Swimming Pool Programme

Holiday Programme | 25th - 31st August

Venue Opening Times Bank Holiday Monday: 8.30am to 5.30pm | Tuesday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

General Swim Session: This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am	MONDAY	TUE	SDAY 6	WEDN	ESDAY 6	THUR	RSDAY	FRI 50 m	DAY	SATU 60 m	JRDAY 60	SUNDAY	-
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	Bank Holiday Open from 8.30am-5.30pm	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am Lane	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30ar	n) <u>-</u>	7 6	5m	
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	8am		Swim (7.30am-8.30am)	Swim (7.30am-8.30am) Lessons	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am	Swim (7.30am-8.30am)	Swim (7.30am-8.30ar	n)		m Adult Only Sw (8am-9am - 16yrs-	
can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	- 9am	General Lane Swim Swim (8.30am-9.30am) (8.30am-9.30am)	(Duc	Club Swim	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)		Club Swim -9.30am)	General Swim (8.30am-9.30am	Lane Swim (8.30am-9.30ar	n)	Lane	Maguacise	
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! (Enjoy a discounted drink	10am	General Lane Swim Swim 9.30am-10.30am)(9.30am-10.30an	(9am	-10am) tivity & Food		acise 10 10.30am)	am Family F u (9.30am-	un Splash 10.30am)	General Swim (9.30am-10.30am	Lane Swim (9.30am-10.30a	Swim Lessons	Swim (9am-10am) Lane	(9am-10am) General Swim	Lane
at the on-site Whistle Stop Bistro) Adults Only Swim:	_ 11am	Gentle Aquacise 1 (10.30am-11.30am)	Program 1am (10an	nme (HAF) ^{n-11am)} 11	^{am} Social		General S		General S	Land Swim Swir	e n	Swim (10am-11am)	(10am-11am)	Swim (10am- 11am)
This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.	_12pm	Slow & Steady Social Swim		un Splash ^{12 noon)} 12	Slow &	-11.30am) Steady Swim	_{om} Aqu	11.30am	2pm Family F	11.30a	(11am-	un Splash 12noon) Lane	Family Fun Sp (11am-12noon)	
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.	1pm	(11.30am-12.30pm) Slow & Steady Social Swim	General S (12noon-1			un Splash 1)m	12.30рПу	Slow 8	Steady I Swim	General S (12 noon-1	wim Swim	General Swim (12 noon-1pm)	Swim (12pm- 1pm)
Supported Swim Session: Involves swim-based exercises for those on		(12.30pm-1.30pm) Family Fun Splash 2	General S		(12.30pm General S	-1.30pm) Lane Swim	Family Fu	ın Splash ^{-2pm)}		m-1.30pm)		al Swim ^{1-2pm)}	General Swim (1pm-2pm)	Lane Swim (1pm -2pm)
nealth-referral programmes, providing advice and guidance around chronic pain management. Gentle Aquacise:	-	(1.30pm-2.30pm)		un Splash n-3pm)	(1.30pm-2.30		General S			acise n-3pm)	Family F	un Splash ^{n-3pm)}	Family Fun Spl (2pm-3pm)	ash
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	3pm	Family Fun Splash 3 (2.30pm-3.30pm) General Lane	General S			-3.30pm)	General S (3pm-4pm		General S		m Inclusiv		m General Swi (3pm-4pm)	m
School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	Swim (3.30pm-4.30pm) (3.30pm-4.30pm))	General Swim		ed Swim 4 ₁ -4.30pm)	Swim I	essons.	General S	Swim Lan	e	41	m	
Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding:	5pm		Swim Lessons	(4pm-5pm) General Swim	General S (4.30pm-5.30		Swim Lessons (Ducklings)	.6530113	(4pm-5p pm Family F	un Splash	om)	5 _!	m	
Swim Lessons: Dur WaterWise 'Learn to Swim' programme!	6pm		General	(5pm-6pm) Lane	Inclusiv	ve Swim	121 Swim Lessons (Adult Lessons)	Lane	General	Lane	6pm	6 ;	m	
WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can wim lessor			Swim (6pm-7pm)	Swim (6pm-7pm)	(6рт	-7pm) 	m General	Swim (6pm-7pm) Lane	Swim (6pm-7pm)	Swim (6pm-7pm)		7 ;	9m	
earn more on our website #PoolPower • Pre-booking:	- 8pm			nly Swim n - 16yrs+) 	(7pm-8pn	n ly Swim n - 16yrs+) 	Swim (7pm-8pm)	Swim (7pm-8pm)		Only Swim m - 16yrs+)	8µ111	81	m	
Ve strongly advise booking your swimming essions in advance to avoid potential isappointment. Accessibility steps:	9pm) Vom	9	om	<u>-</u> 9	m) Im		9 pm	91	m	
Accessionity steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at eception upon arrival. (Steps cannot be used	回数	You can book online Bookings can be ma			p! Find out mor	e about our class	ses & activities, so	can the QR code	e to browse <mark>our w</mark>	vebsite!				

