday's from 5pm 5pm **Swim** Lessons **Swim Club** 6am-10am, there will be no Lessons Swim Swim music playing in our pool Lessons Lessons Lessons area or corridors. (Sessions without music = 🔞) 6pm 6pm <u>-∞</u> • Flume Opening times: Saturday's: 10am-3:30pm Louth Sunday's: 10am-3pm Louth Swim Louth Louth Swim 7pm 7pm Potential Changes: Club Aguacise Swim Club **Swim Club** Club Please be aware that our 7:05pm programme is subject to 7:50pm change at the discretion of our Duty Manager. 8pm 8pm .30pm Club Unfortuantely this is often for Lane Tri Club Lane reasons beyond our control. 8.00pm For the most up-to-date 5 lanes programmes, view live the 9pm 9pm timetables on our website. Or download our free MV app! Prices for Swimming:

· Bookings can be made up to 7 days in advance

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.

Non Members MV Card (General Public)

MV Card with Concession Aged £2.50 Magna Vitae Member

FREE!

Under

2yrs

£1.00



Venue Opening Times Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.

> Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.

This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groupsm improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.

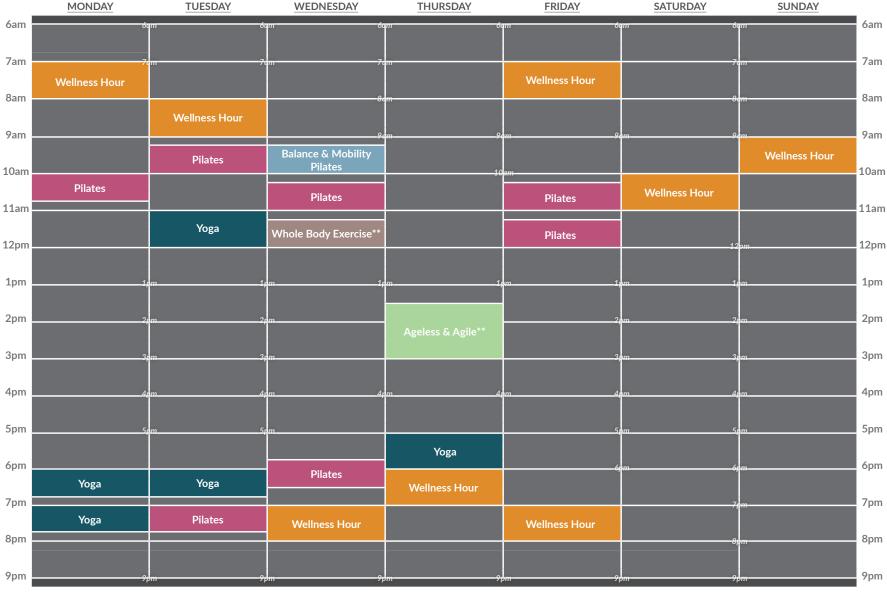
Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.

Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. Mats are available but please feel free to bring your own!

Ageless & Agile is held in our Multi-Purpose room. 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, auizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members.. (Or only £3.00 per session.)

You can book online and via here to browse





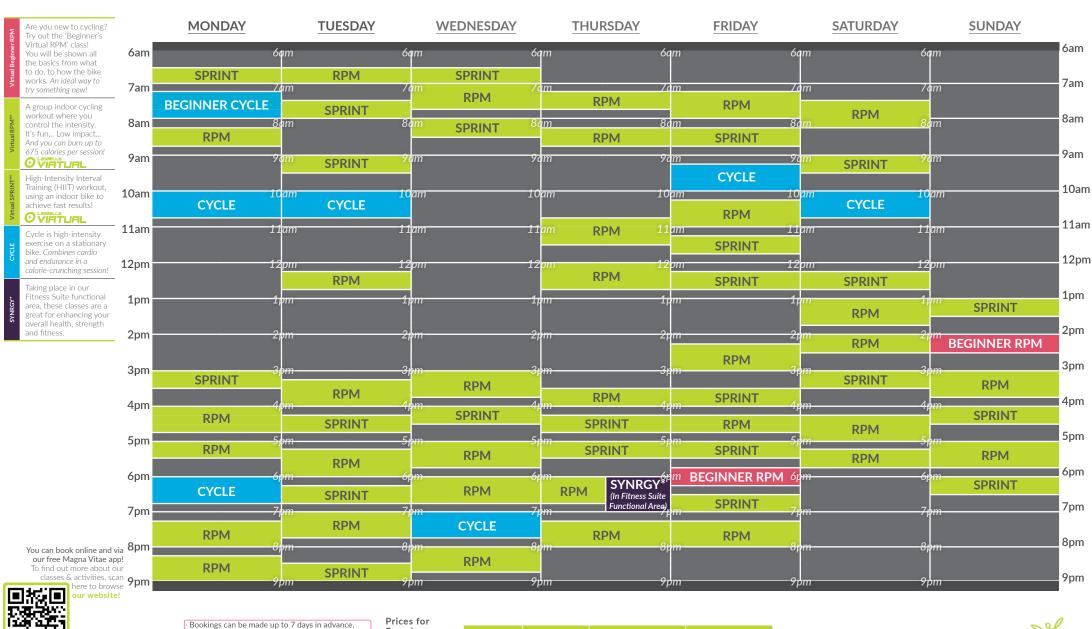
Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



Fitness Suite & Cycle Studio Programme

Term Time | 12th May - 25th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



(Scan me!

Exercise Non Members MV Card MV Card with Concession Magna Vitae Member Classes: (Membership Holder) 45 minutes to 1 hour £7.55 £6.25 £5.45 FREE! £2.80 Virtual Classes £3.85 £3.20 FREE!



All payments must be made at the time of booking.

