

NOVA - SWIMMING TIMETABLE

21st July – 31st August 2025

Monday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
9.30am – 11.00am Swimming Lessons
11.15am – 12.15pm Parent & Toddler ~
12.45pm – 2.00pm Family Swim > ~
2.30pm – 3.30pm Disability Swim
4.00pm – 7.15pm Swimming Lessons
7.30pm-8.30pm Aqua Aerobics

Tuesday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
9.00am – 10.00am Parent & Toddler ~
10.15am – 11.15am Adult Lane >
12.45pm – 1.45pm Family Swim > ~
2.00pm – 3.00pm Public > ~
3.30pm – 7.15pm Swimming Lessons
7.30pm – 8.30pm Adult Lane >

Wednesday

6.30am – 7.30am Adult Lane #
7.45am – 8.45am Adult Lane >
9.00am – 10.00am Parent & Toddler ~
12.00pm – 1.00pm Aqua Aerobics >
2.45pm – 3.45pm Adult Lane >
4.00pm – 5.30pm Family Swim >
5.45pm – 7.15pm Public >
7.30pm – 8.30pm Adult Lane >

Thursday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
10.00am – 11.30am Swimming Lessons
12.00pm – 1.00pm Adult Lane >
1.15pm – 2.15pm Family Swim > ~
2.30pm – 3.30pm Public > ~
4.00pm – 7.15pm Swimming Lessons
7.30pm – 8.30pm Free Disability Swim

Friday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane
9.00am – 10.00am Parent & Toddler ~
12.00pm – 1.30pm Adult Lane >
2.00pm – 3.30pm Family Swim > ~
4.00pm – 5.30pm Public > ~
6.00pm – 7.00pm Adult Lane >

Saturday

8.30am – 9.30am Adult Lane >
9.45am – 10.45am Parent & Toddler
11.00am – 12.45pm Family Swim >
1.00pm – 2.00pm Adult Lane >
2.30pm – 4.00pm Public >

Sunday

8.30am – 12.45pm Swimming Lessons
1.00pm – 2.00pm Family Swim > *
2.30pm – 4.00pm Public >

Bank Holiday Sessions may differ, please see alternative timetable.

- Free session for all 60+ swimmers.

> - £2.50 for all 60+ swimmers.

* - Session includes 1 Lane

+ - Children are free with a paying adult.

This timetable is subject to change.

Under 8's – Please refer to our admissions policy.



VIEW OUR
TIMETABLES ON
THE DLL APP

