Meridian Leisure Centre

Term Time 8th September - 26th October

Main Pool & Leisure Pool Programme **Venue Opening Times** Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY SUNDAY** Small Pirate Ship Pool: Temperature: 32 degrees SP MAIN POOL SP MAIN POOL SP MAIN POOL MAIN POOL SP MAIN POOL MAIN POOL SP MAIN POOL 6am 6am Main Pool: Length: 25m **Louth Swim** Louth Louth Louth Sw Club Amount of lanes: 8 Club Swim Swim Temperature: 29 degrees 7am Club 7am Club Aquacise (45 minutes): Louth Sessions start 5 minutes into Lane Swim Lane Swim a time block, i.e. Aquacise on Swim Lane Swim 6.15am-9am Monday's 10:05am-10:50am. 8am 8am **Lane Swim** Club Lane Swim Lane Swim Tri Club Gentle Aquacise (30 mins): 7am-9am Using benefits of water resistance: Gentle exercises 9am 9am that improve flexibility, endurance and strength. General School Swim (Ideal for injury recovery.) **Swim** General Inclusive Swim: 10am Swim 10am Swim This is an open session Aquacise* Aguacise* Aduacise³ Lessons that factors in sensory and 10.05-10.50ai 10.05-10.50 10.05-10.50am School Swim behaviour needs. We won't Swim Swim General play any music during this General 11am 11am School Swim Lessons session - & We'll use natural Lessons Swim Swim lighting where possible. Swim General General Lessons Swim Slow & Steady: (16yrs+) School Swim Swim Swim General General Swim L2pm **12pm** A slower-paced swim. A Lessons Lessons Swim **Swim** Slow & great session for socialising Aquacise* Aquacise* Steady and suitable for all abilities. 12.15-1pm 12.15pm - 1pm 12pm Swim Lessons: Lane 1pm 1pm Swim School Swim Our WaterWise Lane Lane General School **Family Fun** 'Learn to Swim' programme! **Swim** Swim School Splash Swim WaterWise memberships Swim 2pm 2pm Swim 2pm include general swimming 2pm at any time... At any venue! School One perk of many others, Family Fun Swim whilst becoming wiser about upported Splash General General water! Learn more on our 3pm Inclusive 3pm Swim 3pm **Staff Training Swim** Swim website... #PoolPower **Swim** General General Pre-booking: **Swim** Swim We strongly advise booking 4pm 4pm vour swimming sessions in General Genera advance to avoid potential disappointment. Swim Swim Pool Accessibility steps: Swim Swim 5pm 5pm Available to use to aid entry Lessons Lessons Swim General Swim into the swimming pool Swim Swim Lessons during swimming sessions. Lessons Lessons Please ask at reception upon 6pm Louth 6pm arrival. (Steps cannot be used **Swim Club** during Aquacise sessions.) Swim • Quieter Sessions: Louth Tuesday's & Thursday's from 7pm Louth Louth 7pm General ! Swim 6am-10am, there will be no Louth Aquacise Swim Club **Swim Club** music playing in our pool Club Swim area or corridors, (Sessions Club without music = 🔞) 8pm 8pm Flume Opening Times: Club Tri Club Saturday's: 10.30am-3.45pm 8.00pm 8,00pm na00.8 Sunday's: 10.30am-3.30pm 5 lanes • (Please see the note about 9pm 9pm potential changes 🜟 ★Potential Changes: Bookings can be made up to 7 days in advance. Prices for Swimming: Please be aware that our programme is subject to All payments must be made at the time of booking. MV Card with Concession Magna Vitae Member change at the discretion of our Duty Manager. Non Memhers MV Card Aged Under (General Public)

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

2yrs (Membership Holder) £1.00

£2.50

Infortunately this is often for reasons beyond our contro or the most up-to-date programmes, view live timetable: online at magnavitae.org - or download our free MV app! TRUST FOR LEISURE & CULTURE

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm





Bookings can be made up to 7 days in advance.

All payments must be made at the time of booking.

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

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!



You can book online and via

our free Magna Vitae app!

to browse our website!

