## 2019 Term Time
### Main Pool Timetable

**Monday**
- **06:30 – 08:10**: Public Swim
- **08:15 – 09:00**: Aqua Fit
- **09:15 – 11:45**: Schools
- **12:00 - 15:55**: Public Swim
- **16:00 – 18:00**: Swim School
- **18:15 – 20:15**: Swim Club
- **20:30 - 22:00**: Public Swim

**Tuesday**
- **06:30 – 09:00**: Public Swim
- **09:15 – 11:10**: Schools
- **11:15 – 12:00**: Aqua Fit
- **12:05 – 15:55**: Public Swim
- **16:00 – 18:00**: Swim School
- **18:15 – 19:25**: Public Lane Swim (2 lanes)
- **18:15 – 19:15**: Swimfit (4 lanes)
- **19:30 – 20:15**: Aqua Fit
- **20:30 – 22:00**: Public Swim

**Wednesday**
- **06:30 – 9:30**: Public Swim
- **09:30 - 10:00**: Body Magic
- **09:30 - 10:00**: ½ Pool Public Open Swim
- **10:00 - 13:00**: Public Swim
- **13:15 – 14:45**: Schools
- **15:00 – 15:55**: ½ Pool Public Open Swim
- **15:00 - 16:00**: Adult Lessons
- **16:00 – 18:00**: Swim School
- **18:00 – 19:00**: Public Lane Swim
- **19:00 – 22:00**: Swim Club
- **21:00 – 22:00**: Public Lane Swim

**Thursday**
- **06:30 – 08:10**: Public Swim
- **08:15 – 09:00**: Deep Water Aqua Fit
- **09:15 – 11:45**: Schools
- **12:00 - 13:45**: Public Swim
- **14:00 – 15:00**: Schools
- **15:00 – 15:55**: Public Swim
- **16:00 – 18:00**: Swim School
- **18:15 – 19:25**: Swim Club
- **19:30 – 20:15**: Aqua Fit
- **20:30 - 22:00**: Public Swim

**Friday**
- **06:30 – 09:00**: Public Swim
- **09:15 – 11:10**: Schools
- **11:15 – 12:00**: Aqua Fit
- **12:05 – 18:00**: Public Swim
- **13:45 – 15:30**: ½ Pool Schools
- **18:15 – 21:15**: Swim Club
- **20:30 – 22:00**: Public Swim

**Saturday**
- **09:00 – 13:00**: Swim School
- **13:00 – 14:00**: Public Swim
- **14:15 – 15:45**: Fun Session
- **16:00 - 18:00**: Public Swim

**Sunday**
- **08:30 – 09:30**: Swim Club
- **09:45 – 13:00**: Public Swim
- **13:15 – 14:45**: Fun Session
- **15:00 – 18:00**: Swim Club

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- Max stay in any session – 2 hours
- Sauna and Steam are not available during the following sessions: Swim School, Schools, Fun Session, Swim Club
- Admission Policy is 2 under 8’s to 1 Adult
- Under 8’s Must be accompanied by an Adult (16 years +)

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_www.south-norfolk.gov.uk/leisure_  
_Tel: 01379 652754_
## 2019 Term Time
### Learner Pool Timetable

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2019 Term Time 
Learner Pool Timetable 

### Gym Opening Hours
- Monday – Friday: 06:30 – 22:00
- Saturday – Sunday: 08:30 – 18:00

Diss Leisure Centre
South Norfolk