


# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 16/05/2024

Times for Monday 18 March			
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	