

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	Adult Squad		Adult Squad		Adult Squad		
06:00 AM						Adult Squad	
09:30 AM					Deep Water Running		
10:30 AM					Aqua Outdoor		
11:30 AM	Active and Healthy Aqua				Active and Healthy Aqua		
06:00 PM		Adult Squad		Adult Squad			



Please note scheduled classes are subject to change.
 To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

Adult Squad

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.

Active and Healthy Aqua

The calorie burning benefits of group exercise with the therapeutic properties of water, Using minimum impact movements, you'll develop strength and fitness in a fun environment.

Deep Water Running

A great, low impact cardiovascular workout. Using a buoyancy belt in deep water. Deep Water Running is the perfect choice for those with injuries or limitations. It's a 45 minute class suitable for all abilities as long as you are confident in deep water.

Aqua Outdoor

This is our signature aqua session, the best of both worlds as our outdoor pools offer a shallow end and a deep end where you can pick what level suits you. Using minimum impact movements, you'll develop strength and fitness in a fun environment.