



# TAMBORINE MOUNTAIN POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 AM							
07:00 AM			Aqua Aerobics				
08:00 AM							
09:00 AM	Aqua Aerobics					Aqua Aerobics	
10:00 AM					Aqua Aerobics		
04:30 PM	Adult Squad						
05:00 PM				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.