

NOVA - SWIMMING TIMETABLE

16th February – 22nd February 2026

Monday

6.30am – 7.30am
7.45am – 8.45am
9.30am – 11.00am
11.15am – 12.15pm
12.45pm – 2.00pm
2.30pm – 3.30pm
4.00pm – 7.15pm
7.30pm – 8.30pm

Adult Lane >
Adult Lane >
Swimming Lessons
Parent & Toddler ~
Family Swim > ~
Disability Swim
Swimming Lessons
Aqua Aerobics

Tuesday

6.30am – 7.30am
7.45am – 8.45am
9.00am – 10.00am
10.15am – 11.15am
12.45pm – 1.45pm
2.00pm – 3.00pm
3.30pm – 7.15pm
7.30pm – 8.30pm

Adult Lane >
Adult Lane >
Parent & Toddler ~
Adult Lane >
Family Swim > ~
Public > ~
Swimming Lessons
Adult Lane >

Wednesday

6.30am – 7.30am
7.45am – 8.45am
9.00am – 10.00am
12.00pm – 1.00pm
2.45pm – 3.45pm
4.00pm – 5.30pm
5.45pm – 7.15pm
7.30pm – 8.30pm

Adult Lane #
Adult Lane >
Parent & Toddler ~
Aqua Aerobics >
Adult Lane >
Family Swim >
Public >
Adult Lane >

Thursday

6.30am – 7.30am
7.45am – 8.45am
10.00am – 11.30am
12.00pm – 1.00pm
1.15pm – 2.15pm
2.30pm – 3.30pm
4.00pm – 7.15pm
7.30pm – 8.30pm

Adult Lane >
Adult Lane >
Swimming Lessons
Adult Lane >
Family Swim > ~
Public > ~
Swimming Lessons
Free Disability Swim

Friday

6.30am – 7.30am
7.45am – 8.45am
9.00am – 10.00am
12.00pm – 1.30pm
2.00pm – 3.30pm
4.00pm – 5.30pm
6.00pm – 7.00pm

Adult Lane >
Adult Lane
Parent & Toddler ~
Adult Lane >
Family Swim > ~
Public > ~
Adult Lane >

Saturday

8.30am – 9.30am
9.45am – 10.45am
11.00am – 12.45pm
1.00pm – 2.00pm
2.30pm – 4.00pm

Adult Lane >
Parent & Toddler
Family Swim >
Adult Lane >
Public >

Sunday

8.30am – 12.45pm
1.00pm – 2.00pm
2.30pm – 4.00pm

Swimming Lessons
Family Swim > *(Free for Under 16s Residing in Wales)
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

