


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	
	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)	Family Fun Splash (10.45am)			10am	
QUIET SWIM	11am	General Swim (10.45am)	Aquacise (10.45am)	General Swim (10.30am)	Ducklings Lessons				Over 50's Swim (10.30am)		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 (12.30pm)	General Swim (12.15pm)	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								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		



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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)
£5.65	£4.65	£4.25	£2.50	£1.00	FREE!

Horncastle Pool & Fitness Suite

Exercise Class Programme

Term Time | 25th - 31st August

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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	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
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	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

* - 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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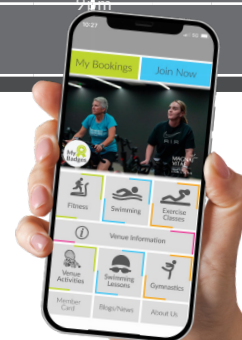
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Prices for Exercise Classes:

	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	£5.65	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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 TRUST FOR LEISURE & CULTURE

Horncastle Pool & Fitness Suite

Swimming Pool Programme

Term Time | 1st - 7th September

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	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	6am	6am	6am	6am	6am	6am	6am
LANESWIM	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.	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (7am)	7am	7am
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 Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	Swim Lessons	8am Lane Swim (7.45am)	8am
GENTLE AQ.	Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)			9am
								Otters Swim Club (9am)	10am
INCLUSIVE	Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	10am General Swim (9.30am)	10am Slow & Steady (9.30am)	10am General Swim (9.30am)	10am Aquacise (9.45am)	10am General Swim (9.30am)			
SLOW & ST.	Slow & Steady Swim: An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities!	11am General Swim (10.30am)	11am Aquacise (10.45am)	11am General Swim (10.30am)	11am General Swim (10.30am)	11am Slow & Steady (10.30am)		11am Family Fun Splash (10.45am)	11am
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!	12pm Aquacise (11.45am)	12pm General Swim (11.30am)	12pm Aquacise (12pm)	12pm Ducklings Lessons	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)		12pm
								General Swim (11.45am)	
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	1pm Family Fun Splash (1pm)	1pm General Swim (12.30pm)	1pm General Swim (12.45pm)	1pm Adult Swim Lessons	1pm Staff Training (12.30pm)	1pm General Swim (12.15pm)		1pm
								General Swim (12.45pm)	
IMPORTANT: OTHER NOTES	• Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	2pm Lane Swim (2.30pm)	2pm Pool Inflatable (2pm-3pm) For ages 8+ Must be able to swim 50m	2pm General Swim (1.45pm)	2pm Gentle Aquacise (2pm)	2pm Inclusive Swim (2.45pm)	2pm Lane Swim (2.15pm)	2pm General Swim (2.15pm)	2pm
	• Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)								
	• Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website... Or download our free MV app!	3pm General Swim (4pm)	3pm Swim Lessons	3pm Swim Lessons	3pm Swim Lessons	3pm Swim Lessons			3pm
		4pm Lane Swim (6pm)	4pm General Swim (6.15pm)	4pm Otters Swim Club (6.30pm)	4pm Lane Swim (6.45pm)				4pm
		5pm Lane Swim (7pm)	5pm Lane Swim (7.30pm)		5pm Lane Swim (7.45pm)	5pm WB Club (Private Booking)			5pm
		6pm							6pm
		7pm							7pm
		8pm							8pm
		9pm							9pm



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Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)
Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
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.
Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
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Yin Yoga: A slow-paced style of yoga that involves holding poses for extended periods. This class is held by Claire.

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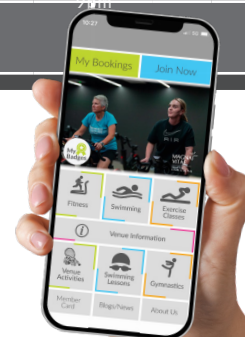
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am				Yin Yoga** 8am			
9am							
10am	Yoga** 9.15am	Body Conditioning# 9.30am	Yoga** 9am	Aquacise~ 9.45am			
11am		Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am			
12pm	Aquacise~ 11.45am		Aquacise~ 12pm		Aquacise~ 11.30am	Aquacise~ 11.30am	
1pm							
2pm				Gentle Aquacise~ 2pm			
3pm							
4pm							
5pm							
6pm	Yoga* 6pm	Boxercise# 6pm			Boxercise# 5:30pm		
7pm		Circuits# 7pm			Circuits# 6:30pm		
8pm							
9pm							