 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.

Prices for Swimmin

Prices for 5W	/imming:				
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!



Potential Changes:

Please be aware that our programme is subject

to change at the discretion of our Duty Manager Unfortuantely this is often for reasons beyond our control. For the most up-to-date programmes, view the live timetables on our website...

Or download our free MV app!

Exercise Class Programme

Holiday Programme 25th - 31st August

Venue Opening Times | Bank Holiday Monday: 8.30am to 5.30pm | Tuesday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** SUNDAY Gentle Aquacise*: In the Swimming Pool Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and 6am 6am strength. (An ideal class for injury recovery.) **Bank Holiday** Circuits**: In Engine Room Two High-energy and fast paced! Move your way 7am Open from around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps. 8.30am-5.30pm YOGA** Yoga**: In Engine Room Two 8am 8am Pilates** Physical and mental exercises, using stretching and breathing to help improve posture & core YOGA** YOGA** stability. Helpful to relax and release stress! YOGA* 9am 9am Gentle Yoga**: In Engine Room Two Cvcle~ A slow-paced class moves through a series of gentle Aquacise* movements connecting your breath to your body, Aquacise 10am improving relaxation, flexibility & recovery. Suitable for 10am those with pain, trouble sleeping, anxiety and/or stress. Kettlebell Circuits** Cardio Dumbbell st Body Conditioning**: In Engine Room Two Agile 11am 11am An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up! Cycle~ Zumba** Pilates^{*} Kettlebell Circuits**: In Engine Room Two 12pm 12pm Designed not just to improve health - But also Aquacise* to improve your core strength, balance, mobility, YOGA** Pilates* flexibility and even your overall co-ordination! Core & Stretch**: In Engine Room Two 1pm 1pm Improve your posture, balance, mobility and Stretch & Mobility YOGA** stability through light exercises and stretching. Body Conditioning* Strength Dumbbell st 2pm 2pm Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Pilates** Combine cardio and endurance in a Aduacise* calorie-crunching cycle session! 3pm 3pm Boxercise® Circuits**: In Engine Room Two YOGA** Cardio BodyWeight* BodyWeight Strength* YOGA** Boxercise® is an extremely popular form of fitness training. The punches taught include jab. 4pm 4pm cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout! Virtual Classes delivered by FIIT: Strength Dumbbell* CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells. Ageless & Agile***: Takes place inside The Signal Box (inside our venue) FREE for MV members or only 5pm CARDIO BODYWEIGHT** High intensity. Tone muscle and build stamina. £3.00 per session. Accessible to all - But tailored YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen for adults who may suffer with health conditions Circuits** Your weekly social and opportunity to meet new STRENGTH DUMBBELL** Bodyweight, equipment & resistance training using dumbbell: Cvcle~ people! With lots of activities, exercises and 6pm 6pm BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle. health & wellbeing advice, expect activities and Cardio BodyWeight* Strength Dumbbell* BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride! games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes. BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury. Body Conditioning* And even discussing health awareness topics like 7pm dementia and diabetes! Stretch & Mobility* PILATES** Combine stretching and strength work to improve posture and mobility. Strength Dumbell* Zumba**: In Engine Room Two BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride Combining the calorie-burning benefits of 8pm 8pm aerobics - with fun dance moves. Get fitter Pilates* and have fun with a sprinkle of Latin spirit! Strong** with Venia: In Engine Room Two 9pm 9pm Strong combines high intensity interval training with the science of synced music. Motivation. Download Magna Vitae's music and moves in every class, synced perfectly to push you beyond your limits.

