Swimming Pool Programme

Holiday Programme | 4th - 10th August

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

General Swim Session:	riiuay. <mark>-</mark>		VDAY	,	ay: oam-4pn SDAY	WEDN	ESDAY	THUR	RSDAY	FRIE	DAY	SATUI	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am		6	lm -	60	m	6		6	em	60	m	6	m	6am
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) General	Lane Swim (6.30am-7.30am) Lane	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am)	General Swim	Lane Swim (6am-7am)	General Swim (6.30am-7.30am) General	Lane Swim (6.30am-7.30am) Lane		7	9m	7am
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)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am) Lessons	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)	General Swim	Lane Swim	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)		8	m Adult Only Sw (8am-9am - 16yrs-	
can suit a wide range of abilities/user groups. Slow & Steady Social Swim: An ideal session for those who are looking	- 9am	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	(Duc Breakfast	Club Swim	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)		(7am-8am) Club Swim	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	Swim	Lane Swim	m Aquacise	9am
for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink	10am		Swim -10.30am)	Holiday Ac	tivity & Food	Aqua (9.30am-1		am	^{10am)} un Splash	General Swim (9.30am-10.30am)	Lane Swim (9.30am-10.30am)	Lessons	(9am-10am) Lane Swim	(9am-10am) General Swim	Lane Swim
at the on-site Whistle Stop Bistro) Adults Only Swim: This session is for adults only (aged 16yrs+).			Aquacise 11 n-11.30am)	1 am (10an	nme (HAF) ^{n-11am)} 11 un Splash	Slow & Social (10.30am-	Swim 11	(10am Lam	-11am) 1		n Lane Swim 11 2 (10.30am-11.30am)		(10am-11am) n Splash	(10am-11am) Family Fun Sp	(10am- 11am) 11am
During this session, there will be two single lanes available and one double lane. Inclusive Swim:	-12pm	Socia	Steady I Swim	(11am- 2pm	-12 noon) 12	Slow & Social	Swim 12		acise 12 -12.30pm)	om Family Fu (11.30am-		(11am-1)	2noon)	(11am-12noon)	
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 &	Steady I Swim	General S (12noon-1 pm	Swim Swim	(11.30am-	12.30pm) 1	pm .	1	Slow & Social		General St (12 noon-1p		General Swim (12 noon-1pm)	Swim (12pm- 1pm) 1pm
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice	2pm	Family F	un Splash 2	General S (1pm-2pi pm		Staff Tr (12.30pm-		(1pm	2	(12.30pm	-1.30pm) 21	Genera (1pm- m		General Swim (1pm-2pm) m	Lane Swim (1pm -2pm) 2pm
and guidance around chronic pain management. Gentle Aquacise:	3pm	(1.30pm-2.30pm)		Family Fun Splash (2pm-3pm) 3pm 3		Inclusive Swim 3		General Swim (2pm-3pm)	Lane Swim (2pm-3pm)	Aqua (2pm-		Family Fu (2pm-		Family Fun Spl (2pm-3pm) m	ash 3pm
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)			un Splash n-4pm)	General S (3pm-4pi		(2.30pm-	3.30pm) 	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	General Sv (3pm-4pm	SWIM	Inclusive		General Swi (3pm-4pm)	m
School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	General Swim	Lane Swim	S i		(3.30pm-	4.30pm)	Swim L	essons	General Sv (4pm-5pm			4		4pm
Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!	5pm	(4pm-5pm) General Swim	(4pm-5pm) Lane Swim	Swim Lessons	General Swim	General Sv (4.30pm-5.30		Swim Lessons (Ducklings)	5	Family Fu			5,	m	5pm
Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	6pm	(5pm-6pm) General Swim	(5pm-6pm) Lane Swim	General Swim	(5pm-6pm) Lane Swim	Inclusiv		Swim Lessons (Adult Lessons)	Lane Swim	General Sv (6pm-7pm	wim Lane	m	6	m	6pm
WaterWise memberships include general swimming at any time At any vanue! One perk of many others, whilst becoming wiser about water! You can hearn more on our website #PoolPower	7pm		(6pm-7pm)		(6pm-7pm)	Adult Or	lly Swim	General Swim	(6pm-7pm) Lane Swim	Adult Or	nly Swim		7	m	7pm
Pre-booking: We strongly advise booking your swimming	8pm	(7pm	1-8pm) 	(7pm-8pr	m - 16yrs+) 8 ₁	(7pm-8pm	- 16yrs+)	(7pm-8pm)	(7pm-8pm) 8	(7pm-8pm	1 - 16yrs+)	an -	8	an	8pm
sessions in advance to avoid potential disappointment. • Accessibility steps:	9pm		9	pm	9	ym -	9	em	9	m	9,	m	9	m	9pm
Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回数		kings can be ma	de up to 7 days	in advance.	pp! Find out more			can the QR code	to browse <mark>our we</mark>	bsite!				

