



HELENSVALE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	Adult Squad				Adult Squad		
08:00 AM	Aqua Zumba		Aqua Zumba				



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 Zumba

This is aqua zumba