

# Horncastle Pool & Fitness Suite

## Swimming Pool Programme

Term Time | 9<sup>th</sup> June - 20<sup>th</sup> July

**Venue Opening Times** | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GEN. SWIM	6am								6am
	7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)		7am
LANE SWIM	8am	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Swim Lessons	Lane Swim (7.45am)	8am
	9am	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)			9am
AQUACISE	10am		Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	School Swim		Otters Swim Club	10am
QUIET SWIM	11am	School Swim	Aquacise (10.45am)	School Swim	Ducklings Lessons	Over 50's Swim (10.30am)	Aquacise (11.30am)	Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am-1pm)	Aquacise (12pm)	Adult Lessons	Aquacise (11.30am)		General Swim (11.45am)	12pm
OVER 50's SWIM	1pm						General Swim (12.15pm)	General Swim (12.45pm)	1pm
	2pm	School Swim	School Swim	School Swim	School Swim	School Swim	General Swim (1.15pm)	Lane Swim (1.45pm)	2pm
FAMILY FUN	3pm	Lane Swim (2.30pm)		Lane Swim (2.45pm)	Lane Swim (2pm)	Quiet Swim (2.15pm)	Lane Swim (2.15pm)		3pm
	4pm	General Swim (4pm)							4pm
SWIM LESSONS	5pm	General Swim (5pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
	6pm	Lane Swim (6pm)	General Swim (6.15pm)						6pm
IMPORTANT: OTHER NOTES	7pm	Otters Swim Club (Private Booking)		Otters Swim Club (Private Booking)	Lane Swim (6.45pm)				7pm
	8pm		Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club (Private Booking)			8pm
	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 the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week.
- All payments must be made at the time of booking.
- Need to cancel a class booking? You must cancel at least 48 hours in advance in order 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!

# Horncastle Pool & Fitness Suite

## Exercise Class Programme

Term Time | 9<sup>th</sup> June - 20<sup>th</sup> July

**Venue Opening Times** | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AQUACISE</b> 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			<b>Tiny, but Mighty**</b> 8am			8am
<b>YOGA</b> Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am	<b>Yoga**</b> 9.15am	<b>Yoga**</b> 9am				9am
<b>BOXERCISE</b> Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	10am	<b>Body Conditioning#</b> 9.30am		<b>Aquacise~</b> 9.45am			10am
<b>CIRCUITS</b> Circuits: Circuit training combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.	11am	<b>Aquacise~</b> 10.45am	<b>Core &amp; Stretch#</b> 10.30am	<b>Core &amp; Stretch#</b> 10.30am			11am
<b>BODY COND.</b> Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	12pm		<b>Aquacise~</b> 12pm		<b>Aquacise~</b> 11.30am	<b>Aquacise~</b> 11.30am	12pm
<b>BOXING CIRC.</b> Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	1pm				<b>* Ageless &amp; Agile</b> 10am-2pm		1pm
<b>CORE &amp; ST.</b> Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm						2pm
<b>AGELESS &amp; AGILE</b> Ageless & Agile: 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.)	3pm						3pm
<b>TINY BUT MIGHTY</b> Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claires Yoga classes.	4pm						4pm
	5pm						5pm
	6pm	<b>Yoga*</b> 6pm	<b>Boxercise#</b> 6pm		<b>Boxercise#</b> 5:30pm		6pm
	7pm		<b>Circuits#</b> 7pm		<b>Circuits#</b> 6:30pm		7pm
	8pm						8pm
	9pm						9pm

\* - This class takes place at West Ashby Village Hall

\*\* - This class takes place at the Horncastle Community Centre

~ - This class takes place in the Swimming Pool

★ - This session takes place at Ancaster Court, LN9 6HG

# - This session takes place at Baumber Village Hall, LN9 5NG



Scan me!

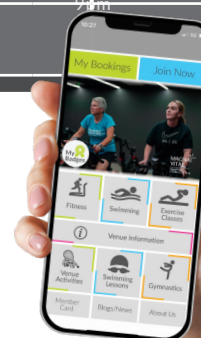
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- **Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

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

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



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