Station Leisure & Learning Centre

Swimming Pool Programme

Term Time | 2nd June - 20th July

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

GENERAL
General Swim Session:
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!

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.

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.

SLOW & STEADY
Slow & Steady Social Swim:
An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! *(Enjoy a discounted drink at the on-site Whistle Stop Bistro)*

ADULT ONLY
Adults Only Swim:
This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.

INCLUSIVE
Inclusive Swim:
An open session with one lane, factoring in sensory & behaviour needs. *We won't have music playing and will use natural lighting where possible.*

SUPPORTED
Supported Swim Session:
Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.

GENTLE AQ.
Gentle Aquacise:
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)

SCHOOL
School Swimming:
This session is used for local schools to learn the important, life-saving skill... *Swimming!*

FAM FUN
Family Fun Splash:
An open swimming session with floats! It's suitable for all abilities & great for family bonding!

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

IMOPRTANT: 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. *(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!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
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)		
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)		Adult Only Swim (8am-9am - 16yrs+)
9am	General Swim (8.30am-9.30am) Lane Swim (8.30am-9.30am)		General Swim (8.30am-9.30am) Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am) Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am) Lane Swim (8.30am-9.30am)	Swim Lessons Lane Swim (9am-10am) Lane Swim (10am-11am)	Aquacise (9am-10am) General Swim (10am-11am) Lane Swim (10am-11am)
10am	Lane Swim (9.30am-10.30am)	School Swim (9.30am-11am)	Aquacise (9.30am-10.30am)	School Swim (9.30am-11am)	General Swim (9.30am-10.30am) Lane Swim (9.30am-10.30am)		
11am	Gentle Aquacise (10.30am-11.30am)	Home Education Swim (11am-12 noon)	Slow & Steady Social Swim (10.30am-11.30am)		Lane Swim (11am-12 noon)	General Swim (11am-12 noon) Lane Swim (11am-12pm)	General Swim (11am-12 noon) Lane Swim (11am-12pm)
12pm	Slow & Steady Social Swim (11.30am-12.30pm)	General Swim (12 noon-1pm)	Slow & Steady Social Swim (11.30am-12.30pm)	Aquacise (11.30am-12.30pm)		General Swim (12 noon-1pm) Lane Swim (12pm-1pm)	General Swim (12 noon-1pm) Lane Swim (12pm-1pm)
1pm	Slow & Steady Social Swim (12.30pm-1.30pm)	Swim Lessons (Ducklings)	General Swim (12.30pm-1.30pm)	School Swim (1pm-2.30pm)	Slow & Steady Social Swim (12.30pm-1.30pm)	Inclusive Swim (1pm-2pm)	General Swim (1pm-2pm) Lane Swim (1pm-2pm)
2pm	General Swim (1.30pm-2.30pm) Lane Swim (1.30pm-2.30pm)	School Swim (2pm-3pm)	Staff Training (1.30pm-2.30pm)		Aquacise (2pm-3pm)	Family Fun Splash (2pm-3pm)	Family Fun Splash (2pm-3pm)
3pm			Inclusive Swim (2.30pm-3.30pm)			Available for Pool Party Hire (3pm-4pm)	Available for Pool Party Hire (3pm-4pm)
4pm	General Swim (3pm-4pm) Lane Swim (3pm-4pm)	General Swim (3pm-4pm) Lane Swim (3pm-4pm)	Supported Swim (3.30pm-4.30pm)	General Swim (3pm-4pm) Lane Swim (3pm-4pm)	General Swim (3.30pm-4.30pm) Lane Swim (3.30pm-4.30pm)		
5pm	General Swim (4pm-5pm) Lane Swim (4pm-5pm)	Swim Lessons General Swim (4pm-5pm)	General Swim (4.30pm-5.30pm)	Swim Lessons Swim Lessons (Ducklings) 121	Family Fun Splash (4.45pm-5.45pm)		
6pm	General Swim (5pm-6pm) Lane Swim (5pm-6pm)	General Swim (5pm-6pm)	Inclusive Swim (6pm-7pm)	Swim Lessons (Adult Lessons) 121 Lane Swim (6pm-7pm)	General Swim (6pm-7pm) Lane Swim (6pm-7pm)		
7pm	General Swim (6pm-7pm) Lane Swim (6pm-7pm)	General Swim (6pm-7pm) Lane Swim (6pm-7pm)	Adult Only Swim (7pm-8pm - 16yrs+)	General Swim (7pm-8pm) Lane Swim (7pm-8pm)	Adult Only Swim (7pm-8pm - 16yrs+)		
8pm	Aquacise (7pm-8pm)	Adult Only Swim (7pm-8pm - 16yrs+)					
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** (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.*

Scan me!