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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 | 8th September - 19th October

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	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	6am	6am	6am	6am	6am	6am	6am
LANESWIM	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.	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (7am)	7am	7am
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 Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	Swim Lessons	8am Lane Swim (7.45am)	8am
GENTLE AQ.	Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)			9am
								Otters Swim Club (9am)	10am
INCLUSIVE	Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	10am Aquacise (9.30am)	10am Slow & Steady (9.30am)	10am General Swim (9.30am)	10am Aquacise (9.45am)	10am General Swim (9.30am)			
SUPPORT	Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice & guidance around chronic pain management.	11am School Swimming	11am Aquacise (10.30am)	11am General Swim (10.30am)	11am General Swim (10.30am)	11am Slow & Steady (10.30am)		11am Family Fun Splash (10.45am)	11am
SLOW & ST.	Slow & Steady Swim: An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities!	12pm School Swimming	12pm School Swimming	12pm Aquacise (11.45am)	12pm Ducklings Lessons	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)	12pm General Swim (11.45am)	12pm
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!	1pm Supported Swim (2.45pm)	1pm General Swim (1.30pm)	1pm General Swim (1.30pm)	1pm Adult Swim Lessons	1pm Staff Training (12.30pm)	1pm General Swim (12.15pm)	1pm General Swim (12.45pm)	1pm
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	2pm School Swimming	2pm General Swim (1.30pm)	2pm General Swim (1.30pm)	2pm Gentle Aquacise (2pm)	2pm	2pm General Swim (1.15pm)	2pm Lane Swim (1.45pm)	2pm
IMPORTANT: OTHER NOTES	Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	3pm Supported Swim (2.45pm)	3pm Lane Swim (2.45pm)	3pm Lane Swim (2.45pm)	3pm Lane Swim (2.45pm)	3pm Inclusive Swim (2.45pm)	3pm Lane Swim (2.15pm)	3pm General Swim (2.15pm)	3pm
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		5pm General Swim (5pm)	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm	5pm	5pm
		6pm Lane Swim (6pm)	6pm General Swim (6.15pm)	6pm Otters Swim Club (6.30pm)	6pm Lane Swim (6.45pm)	6pm	6pm	6pm	6pm
		7pm Otters Swim Club (7pm)	7pm Lane Swim (7.30pm)	7pm Otters Swim Club (6.30pm)	7pm Lane Swim (7.45pm)	7pm WB Club (Private Booking)	7pm	7pm	7pm
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Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
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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.
Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
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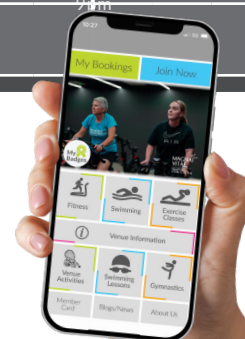
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8am				Yin Yoga** 8am			
9am							
10am	Aquacise~ 9.30am	Yoga** 9.15am	Body Conditioning# 9.30am	Aquacise~ 9.30am	Boxing Circuits# 9.30am		
11am		Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am			
12pm			Aquacise~ 11.45am				
1pm							
2pm				Gentle Aquacise~ 2pm			
3pm							
4pm							
5pm	JUNIOR GYM ACCESS 4pm-6pm (or any time with a responsible adult)	JUNIOR GYM ACCESS 4pm-6pm (or any time with a responsible adult)	JUNIOR GYM ACCESS 4pm-6pm (or any time with a responsible adult)	JUNIOR GYM ACCESS 4pm-6pm (or any time with a responsible adult)	JUNIOR GYM ACCESS 4pm-6pm (or any time with a responsible adult)		
6pm	Yoga* 6pm	Boxercise# 6pm			Boxercise# 5:30pm		
7pm		Circuits# 7pm			Circuits# 6:30pm		
8pm							
9pm							

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



Prices for Exercise Classes:

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



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