

Pool Timetable

Diss Swim Centre

Accurate as of 16/03/2026

Times for Monday 4 August



Time	Session	Facility
06:00 - 08:00	Lane swim	Main Pool
08:15 - 09:00	Aqua Fit	Main Pool
09:15 - 10:15	Family Swim	Learner Pool
09:15 - 11:55	All Welcome	Main Pool
10:15 - 11:15	Family Swim	Learner Pool
11:30 - 12:30	Family Swim	Learner Pool
12:00 - 13:30	Lane swim	Main Pool
12:30 - 13:30	Family Swim	Learner Pool
13:45 - 14:45	Fun & Float	Main Pool
13:45 - 14:45	Fun & Float	Learner Pool
15:45 - 17:45	Swim School	Main Pool
15:45 - 17:45	Swim School	Learner Pool
18:00 - 20:00	All Welcome (Main Only)	Main Pool
20:10 - 21:45	Lane swim	Main Pool