

THE JUNCTION
PART OF YMCA BOURNEMOUTH

Swimming Pool Timetable
W/C 2 November 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		Junior Lessons / Public Swim		Junior Lessons / Public Swim		Public/ Lane Swim *		Public/ Lane Swim *		Junior Lessons / Public Swim		Junior Lessons				Public/ Private Lesson Swim		Aqua Fit		Adults Only/ Lanes Swim - Open Session				
TUES	Adults Only Open Session until 07:55				Aqua Pilates		Sing & Splash / Sing & Splash / Public Swim		Aqua Fit		Junior Lessons / Public Swim		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 / Aqua Babe				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 / Aqua Babe				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		Junior Lessons / Public Swim / Public Swim / Aqua Babe				Public Swim		Junior Lessons / 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		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 ▶▶

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

Swimming Fees ▶▶

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

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