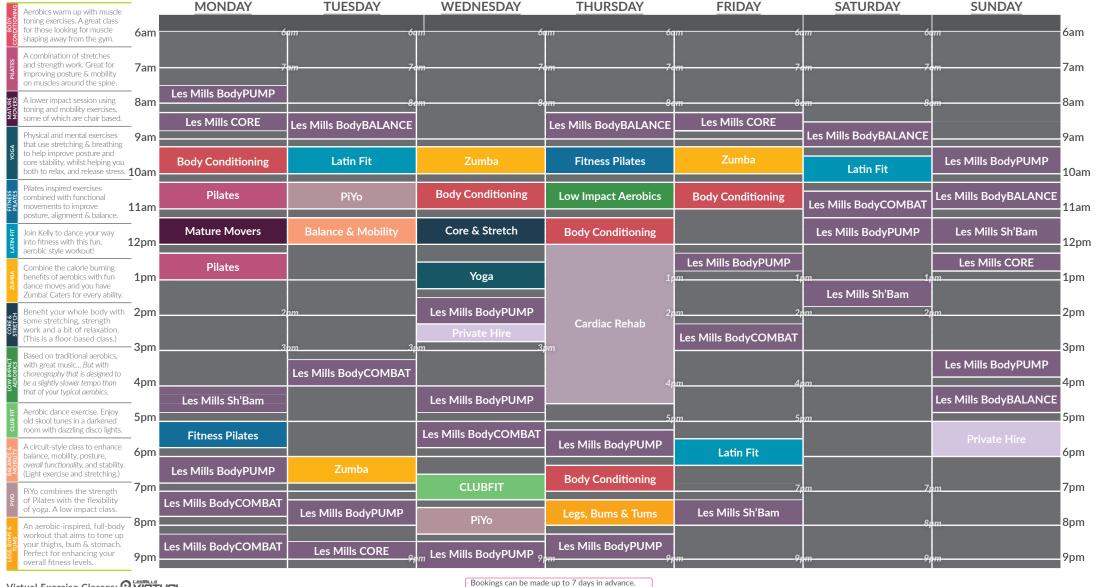
Need to cancel a booking? You must cancel at least

48 hours in advance in order to claim a refund.

Dance Studio Programme

Term Time | 12th May - 25th May

Venue Opening Times Monday to Friday: 6am-9.30pm Saturday: 7am-5.30pm Sunday: 7.30am-7pm



Virtual Exercise Classes: O VIRTUAL

A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.

> A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.

A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.

Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength! All payments must be made at the time of booking. Need to cancel a booking? You must cancel at least

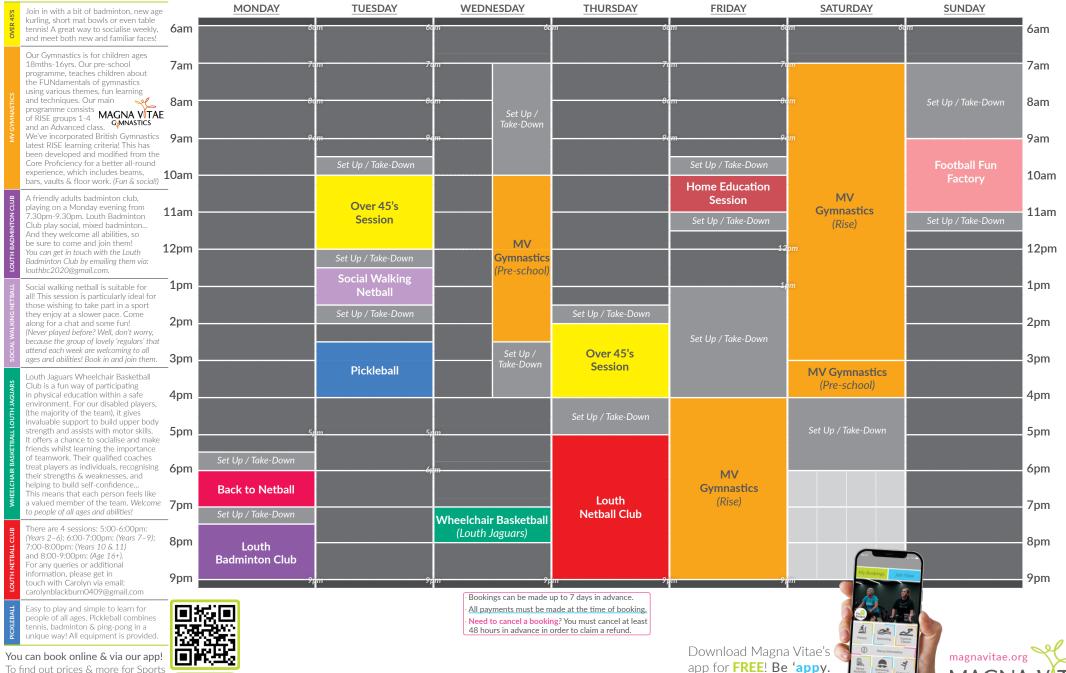
Prices for	46 nours in advance in order to claim a retund.			
Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!



Sports Hall Programme

Term Time | 12th May - 25th May

Venue Opening Times Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



Hall activities, browse our website: (1) Scan me!



