

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	6am	BANK HOLIDAY Opening Times: 8am-6.00pm													
	7am														
LANESWIM	8am	General Swim INDOOR POOL 8.30am-1.30pm Lane Swim		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					
AQUACISE	9am													Adult Only 8.30am-9.30am	
ADULTS ONLY	10am	General Swim INDOOR POOL 8.30am-1.30pm Lane Swim		Aquacise 9.30am-10.30am		Aquacise 10am-11am		Aquacise 10am-11am		Aquacise 10am-11am		Swim Lessons		Swim Lesson SAS CLUB	
	11am			Swim Lessons 9.30am-10.30am											
SAS	12pm	General Swim INDOOR POOL 11.30am-3pm Lane Swim				General Swim INDOOR POOL 11.30am-1.30pm Lane Swim		General Swim INDOOR POOL 11.30am-3pm Lane Swim		General Swim INDOOR POOL 11.30am-3pm Lane Swim					
SCHOOL	1pm											General Swim OUTDOOR POOL 9.30am-3pm Lane Swim		General Swim INDOOR POOL 10.30am-3.30pm Lane Swim	General Swim OUTDOOR POOL 9.30am-4pm
FAMILY FUN	2pm	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-6.30pm	General Swim OUTDOOR POOL 10.30am-6pm	General Swim INDOOR POOL 11.30am-5pm Lane Swim	General Swim OUTDOOR POOL 10.30am-6pm	General Swim INDOOR POOL 12pm-3.30pm Lane Swim				
	3pm														
SWIM LESSONS	4pm														
IMPORTANT: OTHER NOTES	5pm	Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons				Pool Party Hire (4pm-6pm)			
	6pm														
	7pm			SAS Club		General Swim INDOOR POOL 7pm-8pm Lane Swim		SAS Club							
	8pm														
	9pm														

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**!

- 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.

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

	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	£5.65	£4.65	£4.25	£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			

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUACISE Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	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	BANK HOLIDAY Opening Times: 8am-6.00pm							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	A Fitball 10am	A Zumba 10am	A LBT 10am	P Aquacise 9.30am	P Aquacise 9.30am	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 Yogalates 11am	A Yoga 11am					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				A Body Conditioning 12.30pm				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			A Fighting Fit 2pm-3pm	A Core & Stretch 1.30pm				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		A Body Conditioning 5.15pm						5pm
	6pm			A Circuits 6pm					6pm
	7pm		A Core & Stretch 6.15pm	A Core & Stretch 7pm					7pm
	8pm		P Aquacise 7.15pm						8pm
Fun, Fit and Fab Get ready to sweat, smile and sculpt your body with a circuit-style workout... As fun as it is effective!	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	£5.65	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



Skegness Pool & Fitness Suite

Swimming Pool Programme

Term Time | 1st September - 26th October

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

Indoor Pool only

		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
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.	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am	General Swim 6.30am-9.30am			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.	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim			8am
GENTLE/AQ.	Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)						Swim Lessons		9am
AD.	Adults Only Swim: For 16 years+ and is suitable for all abilities.							Adult Only Swim 8.30am-9.30am	
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.								10am
SL&ST	Slow & Steady Social Swim: A slower-paced swim. A great session for socialising and suitable for all abilities. (16yrs+)								11am
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!								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
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
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none"> Pre-booking: We strongly advise booking your swimming sessions in advance to avoid disappointment. 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 the live timetables on our website... Or download our free MV app! 								3pm
									4pm
									5pm
									6pm
									7pm
									8pm
									9pm

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£5.65	£4.65	£4.25	£2.50	£1.00	FREE!

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6am								6am
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.								7am
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.)								8am
FIGHTING FIT Fighting Fit: Aims to support those living with or recovering from cancer. Low-impact fitness, designed to build strength & increase activity levels, whilst connecting with others.								9am
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.								10am
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!								11am
YOGALATES Yogalates: A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!								12pm
CORE & STRETCH Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!								1pm
YOGA Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.								2pm
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!								3pm
PILATES Pilates: Combining stretching and strength work to improve both your posture - And your mobility!								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!								7pm
								8pm
								9pm



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



NEW CLASSES

Gentle Aquacise:
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)

Seated Exercise:
Various physical activities performed whilst sitting or using a chair to support. Suitable for those with limited mobility, new to fitness or seeking low-impact.

Intro to Cycle:
New to indoor cycling? Start here. Our 30 minute Intro to Cycle blends relaxed chat, easy riding, and expert guidance so you can try it out without the sweat or stress of a full class. 15 minutes of gentle pedalling, and tips from your instructor to help you feel ready for more.

magnavitae.org
MAGNA VITAE
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