

Horncastle Pool & Fitness Suite

Swimming Pool Programme

Term Time | 9th June - 20th 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)		Family Fun Splash (10.45am)	11am
	12pm	Aquacise (11.45am)	General Swim (11.30am-1pm)	Aquacise (12pm)	Adult Lessons	Aquacise (11.30am)	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



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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!

Horncastle Pool & Fitness Suite

Exercise Class Programme

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	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			Tiny, but Mighty** 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	Yoga** 9am				9am
BOXERCISE Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	10am	Body Conditioning# 9.30am		Aquacise~ 9.45am			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	Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am			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		Aquacise~ 12pm		Aquacise~ 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				* Ageless & Agile 10am-2pm		1pm
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	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
TINY BUT MIGHTY 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	Yoga* 6pm	Boxercise# 6pm		Boxercise# 5:30pm		6pm
	7pm		Circuits# 7pm		Circuits# 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



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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.

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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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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£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Horncastle Pool & Fitness Suite

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 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			Tiny, but Mighty** 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** 9am					9am	
		10am	Body Conditioning# 9.30am		Aquacise~ 9.45am				10am	
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	11am	Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am				11am	
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.	12pm	Aquacise~ 11.45am	Aquacise~ 12pm		Aquacise~ 11.30am	* Ageless & Agile 10am-2pm	Aquacise~ 11.30am	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.	1pm								1pm
BOXING CIRC.	Boxing Circuits: (<i>Juniors 14yrs+ are allowed</i>) Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	2pm								2pm
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	3pm							3pm	
		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... (<i>Or only £3.00 per session.</i>)	5pm							5pm	
		6pm	Yoga* 6pm	Boxercise# 6pm		Boxercise# 5:30pm			6pm	
		7pm		Circuits# 7pm		Circuits# 6:30pm			7pm	
TINY BUT MIGHTY	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 Claire's Yoga classes.	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



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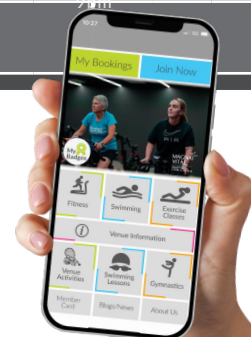
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Classes:

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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)	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	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
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		9pm							9pm	

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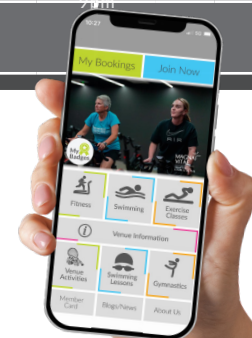
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Classes:

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Horncastle Pool & Fitness Suite

Swimming Pool Programme

Holiday Programme | 4th - 10th August

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	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)	Stage 1 & 2 Booster Stage 3 & 4 Booster	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)	Adult Lessons	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			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)	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:

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

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 Tiny, but Mighty**	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**				
BOXERCISE Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		9.30am Body Conditioning#		9.45am Aquacise~			
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.				10.30am Core & Stretch#			
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.		10.45am Aquacise~			11.30am Aquacise~		
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!		10.30am Core & Stretch#				11.30am Aquacise~	
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!							
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.)					10am-2pm * Ageless & Agile		
TINY BUT MIGHTY 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 Claire's Yoga classes.							
	12pm Aquacise~		12pm Aquacise~				
	1pm		1pm	1pm			
	2pm		2pm	2pm			
	3pm		3pm	3pm			
	4pm		4pm	4pm			
	5pm		5pm	5pm			
	6pm Yoga*	6pm Boxercise#	6pm	6pm	5:30pm Boxercise#	6pm	
		7pm Circuits#	7pm	7pm	6:30pm Circuits#	7pm	
	8pm		8pm	8pm			
	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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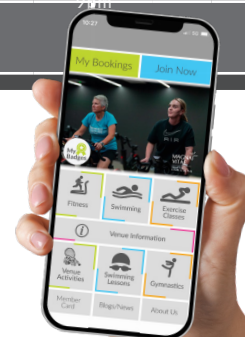
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Prices for Exercise Classes:

