

# BOOKING REQUIRED

See website  
for details

# YMCA

THE JUNCTION  
PART OF YMCA BOURNEMOUTH

## Swimming Pool Timetable W/C 4 August 2025

	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30	22.00	
MON	Adults Only Open Session				Aqua Blast		Aqua Fit Starts 08:50		Public Swim	Public Swim		Public Swim		Public Swim		Public Swim		NPLQ Course			Public Swim	Public Swim	Public/Private Lesson Swim		Aqua Fit	Adults Only/ Lanes Swim - Open Session								
TUES	Adults Only Open Session				Aqua Pilates		Public Swim		Aqua Fit		Public Swim	Public Swim		Public Swim		NPLQ Course				Public Swim	Public/Private Lesson Swim	Aqua Fit	Lane Swim (11yrs+)	Adults Only/Lanes Swim - Open Session										
WED	Adults Only Open Session				NPLQ Course	Public Swim	Public Swim	Public Swim	Public Swim		Fun Swim Session		NPLQ Course				Public Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Aqua Fit	Adults Only/Lanes Swim - Open Session													
				Aqua Babe																														
THURS	Adults Only Open Session				NPLQ Course	Public Swim		Private Booking		Disability Swim		Fun Swim Session		NPLQ Course				Public Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Staff Training		Adults Only/Lanes Swim - Open Session								
				Aqua Babe																														
FRI	Adults Only Open Session				Aqua Pilates	Aqua Fit	Aqua Fit Starts 09:35		Public Swim		Public Swim	Public Swim		NPLQ Course				Public Swim	Public Swim	Public/Private Lesson Swim	Aqua Fit	Adults Only/ Lanes Swim - Open Session												
								Aqua Babe																										
SAT		Adults Only Open Session	Public Swim	Public Swim	Public Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim		Public/Private Lesson Swim	
SUN		Adults Only Open Session	Public Swim	Public Swim	Public Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim

Please note: The Management reserve the right to change the above programme without prior notice. Contact Reception for further enquiries.

Swimming Pool Booking System ►►

Swimming Fees ►►

Members can book up to 5 days in advance, by phone or online. Non-Members can book up to 24 hours in advance, by phone or online.

Please ensure the Centre has your correct contact details on the system.

**Family Swim: One adult and three children or two adults and two children**

### Bronze Members

Adult Swim	£4.75
Over 50's Swim	£4.25
Junior Swim	£3.75
Family Swim	£12.50

### Non Members

Adult Swim	£6.25
Over 50's Swim	£5.75
Junior Swim	£4.50
Family Swim	£15.50

