

BOOKING REQUIRED
See website for details

THE JUNCTION
PART OF YMCA BOURNEMOUTH

Swimming Pool Timetable
W/C 9 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						Training Course				Junior Lessons						Public/ Private Lesson Swim		Aqua Fit		Adults Only/ Lanes Swim - Open Session				
									Public Swim		Public Swim		Public Swim		Public Swim		Public Swim		Public Swim														
TUES	Adults Only Open Session until 07:55				Aqua Pilates		Sing & Splash	Sing & Splash	Public Swim		Aqua Fit		Junior Lessons	Public Swim	Training Course		School Swim		Public/ Lane 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		School Swim		Public Swim		Junior Lessons				Public/ Private Lesson Swim		Public/Private Lesson Swim		Adults Only/Lanes Swim - Open Session					
							Public Swim		Public Swim																Adult Lessons							
							Aqua Babe																									
THURS	Adults Only Open Session				Public Swim		Public Swim		Private Booking		Disability Swim		School Swim		Public/ Lane Swim *		Junior Lessons				Adult Lessons		Public/ Private Lesson Swim		Staff Training					
									Aqua Babe												Junior Lessons						Adults Only/Lanes Swim - Open Session					
FRI	Adults Only Open Session				Aqua Pilates		Aqua Fit		Aqua Fit Starts 09:35		Junior Lessons		Public Swim		Junior Lessons				Public Swim		Junior Lessons				Public/ Private Lesson Swim		Aqua Fit		Adults Only/ Lanes Swim - Open Session			
											Public Swim		Public Swim		Sing & Splash																	
											Aqua Babe																					
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		Swim Gala				Public/ Private Lesson Swim		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