

Pool Timetable

Diss Swim Centre

Accurate as of 08/08/2026

Times for Monday 10 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 - 11:15	NPLQ Course	Main Pool
09:15 - 11:15	Lane Swim (3 Single Lanes)	Main Pool
10:15 - 11:15	Family Swim	Learner Pool
11:30 - 14:00	All Welcome	Main Pool
14:15 - 15:15	Fun & Float	Main Pool
14:15 - 15:15	Fun & Float	Learner Pool
15:45 - 17:45	Swim School	Main Pool
15:45 - 17:45	Swim School	Learner Pool
18:00 - 21:45	Lane swim	Main Pool