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.

to change at the discretion of our Duty Manager

1 11005 101 51	· · · · · · · · · · · · · · · · · · ·					
Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Membe (Membership Holder)	
£5.65	£4.65	£4.25	£2.50	£1.00	FREE!	



during Aquacise sessions.)

Please be aware that our programme is subject

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!

Potential Changes:

Exercise Class Programme

Holiday Programme 4th - 10th August

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm **MONDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** SUNDAY Gentle Aquacise*: In the Swimming Pool Using benefits of water resistance: Gentle 6am exercises that improve flexibility, endurance and 6am strength. (An ideal class for injury recovery.) Circuits**: In Engine Room Two High-energy and fast paced! Move your way 7am around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps. Cardio Dumbbell** YOGA** Yoga**: In Engine Room Two 8am 8am YOGA** 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, improving relaxation, flexibility & recovery. Suitable for 10am 10am Aquacise[®] Ageless* those with pain, trouble sleeping, anxiety and/or stress. Kettlebell Circuits** Breathwork** Cardio Dumbbell* Body Conditioning**: In Engine Room Two Agile 11am 11am An aerobics-style warm up with muscle-toning BodyWeight Strength 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^{*} 2pm 2pm Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Pilates** Combine cardio and endurance in a Aquacise* 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: Cardio BodyWeight* 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 Boxercise Circuits st 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~ 6pm 6pm people! With lots of activities, exercises and 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 Body Conditioning^{*} 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. Aquacise³ Strength Dumbell* Cycle~ 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* YOGA** 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

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.

to push you beyond your limits.

music and moves in every class, synced perfectly

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.

OR code to I

browse our website:		
Prices for exercise Classes:	Non Members (General Public)	
45 minutes to 1 hour	£7.55	
Yoga/Pilates Classes	£9.55	

bsite.			The store	(Soogio pia)
r sses:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
hour	£7.55	£6.25	£5.65	FREE!
asses	£9.55	£7.80	£7.10	FREE!

app for FREE! Be 'appy.

