Swimming Pool Programme

Holiday Programme 21st - 27th 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	_
ξ General Swim Session:	6am		- Γ	Sam - C	5 m - 6	a m	am	am	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am)	m Lane Swim 7	7am Lane Swim (6.30am)	Lane Swim 7	am Lane Swim 7	Z _{am} — — — — — — — — — — — — — — — — — — —	-m	7am
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.	8am	Lane Swim 8:	m Lane Swim 8 (7.30am)	3am Lane Swim 8 (7.30am)	3 am Lane Swim 8 (7.30am)	am Lane Swim 8 (7.30am)	(7am)	Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 93 (8.30am)	m Lane Swim 9 (8.30 <i>am</i>)	Pam Lane Swim (8.30am)) _{am} Lane Swim 9 (8.30 <i>am</i>)	am Lane Swim 9 (8.30am)	am 9 Swim	Lane Swim (8.45am)	9am
Can suit a wide range of abilities/user groups. Quiet Swim: Quiet swim sessions have a limited number of	10am	General Swim 10 (9.30am)	am Over 50's Swim 10 (9.30am)	Oam General Swim 1 (9.30am)	Cam Aquacise 10 (9.45am)	am General Swim 10 (9.30am)	Lessons Cam 1	Cam	10am
spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.	11am	General Swim 11 (10.30am)	am Aquacise 1 (10.45am)	1 am General Swim 1 (10.30am)	1am 14 Ducklings Lessons	am Over 50's Swim 1 (10.30 <i>am</i>)	1am 1	1 Family Fun Splash (10.45am)	11am
Over 50's Swim: General swimming for anyone aged 50 and	12pm	Aquacise 12 (11.45am)	om General Swim 1: (11.30am)	2 <u>m</u> 1 Aquacise	2 pm 12 Adult Lessons	Aquacise pm (11.30am) 1:	Aquacise 2pm (11.30am) 1:	2pm General Swim (11.45am)	12pm
over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	11	m General Swim 1 (12.30pm)	(12pm) 1pm 1 General Swim	Adult Lessons 1	pm General Swim 1 (12.30pm)	General Swim om (12.15pm) 1	General Swim	1pm
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!	2pm	General Swim (1pm)21	m 2 Staff Training	(12.45pm) 2pm General Swim	Family Fun Splash 2 pm (1.15pm) 2	om General Swim 2 (1.30pm)	General Swim	(12.45pm) Lane Swim General	2pm
Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	3pm	Lane Swim 3 ₁	m 3	(1.45pm) 3.5 m	Som Lane Swim 3 (2.30 <i>pm</i>)	om Quiet Swim 3 (2.30pm)	Lane Swim Swim Swim (2.15pm) 3	(1.45pm) Swim (1.45pm) (1.45pm)	3pm
Swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can learn more	4pm	General Swim	m 4	4rm 4	l pm 4	om 4	om4	nm	4pm
on our website #PoolPower • Pre-booking: We strongly advise booking your swimming	5pm	(4pm) ————————————————————————————————————	m Swim 5 Lessons	Sym Swim 5 Lessons	Swim 5	om 5 Swim	ipm5	.m	5pm
sessions in advance to avoid potential disappointment. • Accessibility steps:	6pm	(5pm) 	-m	Se m 6	Lessons 6	Lessons 6	pm6	pm	6pm
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.)	7pm	Lane Swim (6pm) ————————————————————————————————————	General Swim m (6.15pm) 7	General Swim 7 pm (6.15pm) 7	² ^{om} Lane Swim	om7	/pm 7	om.	7pm
Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty	8pm	Lane Swim (7pm)	m Lane Swim 8	Lane Swim (7.30pm)	(6.45pm) Cane Swim WB Club 8	pm8)pm 8	h ym	8pm
Manager. Unfortuantely this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm		m 9	7µm - 9	(7.45pm) (Private Booking)	7111 9	9111	,	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.

Non Members





Exercise Class Programme

Holiday Programme | 21st - 27th 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 Su



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All payments must be made at the time of booking. Need to cancel a 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			•	
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!



