

Program Schedule

YMCA of Central East Ontario
 Balsillie Family Branch - Peterborough
 123 Aylmer St. South, Peterborough K9J 3H8
 705-748-9622 • www.ymcaofceo.ca

Sunday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool	
					Stairs			
7:00-7:30am						Drop In Swim		Lane Swim
7:30-8:00								
8:00-8:30								
8:30-9:00								
9:00-9:30								
9:30-10:00	Core Strength & Stretch 9:30-10:15					Lessons 8:30-12:00		Lessons 8:30-12:00
10:00-10:30			Youth Jiu Jitsu 10:00-11:30					
10:30-11:00	Cyclefit 10:30-11:15							
11:00-11:30								
11:30-12:00pm								
12:00-12:30								
12:30-1:00								Drop In Swim
1:00-1:30								
1:30-2:00			Birthday Parties 1:00-2:00					
2:00-2:30			Birthday Parties 1:00-4:00					
2:30-3:00	Iaido 2:00-4:00			Youth Basketball Drop In 2:30-4:00		Drop In Swim 12:00-7:15	Drop In Swim	Leadership
3:00-3:30								
3:30-4:00								
4:00-4:30	Judo 4:00-5:30							
4:30-5:00								
5:00-5:30								Lane Swim 4:00-7:00
5:30-6:00								
6:00-6:30								Trent Swim Club
6:30-7:00								
7:00-7:15								

* Please note when there is lifeguard training part of the small and large pool will be blocked off. Please watch for signs around building for specific dates.

Holiday Schedule 7:00am-4:30pm

Instructors Choice- 9:30-10:30 in Gymnasium
 Small and Large pool- open for drop in and lane swim

Kidskare

Kidskare is a safe, fun and stimulating environment for parents to leave their children newborn to age 9 in the safe hands of our qualified and caring staff.

Hours: Monday-Friday 8:30-1:00pm
 3:30-8:00pm
 Saturday & Sunday 8:30-2:00pm
 Holidays 8:30-2:00pm

Child Age & Access Policies

Children under the age of 10 years must be accompanied by a parent/guardian (who is 16 years or older) who is inside the YMCA and aware of their child's location at all times, should the child be participating in an unsupervised program.

Youth must be 15 years and older to fully access the Lifestyle Centre. Youth who are 10-14 years may take our Teen Strength program to use the equipment in the Lifestyle Centre. Youth must be 14 years to participate in drop in adult fitness classes.

Legend: Teal – Registered Programs
Light Teal – Drop In Programs
Open – Open for use

Swim Guidelines

To ensure a safe aquatic experience, the YMCA of Peterborough uses the following guidelines for drop-in swimmers:

- Children under 7 years of age
 - Children under 7 years of age may not be admitted to the swimming pool unless they are accompanied by a parent/guardian who is at least 16 years of age and is responsible for their direct supervision (in the water, within arm's reach). Maximum two children per parent/guardian.
- Children ages 7-9 who cannot pass the swim test
 - Children ages 7-9 who are not successful in completing the swim test, must be accompanied by a parent/guardian who is at least 16 years of age and is responsible for their direct supervision (in the water, within arm's reach). Maximum four children per parent/guardian.
- Children ages 7-9 who can pass the swim test
 - Children ages 7-9 who are able to demonstrate comfort in the water by passing the facility swim test are able to swim without a parent/guardian. Parent/guardian must be within the facility.

Spa Guidelines

- Children under 8 years of age
 - Children under the age of 8 are not permitted in the spa
- Children ages 8-12
 - Children between the ages of 8 years to 12 years are not permitted in the spa unless accompanied by a person who is 16 years of age or older