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

Swimming Pool Programme

Holiday Programme | 11th - 24th August

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

Venue Opening Times Monday to	_ ′		NDAY	,	<u>SDAY</u>	WEDNE	SDAY	THUR	RSDAY	FRIE	DAY	SATU	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am		<i>6</i>	ım	6.	m	6	m	·6	um		m	6	m	6am
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) (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)		7 .	m	7am
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) (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	<i>m</i> Adult Only Swi	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	– 9am		Lane Swim (8.30am-9.30am)	(Duc		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-9.30am)		Lane	(8am-9am - 16yrs+) m	
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	Swim -10.30am)		Club Swim 10am) ivity & Food	Aqua (9.30am-1	cise 10	am Family Fu (9.30am-	un Splash 10.30am)	General Swim (9.30am-10.30am)	Lane Swim	Swim Lessons	Swim (9am-10am) Lane	Aquacise (9am-10am)	Lane 10an
all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro) Adults Only Swim:	_ 11am		Aquacise 1:		me (HAF)	Slow & S	,	General S		General Sv			Swim (10am-11am)	General Swim (10am-11am)	Swim (10am- 11am) 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 I Swim		un Splash ^{12 noon)} 12	Slow & Social S	Steady	(10.30am-11.3	11.30am)	(10.30am-11.3 2pm Family F u	11.30am)	Family Fu (11am-1		Family Fun Spla (11am-12noon)	12pm
Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music	•	(11.30am	-12.30pm) Steady	General S		(11.30am-1	12.30pm)	(11.30am	1-12.30pm)	(11.30am-	Steady	General S (12 noon-1 ₁		General Swim (12 noon-1pm)	Swim (12pm- 1pm)
playing and will use natural lighting where possible. Supported Swim Session: Involves swim-based exercises for those on	1pm		l Swim n-1.30pm)	General S		(12.30pm-	1.30pm)	Family Fu	un Splash - _{2pm)}	Social (12.30pm			al Swim	General Swim	Lane Swim
health-referral programmes, providing advice and guidance around chronic pain management.	2pm _		un Splash 2 n-2.30pm)		un Splash	General Sv (1.30pm-2.30p		General S		Aqua (2pm-			un Splash -3pm)	m Family Fun Spla (2pm-3pm)	2pm
Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	3pm	Family F	un Splash	General S	3	om Inclusive (2.30pm-3		(2pm-3pn um General S	(2pm-3pm,	General S	wim Lane	Inclusiv	3	m General Swim	3pm
School Swimming: This session is used for local schools to learn	4pm	(3pm General	Lane	(3pm-4pn	General	Supporte (3.30pm-4		(3pm-4pn vm	1) (3pm-4pm,	(3pm-4pm General Sv	(эрт чрт)	(3pm-	4pm) 4 j	(3pm-4pm) pm	4pm
the important, life-saving skill Swimming! Family Fun Splash:	5pm	Swim (4pm-5pm) General	Swim (4pm-5pm) Lane	Swim Lessons	Swim (4pm-5pm) General	General Sw (4.30pm-5.30p		Swim Lessons	essons 5	(4pm-5pm			5 ₁	ım.	5pm
An open swimming session with floats! It's suitable for all abilities & great for family bonding Swim Lessons:	6pm	Swim (5pm-6pm)	Swim (5pm-6pm)		Swim (5pm-6pm)		5.30pm)	(Ducklings) 121 Swim Lessons	6	Family Fu (5pm-	6pm) 6	m	6	m	6pm
Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst	8 7nm	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	Inclusive (6pm-7		(Adult Lessons)	Lane Swim (6pm-7pm)	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)		7,		7pm
One perk of many others, whilst becoming wiser about water! You can learn more on our website #PoolPower	_	Aqu	acise n-8pm)	Adult Oı (7pm-8pn		Adult On (7pm-8pm		General Swim	Lane Swim (7pm-8pm)	Adult Or (7pm-8pm					
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential	8pm		8	pm	81	viii	81	уш	8	ļan	81	nn	81	m	8pm
disappointment. • Accessibility steps: Available to use to aid entry into the swimming	9pm	You	gan book online	and via our free	9 Magna Vitae ap	pp! Find out more	about our class	es & activities, so	can the QR code	to browse our we	9 ₁ bsite!	m	91	m	9pm
pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回数	Bool		de up to 7 days											

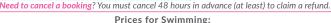
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Exercise Class Programme

Holiday Programme | 11th - 24th August

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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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Need to cancel a booking? You must cancel 48 hours in advance (at least) to claim a refund.

QR code to browse our website
Prices for
Exercise Classes:
45 minutes to 1 hour

vse our website:			The store	y stages pr
Prices for cise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Memb (Membership Holder)
inutes to 1 hour	£7.55	£6.25	£5.65	FREE!
/Pilates Classes	£9.55	£7.80	£7.10	FREE!



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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

