

# Pool Timetable

## Diss Swim Centre

Accurate as of 26/07/2026

### Times for Tuesday 21 July



| Time          | Session         | Facility     |
|---------------|-----------------|--------------|
| 06:00 - 08:00 | Lane swim       | Main Pool    |
| 08:15 - 09:00 | Aqua Fit        | Main Pool    |
| 09:15 - 11:30 | All Welcome     | Main Pool    |
| 11:45 - 12:30 | Aqua Zumba      | 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    |
| 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 | Swim Fit        | Main Pool    |
| 18:00 - 19:00 | Junior Swim Fit | Main Pool    |
| 19:15 - 20:00 | Aqua Zumba      | Main Pool    |
| 20:10 - 21:45 | Lane swim       | Main Pool    |