Swimming Pool Programme

Holiday Programme | 28th July - 3rd August

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	_
General Swim Session:	6am		m	5am - 6	am 6	em ć	Jam - C	o km	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim 7a (6.30am)	m Lane Swim (6.30am)	7am Lane Swim 7 (6.30am)	Lane Swim 7. (6.30am)	Lane Swim (6.30am)	7 _{om} ————————————————————————————————————	7-m	7am
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.	8am	Lane Swim 82 (7.30am)	m Lane Swim { (7.30am)	3am Lane Swim 8 (7.30am)	am Lane Swim 8 (7.30am)	am Lane Swim 8 (7.30am)	(7am) 3 m 8	Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 9a (8.30am)	m Lane Swim 9 (8.30am)	9 _{am} Lane Swim 9 (8.30am)	am Lane Swim 9. (8.30 <i>a</i> m)	am Lane Swim 9 (8.30am)	9 Swim	Lane Swim (8.45am)	9am
can suit a wide range of abilities/user groups. Quiet Swim:	-10am	General Swim 10 (9.30am)	om Over 50's Swim 1 (9.30am)	O _{am} General Swim 10 (9.30am)	am Aquacise ¹⁰ (9.45am)	am General Swim 1 ^(9.30am)	Lessons Cam 10	Cam	10am
Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.	11am	General Swim 11 (10.30am)	am Aquacise ¹ (10.45am)	1 am General Swim 13 (10.30am)	am 11 Ducklings Lessons	am Over 50's Swim 1 (10.30am)	1am 1	1 ^{am} Family Fun Splash (10.45am)	11am
Over 50's Swim: General swimming for anyone aged 50 and	- 12pm	Aquacise 12 (11.45am)	om General Swim 1 (11.30am)	2 um 12 Aquacise	Adult Lessons	pm Aquacise 1	Aquacise 2pm (11.30am) 12	2 ^{pm} General Swim	12pm
over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	(11.45am) 1r	m General Swim 1	(12pm) Ipm 1 General Swim	Adult Lessons 1	om General Swim 1 (12.30pm)	General Swim 1 pm (12.15pm) 1	(11.45am) 1pm General Swim	1pm
Family Fun Splash: An open swimming session with floats! Come	- Onm	Family Fun Splash (1pm)	m (12.50pm)	(12.45pm)	Family Fun Splash	General Swim	General Swim (1.15pm) 2	(12.45pm)	2pm
and make a splash It's suitable for all abilities and great for some family bonding time!	2pm		Staff Training	General Swim (1.45pm)	(1115)111)	(1.30pm)	Lane Swim General	Lane Swim (1.45pm) General Swim (1.45pm)	Zpili
Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	3pm	Lane Swim 3ր (2.30pm)	m	m 3 Lane Swim (2.45pm)	om Lane Swim 3 (2.30 <i>pm</i>)	om Quiet Swim 3 (2.30pm)	Som (2.15pm) Swim (2.15pm) 3	Sum	3pm
memberships include general "In lesso" swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can learn more	4pm	4r	m	4r m 4	om 4	bm 4	l pm 4	ļum	4pm
on our website #PoolPower • Pre-booking:	5pm	General Swim (4pm) 5r	m Swim	5pm Swim 5	om	om 5	5 pm 5	5 um	5pm
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	6pm	General Swim (5pm)	Lessons	Lessons _{Sem} 6	Lessons	Swim Lessons	5em	5em	6pm
Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions.	_	Lane Swim	General Swim	General Swim (6.15pm)					<u> </u>
Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	7pm	Lane Swim	m (6.15pm) -	/Fm (0.136m) 7	^{om} Lane Swim (6.45pm)	om 7	 	\$ m	7pm
Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortugately this is often for reasons.	8pm	(7pm) 	m Lane Swim (7.30pm)	Bpm Lane Swim 8 (7.30pm)	Lane Swim WB Club 8 (7.45pm) (Private Booking)	9m - 8	99m	8 pm	8pm
beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	9,	m - 5	7 µ 111 9	лп 9	опп <u>9</u>)))	Ppm	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.

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

Holiday Programme | 28th July - 3rd August

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 Su



45 minutes to 1 hour

Yoga/Pilates Classes

£7.55

£9.55

£6.25

£7.80

£5.45

£7.10

FREE!

FREE!

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advance in order to claim a refund.

