

# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 17/05/2025

### Times for Tuesday 17 July



| Time                | Session                   | Facility |
|---------------------|---------------------------|----------|
| 6:30 am - 9:00 am   | Early Riser Adult Swim    | Pool     |
| 11:00 am - 12:00 pm | Parent & Toddler Swim     | Pool     |
| 12:00 pm - 1:00 pm  | Live Better Swim          | Pool     |
| 1:00 pm - 3:30 pm   | Swim4All (Main Pool Only) | Pool     |
| 4:00 pm - 6:00 pm   | Dip 'N' Dine              | Pool     |
| 6:00 pm - 7:00 pm   | Aqua Fit                  | Pool     |
| 7:00 pm - 9:00 pm   | Adults Only               | Pool     |