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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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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
	11am	General Swim (10.30am)	Aquacise (10.45am)	General Swim (10.30am)	Ducklings Lessons	Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	11am
QUIET SWIM	12pm	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Adult Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	12pm
	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
OVER 50's SWIM	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
FAMILY FUN	4pm	General Swim (4pm)							4pm
	5pm	General Swim (5pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
SWIM LESSONS	6pm	Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.15pm)					6pm
	7pm	Lane Swim (7pm)			Lane Swim (6.45pm)				7pm
IMPORTANT: OTHER NOTES	8pm		Lane Swim (7.30pm)	Lane Swim (7.30pm)	Lane Swim (7.45pm) WB Club (Private Booking)				8pm
	9pm								9pm



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	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 Tiny, but Mighty**	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**				
BOXERCISE Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		9.30am Body Conditioning#		9.45am Aquacise~			
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.		10.45am Aquacise~		10.30am Core & Stretch#			
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.		10.30am Core & Stretch#		11am	11am *Ageless & Agile		
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!					11.30am Aquacise~	11.30am Aquacise~	
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!					10am-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.)							
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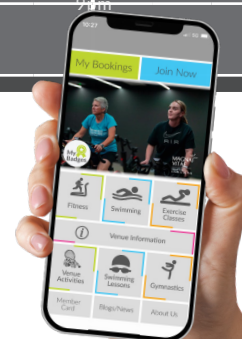
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Prices for Exercise Classes:

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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

Term Time | 18th - 24th August

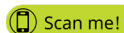
Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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)			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 (7am)		8am
	9am	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)		Lane Swim (7.45am)	9am
AQUACISE	10am	General Swim (9.30am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)	Swim Lessons		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)	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)	Adult Lessons	General Swim (12.30pm)	General Swim (12.15pm)	General Swim (12.45pm)	1pm
	2pm			General Swim (1.45pm)	Family Fun Splash (1.15pm)	General Swim (1.30pm)	General Swim (1.15pm)	Lane Swim (1.45pm)	2pm
FAMILY FUN	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)		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)	General Swim (6.15pm)					6pm
IMPORTANT: OTHER NOTES	7pm	Lane Swim (7pm)			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



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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

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	
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
AQUACISE	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
	10am	Lane Swim (9.45am)	Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	General Swim (9.30am)			10am
QUIET SWIM	11am	General Swim (10.45am)	Aquacise (10.45am)	General Swim (10.30am)	Ducklings Lessons	Over 50's Swim (10.30am)	Aquacise (11.30am)	Family Fun Splash (10.45am)	11am
OVER 50's SWIM	12pm	General Swim (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Adult Lessons	Aquacise (11.30am)		General Swim (11.45am)	12pm
	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 (2pm-3pm)	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 (2.45pm)	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								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
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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: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.				Tiny, but Mighty** 8am			
YOGA: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.			Yoga** 9am				
BOXERCISE: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.		Body Conditioning# 9.30am		Aquacise~ 9.45am			
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.		Aquacise~ 10.45am		Core & Stretch# 10.30am			
BODY COND. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.					*Ageless & Agile 10am-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!			Aquacise~ 12pm		Aquacise~ 11.30am	Aquacise~ 11.30am	
CORE & ST. Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!							
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.)							
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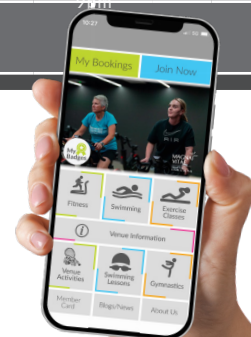
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	(General Public)	(Subscription Holder)	(Subscription Holder)	(Membership Holder)
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