

Horncastle Pool & Fitness Suite

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	
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)		Lane Swim (8.45am)	9am
AQUACISE	10am	General Swim (9.30am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)			10am
QUIET SWIM	11am	General Swim (10.30am)	Aquacise (10.45am)	General Swim (10.30am)		Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	12pm
OVER 50's SWIM	1pm	General Swim (1pm)	General Swim (12.30pm)	General Swim (12.45pm)	Adult Lessons	General Swim (12.30pm)	General Swim (12.15pm)	General Swim (12.45pm)	1pm
FAMILY FUN	2pm		Staff Training	General Swim (1.45pm)	Family Fun Splash (1.15pm)	General Swim (1.30pm)	General Swim (1.15pm)	Lane Swim (1.45pm)	2pm
	3pm	Lane Swim (2.30pm)		Lane Swim (2.45pm)	Lane Swim (2.30pm)	Quiet Swim (2.30pm)	Lane Swim (2.15pm)	General Swim (2.15pm)	3pm
SWIM LESSONS	4pm	General Swim (4pm)							4pm
	5pm	General Swim (5pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
IMPORTANT: OTHER NOTES	6pm								6pm
	7pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.15pm)					7pm
	8pm	Lane Swim (7pm)	Lane Swim (7.30pm)	Lane Swim (7.30pm)	Lane Swim (6.45pm)				8pm
	9pm				Lane Swim (7.45pm)	WB Club (Private Booking)			9pm



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- 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.

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!

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
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	8am	8am	8am Yin Yoga** 8am	8am	8am	8am
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am Yoga** 9.15am	9am	9am Yoga** 9am	9am	9am	9am	9am
BOXERCISE Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	10am	9.30am Body Conditioning#	10am	9.45am Aquacise~ 9.45am	10am	10am	10am
CIRCUITS 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	10.45am Aquacise~ 10.45am	10.30am Core & Stretch#	10.30am Core & Stretch# 10.30am	11am	11am	11am
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	12pm	12pm	12pm	12pm	11.30am Aquacise~ 11.30am	11.30am Aquacise~ 11.30am	12pm
BOXING CIRC. 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	1pm	1pm	1pm	10am-2pm *Ageless & Agile	1pm	1pm
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm	2pm	2pm	2pm	2pm	2pm	2pm
AGELESS & AGILE 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! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	3pm	3pm	3pm	3pm	3pm	3pm	3pm
YIN YOGA Yin Yoga (with Claire): A great introduction to fitness - A slower-paced yoga session combined with stretching. This class is aimed at those who are beginners, but is also suitable for any age and ability.	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm Yoga* 6pm	6pm Boxercise# 6pm	6pm	6pm	6pm Boxercise# 5:30pm	6pm	6pm
	7pm	7pm Circuits# 7pm	7pm	7pm	7pm Circuits# 6:30pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	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 a Baumber Village Hall, LN9 5NG



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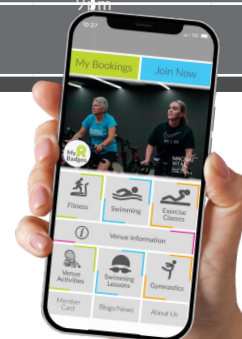
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Prices for Exercise Classes:

	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.



Horncastle Pool & Fitness Suite

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	
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)		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)	Swim Lessons	Lane Swim (8.45am)	9am
AQUACISE	10am	General Swim (9.30am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)			10am
QUIET SWIM	11am	General Swim (10.30am)	Aquacise (10.45am)	General Swim (10.30am)		Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	12pm
OVER 50's SWIM	1pm	Family Fun Splash (1pm)	General Swim (12.30pm)	General Swim (12.45pm)	Adult Lessons	General Swim (12.30pm)	General Swim (12.15pm)	General Swim (12.45pm)	1pm
FAMILY FUN	2pm		Staff Training	General Swim (1.45pm)	Family Fun Splash (1.15pm)	General Swim (1.30pm)	General Swim (1.15pm)	Lane Swim (1.45pm)	2pm
	3pm	Lane Swim (2.30pm)		Lane Swim (2.45pm)	Lane Swim (2.30pm)	Quiet Swim (2.30pm)	Lane Swim (2.15pm)	General Swim (2.15pm)	3pm
SWIM LESSONS	4pm								4pm
	5pm	General Swim (4pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
IMPORTANT: OTHER NOTES	6pm	General Swim (5pm)							6pm
	7pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.15pm)					7pm
		Lane Swim (7pm)			Lane Swim (6.45pm)				
	8pm		Lane Swim (7.30pm)	Lane Swim (7.30pm)	Lane Swim (7.45pm)	WB Club (Private Booking)			8pm
	9pm								9pm



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Horncastle Pool & Fitness Suite