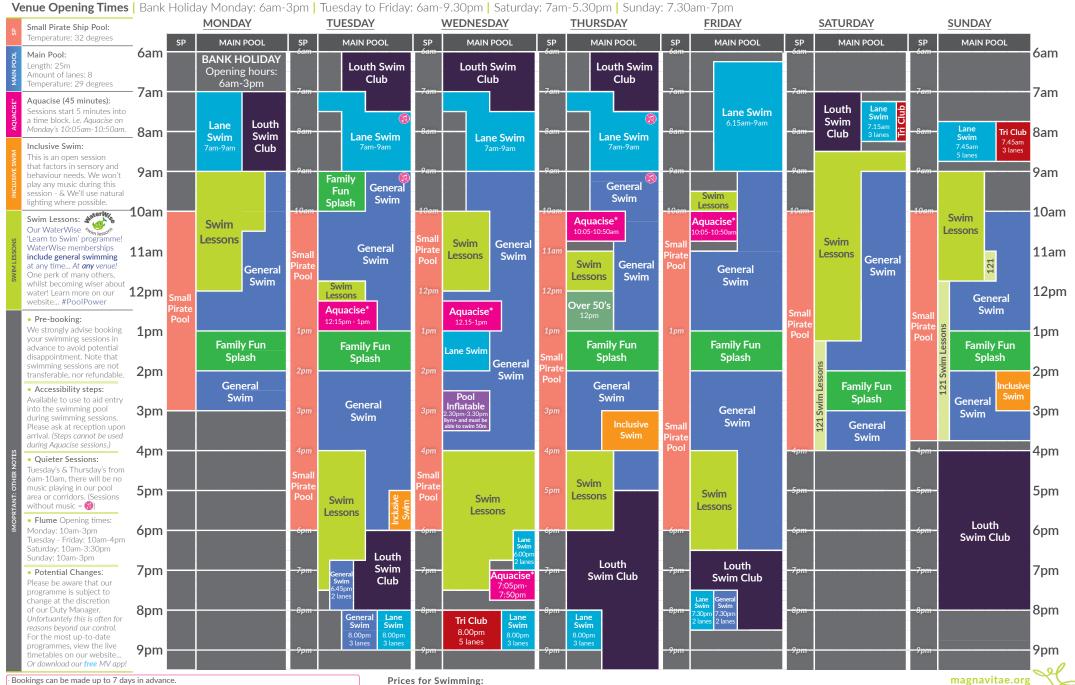






Main Pool & Leisure Pool Programme

Half Term | 26th May - 1st June



· Bookings can be made up to 7 days in advance

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.

Non Members MV Card MV Card with Concession Aged (General Public) 2yrs £2.50 £1.00

Magna Vitae Member

(Membership Holder)



Wellness Studio Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.

> Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.

This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groupsm improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.

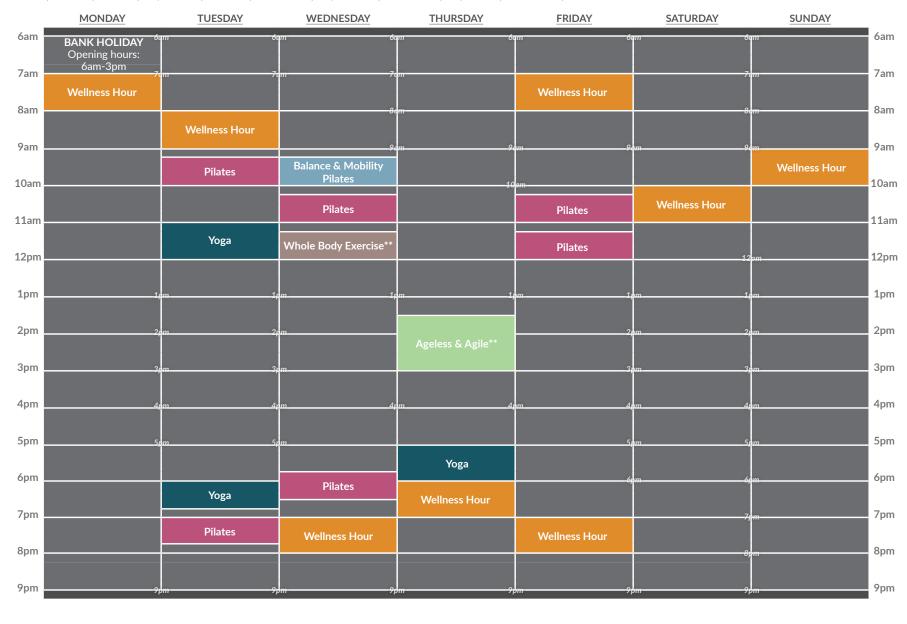
Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.

Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. Mats are available but please feel free to bring your own!

Ageless & Agile is held in our Multi-Purpose room. 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, auizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members.. (Or only £3.00 per session.)

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse ur website!





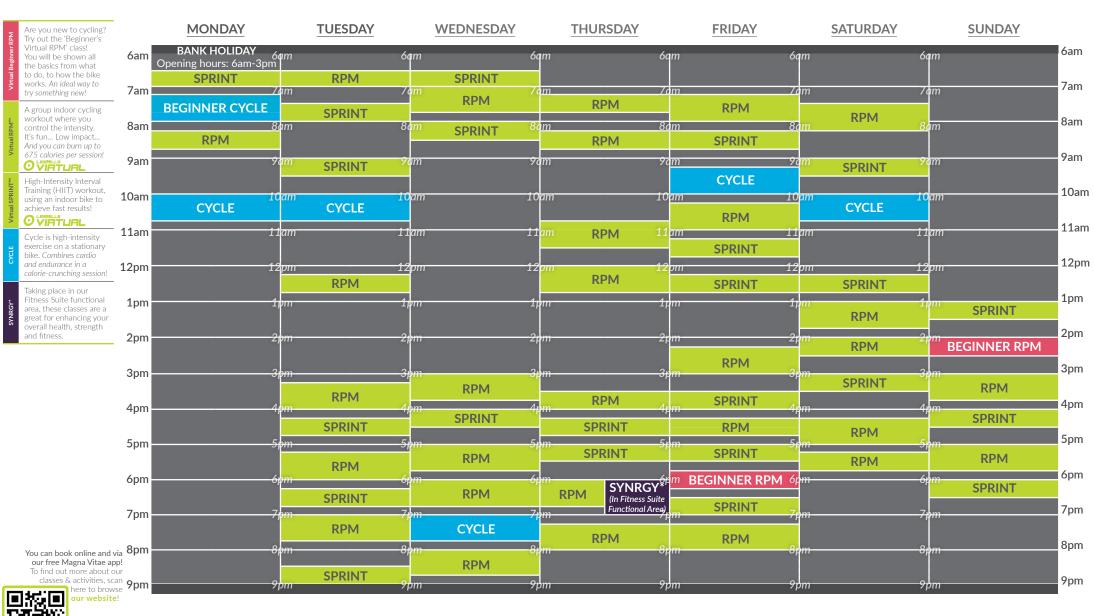
Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



Fitness Suite & Cycle Studio Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



(Scan me!

