Tides Pool Programme

Tides Leisure & Indoor Tennis Centre

Accurate as of 12/10/2024

Times for Wednesday 18 July

Time	Session	Facility
6:30 am - 8:15 am	Early Riser Adult Swim	Pool
8:15 am - 9:00 am	Live Better Aqua	Pool
11:00 am - 1:00 pm	Live Better Swim	Pool
1:00 pm - 3:30 pm	Swim4All (Main Pool Only)	Pool
7:15 pm - 8:15 pm	Aqua Fit	Pool