Tides Pool Programme

Tides Leisure & Indoor Tennis Centre

Accurate as of 12/10/2024

Times for Wednesday 30 May

Time	Session	Facility
6:30 am - 8:15 am	Early Riser Adult Swim	Pool
7:15 am - 8:15 am	Aqua Fit	Pool
8:15 am - 9:00 am	Live Better Aqua	Pool
9:00 am - 10:00 am	Live Better Swim	Pool
10:30 am - 4:45 pm	Leisure Time Swim	Pool