# **Swimming Pool Programme**

#### Half Term | 26<sup>th</sup> May - 1<sup>st</sup> June

Venue Opening Times Bank Holiday Monday: 8.30am-5.30pm Tuesday to Friday: 6.30am-9pm Saturday & Sunday: 8am-4pm

venue Opening Times   Bank Holid	ay 1 1 1 0 1	,	•	,		,	,		====				CLINID AV	
General Swim Session: This is an open swimming pool session, suitable		MONDAY	TUE	SDAY	WEDNI	ESDAY	THUR	RSDAY	FRIE	DAY	SATUI	RDAY	SUNDAY	
for all. Perfect for practice or to splash around!	6am	BANK HOLIDAY	<del>60m</del>		òm -		om i		am	<del></del>	m		m	6am
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	Opening hours: 8.30am-5.30pr	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)		<del>7</del> 6	om	7am
Aquacise: Using benefits of water resistance for a low	- 8am		General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8¢	m Adult Only Sv	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	- 9am	General Lane Swim Swim		<b>Lessons</b> cklings)	General	Lane			General	Lane		90	(8am-9am - 16yrs	+)
Slow & Steady Social Swim: An ideal session for those who are looking	- 7dIII	(8.30am-9.30am) (8.30am-9.30ar		ast Club	<b>Swim</b> (8.30am-9.30am)	<b>Swim</b> (8.30am-9.30am)		ast Club 10am)	Swim (8.30am-9.30am) General	Swim (8.30am-9.30am) Lane	Swim	Lane Swim	Aquacise (9am-10am)	9am
for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink	10am	<b>Lane Swim</b> (9.30am-10.30am)	General S	Lane	am <b>Aqua</b> (9.30am-1		am	ın Splash	Swim (9.30am-10.30am)	Swim	Lessons	(9am-10am)	General Swim	Lane Swim
at the on-site Whistle Stop Bistro)  Adults Only Swim:	_ 11am	Gentle Aquacise (10.30am-11.30am)	(10am-11a 11am		Slow & Social	. 44		-11am) 1 1	am Lane S		am	Swim (10am-11am)	(10am-11am)	(10am- 11am) 11am
This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.		Slow & Steady	Family F	un Splash <sup>2pm noon)</sup>	(10.30am-			acise 2pm noon)		ın Splash 12	Family Fu (11am-12		Family Fun Sp (11am-12pm noo	n)
Inclusive Swim: An open session with one lane, factoring in	_12pm	Social Swim (11.30am-12.30pm)		un Splash	Social (11.30am-		General S		(11.30am-	12.30pm)	General Sv (12pm noon-1		General Swim	Lane Swim
sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	1pm	Slow & Steady Social Swim (12.30pm-1.30pm)	1 pm	Lane	Family Fu		(12pm noon-	1pm)	Slow & Social (12.30pm	Swim 1	m	1pm)		Lane 1pm
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice	2pm	Family Fun Splash	General S (1pm-2pi 2 pm	Swim	General Sv	vim Lane	Family Fu	un Splash <sup>2pm)</sup> 2	(12.30pm	-1.30pm) -21	Inclusiv (1pm- m		General Swim (1pm-2pm) pm	Swim (1pm-2pm) 2pm
and guidance around chronic pain management.  Gentle Aquacise:	_	(1.30pm-2.30pm)	General S		(1.30pm-2.30) Inclusiv	2.30pm)	General Swim	Lane Swim	Aqua (2pm-		Family Fu		Family Fun Sp (2pm-3pm)	
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	3pm	General Lane Swim Swim	General S		(2.30pm-		(2pm-3.30pm)	(2pm-3.30pm)		31	m Availal Pool Pai		Available fo Pool Party H	
School Swimming: This session is used for local schools to learn	4pm	(3pm-4pm) (3pm-4pm) Family Fun Splash	(3pm-4pi	General	Supporte (3.30pm-		m		General Sv (3.30pm-4.30	SVVIIII	(3pm-	4pm) 41	(3pm-4pm)	4pm
the important, life-saving skill Swimming!  Family Fun Splash:	5pm	(4pm-5pm)	Swim	Swim (4pm-5pm)	General Sv		Swim L	Lessons	om	51 5	m	5,	ım .	5pm
An open swimming session with floats! It's suitable for all abilities & great for family bonding	!		Lessons	General Swim (5pm-6pm)	(4.30pm-5.30 <sub>l</sub>	pm) (4.30pm- 5.30pm)	Swim Lessons (Ducklings)		Family Fu (4.45pm-					
Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	6pm		General Swim	Lane Swim	Inclusiv		Swim Lessons (Adult Lessons)	Lane Swim	m General S۱	wim Lane	m	——————————————————————————————————————	m	6pm
swimming at any time At any venue!			(6pm-7pm)	(6pm-7pm)	(6pm-	- 7	General	(6pm-7pm)	(6pm-7pm	) (6pm-7pm)			<u>.</u> m	7pm
becoming wiser about water! You can herson learn more on our website #PoolPower	_ 8pm			nly Swim n - 16yrs+)	Adult On (7pm-8pm		Swim (7pm-8pm)	Swim (7pm-8pm)	Adult Or (7pm-8pm					8pm
Pre-booking:  We strongly advise booking your swimming sessions in advance to avoid potential	opiii			0	, m	o	,	o <sub>1</sub>		o,		o;		Оріп
disappointment.  • Accessibility steps:  Available to use to aid entry into the swimming	9pm	You can book onlin	9 pm	9 Magna Vita	ym	ghout our des	nn	gan the OD state	rin to brown a	9	m	91	m	9pm
pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回数		ade up to 7 days	in advance.				сан тве ЦК соде	to browse our We	DSILE!				

