

Nova – Swimming Timetable

01824 712323

From 3 June to
21 July 2019

Monday

6.30am – 9.00am	Early Risers Lane Swim ~ #
9.30am – 11.00am	Aqua Babies * ~
9.45am – 11.00am	Parent & Toddler ~ (Children 36 months & under)
11.00am – 12 Noon	School Swimming
12.15pm – 1.00pm	Lane Swim ~ #
1.15pm – 2.15pm	School Swimming
4.00pm – 7.15pm	Swimming Lessons
7.45pm – 8.45pm	Aqua Zumba * #

Tuesday

10.00am – 10.45am	Aqua Aerobics *
12 Noon – 1.00pm	Lane Swim ~ #
1.30pm – 3.00pm	Public ~ #
3.30pm – 7.15pm	Swimming Lessons

Wednesday

9.30am – 11.00am	School Swimming
11.30am – 12.30pm	Aqua Zumba * #
12.45pm – 1.30pm	Lane Swim ~ #
1.45pm – 2.15pm	School Swimming
2.45pm – 4.45pm	Public #
5.15pm – 7.15pm	Public #
7.30pm – 8.30pm	Lane Swim ~ #

Thursday

6.30am – 9.00am	Early Risers Lane Swim ~ #
9.30am – 10.30am	Aqua Babies * ~
12 Noon – 1.00pm	Lane Swim ~ #
2.00pm – 3.00pm	Public ~ #
4.00pm – 7.30pm	Swimming Lessons

Friday

10.30am – 11.30am	School Swimming
12 Noon – 1.00pm	Lane Swim ~ #
1.15pm – 2.15pm	School Swimming
2.30pm – 3.15pm	Dementia Swim ~
5.00pm – 7.15pm	Public #
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

+ - Children are free with a paying adult.

This timetable is subject to change.

Under 8's – Please refer to our admissions policy