



# CALOUNDRA AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 AM	Adult Squad	Adult Squad		Adult Squad			
08:00 AM				Aqua Aerobics			
08:30 AM		Aqua Aerobics	Aqua Aerobics				
12:00 PM		Aqua Aerobics		Aqua Aerobics			
06:30 PM	Adult Squad	Adult Squad	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.

### Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun and enjoyable environment.