

Pool Timetable

Diss Swim Centre

Accurate as of 26/07/2026

Times for Wednesday 29 July

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 - 12:00	All Welcome	Main Pool
09:15 - 12:00	Swim School (Half Pool)	Main Pool
10:15 - 11:15	Family Swim	Learner Pool
12:00 - 13:00	Swim School	Learner Pool
12:05 - 13:15	Lane swim	Main Pool
13:30 - 14:30	Private Hire Pool Closed	Main Pool
14:30 - 17:45	Swim School	Main Pool
15:45 - 17:45	Swim School	Learner Pool
17:50 - 18:50	Lane swim	Main Pool
19:00 - 21:00	Diss Otters	Main Pool
21:00 - 21:45	Lane swim	Main Pool