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 Suite closes at 3pm)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	8am	8am	8am Yin Yoga** 8am	8am	8am	8am
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9.15am Yoga**		9am Yoga**				
	10am	9.30am Body Conditioning#		9.45am Aquacise~	10am	10am	10am
BOXERCISE Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		10.45am Aquacise~	10.30am Core & Stretch#	10.30am Core & Stretch#			
CIRCUITS 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.	11.45am Aquacise~		12pm Aquacise~		11.30am Aquacise~	11.30am Aquacise~	12pm
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.					10am-2pm *Ageless & Agile		1pm
BOXING CIRC. 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!							2pm
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!							3pm
AGELESS & AGILE 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! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)							4pm
YIN YOGA Yin Yoga (with Claire): A great introduction to fitness - A slower-paced yoga session combined with stretching. This class is aimed at those who are beginners, but is also suitable for any age and ability.	6pm Yoga*	6pm Boxercise#	6pm	6pm	5.30pm Boxercise#	6pm	6pm
	7pm	7pm Circuits#	7pm	7pm	6.30pm Circuits#	7pm	7pm
	8pm		8pm	8pm		8pm	8pm
	9pm		9pm	9pm		9pm	9pm

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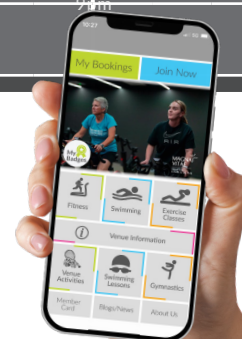
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45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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Horncastle Pool & Fitness Suite

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	
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)		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)	Swim Lessons	Lane Swim (8.45am)	9am
AQUACISE	10am	General Swim (9.30am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)			10am
QUIET SWIM	11am	General Swim (10.30am)	Aquacise (10.45am)	Stage 1 & 2 Booster Stage 3 & 4 Booster		Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons Adult Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	12pm
OVER 50's SWIM	1pm	Family Fun Splash (1pm)	General Swim (12.30pm)	General Swim (12.45pm)	Family Fun Splash (1.15pm)	General Swim (12.30pm)	General Swim (12.15pm)	General Swim (12.45pm)	1pm
FAMILY FUN	2pm			General Swim (1.45pm)		General Swim (1.30pm)	General Swim (1.15pm)	Lane Swim (1.45pm)	2pm
	3pm	Lane Swim (2.30pm)	Pool Inflatable (2pm-3pm) For ages 8+ Must be able to swim 50m	Lane Swim (2.45pm)	Lane Swim (2.30pm)	Quiet Swim (2.30pm)	Lane Swim (2.15pm)	General Swim (2.15pm)	3pm
SWIM LESSONS	4pm	General Swim (4pm)							4pm
	5pm	General Swim (5pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
IMPORTANT: OTHER NOTES	6pm								6pm
	7pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.15pm)	Lane Swim (6.45pm)				7pm
	8pm	Lane Swim (7pm)	Lane Swim (7.30pm)	Lane Swim (7.30pm)	Lane Swim (7.45pm)	WB Club (Private Booking)			8pm
	9pm								9pm



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Horncastle Pool & Fitness Suite