Bookings can be made up to 7 days in advance.

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.

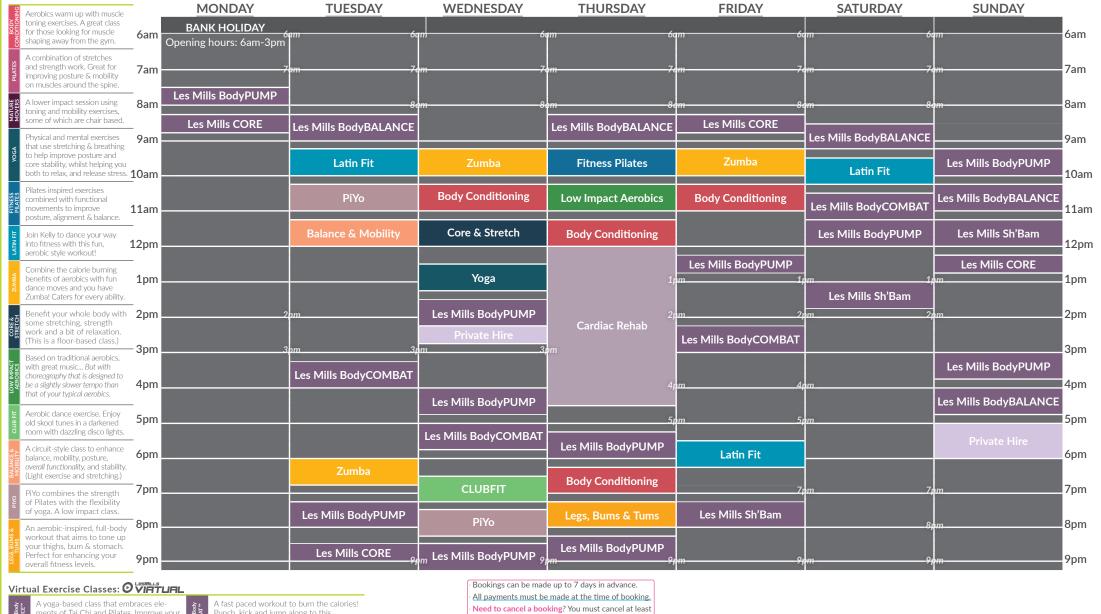
Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!



Dance Studio Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



ments of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.

A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.

Punch, kick and jump along to this cardiovascular workout.

Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength! 48 hours in advance in order to claim a refund

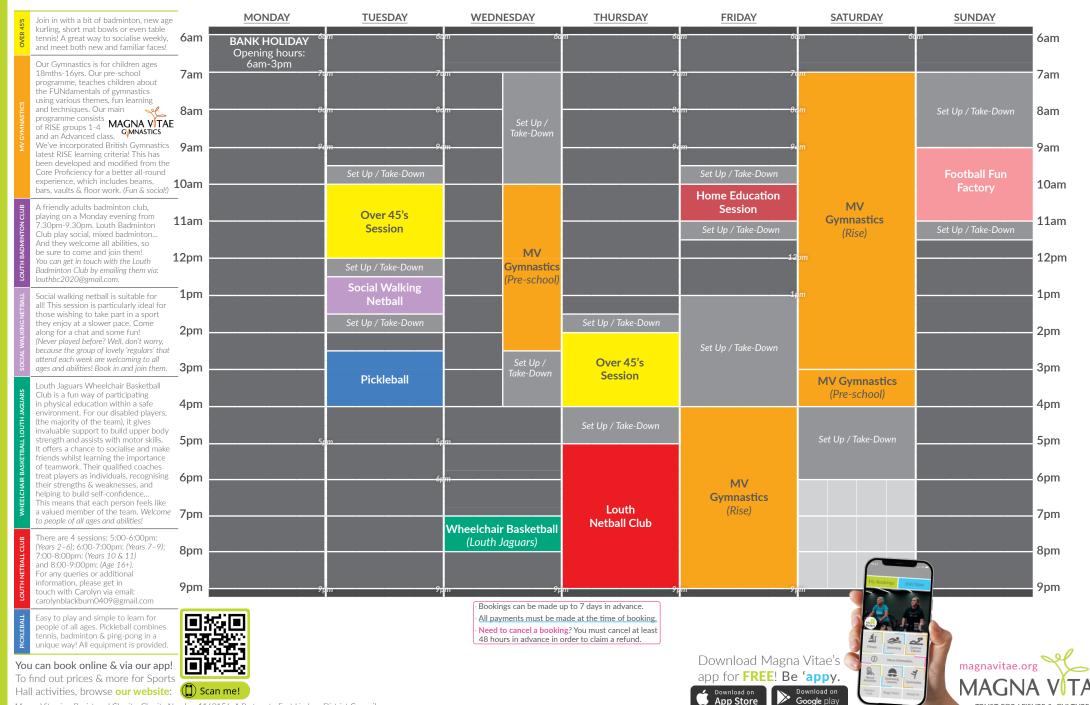
Prices for	40 flodis in advance in order to claim a returna.			
Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!



