### Main Pool Timetable

#### Monday
- **06:30 – 07:15**: Lane Swimming
- **07:30 – 08:15**: Lane Swimming
- **08:30 – 09:15**: Aqua Fit
- **09:45 - 11:45**: Schools
- **12:15 – 13:00**: Lane Swimming
- **13:15 – 14:00**: Lane Swimming
- **14:15 – 15:00**: Lane Swimming
- **15:45 - 18:15**: Swim School
- **18:30 - 20:30**: Diss Otters
- **20:45 - 21:30**: Lane Swimming

#### Tuesday
- **06:30 – 07:15**: Lane Swimming
- **07:30 – 08:15**: Lane Swimming
- **08:30 – 09:15**: Lane Swimming
- **09:30 – 11:50**: Schools
- **12:15 – 13:00**: Lane Swimming
- **13:15 – 14:00**: Lane Swimming
- **14:15 – 15:00**: Lane Swimming
- **15:45 - 18:15**: Swim School
- **18:30 - 19:15**: Swim Fit
- **19:30 - 20:15**: Lane Swimming
- **20:30 – 21:15**: Lane Swimming

#### Wednesday
- **06:30 – 07:15**: Lane Swimming
- **07:30 – 08:15**: Lane Swimming
- **08:30 – 09:15**: Aqua Fit
- **09:30 - 10:15**: Lane Swimming
- **10:30 – 11:15**: Lane Swimming
- **11:30 – 12:15**: Lane Swimming
- **13:00 - 14:15**: Schools
- **15:00 – 18:15**: Swim School
- **18:30 – 19:15**: Lane Swimming
- **19:30 – 20:15**: Diss Otters
- **20:45 – 21:30**: Lane Swimming

#### Thursday
- **06:30 – 07:15**: Lane Swimming
- **07:30 – 08:15**: Lane Swimming
- **08:30 – 09:15**: Schools
- **09:30 – 11:50**: Schools
- **12:15 – 13:00**: Lane Swimming
- **13:15 – 14:00**: Lane Swimming
- **14:15 – 15:00**: Lane Swimming
- **15:45 - 18:15**: Swim School
- **18:30 – 19:15**: Lane Swimming
- **19:30 – 20:15**: Aqua Fit
- **20:30 – 21:15**: Lane Swimming

#### Friday
- **06:30 – 07:15**: Lane Swimming
- **07:30 – 08:15**: Lane Swimming
- **08:30 – 09:15**: Schools
- **09:45 – 10:45**: Schools
- **11:15 – 12:00**: Aqua Fit
- **12:15 – 13:00**: Lane Swimming
- **13:15 – 14:00**: Lane Swimming
- **14:15 – 15:00**: Lane Swimming
- **14:15 – 15:00**: Lane Swimming
- **15:45 - 18:15**: Swim School
- **18:30 - 20:30**: Diss Otters
- **20:45 – 21:30**: Lane Swimming

#### Saturday
- **08:30 - 13:00**: Swim School
- **13:15 - 14:00**: Family Swim
- **14:15 - 15:00**: Lane Swimming
- **15:15 - 16:00**: Lane Swimming

#### Sunday
- **08:30 - 09:30**: Diss Otters
- **09:45 - 10:30**: Family Swim
- **10:45 - 11:30**: Lane Swimming
- **11:45 - 12:30**: Lane Swimming
- **12:45 - 13:30**: Lane Swimming
- **14:30 - 16:30**: Diss Otters

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* Sauna & Steam Rooms closed.
* Showers and lockers not in use.
* Under 8’s must be accompanied by an adult.
* Admission Policy is 2 under 8’s to 1 adult.
* All swimmers encouraged to arrive ‘Swim Ready’.
* Lane Swim/Family swim is a 45 minute session with 15 minutes change time.
* All sessions must be pre-booked.
## 2020 Term Time
### Learner Pool Timetable

**Monday**
- 09:45 – 11:45: Schools
- 12:15 – 13:00: Family Swim
- 13:15 – 14:00: Family Swim
- 14:15 – 15:00: Family Swim
- 15:45 – 18:15: Swim School

**Tuesday**
- 09:30 – 11:50: Schools
- 12:15 – 13:00: Family Swim
- 13:15 – 14:00: Family Swim
- 14:15 – 15:00: Family Swim
- 15:45 – 18:15: Swim School

**Wednesday**
- 10:00 – 13:00: Swim School
- 13:00 – 14:15: Schools
- 14:30 – 15:15: Family Swim
- 15:45 – 18:15: Swim School

**Thursday**
- 09:30 – 11:50: Schools
- 12:00 – 14:00: Swim School
- 14:15 – 15:00: Family Swim
- 15:45 – 18:15: Swim School

**Friday**
- 09:45 – 10:45: Schools
- 12:00 – 15:00: Swim School
- 15:45 – 18:15: Swim School

**Saturday**
- 08:30 - 13:00: Swim School
- 13:15 - 14:00: Family Swim
- 14:15 - 15:00: Family Swim
- 15:15 - 16:00: Family Swim

**Sunday**
- 09:45 - 10:30: Family Swim
- 10:45 - 11:30: Family Swim
- 11:45 - 12:30: Family Swim
- 12:45 - 13:30: Family Swim

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* Showers and lockers not in use.
* Under 8’s must be accompanied by an adult.
* Admission Policy is 2 under 8’s to 1 adult.
* All swimmers encouraged to arrive ‘Swim Ready’.
* Lane Swim/Family swim is a 45 minute session with 15 minutes change time.
* All sessions must be pre-booked.

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[www.south-norfolk.gov.uk/leisure](http://www.south-norfolk.gov.uk/leisure)
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