

Skegness Pool & Fitness Suite


Swimming Pool Programme

Holiday Programme | 21st - 27th July

Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

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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**!

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- Bookings can be made up to 7 days in advance.
- To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions** (per week).
- **All payments must be made at the time of booking.**
- **Need to cancel a booking?** You must cancel 48 hours in advance (at least) to claim a refund.

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

Come and make a **SPLASH** in Skegness' Outdoor Pool!

Prices for Swimming:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Spectators (Does not include Sun Lounger)	Sun Lounger (Deposit required upon arrival)	Magna Vitae Member (Membership Holder)
1 hour session	£5.85	£4.90	£4.45	£2.50	£1.00	£3.00	£3.00 (+£2.00 deposit)	FREE!
1.5 hour session	£9.50	£7.00	£6.40	£3.75	£1.60			
Half Day Session	£16.00	£9.80	£8.75	£6.10	£3.00			

- **Potential Programme Changes:**
 - Please be aware that **our programme is subject to change** at the discretion of our Duty Manager. It's never an easy decision for us to make... Unfortunately, it is often due to reasons beyond our control. To ensure that you **view an up-to-date programme**, use the **live timetables** on our website: magnavitea.org/timetables/

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Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUACISE Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am								6am
ZUMBA Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)	7am								7am
FIGHTING FIT Aims to support those living with or recovering from cancer. Low-impact fitness, designed to build strength and increase activity levels, whilst connecting with others.	8am								8am
CIRCUITS Combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' = all the exercises have been completed.	9am	A Zumba Step 9am	A Fun, Fit and Fab 9am	A Zumba Toning 9am		A Pilates 9am			9am
ZUMBA TONING This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	10am	P Aquacise 9.30am	A Fitball 10am	P Aquacise 9.30am	P Aquacise 9.30am	P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	10am
YOGALATES A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!	11am	A Yoga 11am	A Ageless & Agile* 10am-12noon	A Zumba 10am	A LBT 10am				11am
CORE & STRETCH A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	12pm		A Yogalates 11am	A Yoga 11am					12pm
YOGA A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.	1pm								1pm
LEGS, BUMS & TUMS (LBT) A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!	2pm								2pm
PILATES Combining stretching and strength work to improve both your posture - And your mobility!	3pm								3pm
FIT BALL Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	4pm								4pm
AGELESS & AGILE Ageless & Agile*: Takes place at Barratt Court, Lyndhurst Ave, Skegness, PE25 2PQ. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	5pm								5pm
Fun, Fit and Fab Get ready to sweat, smile and sculpt your body with a circuit-style workout... As fun as it is effective!	6pm								6pm
	7pm								7pm
	8pm								8pm
	9pm								9pm



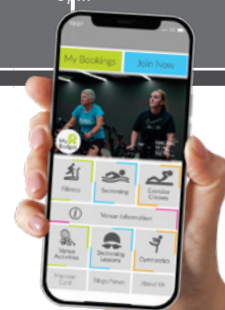
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Download Magna Vitae's app for **FREE!** Be 'appy.



Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



Skegness Pool & Fitness Suite

Swimming Pool Programme

Holiday Programme | 28th July - 3rd August

Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GEN. SWIM	General Swim Session: This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR
		7am	General Swim INDOOR POOL 6.30am-9.30am	7am	General Swim INDOOR POOL 6.30am-9.30am	7am	General Swim INDOOR POOL 6.30am-9.30am	7am	General Swim INDOOR POOL 6.30am-9.30am	7am	General Swim INDOOR POOL 6.30am-9.30am	7am		7am	
LANE SWIM	Lane Swim Session: Lane swims are available alongside general swim sessions. The swimming pool is divided (into 1 or 2 lanes). Lane etiquette and visual directions are situated at the end of the lanes.	8am	Lane Swim	8am	Lane Swim	8am	Lane Swim	8am	Lane Swim	8am	Lane Swim	8am		8am	
		9am		9am		9am		9am		9am		9am		9am	
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.	10am		10am	Aquacise 9.30am-10.30am	10am		10am		10am		10am	Swim Lessons	10am	Adult Only 8.30am-9.30am
		11am	Aquacise 10am-11am	11am	Swim Lessons	11am	Aquacise 10am-11am	11am	Aquacise 10am-11am	11am	Aquacise 10am-11am	11am		11am	Swim Lesson
ADULTS ONLY	Adults Only Swim: Adults only swim is for ages 16 years+ This session includes: 1 lane (for lane swimming) and 4 lanes (open - for general swimming.) This session is suitable for all abilities. Book your session, today!	12pm	General Swim INDOOR POOL 11.30am-1.30pm	12pm	General Swim INDOOR POOL 11.30am-3pm	12pm	General Swim INDOOR POOL 11.30am-1.30pm	12pm	General Swim INDOOR POOL 11.30am-3pm	12pm	General Swim INDOOR POOL 11.30am-5pm	12pm	General Swim INDOOR POOL 11am-3.30pm	12pm	General Swim INDOOR POOL 10.30am-3.30pm
		1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.	2pm		2pm	General Swim OUTDOOR POOL 10.30am-6.30pm	2pm		2pm	General Swim OUTDOOR POOL 10.30am-8pm	2pm	General Swim OUTDOOR POOL 10.30am-5pm	2pm	General Swim OUTDOOR POOL 9.30am-3pm	2pm	General Swim OUTDOOR POOL 9.30am-4pm
		3pm	Family Fun Splash 1.30pm-3pm	3pm		3pm	Family Fun Splash 1.30pm-3pm	3pm		3pm		3pm	General Swim OUTDOOR POOL 11am-3.30pm	3pm	General Swim OUTDOOR POOL 10.30am-3.30pm
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!	4pm		4pm		4pm		4pm		4pm		4pm		4pm	
		5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm		5pm	Pool Party Hire (4pm-6pm)	5pm	
FAMILY FUN	Family Fun Splash: An open swimming session with floats! Come and make a splash... It's suitable for all abilities and great for some family bonding time!	6pm		6pm		6pm		6pm		6pm	Pool Inflatables (5pm-6.30pm) For ages 8+ Must be able to swim 50m	6pm	Family Fun Splash (3pm-4.30pm)	6pm	Family Fun Splash (3pm-4.30pm)
		7pm		7pm		7pm		7pm		7pm	Family Fun Splash (5pm-6.30pm)	7pm		7pm	
SWIM LESSONS	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower	8pm	General Swim INDOOR POOL 7.30pm-8.10pm	8pm		8pm	General Swim INDOOR POOL 7pm-8pm	8pm		8pm		8pm		8pm	
		9pm		9pm		9pm		9pm		9pm		9pm		9pm	
IMPORTANT: OTHER NOTES	Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.														
	Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)														
	Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately, it is often due to reasons beyond our control. To ensure that you view an up-to-date programme, use the live timetables on our website... Or download our free MV app!														

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1 hour session	£5.85	£4.90	£4.45	£2.50	£1.00			
1.5 hour session	£9.50	£7.00	£6.40	£3.75	£1.60	£3.00	£3.00 (+£2.00 deposit)	FREE!
Half Day Session	£16.00	£9.80	£8.75	£6.10	£3.00			

Skegness Pool & Fitness Suite

Exercise Class Programme

Holiday Programme | 28th July - 3rd August

Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUACISE: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am								6am
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ZUMBA TONING: This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	10am	P Aquacise 10am	A Fitball 10am	P Aquacise 9.30am	P Aquacise 10am	P Aquacise 10am	G High Intensity Circuits 10am		10am
YOGALATES: A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!	11am	A Yoga 11am	A Zumba 10am	A LBT 10am	P Aquacise 10am	P Aquacise 10am	G High Intensity Circuits 10am		11am
CORE & STRETCH: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	12pm								12pm
YOGA: A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.	1pm								1pm
Legs, Bums & Tums (LBT): A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!	2pm								2pm
PILATES: Combining stretching and strength work to improve both your posture - And your mobility!	3pm								3pm
Fit Ball: Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	4pm								4pm
Ageless & Agile*: Takes place at Barratt Court, Lyndhurst Ave, Skegness, PE25 2PQ. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	5pm								5pm
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	7pm								7pm
	8pm								8pm
	9pm								9pm



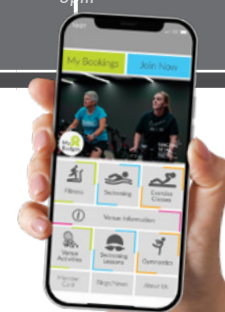
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45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



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Skegness Pool & Fitness Suite

