

Mounts Baths Swimming Timetable

Mounts Baths Leisure Centre

Accurate as of 03/05/2024

Times for Friday 21 December



| Time | Session | Facility |
|---------------|---|------------------|
| 07:00 - 09:00 | Early Bird Swim (14+ yrs) | Main Pool 30m |
| 09:00 - 10:00 | General Swimming | Main Pool 30m |
| 10:00 - 11:00 | Age Concern Aqua Aerobics | Main Pool 30m |
| 10:00 - 11:30 | Family Friendly Swim (no unaccompanied children) | Toddler Pool 20m |
| 11:00 - 12:00 | 50+ Swim no longer used | Main Pool 30m |
| 11:30 - 14:00 | 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 | General Swim (Lessons 4.15-4.45pm, no public lanes available) | Main Pool 30m |
| 14:00 - 17:00 | Family Friendly Swim (no unaccompanied children) | Toddler Pool 20m |
| 17:00 - 20:30 | Trilogy Swim School | Toddler Pool 20m |
| 18:00 - 21:00 | Northampton Swim Club | Main Pool 30m |
| 20:30 - 22:00 | Northampton Canoe Club | Toddler Pool 20m |
| 21:00 - 22:00 | Northampton Canoe Club | Main Pool 30m |