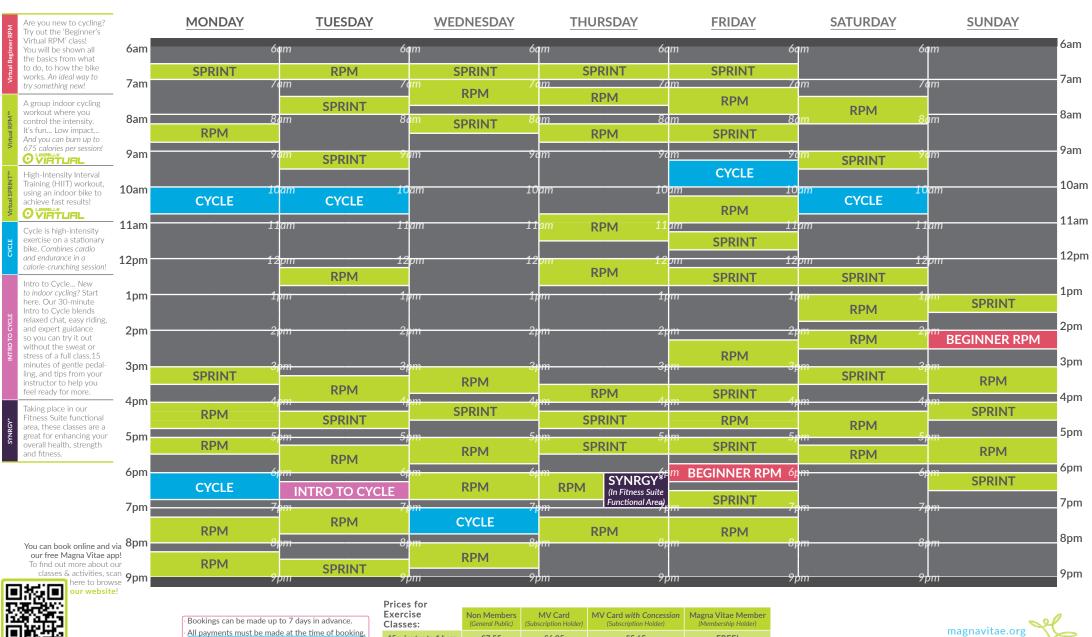
To find out more about our

classes & activities, scan here

Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme Term Time | 8th September - 26th October

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



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

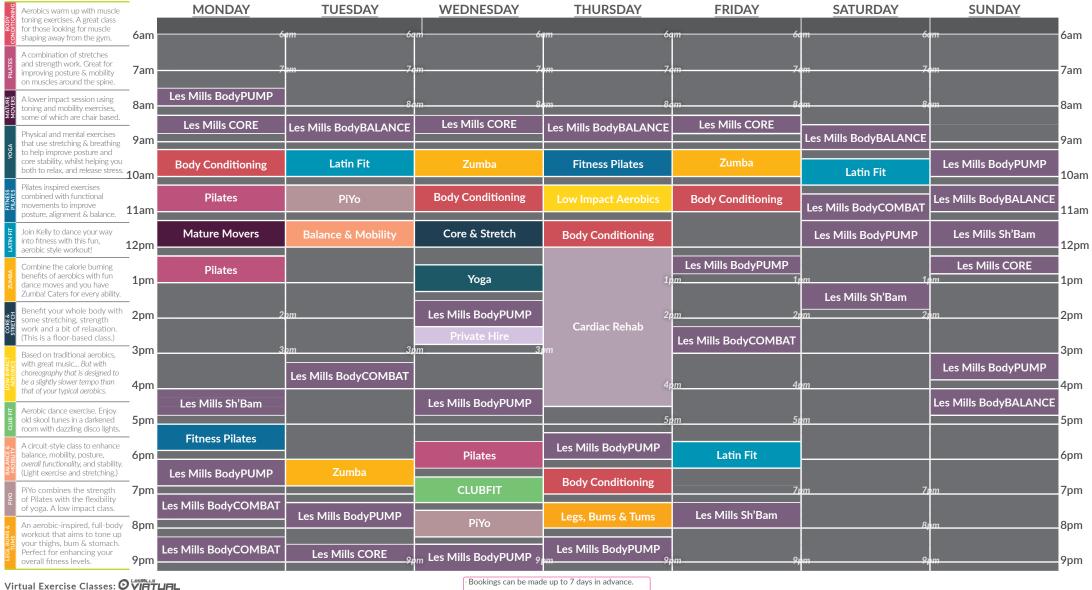
Need to cancel a booking? You must cancel at least

48 hours in advance in order to claim a refund.

£7.55 FREE! £6.25 £5.65 45 minutes to 1 hour £3.85 £3.20 £2.80 FREE! Virtual Classes (60min £2.65 £2.40 £3.20 FREE!



Venue Opening Times Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



Virtual Exercise Classes: O VIRTUAL

A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.

> A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.

A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.

Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength! All payments must be made at the time of booking. Need to cancel a booking? You must cancel at least

Prices for	48 nours in advance in order to claim a refund.				
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!
	Virtual Classes	£3.85	£3.20	£2.80	FREE!



Meridian Leisure Centre

Sports Hall Programme

Term Time 8th September - 26th October

Venue Opening Times Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm



people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided

You can book online & via our app! To find out prices & more for Sports Hall activities, browse our website: (1) Scan me!



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