Sports Hall Programme

Half Term | 26th May - 1st June

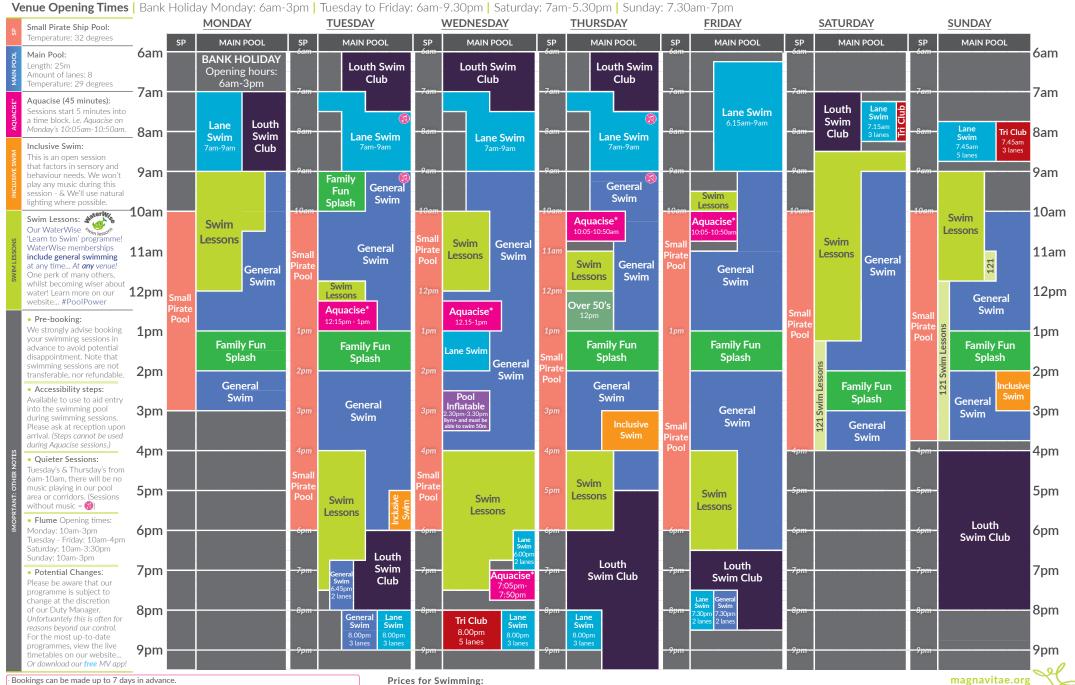
Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



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

Main Pool & Leisure Pool Programme

Half Term | 26th May - 1st June



· Bookings can be made up to 7 days in advance

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.

Non Members MV Card MV Card with Concession Aged (General Public) 2yrs £2.50 £1.00

Magna Vitae Member

(Membership Holder)



Wellness Studio Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.

> Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.

This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groupsm improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.

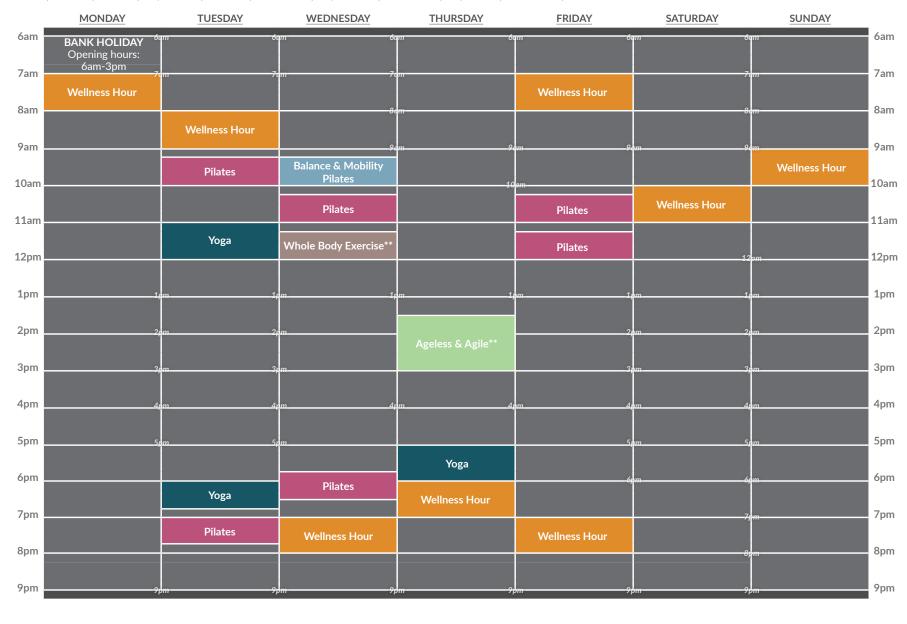
Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.

Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. Mats are available but please feel free to bring your own!

Ageless & Agile is held in our Multi-Purpose room. 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, auizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members.. (Or only £3.00 per session.)

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse ur website!





