



TAMBORINE MOUNTAIN POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 AM	Aqua Aerobics		Aqua Aerobics				
08:15 AM				Aqua Aerobics			
09:15 AM							
10:30 AM						Aqua Aerobics	
05:00 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.

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.