

# Skegness Pool & Fitness Suite

## Swimming Pool Programme

Term Time | 12<sup>th</sup> May - 18<sup>th</sup> May

Venue Opening Times: Bank Holiday Monday: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		Indoor Pool		Indoor Pool		Indoor Pool		Indoor Pool		Indoor Pool		Indoor Pool		Indoor Pool	
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!														
LANESWIM	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.														
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.														
ADULTS ONLY	Adults Only Swim: Adults only swim is for ages 16 years+ This session includes: 1 lane (for lane swimming) and 4 lanes (open - for general swimming.) This session is suitable for all abilities. Book your session, today!														
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.														
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... <i>Swimming!</i>														
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!														
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														
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none"><li>Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable.</li><li>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.)</li><li>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 the live timetables on our website... Or download our <a href="#">free MV app!</a></li></ul>														
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- 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.

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

### 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!

# Skegness Pool & Fitness Suite

## Exercise Class Programme

Term Time | 12<sup>th</sup> May - 18<sup>th</sup> May

Venue Opening Times: Bank Holiday Monday: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>AQUACISE:</b> Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	7am								7am
<b>ZUMBA:</b> Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)	8am								8am
<b>HIGH-INT. CIRCUIT:</b> A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves, as well as both high and low-intensity exercises.	9am	A Zumba Step 9am	A Fun, Fit and Fab 9am	A Zumba Toning 9am		A Pilates 9am			9am
<b>CIRCUITS:</b> Combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' = all the exercises have been completed.	10am								10am
	11am	P Aquacise 10.30am	A Fitball 10am A Yoga 11am	A Zumba 10am P Aqua-cise 10am A Yogalates 11am	A LBT 10am P Aquacise 10.30am	P Aquacise 10am A Pilates 10am	G High Intensity Circuits 10am		11am
<b>ZUMBA TONING:</b> This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	12pm								12pm
<b>YOGALATES:</b> A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!	1pm								1pm
<b>CORE &amp; STRETCH:</b> A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm								2pm
<b>YOGA:</b> A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.	3pm								3pm
<b>Legs, Bums &amp; Tums (LBT):</b> A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!	4pm								4pm
<b>PILATES:</b> Combining stretching and strength work to improve both your posture - And your mobility!	5pm								5pm
<b>Fit Ball:</b> Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	6pm								6pm
<b>Zumba Step:</b> A dance-based session inspired by Zumba. Using a small box step - Get moving to the Latin music!	7pm								7pm
<b>Ageless &amp; Agile*:</b> Takes place at Barratt Court, Lyndhurst Ave, Skegness, PE25 2PQ. 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! <b>Ageless &amp; Agile is FREE for MV members...</b> (Or only £3.00 per session.)	8pm								8pm
<b>Fun, Fit and Fab:</b> Get ready to sweat, smile and sculpt your body with a circuit-style workout... Just as fun as it is effective!	9pm								9pm



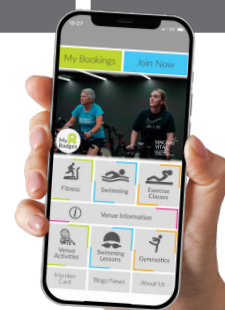
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- To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions (per week).**
- All payments must be made at the time of booking.**
- Need to cancel a booking? You must cancel 48 hours in advance (at least) to claim a refund.**

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



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!



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# Skegness Pool & Fitness Suite

## Swimming Pool Programme

Term Time | 19<sup>th</sup> May - 25<sup>th</sup> May

Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

OUTDOOR POOL OPENS SATURDAY 24<sup>th</sup> MAY!

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		INDOOR		INDOOR		INDOOR		INDOOR		INDOOR		INDOOR		OUTDOOR	
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!														
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.														
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IMPORTANT: OTHER NOTES	• Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.														
	• Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. <i>(Steps cannot be used during Aquacise sessions.)</i>														
	• Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. <i>Unfortunately this is often for reasons beyond our control.</i> For the most up-to-date programmes, view the live timetables on our website... Or download our <a href="#">free MV app!</a>														
		6am	6am	6am	6am	6am	6am	6am	6am	6am	6am	6am	6am	6am	6am
		7am	7am	7am	7am	7am	7am	7am	7am	7am	7am	7am	7am	7am	7am
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OUTDOOR POOL OPENS FROM SATURDAY 24<sup>th</sup> MAY!

...So come and make a **SPLASH** in Skegness!

Prices for Swimming:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Spectators (Does not include Sun Lounger)	Sun Lounger (Deposit required upon arrival)	Magna Vitae Member (Membership Holder)
1 hour session	£5.85	£4.90	£4.45	£2.50	£1.00			
1.5 hour session	£9.50	£7.00	£6.40	£3.75	£1.60	£3.00	£3.00 (+£2.00 deposit)	FREE!
Half Day Session	£16.00	£9.80	£8.75	£6.10	£3.00			

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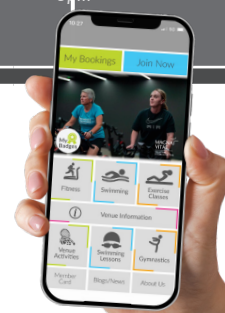
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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<b>ZUMBA:</b> Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)	7am								7am
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<b>ZUMBA TONING:</b> This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	10am	P Aquacise 10.30am	A Fitball 10am A Ageless & Agile* 10am-12pm noon	A LBT 10am		P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	10am
<b>YOGALATES:</b> A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!	11am		A Zumba 10am A Yogalates 11am	A Yoga 11am					11am
<b>CORE &amp; STRETCH:</b> A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	12pm								12pm
<b>YOGA:</b> A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.	1pm				A Spin 12:30pm				1pm
<b>LEGS, BUMS &amp; TUMS (LBT):</b> A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!	2pm				P Aquacise 1.30pm A Body Con 1:30pm				2pm
<b>PILATES:</b> Combining stretching and strength work to improve both your posture - And your mobility!	3pm				A Core & Stretch 2:30pm				3pm
<b>FIT BALL:</b> Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	4pm								4pm
<b>ZUMBA STEP:</b> A dance-based session inspired by Zumba. Using a small box step - Get moving to the Latin music!	5pm								5pm
<b>AGELESS &amp; AGILE:</b> Takes place at Barratt Court, Lyndhurst Ave, Skegness, PE25 2PQ. 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.)	6pm		A Spin 6:15pm	A Circuits 6pm					6pm
<b>FUN, FIT &amp; FAB:</b> Get ready to sweat, smile and sculpt your body with a circuit-style workout... Just as fun as it is effective!	7pm		P Aquacise 7pm	A BC 7:15pm	A Core & Stretch 7pm				7pm
	8pm								8pm
	9pm								9pm



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Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!