

# Skegness Pool & Fitness Suite

## Swimming Pool Programme

Term Time | 1<sup>st</sup> September - 26<sup>th</sup> 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!								
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			
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.							Adult Only Swim 8.30am-9.30am	
GENTLE/AQ.	Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)						Swim Lessons		
AD.	Adults Only Swim: For 16 years+ and is suitable for all abilities.								
SAS	Skegness Amateur Swim (SAS Club): This is a private booking.	General Swim 11am-1pm	Inclusive Swim 11am-12pm (An open session factoring in sensory and behaviour needs. No music played during session. Natural lighting where possible)	Supported Swim 11am-12pm (Swim-based exercises and support for those on health referral programmes)	General Swim 11.30am-12.30pm	General Swim 11am-1pm			
SL & ST	Slow & Steady Social Swim: A slower-paced swim. A great session for socialising and suitable for all abilities. (16yrs+)	Slow & Steady Social Swim 1pm-2pm	Swim Lessons	General Swim 12pm-2pm	Home Education Swim	Slow & Steady Social Swim 1pm-2pm	General Swim 12pm-2pm	Family Fun Splash 12.30pm-1.30pm	
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!				School Swimming			Inclusive Swim 1.30pm-2.30pm (An open session factoring in sensory and behaviour needs. No music played during session. Natural lighting where possible)	
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!			Staff Training			Family Fun Splash 2pm-3pm		
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	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	General Swim 3pm-6pm			
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none"> <li>Pre-booking: We strongly advise booking your swimming sessions in advance to avoid disappointment.</li> <li>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 <a href="#">free MV app!</a></li> </ul>								
		SAS Club			SAS Club	SAS Club			
		General Swim 7.10pm-8.10pm	Aquacise 7pm-8pm	General Swim 6.30pm-7.30pm	General Swim 7.10pm-8.10pm				

**Potential Programme Changes:**  
Please be aware that our programme is subject to change at the discretion of our Duty Manager. It's never an easy decision for us to make... & Unfortunately, it's often due to reasons beyond our control. To ensure that you view an up-to-date programme, use the live timetables on our website: [magnavitaet.org/timetables/](https://magnavitaet.org/timetables/)

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!



Scan me!

- 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.

### 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!

# Skegness Pool & Fitness Suite

## Exercise Class Programme

Term Time | 1<sup>st</sup> September - 26<sup>th</sup> October

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am							
8am							
9am	A Zumba Step 9am	A Fun, Fit and Fab 9am	A Zumba Toning 9am	A Seated Exercise	A Pilates 9am		
10am	P Aquacise 10am	A Fitball 10am	A LBT 10am	P Aquacise 10am	P Aquacise 10am	A Pilates 10am	
11am	A Yoga 11am	A Ageless & Agile* 10am-12noon	A Yoga 11am				
12pm							
1pm				A Body Conditioning 12.30pm			
2pm				A Core & Stretch 1.30pm			
3pm			A Fighting Fit 2pm-3pm				
4pm				A Gentle Aquacise			
5pm							
6pm		A Body Conditioning 5.15pm					
7pm		A Core & Stretch 6.15pm	A Circuits 6pm				
8pm		P Aquacise 7pm	A Core & Stretch 7pm				
9pm							

**AQUACISE:**  
Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.

**ZUMBA:**  
Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)

**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.

**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.

**ZUMBA TONING:**  
This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!

**YOGALATES:**  
A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!

**CORE & STRETCH:**  
A floor-based class working the whole body. Stretch, strength, coordination and relaxation!

**YOGA:**  
A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.

**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!

**PILATES:**  
Combining stretching and strength work to improve both your posture - And your mobility!

**Fit Ball:**  
Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!

**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.)

**Fun, Fit and Fab:**  
Get ready to sweat, smile and sculpt your body with a circuit-style workout... As fun as it is effective!



Scan me!

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.

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



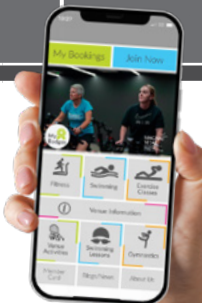
Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.65	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

### 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**  
TRUST FOR LEISURE & CULTURE

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