

# Pool Timetable

## Diss Swim Centre

Accurate as of 08/08/2026

Times for Wednesday 12 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 | All Welcome (Main Only) | Main Pool    |
| 09:15 - 13:15 | Swim School (Half Pool) | Main Pool    |
| 10:15 - 11:15 | Family Swim             | Learner Pool |
| 11:30 - 13:20 | NPLQ Course             | Main Pool    |
| 12:00 - 13:00 | Swim School             | Learner Pool |
| 13:30 - 14:15 | Lane swim               | Main Pool    |
| 14:30 - 17:45 | Swim School             | Main Pool    |
| 15:45 - 17:45 | Swim School             | Learner Pool |
| 17:50 - 21:45 | Lane swim               | Main Pool    |