Nova – Swimming Timetable

01824 712323

From 28th October to 3rd November 2019

Monday	
6.30am – 8.30am	Early Risers Lane Swim ~ #
8.30am – 10.00am	Intensive Swimming Lessons *
9.30am – 11.00am	Aqua Babies * ~
10.00am – 11.00am	Parent & Toddler ~ (Children 36 months & under)
11.15am – 12 Noon	Lane Swim ~ >
12.15pm – 3.00pm	Public >
4.00pm – 7.15pm	Swimming Lessons
7.45pm – 8.45pm	Aqua Zumba *
Tuesday	
8.30am – 10.00am	Intensive Swimming Lessons *
10.00am – 10.45am	Aqua Aerobics *
12 Noon – 1.00pm	Lane Swim ~ >
1.30pm – 3.00pm	Public >
3.30pm – 7.15pm	Swimming Lessons
Wednesday	
8.30am – 10.00am	Intensive Swimming Lessons *
10.15am – 11.15am	Mermaids & Sharks *
11.30am – 12.30pm	Aqua Zumba * #
12.45pm – 1.30pm	Lane Swim ~ >
1.45pm – 4.00pm	Public >
4.45pm – 7.15pm	Public >
7.30pm – 8.30pm	Lane Swim ~ >
Thursday	
6.30am – 8.30am	Early Risers Lane Swim ~ >
8.30am – 10.00am	Intensive Swimming Lessons *
9.30am – 10.30am	Aqua Babies * ~
11.00am – 12 Noon	Lane Swim ~ >
12.30pm – 3.00pm	Public >
4.00pm – 7.30pm	Swimming Lessons
Friday	
8.30am – 10.00am	Intensive Swimming Lessons *
10.15am – 11.15am	Mermaids & Sharks *
11.30am – 12.30pm	Lane Swim ~ #
1.00pm – 3.30pm	Public >
4.00pm – 6.00pm	Public >
6.15pm – 7.15pm	Aqua Disco * ~
7.30pm – 8.30pm	Lane Swim ~ >
Saturday	
9.00am – 10.00am	Lane Swim ~ >
10.15am – 1.00pm	Public >
1.30pm – 2.30pm	Rafts & Floats ~ >
3.00pm – 5.00pm	Public >
Sunday	
8.00am – 12.30pm	Swimming Lessons
12.45pm – 2.30pm	Public #
3.00pm – 5.00pm	Public & Family Swim + >

- Free session for all 60+ swimmers
~ - Main pool only
* - This session requires booking
> - £2.50 for all 60+ swimmers
+ - Children are free with a paying adult
This timetable is subject to change

Under 8's – Please refer to our admissions policy