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 Suite closes at 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.	8am	8am	8am	8am Yin Yoga** 8am	8am	8am	8am
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9.15am Yoga**		9am Yoga**				
	10am	9.30am Body Conditioning#		9.45am Aquacise~		10am	10am
BOXERCISE Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		10.45am Aquacise~	10.30am Core & Stretch#	10.30am Core & Stretch#			
	11am			11am	11am *Ageless & Agile 10am-2pm	11am	11am
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.	12pm Aquacise~ 11.45am	12pm	12pm Aquacise~ 12pm		11.30am Aquacise~	11.30am Aquacise~	12pm
	1pm		1pm	1pm		1pm	1pm
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	2pm	2pm	2pm	2pm		2pm	2pm
BOXING CIRC. 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!	3pm	3pm	3pm	3pm		3pm	3pm
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm	4pm	4pm	4pm		4pm	4pm
AGELESS & AGILE 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! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	5pm	5pm	5pm	5pm		5pm	5pm
	6pm Yoga* 6pm	6pm Boxercise# 6pm	6pm	6pm	6pm Boxercise# 5:30pm	6pm	6pm
	7pm	7pm Circuits# 7pm	7pm	7pm	7pm Circuits# 6:30pm	7pm	7pm
YIN YOGA Yin Yoga (with Claire): A great introduction to fitness - A slower-paced yoga session combined with stretching. This class is aimed at those who are beginners, but is also suitable for any age and ability.	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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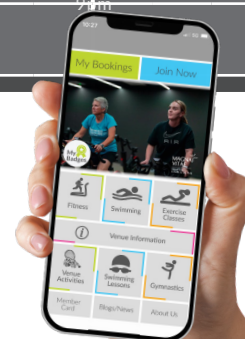
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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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	7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)		7am
LANE SWIM	8am	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)		Lane Swim (8.45am)	9am
AQUACISE	10am	General Swim (9.30am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)			10am
QUIET SWIM	11am	General Swim (10.30am)	Aquacise (10.45am)	General Swim (10.30am)	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)	Aquacise (12pm)		Aquacise (11.30am)		General Swim (11.45am)	12pm
OVER 50's SWIM	1pm	Family Fun Splash (1pm)	General Swim (12.30pm)	General Swim (12.45pm)	Adult Lessons	General Swim (12.30pm)	General Swim (12.15pm)	General Swim (12.45pm)	1pm
FAMILY FUN	2pm		Staff Training	General Swim (1.45pm)	Family Fun Splash (1.15pm)	General Swim (1.30pm)	General Swim (1.15pm)	Lane Swim (1.45pm) General Swim (1.45pm)	2pm
	3pm	Lane Swim (2.30pm)		Lane Swim (2.45pm)	Lane Swim (2.30pm)	Quiet Swim (2.30pm)	Lane Swim (2.15pm) General Swim (2.15pm)		3pm
SWIM LESSONS	4pm	General Swim (4pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			4pm
	5pm	General Swim (5pm)							5pm
IMPORTANT: OTHER NOTES	6pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.15pm)	Lane Swim (6.45pm)	WB Club (Private Booking)			6pm
	7pm	Lane Swim (7pm)	Lane Swim (7.30pm)	Lane Swim (7.30pm)					7pm
	8pm								8pm
	9pm								9pm



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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!

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
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	8am	8am	8am Yin Yoga** 8am	8am	8am	8am
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9.15am Yoga**		9am Yoga**				
	10am	9.30am Body Conditioning#		9.45am Aquacise~	10am	10am	10am
BOXERCISE Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		10.45am Aquacise~	10.30am Core & Stretch#	10.30am Core & Stretch#	11am	11am	11am
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.	12pm Aquacise~ 11.45am	12pm	12pm Aquacise~ 12pm		11.30am Aquacise~	11.30am Aquacise~	12pm
	1pm		1pm	1pm	10am-2pm *Ageless & Agile		1pm
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	2pm	2pm	2pm	2pm	2pm	2pm	2pm
BOXING CIRC. 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!	3pm	3pm	3pm	3pm	3pm	3pm	3pm
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm	4pm	4pm	4pm	4pm	4pm	4pm
AGELESS & AGILE 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! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm Yoga*	6pm Boxercise#	6pm	6pm	5.30pm Boxercise#	6pm	6pm
	7pm	7pm Circuits#	7pm	7pm	6.30pm Circuits#	7pm	7pm
YIN YOGA Yin Yoga (with Claire): A great introduction to fitness - A slower-paced yoga session combined with stretching. This class is aimed at those who are beginners, but is also suitable for any age and ability.	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	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



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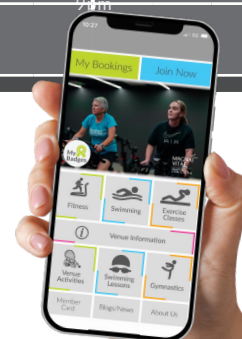
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Prices for Exercise Classes:

	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!

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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)		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)	Swim Lessons	Lane Swim (8.45am)	9am
AQUACISE	10am	General Swim (9.30am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)			10am
QUIET SWIM	11am	General Swim (10.30am)	Aquacise (10.45am)	Deep Water Confidence Distance Badge Session		Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons Adult Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	12pm
OVER 50's SWIM	1pm	Family Fun Splash (1pm)	General Swim (12.30pm)	General Swim (12.45pm)	Family Fun Splash (1.15pm)	General Swim (12.30pm)	General Swim (12.15pm)	General Swim (12.45pm)	1pm
FAMILY FUN	2pm			General Swim (1.45pm)		General Swim (1.30pm)	General Swim (1.15pm)	Lane Swim (1.45pm)	2pm
	3pm	Lane Swim (2.30pm)	Pool Inflatable (2pm-3pm) For ages 8+ Must be able to swim 50m	Lane Swim (2.45pm)	Lane Swim (2.30pm)	Quiet Swim (2.30pm)	Lane Swim (2.15pm)	General Swim (2.15pm)	3pm
SWIM LESSONS	4pm	General Swim (4pm)							4pm
	5pm	General Swim (5pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
IMPORTANT: OTHER NOTES	6pm								6pm
	7pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.15pm)	Lane Swim (6.45pm)				7pm
	8pm	Lane Swim (7pm)	Lane Swim (7.30pm)	Lane Swim (7.30pm)	Lane Swim (7.45pm)	WB Club (Private Booking)			8pm
	9pm								9pm



