NOVA - SWIMMING TIMETABLE

2nd November 2026 – 20th December 2026

Monday

6.30am – 7.30am	Adult Lane >
7.45am – 8.45am	Adult Lane >
9.30am – 10:30am	School Swimming
10:30am – 11:00am	School Swimming
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 >
9:15am – 10:00am	Parent & Toddler ~
10:15am – 11:15am	Adult Lane >
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 >
9:15am – 10:00am	Parent & Toddler ~
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 >
9.15am – 10.00am	Parent & Toddler ~
11.00am – 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

$ Youths 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