

# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 17/05/2025

### Times for Tuesday 20 August



Time	Session	Facility
6:30 am - 9:00 am	Early Riser Adult Swim	Pool
9:00 am - 10:00 am	Parent & Toddler Swim	Pool
10:30 am - 4:45 pm	Leisure Time Swim	Pool
6:00 pm - 7:00 pm	Aqua Fit	Pool
7:00 pm - 9:00 pm	Adults Only	Pool