

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.

Pool Schedule

Effective April 2, 2017

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 7:45-10:30am **School Group 9:30 - 10:30am**	Family/Youth Swim/ Open Lengths 7:45-11:15am *Adult Synchro 10:30-11:30am*	Family/Youth Swim 8:45-9:20am	Family/Youth Swim/ Open Lengths 8:45-11:15am	Family/Youth Swim 7:45-10:30am **School Group 9:30 - 10:30am**	Family/Youth Swim/ Open Lengths 7:45-11:15am **School Group 9:30 - 10:30am**
		Swim Lessons 9:20 - 10:30am			
Tone & Stretch 10:30 - 11:15am	Adult Swim 11:15am - 1pm	Tone & Stretch 10:30 - 11:15am	Adult Swim 11:15am - 1pm *Adult Lessons 12-1pm*	Tone & Stretch 10:30 - 11:15am	Adult Swim 11:15am - 1pm
Tone & Stretch 11:15am-12pm		Tone & Stretch 11:15am-12pm		Tone & Stretch 11:15am-12pm	
Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm	
Family/Youth Swim 1-4pm	Deep Water Aquafit 1-2pm (3 Lanes)	Family/Youth Swim 1-2pm **School Group** 1-2pm	**School Group 1-2pm**	Family/Youth Swim 1-4pm	Deep Water Aquafit 1-2pm (3 Lanes)
	Open Lengths 2-4pm	****March of Dimes**** 2-3pm	Open Lengths 2-4pm		**School Group 1-2pm**
		Family/Youth Swim 3-4pm			Open Lengths 2-4pm
Swim Lessons 4-7pm **Trent Swim Club 4-7pm**		*Swim Lessons 4-7pm* ** Trent Swim Club 4-6pm**		*Swim Lessons 4-7pm*	
*Aqua Zumba 7-7:45pm *	Family/Youth Swim 7-8:30pm **Trent Swim Club 7-8:30pm**	Family/Youth Swim 7-8:30pm	Aqua Boot Camp 7-7:45pm **Trent Swim Club 7-8pm**	Family/Youth Swim 7-8pm	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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Effective April 2, 2017

Pool Schedule

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	*Swim Lessons* 9am - 12pm		*Swim Lessons* 9am - 12pm **Trent Swim Club 9-12pm**	
Family/Youth Swim 8:45-9:20am	Family/Youth Swim/ Open Lengths 8:45-11:15am	Family/Youth Swim 7:45-10:30am *School Group 9:30 - 10:30am*	Family/Youth Swim/ Open Lengths 7:45-11:15am * Adult Synchro 8-9am* *School Group 9:30 - 10:30am*				
Swim Lessons 9:20 - 10:30am		Adult Swim 11:15am - 1pm *Adult Lessons 12-1pm*	Tone & Stretch 10:30 - 11:15am	Adult Swim 11:15am - 1pm	Gentle Aqua Fit 12:15-1pm	Family/Youth Swim 12-7:15pm	Family/ Youth Swim /Open Lengths 12-7:15pm Water Walkway 2-5pm Aquatic Leadership 1-6:30pm ** Peterborough Triathlon Club 4-6pm**
Tone & Stretch 10:30 - 11:15am	Tone & Stretch 11:15am-12pm						
Tone & Stretch 11:15am-12pm	Gentle Aqua Fit 12:15-1pm						
Gentle Aqua Fit 12:15-1pm	*School Group 1-2pm*	Family/Youth Swim 1-4pm	Deep Water Aquafit 1-2pm (3 Lanes)				
Family/Youth Swim 1-2pm **School Group** 1-2pm			**School Group 1-2pm**				
****March of Dimes**** 2-3pm	Open Lengths 2-4pm	Open Lengths 2-4pm	Family/ Youth Swim /Open Lengths 1:15-7:15pm Water Walkway 2-5pm **Trent Swim Club 3-5pm**				
Family/Youth Swim 3-4pm							
Swim Lessons 4-7pm ** Trent Swim Club 4-6pm**		*Swim Lessons 4-7pm*					
Family/Youth Swim 7-8:30pm	Aqua Boot Camp 7-7:45pm **Trent Swim Club 7-8pm**	Youth Night 7-9pm					
	Family/Youth Swim 7:45 - 8:30pm						
Adult Swim 8:30-10:15pm		Adult Swim 9-10:15pm			One Lane available for member lane swimming from open to close. Notes * Requires Registration ** Rental		

**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.**