

BOOKING REQUIRED

See website
for details

YMCA

THE JUNCTION
PART OF YMCA BOURNEMOUTH

Swimming Pool Timetable W/C 3 August 2026

	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		NPLQ Course		Public Swim		Public/Lane Swim *		Fun Swim Session		NPLQ Course			Intensive Lessons			Public/Private Lesson Swim			Aqua Fit		Adults Only/Lanes Swim - Open Session					
TUES	Adults Only Open Session				Aqua Pilates		NPLQ Course		Aqua Fit		Public Swim		Public/Lane Swim *		Fun Swim Session		NPLQ Course			Intensive Lessons			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		NPLQ Course					Public Swim			Intensive Lessons			Public/Private Lesson Swim		Public/Private Lesson Swim		Adults Only/Lanes Swim - Open Session					
THURS	Adults Only Open Session					NPLQ Course		Public Swim			Private Booking		Disability Swim		NPLQ Course						Intensive Lessons			Public/Private Lesson Swim			Public/Private Lesson Swim			Staff Training			
FRI	Adults Only Open Session				Aqua Pilates	Aqua Fit		Aqua Fit Starts 09:35		Public Swim	Public Swim		NPLQ Course							Intensive Lessons			Public/Private Lesson Swim			Aqua Fit		Adults Only/Lanes Swim - Open Session					
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			Party Hire			Party Hire			Cleaning												
SUN		Adults Only Open Session		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			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

