

NOVA - SWIMMING TIMETABLE

20th July – 30th August 2026

Monday

6.30am – 7.30am Adult Lane >
7.45am – 8.45am Adult Lane >
9.30am – 10.30am Parent & Toddler ~
11.00am – 12.15pm Adult Lane >
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 > *(Free for Under 16s Residing in Wales)
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 > *(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

