

Tides Pool Programme

Tides Leisure & Indoor Tennis Centre

Accurate as of 29/04/2024

Times for Monday 19 August



Time	Session	Facility
6:30 am - 8:15 am	Early Riser Adult Swim	Pool
8:15 am - 9:00 am	Live Better Aqua	Pool
10:00 am - 11:00 am	Live Better Swim	Pool
11:00 am - 4:45 pm	Leisure Time Swim	Pool
7:30 pm - 8:30 pm	Aqua Fit	Pool