Monday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool	
					Stairs			
5:30-6:00am						Drop In Swim 5:30-7:00		
6:00-6:30	Cyclefit 6:00-7:00							
6:30-7:00								
7:00-7:30						Aquafit 7:00-7:45		Lane Swim
7:30-8:00						Aqua Yoga 7:45-8:15		
8:00-8:30								
8:30-9:00								
9:00-9:30	Total Body Blast 9:10-10:10		Drop In Crafts 9:00-10:30	Sculpt and Tone 9:10-10:10		Lessons 8:15-11:30	Drop In Swim 8:15-11:30	Lessons
9:30-10:00								
10:00-10:30	Core Strength & Stretch 10:15-11:00			Preschool Drop In Gym 10:30-11:30	Totnastics 10:30-11:15			Synchronized Swimming
10:30-11:00					Sports Mania 11:15-12:00			
11:00-11:30								
11:30-12:00								
12:00-12:30pm	CoreFit 12:15-12:45		Cyclefit 12:15-1:00	Hi/Lo 12:15-1:00		Aquatherapy 11:30-12:15		
12:30-1:00						Aquafit 12:15-1:00		
1:00-1:30						School Group Lessons	Physio-Therapy	School Group 1:00-2:15
1:30-2:00								Deep Water Aquafit 1:00-2:00
2:00-2:30						Aquafit 2:15-3:00		
2:30-3:00								
3:00-3:30						Drop In Swim 3:00-4:00		Drop In Swim 2:00-4:00
3:30-4:00		After School Program 3:00-5:00	Music and Dance 3:30-4:15					
4:00-4:30			Twinkle Toes 4:15-5:00	Soccer 1 4:00-4:45				
4:30-5:00			Youth Dance 5:00-5:45	Soccer 2 4:45-5:30	After School Program 4:30-6:00	Lessons 4:00-7:00	Trent Swim Club	Lane Swim
5:00-5:30				Soccer 3 5:30-6:15				Lessons 4:00-7:00
5:30-6:00	CoreFit 5:15-5:45							
6:00-6:30	Glute/Leg and Thigh 6:00-6:45							
6:30-7:00					Volleyball 6:30-7:15			
7:00-7:30			Youth Judo 6:30-8:00	Family Drop In 6:30-8:00		Aquafit 7:00-7:45		Trent Swim Club
7:30-8:00								Lane Swim
8:00-8:30	YogaFit 8:00-9:00							
8:30-9:00			Jiu Jitsu 8:15-10:00			Drop In Swim 7:45-10:15		Lane Swim
9:00-9:30								Rental Group 9:00-10:00
9:30-10:00								
10:00-10:15								

Tuesday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool	
					Stairs			
5:30-6:00am						Drop In Swim 5:30-8:00		
6:00-6:30								
6:30-7:00		Step 6:15-7:00				Adult Learn to Swim 6:45-7:45		Swim for Fit 7:00-8:00
7:00-7:30								
7:30-8:00								
8:00-8:30						Aquatherapy 8:00-8:45		Drop In Swim 8:00-9:00
8:30-9:00								
9:00-9:30	Latin and Swing Dance 9:10-10:10		Bootcamp with Baby 9:30-10:30	Preschool Drop In Gym 9:00-11:30	Homeschooled Program	Lessons 9:00-11:00		
9:30-10:00								
10:00-10:30	Power Yoga 10:15-11:15				Totnastics 10:30-11:15			Lessons 9:00-11:00
10:30-11:00					Sports Mania 11:15-12:00	Holiday Inn		
11:00-11:30								
11:30-12:00	Belly Dancing 11:20-12:05		Fun Factory 11:00-11:45			Aquatherapy 11:30-12:15		
12:00-12:30pm	Bootcamp Strength 12:15-1:00		Creative Crafts 12:00-12:45	Hi/Lo 12:15-1:00		Aquafit 12:15-1:00		Stroke Development
12:30-1:00								
1:00-1:30						School Group	Drop In Swim 1:00-2:15	School Group Lessons
1:30-2:00								
2:00-2:30								
2:30-3:00						Aquafit 2:15-3:00		Drop In Swim 2:15-4:00
3:00-3:30						Drop In Swim 3:00-4:00		
3:30-4:00								
4:00-4:30	Yoga for Youth 4:00-4:45	After School Program 3:30-5:15		Gymnastics 2 4:00-4:45				
4:30-5:00				Gymnastics 1 4:45-5:30	After School Program 4:30-6:00	Lessons 4:00-7:00		Lessons 4:00-7:00
5:00-5:30				Twinkle Toes 5:00-5:45				
5:30-6:00					Totnastics 5:30-6:15			
6:00-6:30								
6:30-7:00	Beginner Yoga 6:25-7:25		Try A Tri 6:00-7:00					Pre/Postnatal Aquafit 6:30-7:15
7:00-7:30				Youth Karate 6:30-7:30		March of Dimes 7:00-8:00	Trent Swim Club	Lane Swim
7:30-8:00	Intermediate Yoga 7:30-9:00		Pilates 7:15-8:15					Deep Water Aquafit
8:00-8:30					Karate 7:30-9:30			
8:30-9:00								
9:00-9:30						Drop In Swim 8:00-10:15	Lane Swim	Drop In Swim 7:45-9:00
9:30-10:00								
10:00-10:15								Underwater Hockey 9:00-10:15

*Study Buddies 6:00-7:00pm (located in the Board Room)



Program Schedule

Balsillie Family Branch Hours:
Monday to Friday 5:30am to 10:30pm
Saturday and Sunday 7:00am to 7:30pm

Holiday Hours: 7:00am to 4:30pm
September 3, October 8, December 26,
January 1, February 18, March 29 & 31, May 20, July 1



