Tides Pool Programme Tides Leisure & Indoor Tennis Centre

Accurate as of 16/05/2024

| Times for Friday 1 June | | | () |
|-------------------------|------------------------|----------|------------|
| Time | Session | Facility | |
| 6:30 am - 8:15 am | Early Riser Adult Swim | Pool | |
| 8:15 am - 9:00 am | Live Better Aqua | Pool | |
| 9:00 am - 10:00 am | Disabled Swim | Pool | |
| 10:30 am - 4:45 pm | Leisure Time Swim | Pool | |