


Skegness Pool & Fitness Suite

Swimming Pool Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 8am to 5pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	
6am															6am
7am															7am
8am															8am
9am															9am
10am															10am
11am															11am
12pm															12pm
1pm															1pm
2pm															2pm
3pm															3pm
4pm															4pm
5pm															5pm
6pm															6pm
7pm															7pm
8pm															8pm
9pm															9pm



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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 (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.

Come and make a **SPLASH** in Skegness' Outdoor Pool!

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			

Skegness Pool & Fitness Suite

Exercise Class Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 8am to 5pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		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.	6am								6am
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								7am
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 low-intensity exercises.	8am								8am
Circuits: 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.	9am		A Fun, Fit and Fab 9am	A Zumba Toning 9am		A Pilates 9am			9am
Zumba Toning: This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	10am		A Zumba 10am	A LBT 10am		P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	10am
Yogalates: 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 Yogalates 11am	A Yoga 11am					11am
Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	12pm								12pm
Yoga: 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
Legs, Bums & Tums: 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
Pilates: Combining stretching and strength work to improve both your posture - And your mobility!	3pm			A Fighting Fit 2pm-3pm	A Core & Stretch 2:30pm				3pm
Fit Ball: Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	4pm								4pm
Zumba Step: A dance-based session inspired by Zumba. Using a small box step - Get moving to the Latin music!	5pm								5pm
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 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								6pm
	7pm		A Spin 6:15pm	A Circuits 6pm					7pm
	8pm		P Aquacise 7pm	A BC 7:15pm	A Core & Stretch 7pm				8pm
	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).**
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Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

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!

Skegness Pool & Fitness Suite

Swimming Pool Programme

Term Time | 2nd June - 20th July

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

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
		INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	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!															6am
LANESWIM	Lane Swim Session: Lane swims are available alongside general swim sessions. The swimming pool is divided (into 1 or 2 lanes). Lane etiquette and visual directions are situated at the end of the lanes.	General Swim INDOOR POOL 6.30am-9.30am	Lane Swim	Gen. Swim INDOOR POOL 6.30am-9.30am	SAS CLUB Lane Swim	General Swim INDOOR POOL 6.30am-9.30am	Lane Swim	Gen. Swim INDOOR POOL 6.30am-9.30am	SAS CLUB Lane Swim	General Swim INDOOR POOL 6.30am-9.30am	Lane Swim					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
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!															9am
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.															10am
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... <i>Swimming!</i>															11am
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!															12pm
SWIM LESSONS	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... <i>At any venue!</i> One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower															1pm
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none">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. 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 free MV app!															2pm
																3pm
																4pm
																5pm
																6pm
																7pm
																8pm
																9pm

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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								7am
FIGHTING FIT Aims to support those living with or recovering from cancer. Low-impact fitness, designed to build strength and increase activity levels, whilst connecting with others.	8am								8am
CIRCUITS 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.	9am	A Zumba Step 9am	A Fun, Fit and Fab 9am	A Zumba Toning 9am		A Pilates 9am			9am
ZUMBA TONING This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	10am	P Aquacise 10am	A Fitball 10am	A Zumba 10am	P Aquacise 10am	P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	10am
YOGALATES 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 Yoga 11am	Ageless & Agile* 10am-12noon	A LBT 10am	P Aquacise 10am				11am
CORE & STRETCH A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	12pm		A Yogalates 11am	A Yoga 11am					12pm
YOGA 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
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!	2pm				P Aquacise 1:30pm	A Body Con 1:30pm			2pm
PILATES Combining stretching and strength work to improve both your posture - And your mobility!	3pm				A Fighting Fit 2pm-3pm	A Core & Stretch 2:30pm			3pm
FIT BALL Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	4pm								4pm
SPIN A calorie-crunching class on a stationary bike.	5pm								5pm
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 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								6pm
Fun, Fit and Fab: Get ready to sweat, smile and sculpt your body with a circuit-style workout... As fun as it is effective!	7pm		A Spin 6:15pm	A Circuits 6pm					7pm
	8pm	P Aquacise 7pm	A BC 7:15pm	A Core & Stretch 7pm					8pm
	9pm								9pm



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