Pool Timetable

Diss Swim Centre

Accurate as of 22/11/2026

Times for Tuesday 3 November

Time	Session	Facility
06:00 - 08:00	Lane swim	Main Pool
08:15 - 09:00	Aqua Fit	Main Pool
09:15 - 10:30	Lane swim	Main Pool
10:45 - 11:15	School Swimming	Main Pool
11:45 - 12:30	Aqua Zumba	Main Pool
12:45 - 13:45	Family Swim	Learner Pool
12:45 - 14:15	Lane swim	Main Pool
14:30 - 15:30	SEND Swim	Main Pool
14:30 - 15:30	SEND Swim	Learner Pool
15:45 - 17:45	Swim School	Main Pool
15:45 - 17:45	Swim School	Learner Pool
18:00 - 19:00	Junior Swim Fit	Main Pool
18:00 - 19:00	Swim Fit	Main Pool
19:15 - 20:00	Aqua Zumba	Main Pool
20:10 - 21:45	Lane swim	Main Pool