Tides Pool Programme Tides Leisure & Indoor Tennis Centre

Accurate as of 11/05/2024

Times for Thursday 16 January)
Time	Session	Facility	
6:30 am - 9:00 am	Early Riser Adult Swim	Pool	
11:00 am - 12:00 pm	Live Better Aqua	Pool	
12:00 pm - 1:00 pm	Parent & Toddler Swim	Pool	
1:00 pm - 3:30 pm	Swim4All (Main Pool Only)	Pool	
3:30 pm - 4:45 pm	Leisure Time Swim	Pool	
7:30 pm - 9:00 pm	Adults Only	Pool	