

NOVA - SWIMMING TIMETABLE

31st August – 6th September 2026

Bank Holiday Monday 31st

8.15am – 9.15am	Adult Lanes >
9.30am – 10.30am	Parent and Toddler
10.45am – 11.45am	Adult Lanes >
12.00pm – 1.00pm	Family Swim >~
1.45pm – 3.00pm	Public > ~

Tuesday 1st

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 2nd

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 3rd

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 – 2.45pm	Public > ~
4.00pm – 7.15pm	Swimming Lessons
7.30pm – 8.30pm	Free Disability Swim

Friday 4th

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

Saturday 5th

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 6th

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

