



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.