

BOOKING REQUIRED

See website
for details

YMCA

THE JUNCTION
PART OF YMCA BOURNEMOUTH

Swimming Pool Timetable W/C 21 September 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/ 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 Swim			Private Booking		Disability Swim		School 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/ 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

