



# KAWANA AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM		City Aqua Outdoor		City Aqua Outdoor			
09:00 AM	Adult Squad	Adult Squad	Adult Squad	Adult Squad	Adult Squad		
09:15 AM		City Aqua Outdoor	City Aqua Outdoor	City Aqua Outdoor			
10:15 AM							
10:30 AM							
12:30 PM	City Aqua (Gentle)			City Aqua (Gentle)			
06:00 PM		Aqua Fit Shallow		Aqua Fit Shallow			



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!

### City Aqua (Gentle)

A gentle class of Aqua Aerobics is the best of both worlds. Get the calorie burning benefits of aerobics with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

### City Aqua Outdoor

This is our signature aqua session, the best of both worlds as our outdoor pools offer a shallow end and a deep end where you can pick what level suits you. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

### Aqua Fit Shallow

A class held in shallow water that provides the great calorie burning benefits of aerobics, 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.