



# TAMBORINE MOUNTAIN POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM			Active and Healthy Aqua				
08:00 AM		Active and Healthy Aqua					
08:30 AM						Active and Healthy Aqua	
09:00 AM				Active and Healthy Aqua			
04:00 PM			Adult Stroke Correction (1Hr) Adult Squad				
05:00 PM	Adult Stroke Correction (1Hr) 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 Stroke Correction (1Hr)

This Squad Class is designed to help Adult Swimmers improve their Stoke technique. Improved Technique will help you swim further and fastened - be it for fun fitness or competition this class is must for those looking to get more from their swimming.

### 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.

### Adult Squad

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