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 Membe (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!



during Aquacise sessions.)

Please be aware that our programme is subject

to change at the discretion of our Duty Manager Unfortuantely this is often for reasons beyond our

control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app!

Potential Changes:

# **Exercise Class Programme**

#### Half Term | 26<sup>th</sup> May - 1<sup>st</sup> June

**Venue Opening Times** Bank Holiday Monday: 8.30am-5.30pm Tuesday to Friday: 6.30am-9pm Saturday & Sunday: 8am-4pm

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	am 6	em 60	·m 60	o <del>m 6</del> 6	<del> </del>	<del>m</del>	6am
Circuits: High-energy and fast paced! Move your way	7am	Opening hours: 8.30am-5.30pm	am 7	'am 7.	ym	! gm 70	<del> </del> <del>  7</del> 0	m—————————————————————————————————————	7am
around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.	0		YOGA**	BIKE~ 8	am Q	BIKE~	em		0
Yoga: Physical and mental exercises, using stretching and breathing to help improve posture & core	8am	, and the second second	BIKE~			Pilates**	YOGA**	YOGA**	8am
stability. Helpful to relax and release stress!  Gentle Yoga: A slow-paced class moves through a series of gentle	9am	<u>9</u> BIKE~	um 9	ym YOGA** 9	رم و کیر Cycle~	<u>am 9</u> , 9,	.m 90	m	9am
movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for	10am	BodyWeight Agalogs***	am	Cardio BodyWeight** Stretch & Aquacise*	10	2am10	am 10	Aquacise*	10am
those with pain, trouble sleeping, anxiety and/or stress.  Body Conditioning:	11am	Strength** & Gentle	Kettlebell Circuits**	Mobility**  1am 11	Cardio Dumbbell**	Breathwork**	BIKE~	am	11am
An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!  Kettlebell Circuits:	TTalli	Pilates**	Cycle~	Zumba**	Aquacise*	BIKE~		BodyWeight Strength**	TTAIII
	12pm	Yoga**	pm 12	2pm 12 Pilates**	pm	Core & Stretch**	<sub>om</sub> 12 Breathwork**	BIKE~	12pm
Core & Stretch: Improve your posture, balance, mobility and	1pm	Gentle Yoga**	m 1 Breathwork**	BIKE~	om1	m	m 1:	m Stretch & Mobility**	1pm
stability through light exercises and stretching.  Cycle:	2pm	Gerrile Toga	em 2	2 DIKL-2	BIKE~ 2	Body Conditioning**	Strength Dumbbell**		2pm
High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!	2000	BIKE~	am a	2 nm 3		Aquacise*	BIKE~	Pilates**	2000
Boxercise® Circuits: Boxercise® is an extremely popular form of	3pm		BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**	3pm
fitness training. The punches taught include jab, cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!	4pm	4	bm4	Strength Dumbbell**	om 4.	m4, BIKE∼	m 4r Virtual Classes delivered by FII7	- Engine Room two	4pm
Ageless & Agile*: Takes place inside The Signal Box (inside our venue) It's accessible to all - But tailored for adults who	5pm	5.	om 5	5 pm 5 i	ım 5.	um 5 <sub>1</sub>	CARDIO DUMBBELL** High intensity. Tone  CARDIO BODYWEIGHT** High intensity. T		5pm
				W .			<u>-</u>		- '
may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing	6pm	6 <sub>1</sub>	Circuits**	⊊ <sub>m</sub> Cycle~ 6 <sub>1</sub>	om	6/1	YOGA** Become more relaxed and focused. Tu STRENGTH DUMBBELL** Bodyweight, equ	une in Tone up & Find your zen. uipment & resistance training using dumbbells.	6pm
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		6,	Circuits** BIKE~		m Cardio BodyWeight**	ور **Strength Dumbbell	YOGA** Become more relaxed and focused. Tu	ine in Tone up & Find your zen. iipment & resistance training using dumbbells. and resistance training. Build & sculpt muscle. d resistance - Replicate a real-life bike ride!	- - - -
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	6pm 7pm		BIKE~	Sym Cycle~ 6 Body Conditioning**	m Cardio BodyWeight** BIKE~	Strength Dumbbell**  Stretch & Mobility**	YOGA** Become more relaxed and focused. Tu STRENGTH DUMBBELL** Bodyweight, equ BODYWEIGHT STRENGTH** Bodyweight BIKE** Using revolutions per minute (RPM) and BREATHWORK** Improve joint health and fl	ne in Tone up & Find your zen.  ilpment & resistance training using dumbbells.  and resistance training. Build & sculpt muscle.  I resistance - Replicate a real-life bike ride!  texibility, build core strength and prevent injury.  lity, flexibility & mental focus through stretch work.	6pm 7pm
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.)  Zumba: Combining the calorie-burning benefits of			pm 6			7;	YOGA** Become more relaxed and focused. Tu STRENGTH DUMBBELL** Bodyweight, equ BODYWEIGHT STRENGTH** Bodyweight BIKE** Using revolutions per minute (RPM) and BREATHWORK** Improve joint health and fl STRETCH & MOBILITY** To improve mobil	ne in Tone up & Find your zen.  uipment & resistance training using dumbbells, and resistance training, Build & sculpt muscle.  d resistance - Replicate a real-life bike ride!  lexibility, build core strength and prevent injury.  lity, flexibility & mental focus through stretch work.  look to improve posture and mobility.	- - - -
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.)  Zumba:  Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!	7pm		BIKE~	Body Conditioning**	BIKE~	Stretch & Mobility**	YOGA** Become more relaxed and focused. Tu STRENGTH DUMBBELL** Bodyweight, equ BODYWEIGHT STRENGTH** Bodyweight BIKE** Using revolutions per minute (RPM) and BREATHWORK** Improve joint health and fl STRETCH & MOBILITY** To improve mobil PILATES** Combine stretching and strength w	ne in Tone up & Find your zen.  uipment & resistance training using dumbbells, and resistance training, Build & sculpt muscle.  d resistance - Replicate a real-life bike ride!  lexibility, build core strength and prevent injury.  lity, flexibility & mental focus through stretch work.  look to improve posture and mobility.	7pm
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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. Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