Venue Opening Times Dank Holida	1y 1 1 1 0 1 1				•			·						
를 General Swim Session:			TUESDAY		WEDN	IESDAY	THUE	RSDAY	FRI	DAY	SATU	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am		5 m		m	·6	m		Sem	·	m		m	6am
Lane Swim Session: The swimming pool will be split into 4 lanes.		Bank Holiday	General	Lane	General	Lane	General	Lane	General	Lane				
(Two slow lanes, one medium lane and one fast	7am	Open from	Swim (6.30am-7.30am)	Swim (6.30am-7.30am)	Swim	Swim (6.30am-7.30am)	Swim (6.30am-7.30am)	Swim (6.30am-7.30am)	Swim (6.30am-7.30am)	Swim (6.30am-7.30am)			m	7am
lane.) Lane etiquette and visual directions are situated at the end of the lanes.		8.30am-5.30pm		(6.30am-7.30am)	(6.30am-7.30am)				, ,					
	. 0	6.30am-5.30pm	General	Lane Swim	General	Lane Swim	General Swim	Lane Swim	General	Lane		8,	m	0.5 75
Aquacise: Using benefits of water resistance for a low	8am		Swim (7.30am-8.30am)	(7.30am-8.30am)	Swim (7.30am-8.30am)	(7.30am-8.30am)	(7.30am-8.30am)	(7.30am-8.30am)	Swim (7.30am-8.30am)	Swim (7.30am-8.30am)		0.		8am
impact cardio & muscle toning workout that		General Lane		Lessons	General	Lane			General	Lane			Adult Only Sw (8am-9am - 16yrs-	
can suit a wide range of abilities/user groups.	9am		(Duc	klings)	Swim	Swim		Club Swim	Swim	Swim		9,	m	9am
Slow & Steady Social Swim:		(8.30am-9.30am) (8.30am-9.30am,	Breakfast	Club Swim	(8.30am-9.30am)	(8.30am-9.30am)	(8.30am	-9.30am)	(8.30am-9.30am)	(8.30am-9.30am)		Lane	Aguacise	
An ideal session for those who are looking for a slower-paced swim. This session is		General Lane			Δ		Family F	un Cula ala	General	Lane	Swim	Swim (9am-10am)	(9am-10am)	
for ages 16yrs+ and is suitable for	10am	Swim Swim	Holiday Ac	tivity & Food		acise 10 10.30am)	am Family F 9.30am-	un Spiasn ·10.30am)	Swim	Swim	Lessons	Lane		Lane 10am
all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)		9.30am-10.30am) <mark>(9.30am-10.30am</mark>		me (HAF)			· ·		(9.30am-10.30am)			Swim	General Swim	Swim
≥ Adults Only Swim:	11am	Gentle Aquacise 1	1am (10an	n-11am) 1 1		Steady	General S	wim Lane		wim Lane Swim		(10am-11am)	(10am-11am)	11am)
This session is for adults only (aged 16yrs+).	TTalli		Family F	un Splash		Swim -11.30am)	(10.30am-11.3	30am) (10.30am	(10.30am-11.	30am) (10.30am-	Family Fu	n Splach	Family Fun Sp	
During this session, there will be two single		Slow & Steady		uii Spiasii 12 noon)	Slow &	Steady			78	22.000.00	(11am-12		(11am-12noon)	
lanes available and one double lane.	12pm	Social Swim	2 <mark>pm</mark>	12		Swim 12		acise 1. n-12.30pm)		un Splash 12 -12.30pm)	om	Lane		Lane 12pm
Inclusive Swim:		(11.30am-12.30pm)	General S	Swim Swim	(11.30am	-12.30pm)	(11.3041)	I-12.30pm)	(11.30am	-12.3Upm)	General Sv	vim Swim	General Swim	Swim
An open session with one lane, factoring in sensory & behaviour needs. We won't have music	4	Slow & Steady	(12noon-1		Family F	un Splash 1			100	Steady	(12 noon-1p	n) (12pm- 1pm)	(12 noon-1pm)	(12pm- 1pm)
playing and will use natural lighting where possible.	1pm	Social Swim	<u> </u>	Lane		un Spiasii 1 _. n-1.30pm)				Swim n-1.30pm)	""			Lane 1pm
☐ Supported Swim Session:		(12.30pm-1.30pm)	General S	WIIII				un Splash -2pm)	(12.30ph	1-1.30pm)	Genera (1pm-		General Swim	Swim
Involves swim-based exercises for those on health-referral programmes, providing advice	2pm	Family Fun Splash 2	2 pm (1pm-2p)	(1pm-2pm)	General S	wim Swim	(1911)		om	2	m (1pm-	2piii) 2	(1pm-2pm) m	^(1pm) 2pm
and guidance around chronic pain management.	_p	(1.30pm-2.30pm)	Family F	un Splash	(1.30pm-2.30	0pm) (1.30pm- 2.30pm)	General S	wim Lane	Δαιι	acise	Family Fu	n Snlash	Family Fun Spl	
o Gentle Aquacise:	-			1-3piasii 1-3pm)	la eleccio	Ci	(2pm-3pn			-3pm)	(2pm-	3pm)	(2pm-3pm)	
Using benefits of water resistance: Gentle	3pm	Family Fun Splash 3 (2.30pm-3.30pm)	8pm	3		/e Swim 3 -3.30pm)	<u>m</u>			31	m	3	<u>m</u>	3pm
exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)		(2.30piii 3.30piii)	General S				General S		General S		Inclusive		General Swi	m
	4pm	General Lane	(3pm-4p	n) (3pm-4pm)	Support	ed Swim 4	(3pm-4pn om	n) (3pm-4pm	1) (3pm-4pr	n) (3pm-4pm)			(3pm-4pm)	4pm
School Swimming: This session is used for local schools to learn	трііі	Swim Swim (3.30pm-4.30pm) (3.30pm-4.30pm,	,	General		-4.30pm)			6 16	Lane				трііі
the important, life-saving skill Swimming!		(Swim		Lane	Swim L	essons	General S (4pm-5pr	Swim				
Family Fun Splash:	5pm		Swim	(4pm-5pm)	General S (4.30pm-5.30	wim Swim	Swim Lessons		pm (,pm	(4pm-5pm)		5,	т	5pm
An open swimming session with floats! It's suitable for all abilities & great for family bonding!			Lessons	General Swim	(4.50pm-5.50	5.30pm)	(Ducklings)		Family F	un Splash				
	6pm			(5pm-6pm)			121		(5pm	1-6pm) -		۷.		6pm
Swim Lessons: Our WaterWise 'Learn to Swim' programme!			General	Lane	Inclusiv	ve Swim	Swim Lessons (Adult Lessons)	Lane	General	Lane	***	۰	s III	Оріп
WaterWise memberships include general			Swim	Swim		-7pm)	(Addit Lessons)	Swim	Swim	Swim				
WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst	7pm		(6pm-7pm)	(6pm-7pm)			m	(6pm-7pm)	(6pm-7pm)	(6pm-7pm)		7,	m	7pm
becoming wiser about water! You can him lesson				nly Swim		nly Swim	General Swim	Lane Swim		nly Swim				
realli filore off our website #PoorPower			(7pm-8pi	n - 16yrs+)	(7pm-8pn	n - 16yrs+)	(7pm-8pm)	(7pm-8pm)	(7pm-8pi	n - 16yrs+)				0
Pre-booking: We strongly advise booking your swimming	8pm) yırı	8,	ym —	8	mi	6	Spini -	81	m -	81	m	8pm
sessions in advance to avoid potential														
disappointment.	9pm		, , , , , , , , , , , , , , , , , , , ,			•			, , , , , , , , , , , , , , , , , , ,			9		9pm
• Accessibility steps: Available to use to aid entry into the swimming	- []	You can book online	and via our free	Magna Vitae ar	n! Find out mor	e about our class	es & activities s	can the OR code	e to browse our w	ehsite!		/	ļ	7 5111
pool during swimming sessions. Please ask at					P. I IIIG OUL IIIOI	S SIDOUL OUI CIUS		our the QN coul	o to browse our W					
reception upon arrival. (Steps cannot be used	回热	• To ensure everybod			opular classes.	we have some								

