Swimming Pool Programme

Term Time | 12th May - 18th May

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

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!	5am	MONDAY Indoor Pool		Indoor Indoor		WEDNESDAY Indoor Pool		THURSDAY Indoor Pool		FRIDAY Indoor Pool		SATURDAY Indoor Pool	SUNDAY Indoor Pool	5am
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.	6am													6am
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.	7am 8am	General Swim	Swim	General Swim	SAS Club e Swim	General Swim	Lane Swim	General Swim	SAS Club e Swim	General Swim	Swim			7am 8am
DULTS 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	9am	6.30am-9.30an	Lane	6.30am-9.30am		6.30am-9.30am	Lane	6.30am-9.30am	E E	6.30am-9.30am	Lane		Adults Only	9am
SAS A	abilities. Book your session, today! Skegness Amateur Swim (SAS Club): This is a private booking.	10am 11am	Aquacis		Aquaci 10am-11		Aquacise		School S	wim	Aquacise 10am-11am		Swim Lessons	SAS Rookie Club Lessons	10am 11am
N SCHOOL	School Swimming: This session is used for local schools to learn	12pm	10.30am-11.	Jam-11.30am	General Swim	S I	10.30am-11.30am General Swim 11.30am-2.30pm		School Gen Swim 12.30pm-1.30pm	General	Swim	General Swim 9.30am-12.30pm		12pm	
FAMILY FUI	An open swimming session with floats! Come and make a splash It's suitable for all abilities and great for some family bonding time!	1pm	General Swim 11.30am-2.30pr	e	Swim Les	rae Lae Sons		Lane Swim			Swim 11am-2pm	Lane S	General Swim 11am-3pm	Family Fun Splash 12.30pm-1.30pm	1pm
M 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 • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. • 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. Unfortuantley this is often for reasons	2pm 3pm					Staff Training		Aquacise 1.30pm-2.30pm					Family Fun Splash 1.30pm-2.30pm	2pm 3pm
SWI		4pm						Gen			General				4pm
TES		5pm	pm Swim Lessons Swim 4pm-6pm	wim Swim	General Swim ^{4pm-6pm}	Swim Lessons	wim ssons	Swim Lessons 4pm-6pm	Swim 3pm-6pm				5pm		
IMOPRTANT: OTHER NO		6pm 7pm	pmSAS Club		SAS	Seneral Swim		SAS Club		SAS Club				6pm 7pm	
IMOPRTA		8pm		eneral Swim pm-8.10pm	Aquacise 7pm-8pm	Club	6.30-7.30pm	Swim		General Swim 7.10pm-8pm					8pm
	beyond our control. For the most up-to-date programmes, view the live timetables on our website Or download our free MV app!	9pm													9pm



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 an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions** (*jer 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!						



Exercise Class Programme

Term Time | 12th May - 18th May



Swimming Pool Programme

Term Time | 19th May - 25th May

V	enue Opening Times Monday t	o Friday	: 6.30am-8pm	Satur	day & Sunda	ay: 8am-3pr	n						OUTDOOR	POOL OPEN	NS SATURDA	Y 24 th MAY!		
		-	MOND	AY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATU	IRDAY				
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	INDOO	R6	im INDO	DOR 6	indo	DOR	Sam INDO	OOR	indoor	6	m INDOOR	OUTDOOR	m INDOOR	OUTDOOR	6am	
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.	7am 8am	General Swim	: Swim	^{am} General Swim	S N	em Genera Swim	S N	Zem General Swim	S S	^{rem} General Swim	7	m	8	m		7am 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	6.30am-9.30ar	n Pane 9	6.30am-9.30 1m	am Lange 10 9	6.30am-9.3 m	Oam Parts	6.30am-9.30 2am	lam Land	6.30am-9.30am Com	9	^m Swim Lessons		Adults Only		9am	
DULTS 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	10am		10am		am 10 Aquacise 10am-11am		0am10		1 I Swim	0 _{am} Aquacise 10am-11am	10am			iAS Club Rookie		10am	
AS AS	abilities. Book your session, today! Skegness Amateur Swim (SAS Club):	_11am	am Aquacise 10.30am-11.30am		11am		Aquacise ₁₁ 10.30am-11.30am		am School Swim 11		lam 1		am	General	SAS (Roo	General	11am	
HOOL S	This is a private booking. School Swimming: This session is used for local schools to learn	-12pm	General Swim 11.30am-2.30pm	Conerel		Swim	General Swim 11am-1pm		^{2pm} General الع Swim مج		1	^{pm} General الج Swim Swim		General Swim	Swim Outdoor	General Swim	Swim Outdoor	12pm
FUN	the important, life-saving skill Swimming! Family Fun Splash:	- 1pm		n Swi	1 pm		11.30am-2.30pm		School	General Swim	11.30am-2pm	Lane	INDOOR POOL 10am-3pm	POOL 9.30am-3pm	INDOOR POOL 9.30am - 1.30pm	РООL 9.30am - 3pm	1pm	
FAMILY	An open swimming session with floats! Come and make a splash It's suitable for all abilities and great for some family bonding time!	2pm	2pm		Swim Lessons		^{om} Staff Training		Aquacise ₂ 2pm-3pm		pm2		m		Family Fun Splash 1.30pm-2.30pm		2pm	
M 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	3pm		3	em	3			3.pm			3			1.30pm-2.30pm		3pm	
IWS		4pm			im .	4	im .	General	1	2	om General Swi	4 m	m	4			4pm	
	• Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	5pm	Swim Lessons	Seneral Swim pm-6pm	Swim	General Swim 4pm-6pm	Swim Lessons	Swim Badge	Swim Lessons	General Swim ⁵ 4pm-6pm	3pm-6pm	5	m	5	ç <u>m</u>		5pm	
THER NOTES	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:	6pm			Lessons	6	m	Session	5em			6	m		m		6pm	
PRTANT: O		7pm	SAS Club	7 General	m Aquacise	SAS Club	General S 6.30-7.30		SAS Clu	ub General	SAS Club			7,			7pm	
IOMI	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	8pm	7.1	Swim ^{Opm-8.10pm} 8	7pm-8pm		in .			Swim	ipm	8					8pm	
	programmes, view the live timetables on our website Or download our free MV app!	9pm			əm	9	şm	-)pm	9	m	91	m		9pm	
C	u can book online and via our free Magna V classes & activities, so Bookings can be made up to	an the QR	code to browse <mark>our</mark>			OOR POC		ROM SAT	URDAY 24 th	MAY! So	come and make a	SP	LASK i	n Skegness!				
R	• To ensure everybody has an we have some booking limits	opportunit	y to attend popular					V Card Miption Holder)	V Card with Conce (Subscription Holder,		Under Spectators 2yrs (Does not include Sim (ourgor)	Sun Lo (Deposit	unger Magna required (Memb	Vitae Member Dership Holder)		504	0	



