

# BOOKING REQUIRED

See website  
for details

# YMCA

THE JUNCTION  
PART OF YMCA BOURNEMOUTH

## Swimming Pool Timetable W/C 26 January 2026 onwards

	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		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			Sing & Splash		Aqua Fit		Junior Lessons		Public Swim		School 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			Junior Lessons				Public Swim		Public Swim		Public Swim		Junior Lessons				Public/Private Lesson Swim		Public/Private Lesson Swim		Aqua Fit	Adults Only/Lanes Swim - Open Session					
THURS	Adults Only Open Session					Public Swim		Public Swim		Private Booking		Disability Swim		School 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			Junior Lessons				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				Party Hire		Party Hire		Cleaning							
SUN	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		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	£5.00
Over 50's Swim	£4.50
Junior Swim	£4.00
Family Swim	£13.00

### Non Members

Adult Swim	£6.50
Over 50's Swim	£6.00
Junior Swim	£4.75
Family Swim	£16.00