

Pool Timetable

Diss Swim Centre

Accurate as of 08/08/2026

Times for Friday 14 August			
Time	Session	Facility	
06:00 - 10:00	Lane swim	Main Pool	
09:00 - 10:00	Family Swim	Learner Pool	
10:15 - 11:00	Aqua Zumba	Main Pool	
11:05 - 11:50	Aqua Fit	Main Pool	
12:00 - 13:00	Family Swim	Learner Pool	
12:00 - 14:00	Swim School (Half Pool)	Main Pool	
12:00 - 14:00	NPLQ Course	Main Pool	
14:00 - 14:30	Swim School	Learner Pool	
14:15 - 15:45	Lane swim	Main Pool	
15:45 - 17:45	Swim School	Learner Pool	
16:00 - 17:00	All Welcome (Main Only)	Main Pool	
17:00 - 21:45	Lane swim	Main Pool	
17:45 - 18:30	Family Swim	Learner Pool	