Wednesday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool	Large Pool
5:30-6:00am					Drop In Swim 5:30-7:00	
6:00-6:30	Core Strength & Stretch 6:15-7:00					
6:30-7:00						
7:00-7:30						
7:30-8:00					AquaFit 7:00-7:45	Lane Swim
8:00-8:30					Drop In Swim 7:45-10:30	
8:30-9:00						
9:00-9:30	Step 9:15-10:00	Preschool Drop In Crafts 9:00-10:30	Simply Strength 9:10-10:10	Parent and Tot AquaFit		
9:30-10:00						
10:00-10:30	Relax & Rejuvenate 10:15-11:00					
10:30-11:00		Fun Factory 10:45-11:30	Preschool Drop In Gym 10:30-11:30	Totnastics 10:30-11:15	Aquatherapy	
11:00-11:30						
11:30-12:00					Aquatherapy 11:30-12:15	
12:00-12:30pm	Core Strength & Stretch 12:15-1:00	Cyclefit 12:15-1:00	Bootcamp Cardio 12:15-1:00	AquaFit 12:15-1:00		
12:30-1:00						
1:00-1:30	Line Dancing 1:15-2:15				School Group	
1:30-2:00					Physiotherapy	
2:00-2:30						AquaFit 2:15-3:00
2:30-3:00						
3:00-3:30					Aqua Yoga 3:00-3:30	
3:30-4:00		After School Program 3:30-5:15	Sports Mania 1 3:30-4:15	Drop In Swim 3:30-4:00		
4:00-4:30						
4:30-5:00	Core Fit - 5:15-5:45					
5:00-5:30						
5:30-6:00	Cyclefit 6:00-6:45	Simply Strength 6:00-6:45	Boxfit 5:30-6:15	Basketball 1 5:30-6:15	After School Program 4:30-6:00	Lessons 4:00-7:00
6:00-6:30				Basketball 2 6:15-7:00	Youth Jiu Jitsu 6:00-7:00	Drop In Swim 5:45-7:00
6:30-7:00						
7:00-7:30	Hi/Lo 6:55-7:55					
7:30-8:00		TAG 6:30-8:00				
8:00-8:30						
8:30-9:00				Youth Basketball Drop In 8:30-10:00		
9:00-9:30					Drop In Swim 7:45-10:15	
9:30-10:00						
10:00-10:15						

Friday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool	Large Pool
5:30-6:00am					Drop In Swim 5:30-7:00	
6:00-6:30	Cyclefit 6:00-7:00					Lane Swim
6:30-7:00						
7:00-7:30					AquaFit 7:00-7:45	
7:30-8:00					Drop In Swim 7:45-11:30	
8:00-8:30						
8:30-9:00						
9:00-9:30	Zumba Gold 9:00-10:00	Drop In Crafts 9:00-10:30	Sculpt & Tone 9:15-10:10	Lessons		
9:30-10:00						
10:00-10:30	Simply Strength 10:05-10:55	Preschool Drop In Gym 10:30-11:30				
10:30-11:00						
11:00-11:30	Boot Camp with Baby 11:00-12:00					
11:30-12:00						
12:00-12:30pm	Core Strength & Stretch 12:15-1:00	Hi/Lo 12:15-1:00				
12:30-1:00						
1:00-1:30	Mishmash Fitness 1:00-2:00			Mishmash Fitness 1:00-2:00	School Group	
1:30-2:00						
2:00-2:30				Healthy Lifestyle 2:00-3:00		
2:30-3:00					Drop In Swim 2:15-7:00	
3:00-3:30			After School Program 3:00-4:15			Drop In Swim 2:15-7:00
3:30-4:00	After School Program 3:30-5:45		Creative Crafts 4:15-5:00	Sports Mania 2 4:00-4:45	Lessons 4:00-7:00	
4:00-4:30						
4:30-5:00		Box Fit 5:00-6:00	Fun Factory 5:00-5:45	Soccer 2 4:45-5:30		Lessons 4:00-7:00
5:00-5:30				Soccer 4 5:30-6:15	After School Program 5:30-6:00	
5:30-6:00						
6:00-6:30	Glute/Leg & Thigh 6:00-6:45					
6:30-7:00						
7:00-7:30	Break Dancing 1 7:00-7:45	Drop In Dance 7:00-9:00	Supervised Youth Night 7:00-9:00	Youth Night 7:00-9:00	Youth/Teen Night	Drop In Swim 7:00-9:00
7:30-8:00	Break Dancing 2 7:45-8:30					
8:00-8:30						Youth/Teen Night
8:30-9:00				Teen Night 8:00-10:00		
9:00-9:30						
9:30-10:00					Drop In Swim 9:00-10:15	Drop In Swim 9:00-10:15
10:00-10:15						

