



MIAMI AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM	Adult Squad		Adult Squad		Adult Squad		
07:30 AM	Adult Squad		Adult Squad		Adult Squad		
08:00 AM						Adult Squad	
08:15 AM		Deep Water Running		Deep Water Running			
09:15 AM	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running
	Adult Squad		Adult Squad		Adult Squad		
09:30 AM							
10:15 AM	Deep Water Running		Deep Water Running		Deep Water Running		
11:30 AM	Adult Squad		Adult Squad		Adult Squad		
06:15 PM			Deep Water Running	Adult Squad			



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.

Deep Water Running

A great, low impact cardiovascular workout. Using a buoyancy belt in deep water. Deep Water Running is the perfect choice for those with injuries or limitations. It's a 45 minute class suitable for all abilities as long as you are confident in deep water.