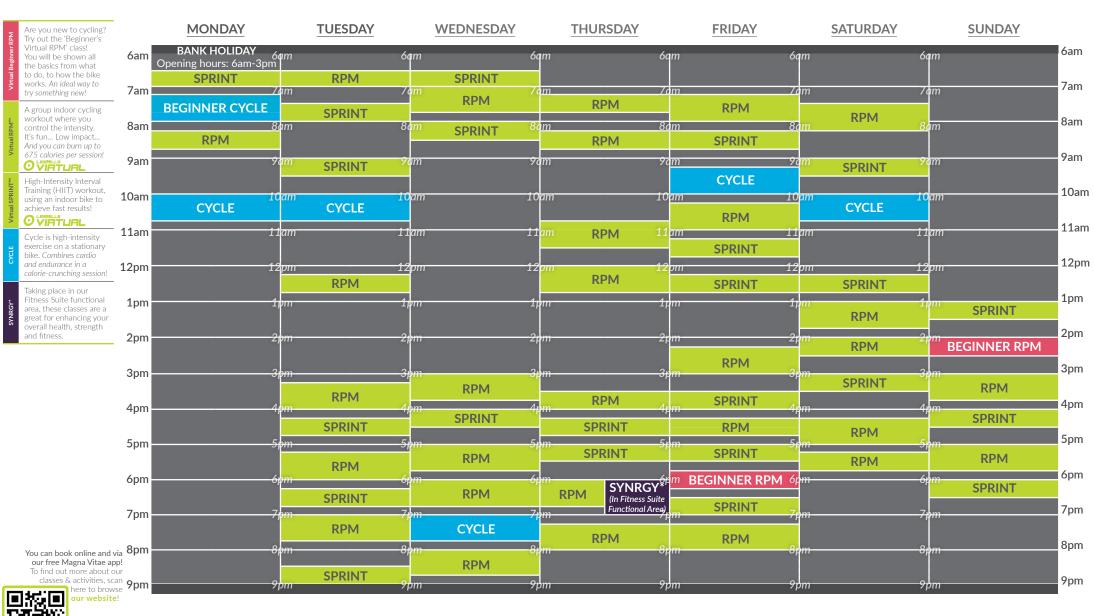
Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



Fitness Suite & Cycle Studio Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



(Scan me!

Bookings can be made up to 7 days in advance.

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!
Virtual Classes	£3.85	£3.20	£2.80	FREE!



Dance Studio Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

Classes:

45 minutes to 1 hour

Yoga/Pilates Classes

Virtual Classes

(General Public)

£7.55

£9.55

£3.85

£6.25

£7.80

£3.20

(Subscription Holder

£5.45

£7.10

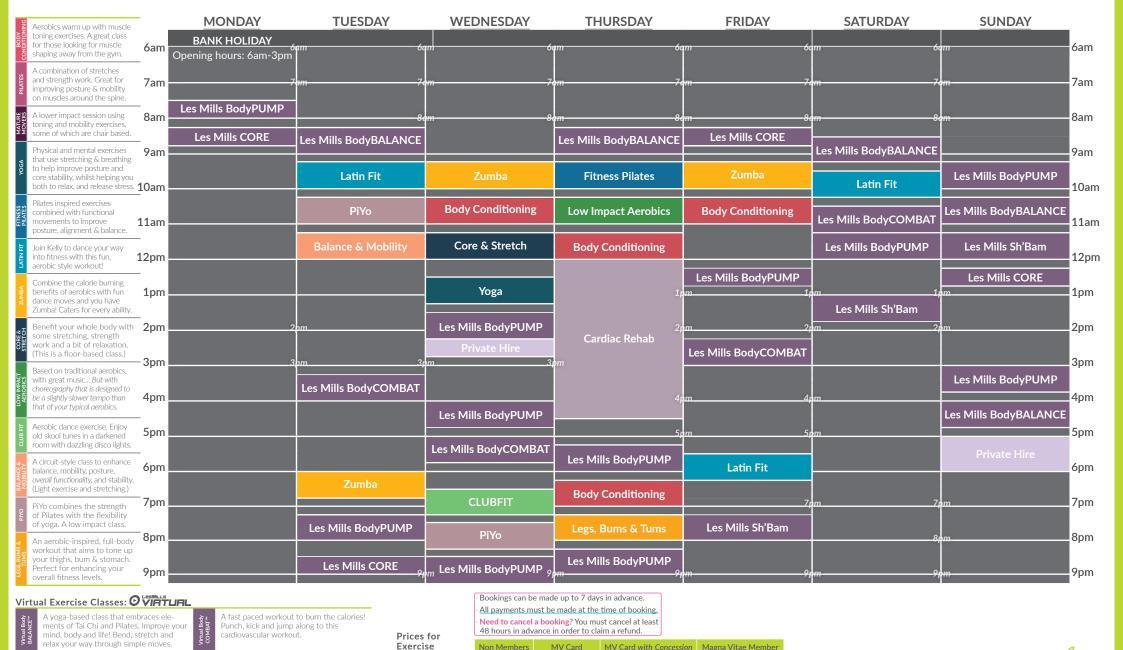
£2.80

(Membership Holder)

FREE!

FREE!

FREE!





Beneficial for your hips, butt and lower

back! Not only that, cx worx is great for

building overall core and body strength!

A full body workout set to great music.

