

# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 26/04/2024

### Times for Monday 21 January



| Time                | Session                   | Facility |
|---------------------|---------------------------|----------|
| 6:30 am - 9:00 am   | Early Riser Adult Swim    | Pool     |
| 10:00 am - 12:00 pm | Live Better Swim          | Pool     |
| 12:00 pm - 1:00 pm  | Live Better Aqua          | Pool     |
| 1:00 pm - 3:30 pm   | Swim4All (Main Pool Only) | Pool     |
| 7:30 pm - 8:30 pm   | Aqua Fit                  | Pool     |