

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

YMCA of Central East Ontario
 Balsillie Family Branch

123 Aylmer Street
 Peterborough, ON
 K9J 3H8



This schedule is subject to change at any time.

Interim Pool Schedule

Effective March 13 - 17, 2017

INTERIM POOL SCHEDULE

Monday		Tuesday		Wednesday	
Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool
Adult Swim 5-7am		Adult Swim 5-8am		Adult Swim 5-7am	
Gentle Aqua Fit 7-7:45am	Adult Swim 7-7:45am	Tone & Stretch 8-8:45am	Adult Swim 8-8:45am	Gentle Aqua Fit 7-7:45am	Adult Swim 7-7:45am
Family/Youth Swim 7:45-11:15am	Family/Youth Swim/ Open Lengths 7:45-11:15am	Family/Youth Swim 8:45-11:15am	Family/Youth Swim/ Open Lengths 8:45-11:15am	Family/Youth Swim 7:45-11:15am	Family/Youth Swim/ Open Lengths 7:45-11:15am
Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm
Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm	
****Camp 1-2pm****	Deep Water Aquafit 1-2pm (3 Lanes) ****Camp 1-2pm****	****Camp 1-2pm****		****Camp 1-2pm****	Deep Water Aquafit 1-2pm (3 Lanes) ****Camp 1-2pm****
Family/Youth Swim 2-8pm	Family/Youth Swim 1-8:30pm	****March of Dimes**** 2-3pm	Family/Youth/ Open Lengths 2-8:30pm	Family/Youth Swim 2-8pm	Family/Youth Swim 2-8:30pm
	Aquafit 7-7:45pm (2 Lanes)	Family/Youth Swim 3-8:30pm			Aquafit 7-7:45pm (2 Lanes)
Tone & Stretch 8-8:45pm	Family/Youth Swim 7:45-8:30pm			Aqua Yoga 8-8:30pm	Family/Youth Swim 7:45-8:30pm
Adult Swim 8:30-10:15pm		Adult Swim 8:30-10:15pm		Adult Swim 8:30-10:15pm	

**Please refer to our website or the Program Guide for the Aquatic Admission Policy
 A minimum of one lane is always open for lane swimming**

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Interim Pool Schedule

Effective March 13 - 17, 2017

INTERIM POOL SCHEDULE

Thursday		Friday		Saturday		Sunday	
Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool
Adult Swim 5-8am		Adult Swim 5-7am		Adult Swim 7-9am		Adult Swim 7-9am	
Tone & Stretch 8-8:45am	Adult Swim 8-8:45am	Gentle Aqua Fit 7-7:45am	Adult Swim 7-7:45am				
Family/Youth Swim 8:45-11:15am	Family/Youth Swim/ Open Lengths 8:45-11:15am	Family/Youth Swim 7:45-11:15am	Family/Youth Swim/ Open Lengths 7:45-11:15am	Family/Youth Swim 9am-12:30pm	Family/Youth Swim 9am - 7:15pm	Family/Youth Swim 9am - 7:15pm Water Walkway 2-5pm	
Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm	Gentle Aqua Fit 12:30-1:15pm			
Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm					
****Camp 1-2pm****		****Camp 1-2pm****		Family/ Youth Swim 1:15-7:15pm Water Walkway 2-5pm			
****March of Dimes**** 2-3pm	Family/Youth/ Open Lengths 2-8:30pm	Family/Youth Swim 2-7pm	Family/Youth Swim 2-7pm				
Family/Youth Swim 3-8:30pm		Youth Night 7-9pm					
Adult Swim 8:30-10:15pm		Adult Swim 9-10:15pm					

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 A minimum of one lane is always open for lane swimming.**