

Diss Swim & Fitness Centre

Opening Times 2012

Tel: 01379 652754 E-mail: dsfc@s-norfolk.gov.uk

Day	Main Pool	Learner Pool	Gym
Monday	07:00 – 08:15 Adults Only	09:00 – 12:00 Schools	07:00 – 22:00
	08:15 – 09:00 Aqua Fit	12:00 – 14:00 Swim School	
	09:00 – 12:00 Schools	14:00 – 16:00 General Swim	FLABeLOS
	12:00 – 14:00 Adults Only	16:00 – 18:00 Swim School	07:00 – 22:00
Tuesday	14:00 – 16:00 General Swim (14:00 – 14:45 School Use ½ Pool)	09:00 – 12:00 Schools	Gym
	16:00 – 18:00 Swim School	12:00 – 14:00 Swim School	07:00 – 22:00
	18:15 – 20:15 Swim Club	14:00 – 16:00 General Swim	FLABeLOS
	20:30 – 22:00 Adults Swim	16:00 – 18:00 Swim School	07:00 – 22:00
	07:00 – 09:00 Adults Only	09:00 – 12:00 Schools	Gym
	09:00 – 11:15 Schools	12:00 – 14:00 Swim School	07:00 – 22:00
	11:15 – 12:00 Aqua Fit	14:00 – 16:00 General Swim	FLABeLOS
	12:00 – 14:00 Adults Only	16:00 – 18:00 Swim School	07:00 – 22:00
Wednesday	14:00 – 16:00 General Swim (14:00 – 14:45 School Use ½ Pool)	09:00 – 12:00 Schools	Gym
	16:00 – 18:00 Swim School	12:00 – 14:00 Swim School	07:00 – 21:00
	18:00 – 20:15 General Swim	14:00 – 16:00 Toddler Splash	FLABeLOS
	20:15 – 21:00 Aqua Fit	16:00 – 18:00 Swim School	07:00 – 21:00
	21:00 – 22:00 Adults Only	09:00 – 12:00 Schools	Gym
	07:00 – 09:00 Adults Only	10:00 – 14:00 Swim School	07:00 – 21:00
	09:00 – 10:00 50+	14:00 – 16:00 Toddler Splash	FLABeLOS
	10:00 – 14:00 Adults Only	16:00 – 18:00 Swim School	07:00 – 21:00

Enhancing our quality of life

Day	Main Pool	Learner Pool	Gym
Thursday	07:00 – 09:00 Adults Only 09:00 – 12:00 Schools 12:00 – 14:00 Adults Only 14:15 – 15:00 Aqua Fit 15:00 – 16:00 General Swim 16:00 – 18:00 Swim School 18:15 – 20:15 Swim Club 20:30 – 22:00 Adults Only	09:00 – 12:00 Schools 12:00 – 14:00 Swim School 14:00 – 16:00 General Swim 16:00 – 18:00 Swim School	07:00 – 22:00
			FLABeLOS
			07:00 – 22:00
Friday	07:00 – 08:30 Adults Only 08:30 – 09:15 Aqua Fit 09:15 – 10:30 Schools 11:00 – 11:45 Aqua Fit 12:00 – 14:00 Adults Only 14:00 – 18:00 General Swim (14:00 – 16:00 School Use ½ Pool) (17:15 – 18:00 Swim Fit ½ Pool) 18:15 – 20:00 Swim Club	09:00 – 10:30 Schools 12:00 – 15:00 Swim School 15:00 – 18:00 General Swim	Gym
			07:00 – 19:00
			FLABeLOS
			07:00 – 19:00
Saturday	08:00 – 09:00 General Swim 09:00 – 13:00 Swim School 13:00 – 15:45 General Swim 16:00 – 17:00 Party Hire	09:00 – 13:00 Swim School 13:00 – 15:45 General Swim 16:00 – 17:00 Party Hire	Gym
			08:00 – 16:00
			FLABeLOS
			08:00 – 16:00
Sunday	08:00 – 09:00 Swim Club 09:15 – 10:30 General Swim 10:30 – 12:00 Fun Session 12:00 – 13:00 Adults Only 13:00 – 16:00 General Swim 16:45 – 18:45 Swim Club	09:15 – 10:30 General Swim 10.30 - 12.00 Fun Session 13:00 – 16:00 General Swim	Gym
			08:00 – 19:00
			FLABeLOS
			08:00 – 19:00

**FLABeLOS sessions available at 15 min intervals
BOOKING ADVISABLE**

Children under 8 years must be accompanied by a responsible adult at all times.

Maximum stay in any session – 2 hours

Last admission 30 mins before end of session