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.

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lembership Holder (General Public) (Subscription Hold 2-4yrs 2yrs 1 hour session £5.85 £4.90 £4.45 £2.50 £1.00 FREE! 1.5 hour session £3.00 £3.00 £9.50 £7.00 £6.40 £3.75 £1.60 (+£2.00 deposit) Half Day Session £16.00 £9.80 £8.75 £6.10 £3.00



Exercise Class Programme

Term Time | 19th May - 25th May

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

ISE	Aquacise:	N	IONDAY	TUESDAY	WEDN	ESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUAC	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am		60	m	6 84	n	6am	60m 6	m	6am
ZUMBA	Zumba: Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)	7am	7.m	7	;m	7 01	n	7em	7em 7	em	7am
-INT. CIRCUIT	High Intensity Circuits: 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	8am			<u>1</u> m		n	8¢m	8cm 8	c <i>m</i>	8am
HOIH	low-intensity exercises.	<u>9</u> am <mark>A Zu</mark>	mba Step A	ہ Fun, Fit and Fab	^{im} ^A Zumba	9. Toning	m	A Pilates	9. m 9.	cm	9am
CIRCUITS	Combines exercises with short rest periods	10am	9am10am	9am ۲۵ کو ج ^A Zumba ^P Aqua	^{am} ^A LBT	am1 <i>C a</i>	m	9am 10am Aquacise ^A Pilates	G High Intensity Circuits	am	10am
ZUMBA TON.	Zumba Toning: This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	11am Aquaci 10.30a	se 10am &	Aqua 10am 10am 10am 10am 10am 10am 10am 10a	<u>am</u> A Yoga 11am	P Aquacise 10 10.30am	m	10am 10am	11 _{am} 10am ₁₁	am	11am
YOGALATES	Yogalates: A mix of Pilates and Yoga, designed to improve mobility, flexbility, strength and tone up. This class will leave you centred and calm!	12pm		12	pm	12p	^m Spin	12om	120m 12	om	12pm
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	1pm	1bm	1	pm	1	ⁿ 12:30pm Aquacise ^A Body Co	n	1	pm	1pm
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.	2pm	20m 30m	3	m	2	1.30pm 1:30pm Core & Stretch	3 m	31m 3		2pm 3pm
LBT	Legs, Bums & Tums (LBT): A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting Targeting and toning-up your legs, bum & tummy!		4pm	4	ım	4pt	"2:30pm	4µm	4pm 4	µm	4pm
PILATES	Pilates: Combining stretching and strength work to improve both your posture - And your mobility!	5pm	5pm	5,	9 <i>m</i>	5pt	n	5.m	5 m 5	m	5pm
T. FIT BALL	Fit Ball: Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	6pm	6pm		m A Circ	cuits	n	6r.m	6rm 6		6pm
ZUMBAS	Zumba Step: A dance-based session inspired by Zumba. Using a small box step - Get moving to the Latin music!	<u>7</u> pm	7	Spin 6:15pm 7		om Stretch	n	7pm	7pm7	çm	7pm
ILE	Ageless & Agile*: 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	8pm	A 80m	Aquacise A BC 7pm 7:15pm 8		pm 8m	n	8pm	8	m	8pm
AGELESS & AG	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 eventies guizzes. And even	9pm		9	2111	9 m	n	9µm	My Bookings Join Now 9		9pm
AB	discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members (Or only £3.00 per session.)		Bookings can be may To ensure everybody booking limits in play All payments must b Need to cancel a beau	ce: Please do not book mor be made at the time of booki	nd popular classes, we have some than 3 Aquacise sessions (per v ng. rs in advance (at least) to claim a r		week). app for FRE	Download on			
FUN, FIT & F	Fun, Fit and Fab: Get ready to sweat, smile and sculpt your body with a circuit-style workout Just as fun as it is effective!	🚺 Scan me!		Prices for Exercise Classes:	Non Members (General Public)			Agna Vitae Member (Membership Holder)	Orner Promise Orner Promise Orner Promise Orner Promise Orner Promise	magnavitae.org MAGNA V	6
	can book online and via our free Magna Vitae ut our classes & activities, scan the QR code to bro			45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!	Kathens Seitming Granuetics Marrieur Bagishieus About Us		
Magi	na Vitae is a Registered Charity. Charity Number 11	.60156. A Partner to E	ast Lindsey District Coun	cil. Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!		TRUST FOR LEISURE & C	ULTURE