Pool Timetable

Diss Swim Centre

Accurate as of 22/11/2026

Times for Friday 6 November

Time	Session	Facility
06:00 - 10:00	Lane swim	Main Pool
09:00 - 10:00	Family Swim	Learner Pool
10:15 - 11:00	Aqua Fit	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
15:00 - 16:00	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