Prices Exercise C 45 minutes Yoga/Pilates

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



# **Swimming Pool Programme**

#### Term Time | 2<sup>nd</sup> June - 20<sup>th</sup> July

**Venue Opening Times** | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

venue Opening Times   Monday to	—		om   Satur <b>VDAY</b>	,	ay: oam-4pn <b>SDAY</b>		IESDAY	TULIE	RSDAY	FRII	<b>24</b> V	SATUR	DAV	SUNDAY	
General Swim Session: This is an open swimming pool session, suitable	. ]	MOI	NDAT	102	JUAT /	WEDIN	IESDAT	Inor	(SDAT	FRII	DAT /	SATOR	DAI	JONDAT	
for all. Perfect for practice or to splash around!	6am									ani	- 00			giii	6am
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	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)		<del>7</del>	o <del>m</del>	7am
Aquacise: Using benefits of water resistance for a low	- 8am	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8	em Adult Only Sy	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	- 9am	General Swim	Lane Swim			General Swim	Lane Swim	General Swim	Lane Swim	General Swim	Lane Swim		9	Adult Only Sv (8am-9am - 16yrs am	9am
Slow & Steady Social Swim: An ideal session for those who are looking	- Zaili	(8.30am-9.30am)				(8.30am-9.30am)	(8.30am-9.30am)	(8.30am-9.30am)	(8.30am-9.30am)	(8.30am-9.30am)	(8.30am-9.30am)	Swim	Lane Swim	Aquacise	Zalli
for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink	10am		<b>Swim</b> -10.30am)		l Swim		acise 1 10.30am)		l Swim	General Swim (9.30am-10.30am)	Lane Swim (9.30am-10.30am)	Lessons	(9am-10am) Lane	(9am-10am) General Swim	Lane 10am
at the on-site Whistle Stop Bistro)  Adults Only Swim:	_ 11am	Gentle /	Aquacise 1	(9.30a) 1am	n-11am) 11		Steady	. (9.30ar 1am	n-11am) 1 1	l am	11	am	Swim (10am-11am)	(10am-11am)	Swim (10am-11am) 11am
This session is for adults only (aged 16yrs+). During this session, there will be two single	114111	(10.30ar	Steady		cation Swim	(10.30am	St 1.			Lane : (11am-1		General Sv		General Swim (11am-12 noon)	Lane Swim
lanes available and one double lane.	_12pm	Socia	l Swim 1:12.30pm)	2pm	12	<sup>pm</sup> Social	Steady Swim -12.30pm)		acise 12 n-12.30pm)	om	12	General Sv	. Lane	General Swim	Lane 12pm
An open session with one lane, factoring in sensory & behaviour needs. We won't have music	1pm	Slow &	Steady I Swim	(12 no pm	al Swim on-1pm) 1	<sub>om</sub> Genera	al Swim		1	Slow &		(12 noon-1pi		(12 noon-1pm)	Swim (12pm- 1pm) 1pm
playing and will use natural lighting where possible.  Supported Swim Session:	- IPIII	(12.30pr	n-1.30pm)	m) (Ducklings)		(12.30pm-1.30pm)		School Swim (1pm-2.30pm)		(12.30pm-1.30pm)		Inclusive		General Swim	Lane Swim
Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	2pm	General Swim (1.30pm-2.30pm)	Lane Swim <sup>2</sup> (1.30pm-2.30pm)		<b>ol Swim</b> 2 <sub>1</sub> n-3pm)	m Staff Ti (1.30pm-		pm (		Agua	2ı Acise	m Family Fu	2	Family Fun Sp	2pm
Gentle Aquacise:	- 3pm		3	l lom		m Inclusiv	ve Swim	ım		(2pm-		(2pm-:		(2pm-3pm)	3pm