Swimming Pool Programme

Holiday Programme | 4th - 17th August

Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GEN. SWIM	General Swim Session: This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	6am	INDOOR	6am	OUTDOOR	6am	INDOOR	6am	OUTDOOR	6am	INDOOR	6am	OUTDOOR	6am	INDOOR
		7am	General Swim INDOOR POOL 6.30am-9.30am	7am	Lane Swim	7am	General Swim INDOOR POOL 6.30am-9.30am	7am	Lane Swim	7am	General Swim INDOOR POOL 6.30am-9.30am	7am	Lane Swim	7am	General Swim INDOOR POOL 6.30am-9.30am
LANE SWIM	Lane Swim Session: Lane swims are available alongside general swim sessions. The swimming pool is divided (into 1 or 2 lanes). Lane etiquette and visual directions are situated at the end of the lanes.	8am	General Swim INDOOR POOL 6.30am-9.30am	8am	Lane Swim	8am	General Swim INDOOR POOL 6.30am-9.30am	8am	Lane Swim	8am	General Swim INDOOR POOL 6.30am-9.30am	8am	Lane Swim	8am	General Swim INDOOR POOL 6.30am-9.30am
		9am	Aquacise	9am		9am	Aquacise	9am		9am	Aquacise	9am	Swim Lessons	9am	Adult Only 8.30am-9.30am
AQUACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	10am	Aquacise 10am-11am	10am		10am	Aquacise 10am-11am	10am		10am	Aquacise 10am-11am	10am	Swim Lessons	10am	Swim Lesson
		11am		11am	Swim Lessons	11am		11am		11am		11am		11am	
ADULTS ONLY	Adults Only Swim: Adults only swim is for ages 16 years+ This session includes: 1 lane (for lane swimming) and 4 lanes (open - for general swimming.) This session is suitable for all abilities. Book your session, today!	12pm	General Swim INDOOR POOL 11.30am-1.30pm	12pm	Lane Swim	12pm	General Swim INDOOR POOL 11.30am-1.30pm	12pm	Lane Swim	12pm	General Swim INDOOR POOL 11.30am-1.30pm	12pm	Lane Swim	12pm	General Swim INDOOR POOL 11.30am-1.30pm
		1pm		1pm	General Swim INDOOR POOL 11.30am-1.30pm	1pm		1pm	General Swim INDOOR POOL 11.30am-1.30pm	1pm		1pm	General Swim INDOOR POOL 11.30am-1.30pm	1pm	
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.	2pm	Family Fun Splash 1.30pm-3pm	2pm	General Swim OUTDOOR POOL 10.30am-6.30pm	2pm	Family Fun Splash 1.30pm-3pm	2pm	General Swim OUTDOOR POOL 10.30am-6.30pm	2pm	General Swim OUTDOOR POOL 10.30am-5pm	2pm	General Swim INDOOR POOL 11am-3.30pm	2pm	General Swim INDOOR POOL 10.30am-3.30pm
		3pm		3pm		3pm		3pm		3pm		3pm		3pm	
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons
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FAMILY FUN	Family Fun Splash: An open swimming session with floats! Come and make a splash... It's suitable for all abilities and great for some family bonding time!	6pm		6pm		6pm		6pm		6pm		6pm		6pm	
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ZUMBA TONING This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	10am	P Aquacise 10am	A Fitball 10am	P Aquacise 9.30am	P Aquacise 10am	P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	10am
YOGALATES A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!	11am	A Yoga 11am	A Ageless & Agile* 10am-12noon	A Zumba 10am	P Aquacise 10am	P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	11am
CORE & STRETCH A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	12pm								12pm
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	9pm								9pm



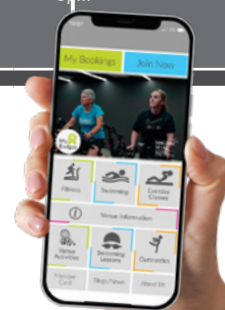
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Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



