

# Pool Timetable

## Diss Swim Centre

Accurate as of 09/01/2025

### Times for Tuesday 14 January



Time	Session	Facility
06:00 - 08:00	Lane swim	Main Pool
08:15 - 09:00	Aqua Fit	Main Pool
09:15 - 11:15	School Swimming	Main Pool
11:45 - 12:30	Aqua Zumba	Main Pool
12:45 - 14:15	Lane swim	Main Pool
12:45 - 14:15	Family Swim	Learner Pool
14:30 - 15:30	SEN Swim	Main Pool
14:30 - 15:30	SEN Swim	Learner Pool
15:45 - 17:45	Swim School	Main Pool
15:45 - 17:45	Swim School	Learner Pool
17:45 - 18:45	Junior Swim Fit (Half Pool)	Main Pool
17:45 - 18:45	Adult Lessons (Half Pool)	Main Pool
17:45 - 18:45	Family Swim	Learner Pool
18:45 - 19:45	Swim Fit	Main Pool
19:50 - 21:45	Lane swim	Main Pool