

Swimming - Fun & fit ness for all the family

WEEKLY ACTIVITIES

As well as general swimming we offer the following activities through the week:

Adults Only

Monday – Friday 7.00- 8.30am (Term time)
Monday – Friday 7.00- 9.00am (School holidays)
Monday 2.30- 3.45pm
Thursday 8.30-10.00pm

Ladies Only

Wednesday 2.30-3.45pm
(Female Lifeguard if available)

Over 50's

Open swim session for those over 50. Great social keep fit sessions.
Friday 2.30-3.45pm

Laned Swimming

2/3 lanes will be available during public swimming times unless there is a shared pool space with another activity.

Swim & Chill

A night of soft relaxing music while you swim and chill.
Thursday 8.30-10.00pm

NEW Wet & Wacky

Have fun in the pool with inflatable swimming toys, party music and lots of fun.

Saturday 3.00 – 4.00pm and 4.00pm– 5.00pm
Sunday 3.00 – 4.00pm and 4.00pm– 5.00pm

No lane swimming available during these sessions
These sessions are great for birthday parties. You can pre-book places for your party guests and hire a party room for afterwards.

Wet & Wacky Sessions are included in the free swimming package for Swimming Academy Members
Extra Wet & Wacky Sessions run in the school holidays see page 14

Pool Parties

Hire the pool for your own Wet & Wacky swimming party, Saturdays 6.30-7.30pm.
(See page 15)



Go on - take the plunge

Safety Notice

Children aged under 8 years must be accompanied in the water by an adult (16+ yrs).
Adult to child ratio:
Children under 5 years - 1 adult to 1 child
Children aged 5 - 7 years - 1 adult to 2 children

Nappy Policy

For health and hygiene reasons, all babies and children who are not potty trained must wear a swimming nappy when using the pool. Swimming nappies can be purchased at Customer Service.

Changing Rooms

Children aged 8 years and over need to change in the appropriate changing room.

Forgotten Something?

Essential swimwear, goggles etc available for purchase at Customer Service

SAUNA

The sauna is situated off the deep end of the pool, please use the swimming changing rooms.
Minimum age 16 years.



Swimming Prices (per hour)

Under Fives	FREE
Junior (5-15yrs) / Student / 60+	£2.75
Adult Swim	£3.90
Family Ticket* max 2 adults / max 3 children (5 – 15 years old)	£10.55
BH Live Access Card	£2.30
Adult Sauna & Swim	£5.85
Student/60+ Sauna & Swim	£5.00

Saver Cards (6 swims for the price of 5)

Adult Saver Card	£19.50
Junior / Student / 60+ Saver Card	£13.75

Swimming Session Prices

Wet & Wacky Under Fives	FREE
Wet & Wacky Juniors	£2.75
Wet & Wacky Adults	£3.90
Wet & Wacky Family (max 2 adults/max 3 children 5-15 yrs)	£10.55
Over 50's (50-59yrs)	£3.90
Over 50's (60+yrs)	£2.75



Pool Term Time Timetable

Day	7-8.30am	8.30-10am	10.05-11am	11-12noon	12-1.30pm	1.30-3.30pm	3.45-5.45pm	5.45-7.30pm	7.30-9pm	9-10pm	
Monday	Public Swim (Adults Only)	Local School			11-2.30pm Public Swim		2.30-3.45pm Public Swim (Adults Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Swim Bournemouth	9-10pm Zoom Triathlon Club
Tuesday	Public Swim (Adults Only)	Local School	10.05-11am Deep Water Aqua Fit	11-12noon Aqua Fit	10-2.30pm Public Swim	2.30-3.30pm Local School	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Bournemouth Swimming Club	9-10pm Water Polo	
Wednesday	Public Swim (Adults Only)	8.45-9.15 Local School	9.15-10am Staff Training	10.05-11am Aqua Zumba	11-12noon Swimming Academy	10-2.30pm Public Swim	2.30-3.45pm Public Swim (Ladies Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9.30pm Swim Bournemouth	
Thursday	Public Swim (Adults Only)	8.30-10am Public Swim		10-12noon Local School	12-1.30pm Public Swim	1.30-3.30pm Local School	3.45-5.45pm Swimming Academy	5.45-8.30pm Public Swim	7.30-8.30pm B'mth Swim Club	8.30-10pm Public Swim & Chill (Adults Only)	
Friday	Public Swim (Adults Only)	8.45-10am Local School	10.05-11am Deep Water Aqua Fit		10-1.30pm Public Swim	1.30-2.30pm Local School	2.30-3.45pm Public Swim (Over 50's)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-10pm Bournemouth Lifeguards	
Saturday		7.45-9am Swim Bournemouth		9-11.30am Swimming Academy		11.30am-3pm Public Swim	3-4pm Wet & Wacky	4-5pm Wet & Wacky	5.15-6.30pm Disabled Swim Club	6.30-7.30pm Hire our Pool (Parties & Groups)	
Sunday					8am-3pm Public Swim		3-4pm Wet & Wacky	4-5pm Wet & Wacky		5-8pm Public Swim	

Key: Public Swim (Blue), Special Swim Sessions (Light Blue), Aqua Classes (Dark Blue), Wet & Wacky (Red), Swimming Academy (Purple), Club Hire (Green), Hire our Pool (Light Green), School Use (Yellow)

We reserve the right to change the timetable, alterations will be advertised in advance within the Centre