



# RUNCORN POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM							
08:00 AM	City Aqua Indoor		Adult Squad City Aqua Indoor		Adult Squad City Aqua Indoor		
09:00 AM							
01:00 PM	Be Healthy & Active Aqua			Be Healthy & Active Aqua			
06:00 PM	Adult Squad		Adult Squad				
06:15 PM							



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.

### Be Healthy & Active Aqua

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.

### 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.