

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!														
LANE SWIM	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		Gen. Swim INDOOR POOL 6.30am-9.30am	SAS CLUB Lane Swim	General Swim INDOOR POOL 6.30am-9.30am		Gen. Swim INDOOR POOL 6.30am-9.30am	SAS CLUB Lane Swim	General Swim INDOOR POOL 6.30am-9.30am					
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... <i>At any venue!</i> 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">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!														
6am															
7am															
8am															
9am															
10am															
11am															
12pm															
1pm															
2pm															
3pm															
4pm															
5pm															
6pm															
7pm															
8pm															
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](#)!



Scan me!

- 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			

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MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Skegness Pool & Fitness Suite

Exercise Class 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	
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
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 Body Conditioning 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 Core & Stretch 1.30pm			2pm
PILATES Combining stretching and strength work to improve both your posture - And your mobility!	3pm								3pm
FIT BALL Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	4pm								4pm
AGELESS & AGILE 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.)	5pm		A Body Conditioning 5.15pm						5pm
Fun, Fit and Fab: Get ready to sweat, smile and sculpt your body with a circuit-style workout... As fun as it is effective!	6pm		A Core & Stretch 6.15pm	A Circuits 6pm					6pm
	7pm		P Aquacise 7.15pm	A Core & Stretch 7pm					7pm
	8pm								8pm
	9pm								9pm



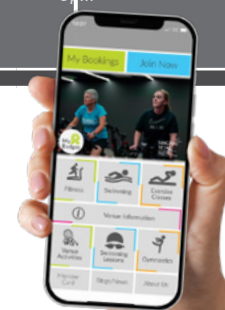
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Download Magna Vitae's app for **FREE!** Be 'appy.



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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