

# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 01/05/2024

### Times for Friday 18 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 - 12:00 pm	Disabled Swim	Pool
12:00 pm - 3:30 pm	Swim4All (Main Pool Only)	Pool
4:00 pm - 6:00 pm	Dip 'N' Dine	Pool