Pool Timetable

Diss Swim Centre

Accurate as of 14/11/2026

Times for Monday 16 November

Time	Session	Facility
06:00 - 08:00	Lane swim	Main Pool
08:15 - 09:00	Aqua Fit	Main Pool
09:15 - 11:45	School Swimming	Main Pool
12:00 - 13:15	Lane swim	Main Pool
12:15 - 13:15	Family Swim	Learner Pool
13:30 - 14:30	School Swimming	Main Pool
14:50 - 15:40	Lane swim	Main Pool
14:50 - 15:40	Family Swim	Learner Pool
15:45 - 17:45	Swim School	Main Pool
15:45 - 17:45	Swim School	Learner Pool
17:45 - 18:45	Family Swim	Learner Pool
18:00 - 19:00	Lane Swim (1 double width, 2 single width)	Main Pool
18:00 - 19:00	Diss Otters (2 single lanes)	Main Pool
19:00 - 21:00	Diss Otters	Main Pool
21:00 - 21:45	Lane Swim (6 Single Lanes)	Main Pool