


# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 06/05/2024

Times for Monday 21 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	
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	