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Need to cancel a booking? You must cancel at least 48 hours in

Swimming Pool Programme

Holiday Programme | 4th - 10th August

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	_
ξ General Swim Session:	6am		54m	am .	5 am	5am - C	ram (5am	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am)	Lane Swim 7. (6.30am)	Lane Swim (6.30am)	7 am Lane Swim (6.30am)	Tam Lane Swim (6.30am)	7 _{am}	7sm	7am
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.	8am	Lane Swim 8 (7.30am)	Lane Swim 8. (7.30am)	am Lane Swim (7.30am)	3 am Lane Swim 8 (7.30am)	3 am Lane Swim 8 (7.30am)	(7am)	Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim (8.30am)	yam Lane Swim 9. (8.30 <i>am</i>)	am Lane Swim (8.30am)	Am Lane Swim 9 (8.30am)	Lane Swim 9 (8.30am)	Swim 9	9.um Lane Swim (8.45 <i>am</i>)	9am
Quiet Swim: Quiet swim sessions have a limited number of	-10am	General Swim 1 (9.30am)	0 _{am} Over 50's Swim 10 (9.30 <i>am</i>)) _{am} General Swim ₁ (9.30am)	^C am Aquacise ¹ (9.45am)	d _{am} General Swim ₁ (9.30am)	Lessons Cam 1	Cam	10am
spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our	11am	General Swim 1	¹ am Aquacise ¹¹ (10,45am)	Stage 1 & 2 Booster Stage 3 & 4 Booster	1am 1	1 am Over 50's Swim 1 (10.30am)	1am 1	1am Family Fun Splash	11am
lifeguards will refrain from using whistles. Over 50's Swim:	- 12pm	Aquacise 1	2pm General Swim 12 (11,30am)	2 pm1	Ducklings Lessons	Aquacise 1.30am) 1.	Aquacise 2pm (11.30am) 13	(10.45am) 2 pm General Swim	12pm
General swimming for anyone aged 50 and over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	(11.45am) 1	m General Swim 1	Aquacise (12pm)	Adult Lessons Adult Lessons	om General Swim 1	General Swim	(11.45am) 1 pm	1pm
Family Fun Splash: An open swimming session with floats! Come	- '	Family Fun Splash	(12.30pm)	General Swim (12.45pm)	Family Fun Splash	(12.30pm) General Swim	General Swim	General Swim (12.45pm)	
and make a splash It's suitable for all abilities and great for some family bonding time!	2pm		Pool Inflatable	General Swim (1.45pm)	2 bm (1.13pm) 2	(1.30pm)	20m (1.15pm) 2	Lane Swim (1.45pm) General Swim (1.45pm)	2pm
Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	3pm	Lane Swim 3 (2.30pm)	(2pm-3pm) m For ages 8+ 3 Must be able to swim 50m	Lane Swim (2.45pm)	3 bm Lane Swim 3 (2.30pm)	3 pm Quiet Swim 3 (2.30pm)	Lane Swim S _{pm} (2.15pm) (2.15pm) 3	8 um	3pm
swimming at any time At any venue! One perk of many others, whilst becoming	4pm	4	rm 4	r m	4 pm 4	1 pm 4	pm	1 pm	4pm
wiser about water! You can learn more on our website #PoolPower • Pre-booking:	- 5pm	General Swim (4pm)	s _m Swim 5	m Swim	5 pm5	5 pm5	5 pm	5.pm	5pm
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	6pm	General Swim (5pm)	Lessons	Lessons	Swim Lessons	Swim Lessons	5 pm	5em	6pm
Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions.	,	Lane Swim	General Swim (6.15pm)	General Swim (6.15pm)					
Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	7pm	Lane Swim	m (0.13pm) /	rm (0.135m)	Lane Swim (6.45pm)	/ pm /	 	Yem	7pm
Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortuantely this is often for reasons	8pm	(7pm)	m Lane Swim 8 (7.30pm)	Lane Swim (7.30pm)	Lane Swim WB Club (7.45pm) (Private Booking)	3 ym	ppm	Врпп	8pm
beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	9	<u> </u>	ļiii	7 pm 9	7 pm9	9111	Ppm	9pm



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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.

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

Holiday Programme | 4th - 10th August

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 Su



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place): Please do not book over 3 Aquacise sessions per week.

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advance in order to claim a refund.

