

Tides Pool Programme

Tides Leisure & Indoor Tennis Centre

Accurate as of 11/05/2024

Times for Monday 13 January



| Time | Session | Facility |
|---------------------|---------------------------|----------|
| 6:30 am - 9:00 am | Early Riser Adult Swim | Pool |
| 10:00 am - 12:00 pm | Live Better Swim | Pool |
| 12:00 pm - 1:00 pm | Live Better Aqua | Pool |
| 1:00 pm - 3:30 pm | Swim4All (Main Pool Only) | Pool |
| 7:30 pm - 8:30 pm | Aqua Fit | Pool |