

Pool Timetable

Diss Swim Centre

Accurate as of 05/05/2026

Times for Tuesday 28 April



| Time | Session | Facility |
|---------------|-----------------|--------------|
| 06:00 - 08:00 | Lane swim | Main Pool |
| 08:15 - 09:00 | Aqua Fit | Main Pool |
| 09:15 - 11:30 | School Swimming | Main Pool |
| 11:45 - 12:30 | Aqua Fit | Main Pool |
| 12:45 - 13:45 | Family Swim | Learner Pool |
| 12:45 - 14:15 | Lane swim | Main Pool |
| 14:30 - 15:30 | SEND Swim | Main Pool |
| 14:30 - 15:30 | SEND Swim | Learner Pool |
| 15:45 - 17:45 | Swim School | Main Pool |
| 15:45 - 17:45 | Swim School | Learner Pool |
| 18:00 - 19:00 | Junior Swim Fit | Main Pool |
| 18:00 - 19:00 | Swim Fit | Main Pool |
| 19:15 - 20:00 | Aqua Zumba | Main Pool |
| 20:10 - 21:45 | Lane swim | Main Pool |