Hours of Operation
Monday to Friday
5:00am - 10:30pm
Saturday & Sunday
7:00am – 5:30pm

Statutory Holidays
7:00am – 5:30pm

Schedule in effect:
July 3- August 27

YMCA of Central East Ontario
Balsillie Family Branch
123 Aylmer Street South
Peterborough, Ontario K9J 3H8
Tel. 705-748-9622
Fax.705-741-3719
http://www.ymcaofceo.ca
Effective July 3, 2017

Child/Youth Drop In Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Times	5:00-9:00am 1:00-10:15pm	5:00-9:00am 1:00-10:15pm	5:00-9:00am 1:00-10:15pm	5:00-9:00am 1:00-10:15pm	5:00-9:00am 1:00-7:00pm 9:00-10:15pm	7:00-8:00am 8:30-9:30am 10:30-5:15pm (July 1)	7:00am-7:15pm (June 25) 7:00am- 5:15pm (July 2)
Kidskare*	**9:00 – 1:00pm** **4:00 – 8:00pm**	**9:00 –1:00pm** **4:00 – 8:00pm**	**9:00 – 1:00pm** **4:00 – 8:00pm**	**9:00 – 1:00pm** **4:00 – 8:00pm**	**9:00 – 1:00pm** **4:00 – 7:00pm**	**9:00-1:00pm**	**9:00-1:00pm**
Drop In Programs	**Drop In Crafts** **9:00 – 10:30am** **Drop In Gym** **10:30 – 11:30am**	**Drop In Gym** **9:00 – 11:30am**	**Drop In Crafts** **9:00 – 10:30am** **Drop In Gym** **10:30 – 11:30am**	**Drop In Gym** **9:00 – 11:30am**	**Drop In Gym** **9:00 – 11:30am** **Youth Night** **Drop In Gym** **7:00-9:00pm**	**Drop In Gym (Studio)** **9:00 – 11:30am**	

Summer Camp
Spaces are limited.
See the Membership desk for availability and to Register!
Members: $135/ week
Non Members: $165/ week

KidsKare Hours
Monday- Thursday 9:00-1:00pm
4:00-8:00pm
Friday 9:00-1:00pm
4:00-7:00pm
Saturday- Sunday 9:00-1:00pm
Stat Holidays 9:00-1:00pm

Holiday Hours

Saturday July 1st
Operating Hours 7:00am- 5:30pm
Free Access Day
~ Bring your friends and family to the Y to enjoy the facilities

Birthdays At the YMCA

Book a birthday with the YMCA! Birthdays can be booked on Saturdays or Sundays and include set up, decorations, pizza, juice and a party host:

- **Option One: One hour in the gym/craft, one hour of swimming and one hour in the party room**
  YM - $18.00/child NM - $21.00/child
- **Option Two: One hour in the gym/craft and one hour in the party room**
  YM - $15.00/child NM - $18.00/child

Cake or Cupcake Cake available for an additional $25.00 fee.
Saturdays and Sundays 1:00-4:00pm
For more information please contact the Membership Services Desk or call us at 705-748-9642 x 221

Building Hours of Operation
Monday to Friday 5:00am-10:30pm
Saturday and Sunday 7:00am-5:30pm
Statutory Holidays 7:00am-5:30pm

Effective July 3- August 27

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Adult Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Drop In Fitness	6:00-7:00am **Cyclefit**- Studio	6:15-7:00am **Yogaflow**-MPR	9:00-10:00am **Dance Evolution**-MPR	6:15-7:00am **Yogaflow**-MPR	6:00-7:00am **Cyclefit**- Studio	8:00-8:30am **Corefit**- Gym	8:30-9:30am **Cyclefit**-Studio
	9:10-10:10am **Sculpt & Tone**- Studio	9:00-10:00am **Gentle Yoga-** Studio	9:10-10:10am **Simply Strength**-Studio	9:10-10:00am **Power Step** Studio	9:10-10:00am **Yoga Flow** - Studio	8:30-9:15am **Cyclefit**- Studio	10:30-11:30am **Sunday Soul Yoga**- Studio
	10:15-11:00am **Total Body Blast** Studio	10:15-11:15am **Power Yoga**- Studio	10:15-11:15am **Gentle Yoga**-Studio	10:15-11:15am **Hatha Yoga** Studio	10:05-10:55am **Total Body Blast-** Studio	9:30-10:30am **Hi/lo**- Gym	
	11:15-12:00pm **Chair Yoga**-Studio	12:15-1:00pm **Bootcamp**-Studio	11:30-12:00 **Chair Yoga**- Studio	12:15-1:00pm **Sculpt & Tone** Studio	12:15-1:00pm **Bootcamp**- Studio		
	12:15-1:00pm **Core Strength & Stretch-**Studio	12:15-1:00pm **Hi/lo**- Gym	12:15-1:00pm **Core Strength & Stretch**- Studio	12:15-1:00pm **Kripalu Yoga- Boardroom**	12:15-1:00pm **Hi/lo**- Gym		
	12:15-1:15pm **Cycle Strong**-Studio	1:05-2:05pm **InMotion**-Studio	12:15-1:00pm **Hi/lo**- Gym	1:15-2:15pm **InMotion**- Studio	5:15-5:55pm **Core, Glute and Thighs-** Studio		
	12:15-1:00pm **Bootcamp** -Gym	5:15-6:15pm **Body Burn**- Studio	12:15-1:15pm **Cycle Strong**- Studio	6:00-6:45pm **Core Strength & Stretch-** Studio	6:00-6:45pm **Boxfit** Studio		
	5:15-5:45pm **Corefit**- Studio	6:30-7:30pm **Cyclefit**- Studio	5:15-5:45pm **Corefit**- Studio	7:00-7:45pm **Boot Camp**- Studio			
	6:00-6:45pm **Glute, Leg & Thigh**- Studio	6:30-7:30pm **HIIT Bootcamp**- Studio	6:00-6:45pm **Strength & Conditioning**- Studio	8:00-9:00pm **Yin Yang Yoga-** Studio			
	8:00-9:00pm **Yogaflow**- Studio	7:45-8:30pm **Restorative Yoga** - Studio	6:00-6:45pm **Cyclefit**-Studio				
Studio Drop In	5:00-9:00am 11:15-12:00 1:00-5:00pm 9:00-10:15pm	5:00-8:45am 11:15-12:00pm 2:15-5:00pm 9:00-10:15pm	5:00-9:00am 1:00-5:00pm 7:00-10:15pm	5:00-9:00am 11:15-12:00pm 2:15-5:00pm 9:00-10:15pm	5:00-9:00am 11:00-12:00pm 1:00-5:00pm 7:00-10:15pm	7:00-8:15am 9:30-5:15pm	7:00-9:00am 11:30-5:15pm

Revised June 19, 2017