



CHERMSIDE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM	Swim Fit+* (Adult Squad)		Swim Fit+* (Adult Squad)		Swim Fit+* (Adult Squad)		
06:00 AM						Swim Fit+* (Adult Squad)	
08:00 AM		City Swim					
09:00 AM						City Swim	
12:00 PM	City Aqua Indoor	City Aqua Indoor	City Aerobics	City Aqua Indoor	City Aqua Indoor		
06:00 PM	City Swim City Aqua Indoor Swim Fit+* (Adult Squad)	Swim Fit+* (Adult Squad) City Aqua Indoor	City Swim Swim Fit+* (Adult Squad)	Swim Fit+* (Adult Squad) City Aqua Indoor			



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 Swim

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels. You are required to have a basic swim level and be able to complete multiple laps to attend this session.

Swim Fit+* (Adult Squad)

This class focuses on improving technique, endurance and performance. Run by our experienced/accredited Rackley Coaches. * These sessions require SwimFit Plus Membership Pass - please ask for details at pool reception. Trial sessions are available .

City Aqua Indoor

This is our signature aqua session, the best of both worlds. 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. Session is completed in our indoor pool all year round.

City Aerobics

This class is a high intensity workout that includes several body weight exercises that is designed to keep you burning calories long after the class is complete. Come and try it today!