Tides Pool Programme Tides Leisure & Indoor Tennis Centre

Accurate as of 14/05/2024

Times for Wednesday 16 October			(
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	
3:30 pm - 4:45 pm	Leisure Time Swim	Pool	
7:15 pm - 8:15 pm	Aqua Fit	Pool	