

SKEGNESS POOL & FITNESS SUITE

Make a Splash

Outdoor Pool Programme
30th July - 2nd September 2018



Home to Skegness Amateur Swimming Club

Skegness Pool & Fitness Suite

Grand Parade, Skegness, Lincolnshire PE25 2UG
01754 610675
skegnesspool@mvtlc.org

Safe Swimming Policy

Will all swimming pool users please note and adhere to the following Safe Swimming Policy.

- The staff may, at their sole discretion, refuse admission if they believe that the safety of swimming pool users is compromised.
- Children may at times be asked to demonstrate their swimming competency.
- All non-swimming children should wear approved buoyancy aids and should remain within the designated non-swimmers area.
- All swimming pool users should listen to the advice of the lifeguards on duty.

Children under 8 years old:

- Children of this age must be supervised at all times in the pool water by a responsible adult (16 yrs +), at a ratio of one adult to two children (1:2).
- If one or more of the children holds the ASA Pool Swimming Standard Award, the maximum child supervision ratio can be increased to 1 responsible adult to three children under the age of eight years (1:3).
- All children under 8 years old must be accompanied by an adult at all times within the complex.

Please note: These programmes may change during school holidays. An additional programme will be available at this time.

	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Mon	07:30 ADULTS ONLY	08:30 BREAKFAST SWIM		SUMMER SPLASH SESSION 1		12:00 LOW IMPACT AQUACISE		SUMMER SPLASH SESSION 2			16:30 SWIMMING LESSONS	17:00 SURVIVE & SAVE	18:30 GENERAL SWIMMING	
		LANE SWIMMING									LANE SWIMMING		LANE SWIMMING	
Tue	07:30 ADULTS ONLY	08:30 BREAKFAST SWIM		SUMMER SPLASH SESSION 1		12:00 SWIMMING LESSONS		SUMMER SPLASH SESSION 2			16:30 SWIMMING LESSONS	17:00 ROOKIE LIFEGUARD	18:30 GENERAL SWIMMING	
		LANE SWIMMING				LANE SWIM						LANE SWIMMING		
Wed	07:30 ADULTS ONLY	08:30 BREAKFAST SWIM		SUMMER SPLASH SESSION 1		12:00 LOW IMPACT AQUACISE		SUMMER SPLASH SESSION 2			16:30 SWIMMING LESSONS	17:00 ROOKIE LIFEGUARD	18:30 AQUACISE	19:30 SUB AQUA CLUB
		LANE SWIMMING									LANE SWIMMING			
Thur	07:30 ADULTS ONLY	08:30 BREAKFAST SWIM		SUMMER SPLASH SESSION 1		12:00 SWIMMING LESSONS		SUMMER SPLASH SESSION 2			16:30 SWIMMING LESSONS	17:00 ROOKIE LIFEGUARD	18:30 GENERAL SWIMMING	19:30 AQUACISE
		LANE SWIMMING				LANE SWIM						LANE SWIMMING		
Fri	07:30 ADULTS ONLY	08:30 BREAKFAST SWIM		SUMMER SPLASH SESSION 1		12:00 LOW IMPACT AQUACISE		SUMMER SPLASH SESSION 2			16:30 SWIMMING LESSONS		18:30 GENERAL SWIMMING	
		LANE SWIMMING										LANE SWIMMING		
Sat			09:00 ROOKIE LIFEGUARD	10:00 SWIMMING LESSONS		12:00 SURVIVE & SAVE		SUMMER SPLASH SESSION 1			SUMMER SPLASH SESSION 2			
				LANE SWIMMING										
Sun		08:30 ADULTS ONLY	09:30 BREAKFAST SWIM		SUMMER SPLASH SESSION 1			SUMMER SPLASH SESSION 2			SUMMER SPLASH SESSION 3			
		LANE SWIMMING												

NEW FITNESS SUITE OPENING TIMES

Monday	06:00-21:00
Tuesday	06:00-21:00
Wednesday	06:00-21:00
Thursday	06:00-21:00
Friday	06:00-21:00
Saturday	08:00-18:00
Sunday	08:00-18:00

Note:

The pool will be closed at 15.30 on 19th August for Staff Training.

The indoor pool and flume will be closed from 30th June - 2nd September.

Information is correct at time of printing -06/2018. The Facility Management Team reserves the right to alter sessions, times and charges.

www.magnavitaet.org

**Pre-booking the Summer Splash sessions is highly recommended.
All tickets are non-refundable and non-transferable.**

SKEGNESS POOL & FITNESS SUITE

Exercise Programme

AQUACISE - Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.
BOOTCAMP CIRCUITS - Traditional circuit training with a strong military and bodyweight theme.
BOX-FIT - Punch your way to fitness while working your whole body using boxing techniques. Great fun so you hardly notice how hard you're working!
CLUBBERCISE - It's all about having fun and dancing to great dance hits in an atmosphere unlike any other. Move to the beat and shake the glow sticks.
CORE & BACK REHAB - Reduce back pain and improve abdominal tone by building core strength and balance in these sessions.
CORE & STRETCH - A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
CYCLE - Cycling sessions designed to boost your cardiovascular fitness and burn fat. Check out our sessions to see how they fit for you.
JUNIORS CIRCUITS - An instructor led gym based circuit session for Juniors.
JUNIORS FITNESS - An open slot for our junior members to use the gym. Please be aware that this is not a class based session and will not be instructor led.
KETTLE & CORE - Rip fat, improve muscle tone and get fit in this all round, full body circuit based workout. With a wide choice of weights, it's your session, every time. Everyone welcome!
MV CORE - 30minutes targeting your midsection and glutes to help improve muscle tone around the midsection and posture.
MV HITT - 30minutes of interval based cardiovascular training, using a variety of body weight exercises, and our new Skillmill and cycle.
MV STRENGTH - 30minutes of structured exercise using a range of exercise to target all the major muscles to help improve muscle tone.
TRIPLE A! - Abs, arms and well everything else we all care about - join us in this intensive circuit based session!
YOGA - A physical and mental exercise using stretching and breathing to help improve posture and core stability while helping you relax and release stress.
ZUMBA - A dance based session combining the calorie burning benefits of training aerobically with up-to-date music and fun dance moves.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am								7am
8am			**MV Strength					8am
9am		Zumba						9am
10am	Yoga	*MV HITT	Kettle & Core	Cycle	**MV Strength **MV CORE	**MV HITT	**MV CORE	10am
11am	Core & Back Rehab	*Low Impact Aquacise	Core & Stretch		*Low Impact Aquacise	Junior Circuits		11am
12pm			*Low Impact Aquacise					12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm	Junior Fitness	Junior Fitness	Junior Fitness	Junior Fitness	Junior Fitness			4pm
5pm								5pm
6pm	Kettle & Core	BoxFit	*Aqua cise	Bootcamp Circuits	**Triple A!			6pm
7pm	Clubbercise	Triple A!	Cycle	**MV HITT	**Triple A!			7pm
8pm	**MV Strength			*Aquacise				8pm
9pm								9pm

*These classes take place in the Swimming Pool

**These classes take place in the Fitness Suite

All Classes are for 16 years and above unless labelled otherwise.

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Lincolnshire PE25 2UG
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Payment must be made on booking. A booking can be made up to a week in advance.
Please note: bookings must be cancelled at least 48 hours in advance for a refund.

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