Skegness Pool & Fitness Suite

Swimming Pool Programme

Holiday Programme | 18th - 24th August

Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GEN. SWIM	General Swim Session: This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR	6am	INDOOR
		7am	General Swim INDOOR POOL 6.30am-9.30am	7am	Gen. Swim INDOOR POOL 6.30am-9.30am	7am	General Swim INDOOR POOL 6.30am-9.30am	7am	Gen. Swim INDOOR POOL 6.30am-9.30am	7am	General Swim INDOOR POOL 6.30am-9.30am	7am		7am	
LANE SWIM	Lane Swim Session: Lane swims are available alongside general swim sessions. The swimming pool is divided (into 1 or 2 lanes). Lane etiquette and visual directions are situated at the end of the lanes.	8am	Lane Swim	8am	SAS CLUB	8am	Lane Swim	8am	SAS CLUB	8am	Lane Swim	8am		8am	
		9am		9am		9am		9am		9am		9am		9am	
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.	10am		10am	Aquacise 9.30am-10.30am	10am		10am		10am		10am	Swim Lessons	10am	Adult Only 8.30am-9.30am
		11am	Aquacise 10am-11am	11am	Swim Lessons	11am	Aquacise 10am-11am	11am	Aquacise 10am-11am	11am	Aquacise 10am-11am	11am		11am	Swim Lesson SAS CLUB
ADULTS ONLY	Adults Only Swim: Adults only swim is for ages 16 years+ This session includes: 1 lane (for lane swimming) and 4 lanes (open - for general swimming.) This session is suitable for all abilities. Book your session, today!	12pm	General Swim INDOOR POOL 11.30am-1.30pm	12pm	General Swim INDOOR POOL 11.30am-3pm	12pm	General Swim INDOOR POOL 11.30am-1.30pm	12pm	General Swim INDOOR POOL 11.30am-3pm	12pm	General Swim INDOOR POOL 11.30am-5pm	12pm	General Swim INDOOR POOL 12pm-3.30pm	12pm	General Swim INDOOR POOL 10.30am-3.30pm
		1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim	1pm	Lane Swim
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.	2pm	Family Fun Splash 1.30pm-3pm	2pm	General Swim OUTDOOR POOL 10.30am-6pm	2pm	Family Fun Splash 1.30pm-3pm	2pm	General Swim OUTDOOR POOL 10.30am-6pm	2pm	General Swim OUTDOOR POOL 10.30am-6pm	2pm	General Swim OUTDOOR POOL 9.30am-3pm	2pm	General Swim OUTDOOR POOL 9.30am-4pm
		3pm		3pm		3pm		3pm		3pm		3pm		3pm	
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!	4pm		4pm		4pm		4pm		4pm		4pm		4pm	
		5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm		5pm	Pool Party Hire (4pm-6pm)	5pm	
FAMILY FUN	Family Fun Splash: An open swimming session with floats! Come and make a splash... It's suitable for all abilities and great for some family bonding time!	6pm		6pm		6pm		6pm		6pm		6pm		6pm	
		7pm	SAS Club	7pm	SAS Club	7pm	General Swim INDOOR POOL 7pm-8pm	7pm	SAS Club	7pm	General Swim INDOOR POOL 6pm-8pm	7pm		7pm	
SWIM LESSONS	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower	8pm		8pm		8pm		8pm		8pm		8pm		8pm	
		9pm		9pm		9pm		9pm		9pm		9pm		9pm	
IMPORTANT: OTHER NOTES	Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.														
	Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)														
	Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. To ensure that you view an up-to-date programme, use the live timetables on our website... Or download our free MV app!														

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Come and make a **SPLASH** in Skegness' Outdoor Pool!

Prices for Swimming:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Spectators (Does not include Sun Lounger)	Sun Lounger (Deposit required upon arrival)	Magna Vitae Member (Membership Holder)
1 hour session	£5.85	£4.90	£4.45	£2.50	£1.00			
1.5 hour session	£9.50	£7.00	£6.40	£3.75	£1.60	£3.00	£3.00 (+£2.00 deposit)	FREE!
Half Day Session	£16.00	£9.80	£8.75	£6.10	£3.00			

magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Venue Opening Times | Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUACISE: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am								6am
ZUMBA: Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)	7am								7am
FIGHTING FIT: Aims to support those living with or recovering from cancer. Low-impact fitness, designed to build strength and increase activity levels, whilst connecting with others.	8am								8am
CIRCUITS: Combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' = all the exercises have been completed.	9am	A Zumba Step 9am	A Fun, Fit and Fab 9am	A Zumba Toning 9am		A Pilates 9am			9am
ZUMBA TONING: This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	10am	P Aquacise 10am	A Fitball 10am	P Aquacise 9.30am	P Aquacise 10am	P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	10am
YOGALATES: A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!	11am	A Yoga 11am	A Zumba 10am	A LBT 10am	P Aquacise 10am	P Aquacise 10am	A Pilates 10am	G High Intensity Circuits 10am	11am
CORE & STRETCH: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	12pm								12pm
YOGA: A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.	1pm								1pm
Legs, Bums & Tums (LBT): A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!	2pm								2pm
PILATES: Combining stretching and strength work to improve both your posture - And your mobility!	3pm								3pm
Fit Ball: Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	4pm								4pm
Ageless & Agile*: Takes place at Barratt Court, Lyndhurst Ave, Skegness, PE25 2PQ. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	5pm								5pm
Fun, Fit and Fab: Get ready to sweat, smile and sculpt your body with a circuit-style workout... As fun as it is effective!	6pm								6pm
	7pm								7pm
	8pm								8pm
	9pm								9pm



