


# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 05/05/2024

Times for Tuesday 29 May			
Time	Session	Facility	
6:30 am - 9:00 am	Early Riser Adult Swim	Pool	
9:00 am - 10:00 am	Parent & Toddler Swim	Pool	
10:30 am - 4:45 pm	Leisure Time Swim	Pool	
6:00 pm - 7:00 pm	Aqua Fit	Pool	
7:00 pm - 9:00 pm	Adults Only	Pool	