

# NOVA - SWIMMING TIMETABLE

5<sup>th</sup> January – 15<sup>th</sup> February 2026

## Monday

6.30am – 7.30am Adult Lane >  
7.45am – 8.45am Adult Lane >  
9.30am – 11.00am Swimming Lessons  
11.00am – 12.00pm School Swimming  
12.15pm – 1.00pm Parent & Toddler ~  
1.15pm – 2.15pm Adult Lane >  
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 >  
9.30am – 10.30am School Swimming  
10.30am – 11.00am School Swimming  
12.45pm – 1.45pm Flying Start  
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 >  
12.00pm – 1.00pm Aqua Aerobics >  
2.30pm – 3.45pm Adult Lane >  
4.00pm – 5.30pm Public >  
5.45pm – 7.00pm Public >  
7.30pm – 8.30pm Adult Lane >\$

## Thursday

6.30am – 7.30am Adult Lane >  
7.45am – 8.45am Adult Lane >  
9.30am – 10.30am School Swimming  
10.30am – 11.30am Swimming Lessons  
12.00pm – 1.00pm Adult Lane >  
1.15pm – 2.15pm 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 >  
9.30am – 10.30am School Swimming  
10.30am – 11.30am School Swimming  
12.00pm – 1.00pm Adult Lane >  
1.15pm – 2.15pm Parent & Toddler ~  
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 Public >  
1.00pm – 2.00pm Adult Lane >  
2.30pm – 4.00pm Public >

## Sunday

8.30am – 12.45pm Swimming Lessons  
1.00pm – 2.00pm Family Swim > \*(Free for Under 16s Residing in Wales)  
2.30pm – 4.00pm Public >

# Free session for all Welsh Residents 60+.  
> £3.00 for all Welsh Residents 60+  
~ Main pool only session

\$ Juniors can attend, 11-15 years old  
Under 8's Child Admission Policy in place  
This timetable is subject to change



VIEW OUR  
TIMETABLES ON  
THE DLL APP