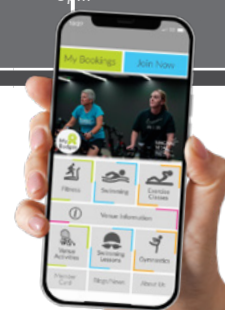
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45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



Venue Opening Times | Bank Holiday Monday: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR
GEN. SWIM	General Swim Session: This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	BANK HOLIDAY Opening Times: 8am-6.00pm		Gen. Swim INDOOR POOL 6.30am-9.30am SAS CLUB Lane Swim		General Swim INDOOR POOL 6.30am-9.30am Lane Swim		Gen. Swim INDOOR POOL 6.30am-9.30am SAS CLUB Lane Swim		General Swim INDOOR POOL 6.30am-9.30am Lane Swim					
LANESWIM	Lane Swim Session: Lane swims are available alongside general swim sessions. The swimming pool is divided (into 1 or 2 lanes). Lane etiquette and visual directions are situated at the end of the lanes.														
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.	General Swim INDOOR POOL 8.30am-1.30pm Lane Swim		Aquacise 9.30am-10.30am Swim Lessons		Aquacise 10am-11am		Aquacise 10am-11am		Aquacise 10am-11am		Swim Lessons		Adult Only 8.30am-9.30am Swim Lesson SAS CLUB	
ADULTS ONLY	Adults Only Swim: Adults only swim is for ages 16 years+ This session includes: 1 lane (for lane swimming) and 4 lanes (open - for general swimming.) This session is suitable for all abilities. Book your session, today!														
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.	General Swim INDOOR POOL 11.30am-3pm Lane Swim		General Swim INDOOR POOL 11.30am-3pm Lane Swim		General Swim INDOOR POOL 11.30am-3pm Lane Swim		General Swim INDOOR POOL 11.30am-3pm Lane Swim		General Swim INDOOR POOL 11.30am-3pm Lane Swim		General Swim INDOOR POOL 12pm-3.30pm Lane Swim		General Swim INDOOR POOL 10.30am-3.30pm Lane Swim	
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FAMILY FUN	Family Fun Splash: An open swimming session with floats! Come and make a splash... It's suitable for all abilities and great for some family bonding time!	Family Fun Splash 1.30pm-3pm General Swim OUTDOOR POOL 10.30am-6pm		General Swim OUTDOOR POOL 10.30am-6pm		Family Fun Splash 1.30pm-3pm General Swim OUTDOOR POOL 10.30am-6pm		General Swim OUTDOOR POOL 10.30am-6pm		General Swim INDOOR POOL 11.30am-5pm Lane Swim		General Swim OUTDOOR POOL 9.30am-3pm		General Swim OUTDOOR POOL 9.30am-4pm	
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IMPORTANT: OTHER NOTES	Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Pool Inflatables (5pm-6.30pm) For ages 8+ Must be able to swim 50m		Family Fun Splash (5pm-6.30pm)		Pool Party Hire (4pm-6pm)	
	Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)														
	Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often beyond our control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app!	SAS Club		Aquacise 7.15pm		General Swim INDOOR POOL 7pm-8pm Lane Swim		SAS Club							

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ZUMBA	Zumba: Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)								7am
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CIRCUITS	Circuits: Combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' = all the exercises have been completed.								9am
ZUMBA TONING	Zumba Toning: This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!								10am
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YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.								1pm
LBT	Legs, Bums & Tums (LBT): A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!								2pm
PILATES	Pilates: Combining stretching and strength work to improve both your posture - And your mobility!								3pm
FITBALL	Fit Ball: Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!								4pm
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FFF	Fun, Fit and Fab: Get ready to sweat, smile and sculpt your body with a circuit-style workout... As fun as it is effective!								6pm



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