

Tides Pool Programme

Tides Leisure & Indoor Tennis Centre

Accurate as of 05/05/2024

Times for Tuesday 30 April



| 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 |