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!

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

magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Station Leisure & Learning Centre

Exercise Class Programme

Term Time | 2nd June - 20th July

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

GENTLE AQ. — Gentle Aquacise*: *In the Swimming Pool*
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)

CIRCUITS — Circuits**: *In Engine Room Two*
High-energy and fast paced! Move your way around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.

YOGA — Yoga**: *In Engine Room Two*
Physical and mental exercises, using stretching and breathing to help improve posture & core stability. Helpful to relax and release stress!

GENTLE YOGA — Gentle Yoga**: *In Engine Room Two*
A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility & recovery. *Suitable for those with pain, trouble sleeping, anxiety and/or stress.*

BODY C. — Body Conditioning**: *In Engine Room Two*
An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!

KETTLEBELL — Kettlebell Circuits**: *In Engine Room Two*
Designed not just to improve health - But also to improve your core strength, balance, mobility, flexibility and even your overall co-ordination!

CORE&ST. — Core & Stretch**: *In Engine Room Two*
Improve your posture, balance, mobility and stability through light exercises and stretching.

CYCLE — Cycle~: *In Engine Room One*
High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!

BOXERCISE CL — Boxercise® Circuits**: *In Engine Room Two*
Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!

AGELESS & AGILE — Ageless & Agile***: *Takes place inside The Signal Box (inside our venue)* ***FREE for MV members*** *or only £3.00 per session.* 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!

ZUMBA — Zumba**: *In Engine Room Two*
Combining the calorie-burning benefits of aerobics - with fun dance moves. *Get fitter and have fun with a sprinkle of Latin spirit!*

STRONG — Strong** with Venia: *In Engine Room Two*
Strong combines high intensity interval training with the science of synced music. Motivation, music and moves in every class, synced perfectly to push you beyond your limits.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	Cardio Dumbbell**	YOGA**	BIKE~		BIKE~		
8am	YOGA**	BIKE~	YOGA**	Cycle~	Pilates**	YOGA**	YOGA**
9am	BIKE~	Kettlebell Circuits**	Cardio BodyWeight** / Stretch & Mobility** / Aquacise*	Cardio Dumbbell**	Breathwork**	BIKE~	Aquacise*
10am	BodyWeight Strength** / Ageless*** & Agile / Gentle Aqua-cise*	Cycle~	Zumba**	Aquacise*	BIKE~	Breathwork**	BodyWeight Strength**
11am	Pilates**		Pilates**	BIKE~	Core & Stretch**	Strength Dumbbell**	BIKE~
12pm	Yoga**	Breathwork**	BIKE~	BIKE~	Body Conditioning**	BIKE~	Stretch & Mobility**
1pm	Gentle Yoga**	BIKE~	BodyWeight Strength**	YOGA**	Aquacise*	Cardio BodyWeight**	Pilates**
2pm	BIKE~	Circuits**	Strength Dumbbell**	Cardio BodyWeight**	BIKE~		YOGA**
3pm	Cardio BodyWeight**	Strong** / BIKE~	Cycle~	BIKE~	Stretch & Mobility**	BIKE~	
4pm	Boxercise Circuits**	Strength Dumbbell**	Core & Stretch**	Pilates**	BIKE~		
5pm	Body Conditioning** / Cycle~ / Aquacise*						
6pm	YOGA**						
7pm							
8pm							
9pm							

Virtual Classes delivered by FIIT: ** = Engine Room One ~ = Engine Room Two

- CARDIO DUMBBELL** *High intensity. Tone muscle and build stamina using dumbbells.*
- CARDIO BODYWEIGHT** *High intensity. Tone muscle and build stamina.*
- YOGA** *Become more relaxed and focused. Tune in... Tone up... & Find your zen.*
- STRENGTH DUMBBELL** *Bodyweight, equipment & resistance training using dumbbells.*
- BODYWEIGHT STRENGTH** *Bodyweight and resistance training. Build & sculpt muscle.*
- BIKE** *Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride!*
- BREATHWORK** *Improve joint health and flexibility, build core strength and prevent injury.*
- STRETCH & MOBILITY** *To improve mobility, flexibility & mental focus through stretch work.*
- PILATES** *Combine stretching and strength work to improve posture and mobility.*
- BIKE~ *Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride!*

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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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