Thursday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool	Large Pool
5:30-6:00am					Drop In Swim 5:30-8:00	
6:00-6:30	Bootcamp 6:15-7:00					
6:30-7:00						
7:00-7:30						
7:30-8:00					Aquatherapy 8:00-8:45	
8:00-8:30						
8:30-9:00						
9:00-9:30	Step 9:10-10:00	Preschool Drop In Gym 9:00-11:30	Soccer 1 9:30-10:15	Lessons		
9:30-10:00						
10:00-10:30	Hatha Yoga 10:15-11:15		Totnastics 10:30-11:15	Holiday Inn		
10:30-11:00						
11:00-11:30				Aquatherapy 10:45-11:30		
11:30-12:00				Sports Mania 1 11:15-12:00	Aquatherapy 11:30-12:15	
12:00-12:30pm	Total Body Blast 12:15-1:00	Young Mom's Working Out 12:00-1:00	Hi/Lo 12:15-1:00	AquaFit 12:15-1:00		
12:30-1:00						
1:00-1:30	InMotion 1:15-2:00			School Group Lessons	Drop In Swim 1:00-2:15	
1:30-2:00						
2:00-2:30				AquaFit 2:15-3:00		
2:30-3:00				United Way Program 2:30-3:30		Drop In Swim 2:15-4:00
3:00-3:30				Totnastics 3:00-3:45		
3:30-4:00	Yoga for Teens 4:00-4:45	After School Program 3:30-6:00	Science Kids 1 4:00-4:45	Gymnastics 1 4:00-4:45	Lessons	
4:00-4:30						
4:30-5:00			Science Kids 2 4:45-5:30	Gymnastics 2 4:45-5:30	After School Program 5:00-6:00	Trent Swim Club
5:00-5:30	Endurance Cycle 5:15-6:45	Core Strength & Stretch 6:00-6:45		Gymnastics 3 5:30-6:15	Lessons 4:00-7:00	
5:30-6:00						
6:00-6:30				Youth Karate 6:30-7:30		Lane Swim
6:30-7:00						
7:00-7:30	Bootcamp Strength 7:00-7:45	Judo 6:30-8:00		March of Dimes	Trent Swim Club	Lane Swim
7:30-8:00						
8:00-8:30	Kundalini & Ashtanga Yoga 8:00-9:00			Adult Karate 7:30-9:30	Drop In Swim 8:00-10:15	Pre/Postnatal AquaFit 6:00-6:45
8:30-9:00						
9:00-9:30		Jiu Jitsu 8:15-10:00				Deep Water AquaFit
9:30-10:00						
10:00-10:15						Lane Swim

Saturday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool	Large Pool
7:00-7:30am					Drop In Swim	Lane Swim
7:30-8:00		CoreFit 8:00-8:30			Adult Learn to Swim	Adult Swim for Fit
8:00-8:30						
8:30-9:00	Cyclefit 8:30-9:15		Youth Judo 9:00-10:30	Hi/Lo 9:30-10:30	Lessons 8:30-12:00	
9:00-9:30						
9:30-10:00	Simply Strength 9:30-10:30	Preschool Drop In Gym 9:00-11:30	Judo 10:30-12:00	Sports Mania 2 10:45-11:30		
10:00-10:30						
10:30-11:00	Music & Dance 11:00-11:45			Basketball 1 11:45-12:30		Lessons 8:30-12:00
11:00-11:30						
11:30-12:00	Twinkle Toes 11:45-12:30			Basketball 2 12:30-1:15		
12:00-12:30pm						
12:30-1:00	Youth Dance 12:30-1:15			Basketball 3 1:15-2:00		
1:00-1:30						
1:30-2:00	Youth Vibe 1:15-2:00			Birthday Parties 1:00-2:00		Drop In Swim 12:00-5:00
2:00-2:30						
2:30-3:00	Just Us Girls 2:00-2:45	Just Us Guys 2:00-2:45	Birthday Parties 1:00-4:00	Family Drop In 2:30-4:00		Trent Swim Club
3:00-3:30						
3:30-4:00						
4:00-4:30					Drop In Swim 1:15-7:15	Lane Swim
4:30-5:00						Drop In Swim
5:00-5:30						Underwater Hockey 5:00-6:00
5:30-6:00						Lane Swim 6:00-7:15
6:00-6:30						Drop In Swim 6:00-7:15
6:30-7:00						
7:00-7:15						

**Women's only Swim 7:30-9:00pm

- Legend:**
- Teal - Registered Programs
 - Light Teal - Drop In Programs
 - Open - Open for use

Please note we do our best to have an accurate schedule, however please understand minor changes are sometimes required due to P.A. Days, Special Events and additional programming

*Games night 6:00-6:45pm (located in the Board Room)
* Chess and Checkers 7:00-10:00pm (located in the Board Room)