

# Pool Timetable

## Diss Swim Centre

Accurate as of 26/05/2026

### Times for Monday 11 May



| Time          | Session                                    | Facility     |
|---------------|--|--------------|
| 06:00 - 08:00 | Lane swim                                  | Main Pool    |
| 08:15 - 09:00 | Aqua Fit                                   | Main Pool    |
| 09:15 - 11:45 | School Swimming                            | Main Pool    |
| 12:00 - 13:15 | Lane swim                                  | Main Pool    |
| 12:15 - 13:15 | Family Swim                                | Learner Pool |
| 13:30 - 14:30 | School Swimming                            | Main Pool    |
| 14:50 - 15:40 | Lane swim                                  | Main Pool    |
| 14:50 - 15:40 | Family Swim                                | Learner Pool |
| 15:45 - 17:45 | Swim School                                | Main Pool    |
| 15:45 - 17:45 | Swim School                                | Learner Pool |
| 17:45 - 18:45 | Family Swim                                | Learner Pool |
| 18:00 - 19:00 | Lane Swim (1 double width, 2 single width) | Main Pool    |
| 18:00 - 19:00 | Diss Otters (2 single lanes)               | Main Pool    |
| 19:00 - 21:00 | Diss Otters                                | Main Pool    |
| 21:00 - 21:45 | Lane Swim (6 Single Lanes)                 | Main Pool    |