



## CANUNGRA POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 AM	Be Healthy & Active Adult Squad		Be Healthy & Active Adult Squad				
07:30 AM	Be Healthy & Active Aqua		Be Healthy & Active Aqua				



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!

### Be Healthy & Active Adult Squad

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

### Be Healthy & Active 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.