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

Exercise Non Members MV Card MV Card with Concession Magna Vitae Member Classes: 45 minutes to 1 hour £7.55 £6.25 £5.45 FREE! £9.55 £7.80 £7.10 FREE! Yoga/Pilates Classes



Swimming Pool Programme

Holiday Programme | 11th - 17th August

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	
∑ General Swim Session:	6am		m	6-m	am 6	4m - 6	am (am	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	_ 7am	Lane Swim (6.30am)	m Lane Swim - (6.30am)	7am Lane Swim 7 (6.30am)	Lane Swim 7 (6.30am)	Lane Swim 7 (6.30am)	t _{am}	4 m	7am
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.	8am	Lane Swim 8: (7.30am)	m Lane Swim _{ (7.30am)	_{Bam} Lane Swim 8 (7.30 <i>am</i>)	am Lane Swim 8 (7.30am)	Lane Swim 8 (7.30am)	(7am)	Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 97 (8.30am)	m Lane Swim 9 (8.30am)	9am Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	om Swim	Lane Swim (8.45am)	9am
Quiet Swim: Quiet swim sessions have a limited number of	-10am	General Swim 10 (9.30am)	am Over 50's Swim 1 (9.30am)	Oam General Swim 10 (9.30am)	am Aquacise 10 (9.45am)	G _{am} General Swim 10 (9.30am)	Lessons Cam 1	Cam	10am
spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.	11am	General Swim 11 (10.30am)	am Aquacise 1 (10.45am)	1 am General Swim 11 (10.30am)	am 11 Ducklings Lessons	1am Over 50's Swim 1: (10.30am)	1am 1	1am Family Fun Splash (10.45am)	11am
Over 50's Swim: General swimming for anyone aged 50 and	- 12pm	Aquacise 12 (11.45am)	om General Swim 1 (11.30am)	2 pm 12 Aquacise	pm 12 Adult Lessons	Aquacise 12 2pm (11.30am) 12	Aquacise 2pm (11.30am) 1	^{2pm} General Swim	12pm
over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	1	m General Swim 1 (12.30pm)	1pm General Swim	Adult Lessons 1	om General Swim 1 (12.30pm)	General Swim om (12.15pm) 1	(11.45am) pm General Swim	1pm
Family Fun Splash: An open swimming session with floats! Come and make a splash It's suitable for all abilities	2pm	Family Fun Splash (1pm) 21	m 2	(12.45pm) 2pm 2 General Swim	Family Fun Splash om (1.15pm) 2	General Swim 2	General Swim	(12.45pm)	2pm
and great for some family bonding time! Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	- 3pm	Lane Swim 3 ₁ (2.30pm)	Staff Training	(1.45pm) 31 m 3 Lane Swim (2.45pm)	om Lane Swim 3 (2.30pm)	om Quiet Swim 3 (2.30pm)	Lane Swim General Swim (2.15pm) (2.15pm)	(1.45pm) Swim (1.45pm) (1.45pm)	3pm
memberships include general swimming at any time At any venue! One perk of many others, whilst becoming	4pm	4	m	4r m 4	pm4	bm 4	bm4	.m	4pm
wiser about water! You can learn more on our website #PoolPower • Pre-booking:	- 5pm	General Swim (4pm) 51	m Swim	5pm Swim 5	om 5 Swim	om5	pm	iem	5pm
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	6pm	General Swim (5pm)	Lessons	Lessons 6	Lessons 6	Swim Lessons	pm	•m	6pm
Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions.	7pm	Lane Swim (6pm)	General Swim	General Swim (6.15pm) 7	.m. 7	.m 7	Am -	- -	7pm
Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	/ Pill	Lane Swim	,	7	Lane Swim (6.45pm)	/III /			, piii
Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortuantely this is often for reasons	8pm	(7pm) 	m Lane Swim (7.30pm)	Bpm Lane Swim 8. (7.30pm)	Cane Swim WB Club 8 (7.45pm) (Private Booking)	рпп 8)m	m	8pm
beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	91	m - 5	9 pm 9	ли <u>9</u>	9	9111	PIII.	9pm



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£5.85	£4.90	£4.45	£2.50	£1.00	FREE!



Exercise Class Programme

Holiday Programme 11th - 17th August

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 Su



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has the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week.

