

Tides Pool Programme

Tides Leisure & Indoor Tennis Centre

Accurate as of 29/04/2024

Times for Friday 13 December



| 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 |