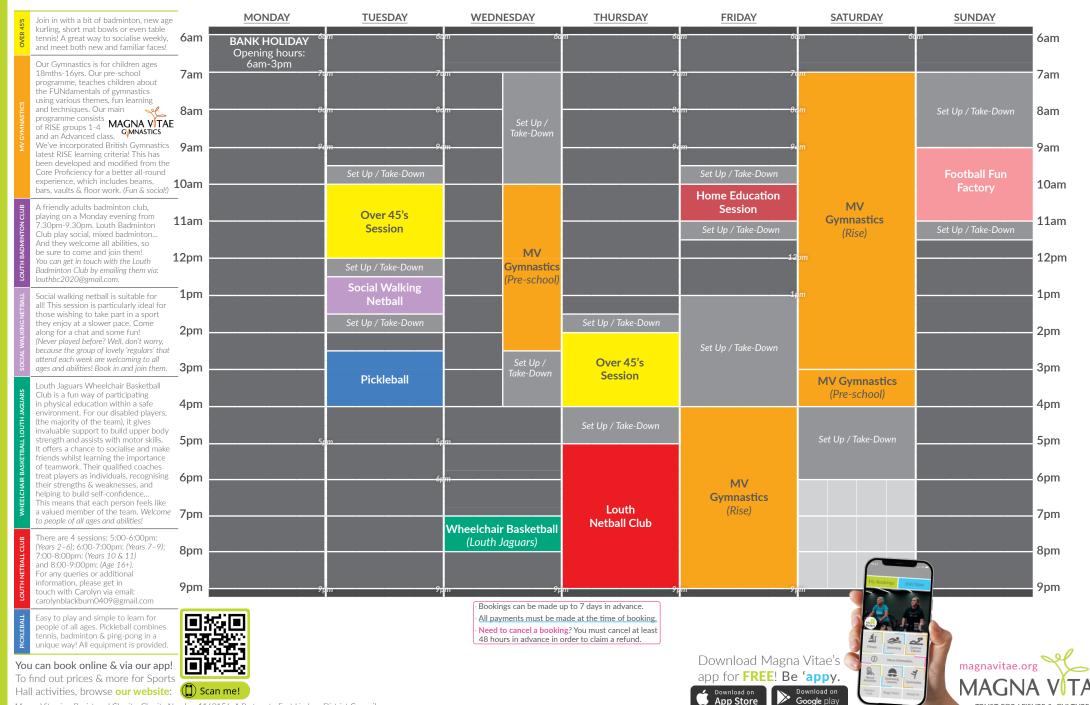
Combine light weights with high

repetitions to improve muscle tone.

Sports Hall Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

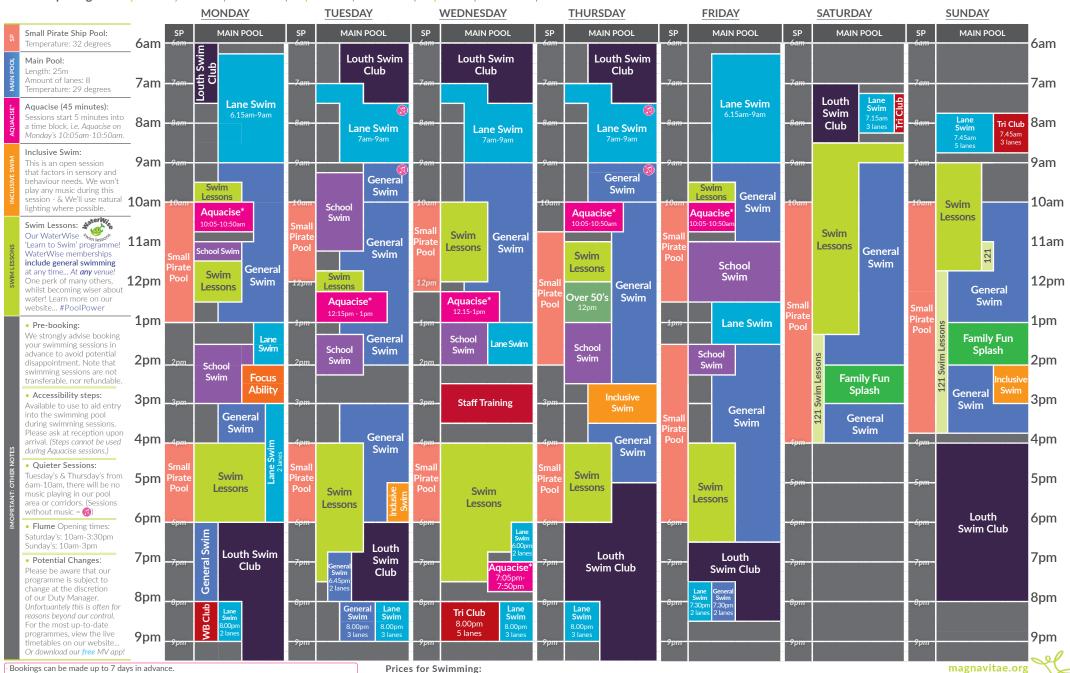


Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

Main Pool & Leisure Pool Programme

Term Time | 2nd June - 20th July

Venue Opening Times Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



Bookings can be made up to 7 days in advance.

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.

Non Memhers MV Card (General Public)

MV Card with Concession

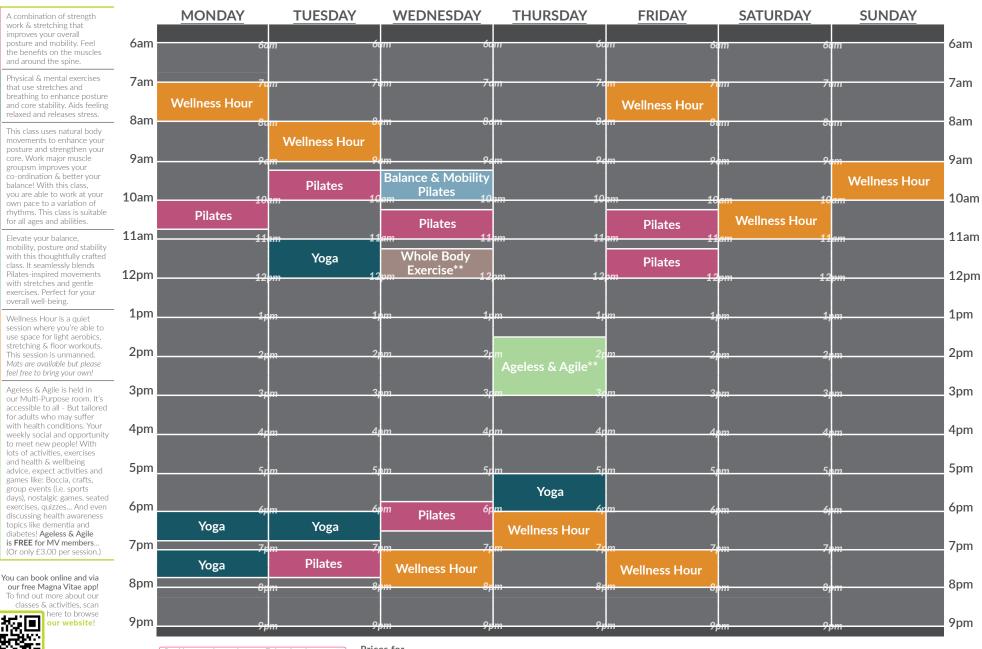
Aged

2-4vrs

£2.50

Under Magna Vitae Member 2yrs (Membership Holder) £1.00 FREE!

magnavitae.org TRUST FOR LEISURE & CULTURE Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



Bookings can be made up to 7 days in advance.