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Prices for Swimming:

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£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Horncastle Pool & Fitness Suite

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 Suite closes at 3pm)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	8am	8am	8am Yin Yoga** 8am	8am	8am	8am
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am Yoga** 9.15am	9am	9am Yoga** 9am	9am	9am	9am	9am
BOXERCISE Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	10am	9.30am Body Conditioning#	10am	9.45am Aquacise~ 9.45am	10am	10am	10am
CIRCUITS 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	10.45am Aquacise~ 10.45am	10.30am Core & Stretch# 10.30am	10.30am Core & Stretch# 10.30am	11am	11am	11am
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	12pm	12pm	12pm	12pm	11.30am Aquacise~ 11.30am	11.30am Aquacise~ 11.30am	12pm
BOXING CIRC. 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	1pm	1pm	1pm	10am-2pm *Ageless & Agile	1pm	1pm
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm	2pm	2pm	2pm	2pm	2pm	2pm
AGELESS & AGILE 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! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	3pm	3pm	3pm	3pm	3pm	3pm	3pm
YIN YOGA Yin Yoga (with Claire): A great introduction to fitness - A slower-paced yoga session combined with stretching. This class is aimed at those who are beginners, but is also suitable for any age and ability.	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm Yoga* 6pm	6pm Boxercise# 6pm	6pm	6pm	6pm Boxercise# 5:30pm	6pm	6pm
	7pm	7pm Circuits# 7pm	7pm	7pm	7pm Circuits# 6:30pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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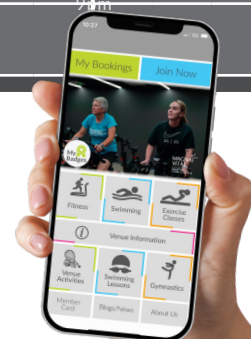
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Horncastle Pool & Fitness Suite

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 closes at 3pm)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	closes at 9pm		
GEN. SWIM	6am	BANK HOLIDAY							6am		
	7am	Opening Times: 7:45am-1:00pm	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 (7.45am)	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 (8.45am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.45am)		9am		
AQUACISE	10am	Lane Swim (9.45am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)	Aquacise (11.30am)			10am	
QUIET SWIM	11am	General Swim (10.45am)	Aquacise (10.45am)	General Swim (10.30am)	Ducklings Lessons				Over 50's Swim (10.30am)	Family Fun Splash (10.45am)	11am
	12pm	General Swim (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Adult Lessons		Aquacise (11.30am)	General Swim (11.45am)	12pm		
OVER 50's SWIM	1pm		General Swim (12.30pm)	General Swim (12.45pm)	Adult Lessons		General Swim (12.15pm)	General Swim (12.45pm)	1pm		
FAMILY FUN	2pm		Staff Training (2pm-3pm)	General Swim (1.45pm)	Family Fun Splash (1.15pm)	General Swim (1.30pm)	General Swim (1.15pm)	Lane Swim (1.45pm)	General Swim (1.45pm)	2pm	
	3pm			Lane Swim (2.45pm)	Lane Swim (2.30pm)	Quiet Swim (2.30pm)	Lane Swim (2.15pm)	General Swim (2.15pm)		3pm	
SWIM LESSONS	4pm								4pm		
	5pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm		
IMPORTANT: OTHER NOTES	6pm					Swim Lessons			6pm		
	7pm		General Swim (6.15pm)	General Swim (6.15pm)	Lane Swim (6.45pm)				7pm		
	8pm		Lane Swim (7.30pm)	Lane Swim (7.30pm)	Lane Swim (7.45pm)	WB Club (Private Booking)			8pm		
	9pm								9pm		

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 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:
Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.

Quiet Swim:
Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artificial lighting where possible. Our lifeguards will refrain from using whistles.

Over 50's Swim:
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!

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:
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

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Horncastle Pool & Fitness Suite

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 closes at 3pm)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	8am	8am	8am	8am	8am	8am
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am	9am	9am	9am	9am	9am	9am
BOXERCISE Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	10am	10am	10am	10am	10am	10am	10am
CIRCUITS 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	11am	11am	11am	11am	11am	11am
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	12pm	12pm	12pm	12pm	12pm	12pm	12pm
BOXING CIRC. 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	1pm	1pm	1pm	1pm	1pm	1pm
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm	2pm	2pm	2pm	2pm	2pm	2pm
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	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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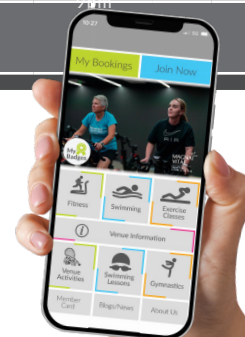
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Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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