

BOOKING REQUIRED

See website
for details

YMCA

THE JUNCTION
PART OF YMCA BOURNEMOUTH

Swimming Pool Timetable W/C 24 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		Public Swim	Public Swim	Public/ Lane Swim *		Fun Swim Session		Public Swim		Public Swim	Public Swim	Intensive Lessons		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/ Lane Swim *		Fun Swim Session		Public Swim	Intensive 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		Public Swim	Public Swim	Public Swim	Public Swim		Fun Swim Session		Public Swim	Intensive Lessons			Public/ Private Lesson Swim	Public/ Private Lesson Swim	Adults Only/Lanes Swim - Open Session												
THURS	Adults Only Open Session				Public Swim		Public Swim		Private Booking		Disability Swim		Public Swim	Public/ Lane Swim *		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	Public Swim	Public Swim		Fun Swim Session		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		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		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