

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)
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)
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)
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 General Swim (1.45pm)
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
	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!								
		4pm General Swim (4pm)	4pm	4pm	4pm	4pm	4pm	4pm	4pm
		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	6pm	6pm	6pm	6pm	6pm
		7pm Otters Swim Club (7pm)	7pm	7pm Otters Swim Club (6.30pm)	7pm Lane Swim (6.45pm)	7pm	7pm	7pm	7pm
		8pm	8pm Lane Swim (7.30pm)	8pm	8pm Lane Swim (7.45pm)	8pm WB Club (Private Booking)	8pm	8pm	8pm
		9pm	9pm	9pm	9pm	9pm	9pm	9pm	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 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!

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Exercise Class Programme

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AQUACISE: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
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.
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!
Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!
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.)
Yin Yoga: A slow-paced style of yoga that involves holding poses for extended periods. This class is held by Claire.

* - 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



Scan me!

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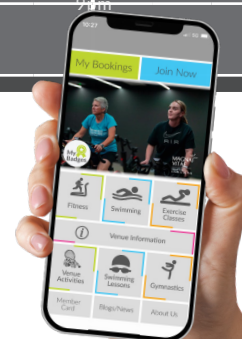
Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am				Yin Yoga** 8am			
9am							
10am	Aquacise~ 9.30am	Yoga** 9.15am	Body Conditioning# 9.30am	Aquacise~ 9.45am	Boxing Circuits# 9.30am		
11am		Aquacise~ 10.45am	Core & Stretch# 10.30am	Core & Stretch# 10.30am			
12pm			Aquacise~ 11.45am		Aquacise~ 11.30am		JUNIOR GYM ACCESS 10.30am-12.30pm (or any time with a responsible adult)
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			Circuits# 5:30pm		
7pm		Circuits# 7pm			Boxercise# 6:30pm		
8pm							
9pm							

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

Download on the App Store

Download on Google play



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!

magnavitae.org
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