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



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

Fitness Suite & Cycle Studio Programme

Term Time | 2nd June - 20th July

TRUST FOR LEISURE & CULTURE

Venue Opening Times Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



Virtual Classes

£3.85

£3.20

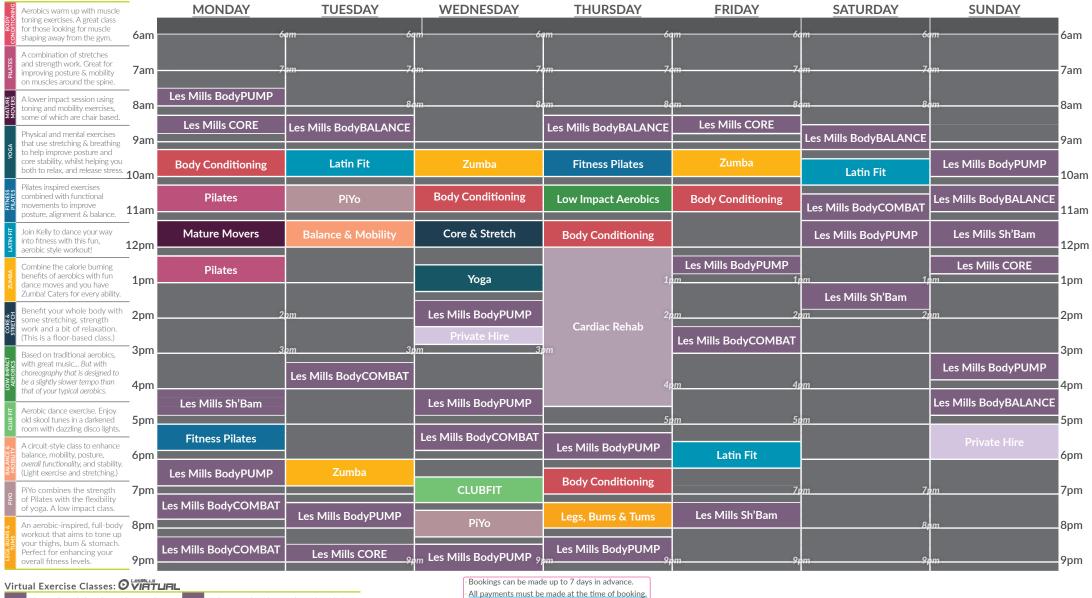
£2.80

FREE!

Dance Studio Programme

Term Time | 2nd June - 20th July

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.

A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone. A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.

Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength! 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.

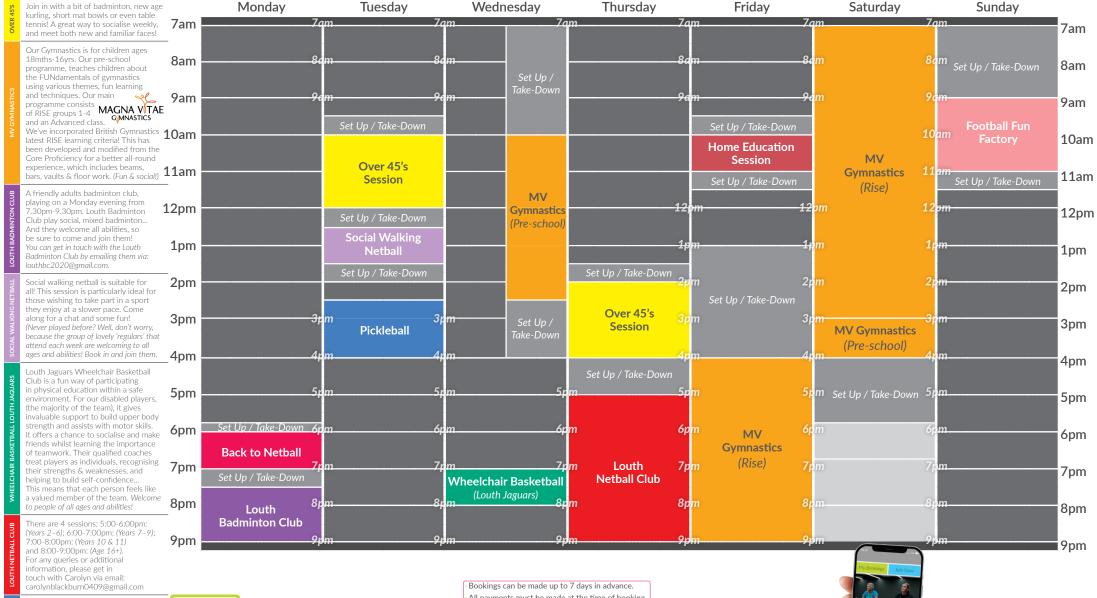
	Prices for	40 flodi's iii advance iii order to claim a refund.			
Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)	
	45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
	Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
	Virtual Classes	£3.85	£3.20	£2.80	FREE!



Sports Hall Programme

Term Time | 2nd June - 20th July

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.

You can book online & via our app!
To find out prices & more for Sports
Hall activities, browse our website:

Can book online & via our app!

To find out prices & more for Sports

Hall activities, browse our website:



Bookings can be made up to / days in advance.
 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.







=

