



# CHERMESIDE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM	Swim Fit+* (Adult Squad)		Swim Fit+* (Adult Squad)		Swim Fit+* (Adult Squad)		
07:00 AM						Swim Fit+* (Adult Squad)	
08:00 AM		City Swim					
09:00 AM						City Swim	
12:00 PM	City Aqua Outdoor	City Aqua Outdoor	City Aqua Outdoor	City Aqua Outdoor	City Aqua Outdoor		
05:00 PM	Swim Fit+* (Adult Squad)	Swim Fit+* (Adult Squad)	Swim Fit+* (Adult Squad)	Swim Fit+* (Adult Squad)	Swim Fit+* (Adult Squad)		
06:00 PM	City Swim City Aqua Outdoor	City Aqua Outdoor	City Swim	City Aqua Outdoor			



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.

### 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.

### 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.