 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 Swimming

Trices 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!					



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

STRENGTH DUMBBELL** Bodyweight, equipment & resistance training using dumbbell:

BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride!

PILATES** Combine stretching and strength work to improve posture and mobility.

BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride

BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle.

BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury.

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, improving relaxation, flexibility & recovery. Suitable for 10am 10am Aquacise[®] those with pain, trouble sleeping, anxiety and/or stress. Kettlebell Circuits** Cardio Dumbbell* 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^{*} 2pm 2pm Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Pilates** Combine cardio and endurance in a Aquacise* 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 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!

Zumba**: In Engine Room Two Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!

Strong** with Venia: In Engine Room Two Strong combines high intensity interval training with the science of synced music. Motivation. music and moves in every class, synced perfectly to push you beyond your limits.

Cvcle~

Body Conditioning*

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



Cardio BodyWeight*

Pilates*



Strength Dumbbell*

Stretch & Mobility*

=

You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the OR code to browse Bookings can be made up to 7 days in advance.

6pm

7pm

8pm

9pm

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,

Exerci 45 min

Circuits**

Strength Dumbell*

rices for ise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Membe (Membership Holder)
nutes to 1 hour	£7.55	£6.25	£5.65	FREE!
Pilates Classes	£9.55	£7.80	£7.10	FREE!



6pm

7pm

8pm

9pm