## **Tides Pool Programme** Tides Leisure & Indoor Tennis Centre

## Accurate as of 11/05/2024

Times for Wednesday 26 September			•
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	