

# Pool Timetable

## Diss Swim Centre

Accurate as of 29/08/2026

### Times for Friday 4 September



| 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 | Lane Swim (3 Single Lanes) | Main Pool    |
| 12:00 - 14:00 | Swim School (Half Pool)    | Main Pool    |
| 14:00 - 14:30 | Swim School                | Learner Pool |
| 14:15 - 15:45 | Staff Training             | Main Pool    |
| 15:45 - 17:45 | Swim School                | Learner Pool |
| 16:00 - 17:00 | All Welcome (Main Only)    | Main Pool    |
| 17:00 - 18:20 | Lane swim                  | Main Pool    |
| 17:45 - 18:30 | Family Swim                | Learner Pool |
| 18:30 - 20:30 | Diss Otters                | Main Pool    |
| 20:30 - 21:30 | Diss Otters (Half Pool)    | Main Pool    |
| 20:30 - 21:30 | Lane Swim (3 Single Lanes) | Main Pool    |
| 21:30 - 21:45 | Lane Swim (6 Single Lanes) | Main Pool    |