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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 Exercise Non Members MV Card MV Card with Concession Magna Vitae Member Classes: 45 minutes to 1 hour £7.55 £6.25 £5.45 FREE! £9.55 £7.80 £7.10 FREE! Yoga/Pilates Classes



Swimming Pool Programme

Holiday Programme | 18th - 24th August

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	_
Σ	General Swim Session:	6am		6	am	am	5 am	am C	am	6am
GEN. SW	This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am)	Lane Swim 7	Lane Swim (6.30am)	Lane Swim (6.30am)	Tam Lane Swim 7	Z _{em} 7 Lane Swim	-m	7am
SWIM	Lane Swim Session: The swimming pool will be split into 4 lanes.	0	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	(7am)	m	0
LANE	(Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	8am	(7.30am)	(7.30am)	(7.30am)	(7.30am)	(7.30am)		Lane Swim (7.45am)	8am
QUACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim (8.30am)	a _m Lane Swim 9 (8.30 <i>am</i>)	am Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	P _{am} Lane Swim 9 (8.30am)	om 9 Swim	Lane Swim (8.45am)	9am
Α Α	can suit a wide range of abilities/user groups. Quiet Swim:	-10am	General Swim 1 (9.30am)	0 _{am} Over 50's Swim 10 (9.30am)	am General Swim 10 (9.30am)	Aquacise 1 (9.45am)	d _{am} General Swim 19.30am)	Lessons Cam 1	Cam	10am
JIET SWI	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather	11am	General Swim 1	¹ am Aquacise ¹¹	Deep Water Confidence	1 am 1	1am Over 50's Swim 1	lam 1	1 ^{am} Family Fun Splash	11am
~ ~	than artifical lighting where possible. Our lifeguards will refrain from using whistles.	.	(10.30am)	(10.45am)	Distance Badge Session	Ducklings Lessons	(10.30am)	Aquacise	(10.45am)	
s SWIM	Over 50's Swim: General swimming for anyone aged 50 and	12pm	Aquacise (11.45am)	om General Swim 12 (11.30am)	Aguacise	Adult Lessons	2pm	2pm (11.30am) 1:	2pm General Swim (11.45am)	12pm
OVER 50	over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm		_{rm} General Swim 1	(12pm) pm 1	Adult Lessons 1	_{om} General Swim 1	General Swim pm (12.15pm) 1	lom	1pm
3	Family Fun Splash:	-	Family Fun Splash	(12.30pm) 	General Swim (12.45pm)	Family Fun Splash	(12.30pm)	General Swim	General Swim (12.45pm)	
FAMILY F	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	7	rm 2 Pool Inflatable	General Swim	om (1.15pm) 2	om General Swim 2 (1.30pm)	2pm (1.15pm) 2	Lane Swim General	2pm
	Swim Lessons: Our WaterWise 'Learn to	- 3pm	Lane Swim	(2pm-3pm) Tem For ages 8+ 3	(1.45pm)	bm Lane Swim	om Quiet Swim 3	Lane Swim General Swim	(1.45pm) (1.45pm)	3pm
SNOSS	Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	opiii	(2.30pm)	Must be able to swim 50m	Lane Swim (2.45pm)	(2.30pm)	(2.30pm)	(2.15pm)		op
SWIM LE	One perk of many others, whilst becoming	4pm		rm 4	rm 4	om4	1 pm 4	pm	pm	4pm
	wiser about water! You can learn more on our website #PoolPower	5pm	General Swim (4pm)	s _m Swim 5	pm Swim 5	Am	5 nm 5		am.	5pm
	Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential	Эрш	General Swim	Lessons	Lessons	Swim Lessons	Swim			Эрш
TES	disappointment. • Accessibility steps:	6pm	(5pm)	rm 6	em 6	om 6	Lessons 6	pm	pm	6pm
THER NO	Available to use to aid entry into the swimming pool during swimming sessions.	7pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim		7			7pm
ANT: OI	Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	/ piii	Lane Swim	m (silopin) /	rm (==== //	Lane Swim (6.45pm)	/ pm /	pm	pm	/ pili
IMOPRT	Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty	8pm	(7pm)	Lane Swim 8	Lane Swim 8 (7.30pm)	Lane Swim WB Club 8	3 yın 8	νηε	pm	8pm
	Manager. Unfortuantely this is often for reasons beyond our control. For the most up-to-date					(7.45pm) (Private Booking)				
	programmes, view live the timetables on our website Or download our free MV app!	9pm	5	9	9	9111	9 1 9	9	Jin	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.

Non Members	MV Card	MV Card with Concession		Under	Magna Vitae Member
(General Public)	(Subscription Holder)	(Subscription Holder)	2-4yrs	2yrs	(Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!



