

# BOOKING REQUIRED

See website  
for details

# YMCA

THE JUNCTION  
PART OF YMCA BOURNEMOUTH

## Swimming Pool Timetable W/C 7 & W/C 14 September 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 |               | Junior Lessons              |                             |                             | Public Swim                 | Public Swim                 | Public Swim                 | Public/ Lane Swim *         | Public/ Lane Swim *         | Junior Lessons | 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         | Sing & Splash |                             | Aqua Fit                    |                             | Junior Lessons              | Public/ Lane Swim *         | Public/ Lane Swim *         |                             | Public Swim                 | Junior Lessons |                |          | Public/ Private Lesson Swim           | Aqua Fit                    | Lane Swim (11yrs+)                     |                                       | Adults Only/ Lanes Swim               |       |                                        |       |       |       |       |       |       |       |
| WED   | Adults Only Open Session             |                          |                |       | 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                          | Adults Only/Lanes Swim - Open Session |                                       |       |                                        |       |       |       |       |       |       |       |
| THURS | Adults Only Open Session             |                          |                |       | Public Swim  | Public/ Lane Swim * |                       | Public Swim   |                             | Disability Swim             |                             | Public Swim                 |                             | Public/ Lane Swim *         | Junior Lessons              |                             |                | Adult Lessons  |          | 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 |                             | 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 |                | 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 |

