

# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 08/05/2024

Times for Friday 20 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 - 12:00 pm	Disabled Swim	Pool	
12:00 pm - 3:30 pm	Swim4All (Main Pool Only)	Pool	
4:00 pm - 6:00 pm	Dip 'N' Dine	Pool	