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	٠	General Swim	Lane Swim	General S		(2.30pm	-3.30pm) 	General S			. Lane	Availab Pool Par	ty Hire	Available fo Pool Party H	or -
School Swimming: This session is used for local schools to learn	4pm	General	(3pm-4pm) Lane		General	Support (3.30pm	ed Swim 4 1-4.30pm)	pm	(Зрт-чрт)	General St (3.30pm-4.30	wim Swim	(3pm	<sup>1pm)</sup> 4	nm (3pm-4pm)	4pm
the important, life-saving skill Swimming!  Family Fun Splash:	_ 5pm	Swim (4pm-5pm)	Swim (4pm-5pm)	Swim	Swim (4pm-5pm)	Genera	al Swim 5	Swim L	Lessons 5	m	51	m	5	nm	5pm
An open swimming session with floats! It's suitable for all abilities & great for family bonding		General Swim	Lane Swim	Lessons	General Swim	(4.30pm	n-5.30pm) 	Swim Lessons (Ducklings)		Family Fu (4.45pm	In Splash 5.45pm)				
Swim Lessons: Our WaterWise 'Learn to Swim' programme!	6pm	(5pm-6pm) <b>General</b>	(5pm-6pm) Lane	General	(5pm-6pm)  Lane	Inclusiv	ve Swim	Swim Lessons (Adult Lessons)	Lane	m General S	vim Lane	m	6	m	6pm
WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst	• 7nm	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)		-7pm)	121	Swim (6pm-7pm)	(6pm-7pm	Swim			bm	7pm
becoming wiser about water! You can hessor learn more on our website #PoolPower	, F	Aqu	acise n-8pm)		nly Swim n - 16yrs+)		nly Swim n - 16yrs+)	General Swim	Lane Swim	Adult Oı (7pm-8pn	nly Swim 1 - 16yrs+)				
Pre-booking:  We strongly advise booking your swimming	8pm		8	pm -	8	ÞIII		(7pm-8pm) PTII	(7pm-8pm) 8	PIII	81	m	8	pm	8pm
sessions in advance to avoid potential disappointment.	9pm														9pm
• Accessibility steps: Available to use to aid entry into the swimming	-		can book online	and via our free	e Magna Vitae a	pp! Find out mor	e about our clas	ses & activities, s	can the QR code	to browse our we	bsite!			·]···	2  2.00
pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回数	· Bool		nde up to 7 days	in advance.	popular classes.	we have some								

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.

to change at the discretion of our Duty Manager

**Prices for Swimming:** 

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Membe (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!



during Aquacise sessions.)

Please be aware that our programme is subject

Unfortuantely this is often for reasons beyond our

control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app!

Potential Changes:

#### **Exercise Class Programme**

#### Term Time | 2<sup>nd</sup> June - 20<sup>th</sup> July

**Venue Opening Times** | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm



You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the

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.

QR code to browse our website!

Prices for Exercise Classes:

45 minutes to 1 hour

Yoga/Pilates Classes

£

website.			~ riph arais	( = ====)
for lasses:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
o 1 hour	£7.55	£6.25	£5.45	FREE!
Classes	£9.55	£7.80	£7.10	FREE!



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