You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the

Bookings can be made up to 7 days in advance.

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OR code to brow Exer 45 m

wse our website:		
Prices for cise Classes:	Non Members (General Public)	MV Card (Subscription Holder)
ninutes to 1 hour	£7.55	£6.25
a/Pilates Classes	£9.55	£7.80

app for FREE! Be 'appy.



£5.65

£7.10



FREE!

FREE!





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

Swimming Pool Programme

Term Time | 1st - 7th September

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Ve	enue Opening Times Monday to	- -		NDAY	aay & Suriua TUES	, '	WEDNE	CDAV	THUR	SDAV	EDI	DAY	CATII	RDAY	SUNDAY							
VERAL	General Swim Session: This is an open swimming pool session, suitable	1	MOI	NDAT	I I I I I	DAT	VVEDNE	SDAT	Inuk	SDAT	FKI	DAT	SATU	KDAT	SUNDAT							
GE	for all. Perfect for practice or to splash around!	6am		- 6	om		im	60	âm	- 60	m	- 60	m	6	cm	6am						
LANE SWIM	Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am) (6	Lane Swim 6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)		 	cm	7am						
ACISE	Aquacise: Using benefits of water resistance for a low	8am	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am) (7	Lane Swim 7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8	m Adult Only Adult							
AQU	impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	9am	General Swim	Lane Swim	(Ducl	85/	General Swim	Lane Swim	General Swim	Lane Swim	General Swim	Lane Swim		9 Lane	Swim Sv (8am-9am, 16yrs+) (8am-9al	vim _{m, 16yrs+)} 9am						
& STEADY	An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for	10am	Lane	(8.30am-9.30am) Swim		10am)	(8.30am-9.30am) (8		(8.30am-9.30am) am Gener a			Swim	Swim Lessons	Swim (9am-10am)	Aquacise (9am-10am)	10am						
SLOW	all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)		<u> </u>	-10.30am) 		ivity & Food me (HAF)	(9.30am-10	Steady	(9.30am-			10.30am)		Lane Swim (10am-11am)	General Swim (10am-11am)	Swim (10am- 11am)						
OULT ONLY	Adults Only Swim: This session is for adults only (aged 16yrs+). During this session, there will be two single	11am	(10.30am	-11.30am)	Family Fu	ın Splash	Slow & S	1.30am)	(10.30am-		(10.30am-11.30am)		(10.30am-11.30am)		Gentle Aquacise (10.30am-11.30am) Slow & Steady		(10.30am-11.30am)		Family Fun Splash (11am-12noon)		Family Fun Spl	ash 11am
SIVE	lanes available and one double lane. Inclusive Swim:	12pm	Socia	Steady Swim 12 -12.30pm)	nm General S	12 Lane	Social S (11.30am-1	Swim ¹²		acise 12 -12.30pm)	om Social	Steady Swim -12.30pm)	om General S	wim Lane Swim	General Swim	Lane Swim						
INCLUS	An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	1pm	Socia	Steady I Swim n-1.30pm)	(12noon-1p pm	m) (12noon- 1pm)	Staff Tra (12.30pm-1		om School Sv (1pm-1	vimming	^{om} Social	m Slow & Steady Social Swim (12.30pm-1.30pm)		om) (12pm- 1pm)	(12 noon-1pm)	(12pm- 1pm) Lane						
PPORTED	Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice	2pm	Family F	un Splash 2	General S (1pm-2pn pm	Swim	General Sw			21	m 2 _p		(12.30pm-1.30pm) General Swim (1pm-2pm) 2		General Swim (1pm-2pm) m	Swim (1pm -2pm) 2pm						
AQ. SU	and guidance around chronic pain management. Gentle Aquacise:	3pm	(1.30pm	n-2.30pm)		un Splash -3pm)	(1.30pm-2.30pm) Inclusive	2.30pm)	General Swim (2pm-3pm)	Lane Swim (2pm-3pm)	Swim Aquacise		Family Fun Splash (2pm-3pm)		Family Fun Spl. (2pm-3pm)	ash 3pm						
GENTLE	Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	Spili		un Splash _{n-4pm)}	General Swim (3pm-4pm) Lane Swim (3pm-4pm)		(2.30pm-3.30pm)		General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	General Lane Swim Swim		Inclusive Swim		General Swir (3pm-4pm)							
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	General Swim	Lane Swim		General Swim	Supporte (3.30pm-4	.30pm)	Swim Lessons (Discovery Ducklings)	(эрш эрш)	(3pm-4pm) General Swim	(3pm-4pm) Lane Swim		4	<u>m</u>	4pm						
M FUN	Family Fun Splash: An open swimming session with floats! It's	5pm	(4pm-5pm) General	(4pm-5pm) Lane	Swim Lessons	(4pm-5pm) General	General Sw (4.30pm-5.30pi		(Ducklings) General	Swim 5 Lessons	m ^(4pm-5pm)	(4pm-5pm) un Splash		5	, , ,	5pm						
S FA	suitable for all abilities & great for family bonding! Swim Lessons:	6pm	Swim (5pm-6pm) General	Swim (5pm-6pm) Lane	General	Swim (5pm-6pm) Lane		61	Swim (5pm-6pm) Am Adult Swim Lessons	Lane 6		1-6pm) Lane	m	6	m	6pm						
M LESSON	Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst	7pm	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	Inclusive (6pm-7 ₁		(Intermediates) Adult Swim Lessons (Beginners)	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)		7	m	7pm						
SWI	becoming wiser about water! You can learn more on our website #PoolPower		Aqu	acise n-8pm)	Adult Or (7pm-8pm		Adult Onl (7pm-8pm -		General Swim (7pm-8pm)	Lane Swim (7pm-8pm)		nly Swim m - 16yrs+)										
OTES	Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential	8pm		8	pm -	8	VIII	81	em -	81	m	8	an	8	em =	8pm						
OTHERN	disappointment. • Potential Changes:	9pm	Vo.	can book anline	and via our free	Magna Vitas a	nni Find out more	about our class	III	91	to browes our w	ghsital	m	9	m	9pm						
Please be aware that our programme is subject 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! to change at the discretion of our Duty Manager. 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.





