

# Tides Pool Programme

## Tides Leisure & Indoor Tennis Centre

Accurate as of 05/10/2026

| Times for Sunday 4 October |                   |          |  |
|----------------------------|-------------------|----------|-------------------------------------------------------------------------------------|
| Time                       | Session           | Facility |                                                                                     |
| 10:30 am - 6:00 pm         | Leisure Time Swim | Pool     |                                                                                     |