

# Mounts Baths Swimming Timetable

## Mounts Baths Leisure Centre

Accurate as of 17/05/2025

### Times for Monday 22 October



Time	Session	Facility
07:00 - 09:00	Early Bird Swim 14+ (shared with crash courses from 8am)	Main Pool 30m
08:00 - 10:00	Swim Camps	Toddler Pool 20m
09:00 - 10:00	General Swim Peak Shared with Swim Camps	Main Pool 30m
10:00 - 10:45	Aqua Aerobics 14+	Main Pool 30m
10:45 - 11:30	Aquacize	Toddler Pool 20m
11:00 - 12:00	50+ Swimming	Main Pool 30m
11:30 - 13:00	Trilogy Swim School Infants	Toddler Pool 20m
12:00 - 13:30	old - no longer in use Lunchtime Lane Swim 14+	Main Pool 30m
13:30 - 18:00	Family Friendly Swim (no unaccompanied children)	Toddler Pool 20m
13:30 - 20:00	General Swim	Main Pool 30m
20:00 - 22:00	Old not in use Evening Swim (Lanes 14+)	Main Pool 30m