Exercise Class Programme

Holiday Programme | 18th - 24th August

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 Su



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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 Exercise Non Members MV Card MV Card with Concession Magna Vitae Member Classes: 45 minutes to 1 hour £7.55 £6.25 £5.45 FREE! £9.55 £7.80 £7.10 FREE! Yoga/Pilates Classes



Swimming Pool Programme

Holiday Programme | 25th - 31st August

Venue Opening Times Bank Holiday Monday: 7.45am-1pm Tuesday to Thursday: 6.30am-9pm Friday: 6.30am-8pm Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) Sunday: 8am-3.30pm (Fitness Suite

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	sunday closes	at 3pm) -
Σ	General Swim Session:	6am	BANK HOLIDAY	m	6	am 6	am ć	am	am	6am
GEN. SW	This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Opening Times: 7:45am-1:00pm	m Lane Swim 7	Lane Swim 7 (6.30am)	am Lane Swim 7	Lane Swim (6.30am)	um	4 m	7am
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.	8am	Lane Swim (7.45am)	m Lane Swim 8 (7.30am)	tem Lane Swim 8 (7.30am)	_{am} Lane Swim 8 (7.30am)	am Lane Swim ε (7.30am)	Lane Swim (7am)	m Lane Swim (7.45am)	8am
QUACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim (8.45am)	m Lane Swim 9 (8.30am)	a _m Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	om 9 Swim	Lane Swim (8.45am)	9am
Δ	can suit a wide range of abilities/user groups. Quiet Swim: Quiet swim sessions have a limited number of	10am	Lane Swim (9.45am)	am Over 50's Swim 10 (9.30am)	General Swim 10 (9.30am)	am Aquacise 10 (9.45am)	am General Swim 1 (9.30am)	Lessons Sam 1	Cam	10am
QUIETSW	spaces per week. These sessions don't have	11am	11 General Swim (10.45am)	am Aquacise 11 (10.45am)	1 am General Swim 11 (10.30am)	am 11 Ducklings Lessons	1am Over 50's Swim 1 (10.30am)	lam 1	1am Family Fun Splash (10.45am)	11am
NIWS 8	Over 50's Swim: General swimming for anyone aged 50 and	12pm	General Swim	om General Swim 12 (11.30am)	2 _{pm} 12 Aquacise	Adult Lessons	Aquacise 2pm (11.30am) 1	Aquacise 2pm (11.30am) 1:	2pm General Swim (11.45am)	12pm
OVER 50'	over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	(11.45am) 11	m General Swim 1 (12.30pm)	pm (12pm) General Swim	Adult Lessons 1	om General Swim 1 (12.30pm)	General Swim om (12.15pm) 1	om General Swim	1pm
MILY FUN	Family Fun Splash: An open swimming session with floats! Come and make a splash It's suitable for all abilities	2pm	2r	m2	(12.45pm) m 2 General Swim	Family Fun Splash	General Swim 2	General Swim om (1.15pm) 2	(12.45pm) Tane Swim General Swim	2pm
SSONS FA	and great for some family bonding time! Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	3pm	3 _f	Staff Training m (2pm-3pm) 3	(1.45pm) Trm Lane Swim (2.45pm)	om Lane Swim 3 (2.30pm)	om Quiet Swim 3 (2.30pm)	Lane Swim General Swim (2.15pm) (2.15pm) 3	(1.45pm) Swim (1.45pm)	3pm
SWIM LE	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	4pm	4r	m 4	r m 4	om 4	om4	om4	um	4pm
	Pre-booking: We strongly advise booking your swimming	5pm	5 _f	m Swim 5 Lessons	r m Swim 5 Lessons	Swim	om 5 Swim	5	hm	5pm
ES	sessions in advance to avoid potential disappointment.	6pm		m 6	m 6	Lessons om 6	_{om} Lessons	pm6	pm	6pm
NT: OTHER NOT	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.)	7pm	7 1	General Swim _m (6.15pm) 7	General Swim pm (6.15pm) 7	om Lane Swim (6.45pm)	pm 7	pm	pm	7pm
IMOPRTA	Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortuantely this is often for reasons	8pm	8,	m Lane Swim 8 (7.30pm)	Lane Swim 8 (7.30pm)	Cane Swim WB Club (7.45pm) (Private Booking)	om 8	50m))m	8pm
	beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	91	m 9	pm 9	pin 9	pin 9	yını 9	m	9pm



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

P	ri	ces	for	Sw	im	mi	ng	

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 | 25th - 31st August

Venue Opening Times | Bank Holiday Monday: 7.45am-1pm | Tuesday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite



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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						
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!		

