

# NOVA - SWIMMING TIMETABLE

16<sup>th</sup> February – 22<sup>nd</sup> 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

