

# BOOKING REQUIRED

See website  
for details

# YMCA

THE JUNCTION  
PART OF YMCA BOURNEMOUTH

## Swimming Pool Timetable W/C 15 September 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		Junior Lessons				Public Swim	Public Swim	Public Swim	Public Swim		Junior Lessons		Public Swim	Public Swim	Junior Lessons				Public/Private Lesson Swim		Aqua Fit	Adults Only/ Lanes Swim - Open Session				
TUES	Adults Only Open Session until 08:10					Aqua Pilates		Public Swim	Sing & Splash		Aqua Fit		Junior Lessons	Public Swim	Public Swim	Public Swim		Public Swim	Public Swim	Junior Lessons				Public/Private Lesson Swim		Aqua Fit	Lane Swim (11yrs+)	Adults Only/Lanes Swim - Open Session					
WED	Adults Only Open Session					Public Swim		Public Swim	Junior Lessons		Public Swim	Public Swim		Public Swim		School Swim		Public Swim	Junior Lessons				Public/Private Lesson Swim		Public/Private Lesson Swim	Adult Lessons	Aqua Fit	Adults Only/Lanes Swim - Open Session					
THURS	Adults Only Open Session					Public Swim		Public Swim		Private Booking		Disability Swim		Public Swim		Public Swim	Junior Lessons				Public/Private Lesson Swim		Junior Lessons		Public/Private Lesson Swim		Staff Training	Adults Only/Lanes Swim - Open Session					
FRI	Adults Only Open Session				Aqua Pilates	Aqua Fit	Aqua Fit Starts 09:35		Public Swim	Public Swim	Public Swim		Public Swim	Sing & Splash		Public Swim	Junior Lessons				Public/Private Lesson Swim		Aqua Fit	Adults Only/ Lanes Swim - Open Session									
SAT		Adults Only Open Session	Junior Lessons							Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim		Public/Private Lesson Swim		Party Hire		Party Hire		Cleaning											
SUN		Adults Only Open Session	Junior Lessons				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	Party Hire	Adults Only/Lanes Swim - Open Session														

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

