

Building Hours of Operation

Monday to Friday 5:30am – 10:30pm
 Saturday and Sunday 7:00am – 7:30pm
 Statutory Holidays 7:00am – 4:30pm



YMCA of Central East Ontario - Balsillie Family Branch

Therapeutic Pool Fall Schedule Effective January 11, 2016

This schedule is subject to change at any time.

123 Aylmer Street South, Peterborough,
 ON K9J 3H8
 Tel:705.748.9622 Fax:705.741.3719
<http://www.ymcaofceo.ca>

THERAPEUTIC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 5:30-7am	Adult Swim 5:30-8am	Adult Swim 5:30-7am	Adult Swim 5:30-8am	Adult Swim 5:30-7am	Adult Swim 7-9am	Adult Swim 7-9am
Gentle Aqua Fit 7-7:45am	Tone & Stretch 8-8:45am	Gentle Aqua Fit 7-7:45am	Tone & Stretch 8-8:45am	Gentle Aqua Fit 7-7:45am	<i>*Swim Lessons* 9am-12pm</i>	
Family/Youth Swim 7:45-9am	<i>*Swim Lessons* 9-10:45am</i>	Family/Youth Swim 7:45-10:30am	<i>*Swim Lessons* 9-10:45am</i>	Family/Youth Swim 7:45-9am		
<i>*Swim Lessons* 9-10:45am</i>		Parent & Tot Aqua Fit 9:35-10:05am	Parent & Tot Aqua Fit 9-9:35am Tone & Stretch 10:30am-11:15am	Tone & Stretch 10:30-11:15am		Parent & Tot Aqua Fit 10:45-11:15am
Tone & Stretch 11:15am-12pm	Tone & Stretch 11:15am-12pm	Tone & Stretch 11:15am-12pm	Tone & Stretch 11:15am-12pm	Tone & Stretch 11:15am-12pm	Aqua Gentle Fit 12:15-1:00pm	
Aqua Gentle Fit 12:15-1pm	Aqua Gentle Fit 12:15-1pm	Aqua Gentle Fit 12:15-1pm	Aqua Gentle Fit 12:15-1pm	Aqua Gentle Fit 12:15-1pm	Family/ Youth Swim 1:15-7:15pm	Family/ Youth Swim 12-7:15pm
Family/Youth Swim 1-4pm **Physio Therapy** 1-2:15pm	Family/Youth Swim 1-2pm **School Group** 1-2pm *March of Dimes Swim* 2-3pm	Family/Youth Swim 1-4pm **Physio Therapy** 1-2:15pm	Family/Youth Swim 1-2pm **School Group** 1-2pm *March of Dimes Swim* 2-3pm	Family/Youth Swim 1-4:30pm		
<i>*Swim Lessons* 4-7pm</i>	Family/Youth Swim 3-4pm	<i>*Swim Lessons* 4-7pm</i> Parent & Tot Aquafit 5:10-5:40pm	Family/Youth Swim 3-4pm	<i>*Swim Lessons* 4:30-7pm</i>	NOTES: *Requires Registration **Rental	
	<i>*Swim Lessons* 4-7pm</i>		<i>*Swim Lessons* 4-7pm</i>			
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8:30pm	Family/Youth Swim 7-8:00pm	Family/Youth Swim 7-8:30pm	Youth Night 7-9pm		
Tone & Stretch 8-8:45pm	Adult Swim 8:30-10:15pm	Aqua Yoga 8-8:30pm	Adult Swim 8:30-10:15pm	Adult Swim 9-10:15pm		
Adult Swim 8:45-10:15pm		Adult Swim 8:30-10:15pm				

Please refer to our website or the Program Guide for the Aquatic Admission Policy

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**Lap Pool Fall Schedule
 Effective January 11, 2016**

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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 5:30-9am	Adult Swim 5:30-11am	Adult Swim 5:30am - 9pm	Adult Swim 5:30-11am	Adult Swim 5:30-9am	Adult Swim 7-9am	Adult Swim 7-9am
Swim Lessons 9-11:30am *Synchronized Swimming* 10:30-11:30am		*Swim Lessons* (2 Lanes) 9-11am	** School Group** 9:15-11:15am	*Swim Lessons* (2 Lanes) 9-10:45am	*Synchronized Swimming* 8:00-9:00am * Swim Lessons* 9-10:45am	Adult Learn to Swim 7:00-8:00am *Swim Lessons* 9am-12pm
Adult Swim 11:30am - 1pm	Adult Swim 11am - 1pm *Adult Stroke Development /Fitness* (2 Lanes) 12-1pm	Adult Swim 11:15am - 1pm	Adult Swim 10:45am - 1pm	Adult Swim 10:45am - 1pm		
Deep Water Aqua Fit (3 Lanes) 1-2pm	Aqua Fit (2 Lanes) 1-1:45pm	Deep Water Aqua Fit (3 Lanes) 1-2pm	Aqua Fit (2 Lanes) 1-1:45pm	Deep Water Aqua Fit (3 Lanes) 1-2pm	Open Lengths 12-1pm	Open Lengths 12-1pm
Open Lengths 2-4pm	**School Group** 1-2pm Open Lengths 2-4pm	Open Lengths 2-4pm	**School Group** 1-2pm Open Lengths 2-4pm	Open Lengths 2-4pm	*Aqua Sports* 1-2pm	Family/Youth Swim 1-4pm Aquatic Leadership 1-2:30pm
Swim Lessons 4-7pm **Trent Swim Club** 4-7pm	*Swim Lessons* 4-7pm *Synchronized Swimming* 5:45-6:30pm **Trent Swim Club** 4-6pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm **Trent Swim Club** 4-8pm Swim for Fit 5:15-6:15pm	*Swim Lessons* 4-7pm	Family/Youth Swim 2-7:15pm **Trent Swim Club** (2 Lanes) 3-5pm	*Aquatic Leadership* (2 Lanes) 3:30-6:30pm ** Kids of Steel** (3 Lanes) 4-7pm
Aquafit 7-7:45pm **Trent Swim Club** 7-8:30pm Swim for Fit 6:00-7:00pm	Aqua Boot Camp 7-7:45pm **Trent Swim Club** 7-8pm Swim for Fit 6:00-7:00pm	Aqua Fit 7-7:45pm	Aqua Boot Camp 7-7:45pm	Youth Night 7-9pm		
Family/Youth Swim 7-8:30pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8:30pm *Aquatic Leadership* (2 Lanes) 7-8:30pm	Family/Youth Swim 7-8:30pm		One Lane available for member lane swimming from open to close.	
Adult Swim 8:30-10:15pm	Adult Swim 8-10:15pm	Adult Swim 8:30-10:15pm *Adult Stroke Development* (2 Lanes) 8-9pm	Adult Swim 8:30-10:15pm *Adult Learn to Swim* (2 Lanes) 8-9pm	Adult Swim 9-10:15pm	NOTES: *Requires Registration **Rental	

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