Tides Pool Programme

Tides Leisure & Indoor Tennis Centre

Accurate as of 12/10/2024

Times for Tuesday 21 January

Time	Session	Facility
6:30 am - 9:00 am	Early Riser Adult Swim	Pool
11:00 am - 12:00 pm	Parent & Toddler Swim	Pool
12:00 pm - 1:00 pm	Live Better Swim	Pool
1:00 pm - 3:30 pm	Swim4All (Main Pool Only)	Pool
4:00 pm - 6:00 pm	Dip 'N' Dine	Pool
6:00 pm - 7:00 pm	Aqua Fit	Pool
7:00 pm - 9:00 pm	Adults Only	Pool