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£5.65	£4.65	£4.25	£2.50	£1.00	FREE!



Unfortuantely this is often for reasons beyond our

control. For the most up-to-date programmes,

view the live timetables on our website...

Or download our free MV app!

Exercise Class Programme

Term Time | 1st - 7th September

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm



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.

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OR code to browse our Prices fo **Exercise Cla** 45 minutes to

browse our website:			The store	is sought pid
Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Membe (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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Magna Vitae is a Registered Charity, Charity Number 1160156, A Partner to East Lindsey District Council,

Swimming Pool Programme

Term Time 8th September - 26th October

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

General Swim Session: This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am	MOND	DAY 6	TUES	SDAY 6	WEDN	ESDAY 60	THUR	SDAY 6	FRII	DAY 6	SATU	JRDAY 6	SUNDAY	
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	General Swim (6.30am-7.30am) (6.	Lane Swim 5.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)			om	
Aquacise: Using benefits of water resistance for a low	- 8am	General Swim (7.30am-8.30am) (7	Lane Swim 7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8	Adult Only Adul	t Lane vim
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	– 9am	General Swim (8.30am-9.30am) (8	Lane Swim 3.30am-9.30am)	am	9	General ^{IM} Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)		Lane 9	(8am-9am, 16yrs+) (8am-9a a m	
all abilities! (Enjoy a discounted drink	10am	Lane Sv (9.30am-10.			wimming n-11am)	am Aqua (9.30am-		General am Swim (9.30am-10.30am)	Lane Swim (9.30am-10.30am)	Lane (9.30am-		Swim amLessons	Swim (9am-10am) ₁₀ Lane	Aquacise (9am-10am) Dam General Swim	Lane Swim
at the on-site Whistle Stop Bistro) Adults Only Swim: This session is for adults only (aged 16yrs+).	_ 11am	Gentle Aq (10.30am-11		1 _{am} Home Ed. :	11 Lane	am Slow & Social	Swim 11		Swim -11.30am)	Gentle A (10.30am-	Aquacise 11 11.30am)	am General S	Swim (10am-11am)	(10am-11am) Iam General Swim	(10am- 11am) Lane
During this session, there will be two single lanes available and one double lane. Inclusive Swim:	1 2pm	Slow & St Social St (11.30am-12	iwim 12	(11am-12nd 2pm General		Slow & Social	Swim 12		acise 12 -12.30pm)	Slow & Social	Swim 12	(11am-12n om General S	oon) (11am- 12noon) Lane	(11am-12noon)	Swim (11am- 12noon) Lane
An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	1pm	Slow & St Social St	teady wim	Swim pm(12noon-1pm) Swim Less	Swim (12noon-1pm) ₁	om General S (12.30pm-1.3)	wim Lane Swim	School St	wimming	Slow & Social	Slow & Steady Social Swim		pm) (12noon-1pm)	General Swim (12noon-1pm)	Swim (12pm- 1pm) Lane
