

# Mounts Baths Swimming Timetable

## Mounts Baths Leisure Centre

Accurate as of 09/06/2026

### Times for Friday 12 June



| Time          | Session                                 | Facility         |
|---------------|---|------------------|
| 07:00 - 08:00 | 11+ Fitness Swim                        | Main Pool 30m    |
| 08:15 - 09:15 | 11+ Fitness Swim                        | Main Pool 30m    |
| 09:30 - 10:15 | Family Friendly Swim                    | Toddler Pool 20m |
| 09:30 - 10:15 | Aqua 14+                                | Main Pool 30m    |
| 10:30 - 11:30 | 50+ Fitness Swim                        | Main Pool 30m    |
| 11:45 - 13:00 | 11+ Fitness Swim                        | Main Pool 30m    |
| 11:45 - 13:00 | Trilogy Swim School                     | Toddler Pool 20m |
| 14:30 - 15:45 | 11+ Fitness Swim                        | Main Pool 30m    |
| 16:00 - 17:00 | General Swim Peak (shared with lessons) | Main Pool 30m    |
| 16:00 - 19:00 | Trilogy Swim School                     | Toddler Pool 20m |
| 17:00 - 21:00 | Northampton Swim Club                   | Main Pool 30m    |