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice	2pm	(12.30pm-1.	2	(Ducklings	Swim (1pm-2pm) 2 Lane	om Staff Ti (1.30pm-	raining 2	(1pm-1 om General	.30pm) 2. Lane	(12.30pm	1-1.30pm) 21	Inclusive S (1pm-2pr		General Swim (1pm-2pm)	Swim (1pm -2pm)
and guidance around chronic pain management. Gentle Aquacise: Using benefits of water resistance: Gentle	- 3pm	(1.45pm-2.4		Swim (2pm-3pm)	Swim (2pm-3pm)	m Inclusive S	Inclusive Lane	Swim (2pm-3pm)	Swim (2pm-3pm)	Aqua (2pm	acise -3pm) 31	(2pm im	un Splash ^{1-3pm)} 3	Family Fun Spl (2pm-3pm)	ash
exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	_	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	(2.30pm-3.30	(2.30pm) 3.30pm) ed Swim 4	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)		ble for rty Hire!	Available for Pool Party Hi	
School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	General Swim	Lane Swim	Continu	General Swim		4.30pm)	Swim Lessons (Discovery Ducklings) Swim Lessons	4	General Swim (4pm-5pm)	Lane Swim (4pm-5pm)		<u> </u>		
Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!	5pm	(4pm-5pm) Inclusive Sw (5pm-6pm)	(4pm-5pm) Inclusive Lane Swim	Swim Lessons	(4pm-5pm) 5 General Swim	um General Sv (5pm-6pm		(Ducklings) General Swim	Swim 5	Family Fu	un Splash	m	5	m	
Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time At any venue!	6pm	General Swim (6pm-7pm)	(5pm-6pm) Lane Swim (6pm-7pm)	General Swim	(5pm-6pm) Lane Swim (6pm-7pm)	m Aqu a (6pm-	acise	(5pm-6pm) Adult Swim Lessons (Intermediates) Adult Swim Lessons	Lane Swim	General Swim	Lane Swim (6pm-7pm)	m	6,	.m	
One perk of many others, whilst becoming wiser about water! You can learn more on our website #PoolPower	7pm	Aquac (7pm-8p	ise	Adult Only Swim	Adult Lane Swim	Adult Only Swim	Swim	(Beginners) General Swim	Lane Swim	M Adult Only Swim	Adult Lane Swim		7	m	
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential	8pm		8	(7pm-8pm, 16yrs+) унн	(7pm-8pm, 16yrs+) 8	(7pm-8pm, 16yrs+) ин	(7pm-8pm, 16yrs+) 8	(7pm-8pm) 7111	(7pm-8pm) 8 ₁	(7pm-8pm, 16yrs+) HTI	(7pm-8pm, 16yrs+) 8p	an .	8	im .	
disappointment. Potential Changes:	9pm		9	pm	9	m	91	enn en	91	m	9,	m	9,	pm	

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.

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!	



Unfortuantely this is often for reasons beyond our

control. For the most up-to-date programmes,

view the live timetables on our website...

Or download our free MV app!

Exercise Class Programme

Term Time 8th September - 26th October



Magna Vitae Member

FREE!

FREE!

Prices for

Exercise Classes:

45 minutes to 1 hour

Yoga/Pilates Classes

Von Memhers

£7.55

£9.55

MV Card

£6.25

£7.80

MV Card with Concession

£5.65

£7.10



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