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

Sano ay

	6. 1. 4	G. II a	Multi			Smal	Pool			
	Studio 1	Studio 2	purpose	Gymn	asium	Stairs			Large	e Pool
7:00-7:30am						Drop Ir	Swim		Lane	Swim
7:30-8:00						Віор ІІ	JWIIII		Ldile	: SWIIII
8:00-8:30										
8:30-9:00										
9:00-9:30										
9:30-10:00	Core Strengt					Less				Lessons
10:00-10:30	9:30-1	0:15				8:30-	8:30-12:00	8:30-12:00		8:30-12:00
10:30-11:00	Cycle		Youth Jiu Jitsu 10:00-11:30							
11:00-11:30	10:30-1	1:15	10.00 11.50							
11:30-12:00pm										
12:00-12:30								7		Duran In Contra
12:30-1:00										Drop In Swim
1:00-1:30				Birthday Parties						
1:30-2:00				1:00-2:00					Lane Swim	
2:00-2:30			Birthday Parties							
2:30-3:00	laid		1:00-4:00					Drop In Swim	Lar	Leadership
3:00-3:30	2:00-4	4:00			tball Drop In -4:00	Drop Ir				
3:30-4:00				2.50	1.00	12:00	-7:15			
4:00-4:30										
4:30-5:00	Jod 4:00-									
5:00-5:30										Lane Swim
5:30-6:00										4:00-7:00
6:00-6:30								Trent Swim		
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 date

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.

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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 swims:

- 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

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	Studio 1	Studio 2	Multi purpose	Gym	nasium	Small Stairs	Pool		Large	Pool	
5:30-6:00am						Drop In Swim S:30-7:00					
6:00-6:30	Cyclefit								Swim Drop In Swim 9:00-1:00 Syn St. Drop In Swim 1:00-2:15 T: Lane Swim Drop In 2:00-4 Lane Swim Lesse 4:00-7		
6:30-7:00	6:00-7:00					3.50 /	.00	Lane Swim Drop In Swim 9:00-1:00 School Group 1:00-2:15 Lane Swim Drop In Sync A 1:1			
7:00-7:30						Aqua	ifit		Lane 5	Swim	
7:30-8:00						7:00-7	:45				
8:00-8:30						Aqua Yoga	7:45-8:15				
8:30-9:00											
9:00-9:30		ody Blast	2 1 6 6	Sculpt	and Tone						
9:30-10:00	9:10	-10:10	Drop In Crafts 9:00-10:30)-10:10						Lessons
10:00-10:30		gth & Stretch				Lessons					Lessons
10:30-11:00	10:15	5-11:00		Preschool Drop In Gym	Totnastics 10:30-11:15		Aquatherapy 11:30-12:15 Aquaft 12:15-1:00 Lane Sw Aquaft 12:15-3:00 Aquafit 2:15-3:00 Drop In Swim	Lane Swim			
11:00-11:30				10:30-11:30	Sports Mania 11:15-12:00			Lune Swiiii	9:00-		Synchronized
11:30-12:00	Co	reFit								_	Swiffilling
12:00-12:30pm		5-12:45	Cyclefit 12:15-1:00		li/Lo 15-1:00				chool Group Ac		
12:30-1:00			12.15 1.00	12.	15 1.00	12:15-	1:00				
1:00-1:30							Physio-	Sc	hool Gro	ıρ	Deep Water Aquafit
1:30-2:00							Therapy		1:00-2:15		1:00-2:00
2:00-2:30						Aqua	ıfit				
2:30-3:00						2:15-3	:00	Lama Curi		Drop	In Swim
3:00-3:30								Latte SWII	"	2:0	00-4:00
3:30-4:00		After School Program 3:00-5:00	Music and Dance 3:30-4:15			3:00-4	1:00				
4:00-4:30		3:00-5:00	Twinkle Toes 4:15-5:00	Soccer 1 4:00-4:45				Trent			
4:30-5:00			Youth Dance	Soccer 2	After School Program			Swim Lane	Swim		
5:00-5:30		reFit	5:00-5:45	4:45-5:30	4:30-6:00			Club		Le	essons
5:30-6:00	5:15	5-5:45		Soccer 3 5:30-6:15		4.00-7	.00			4:0	00-7:00
6:00-6:30		g and Thigh 0-6:45			W II I II			Lane Swi	m		
6:30-7:00	0:00	J-0:45			Volleyball 6:30-7:15	Agua	C:				
7:00-7:30		i/Lo 5-7:55	Youth Judo 6:30-8:00	Family Drop In		7:00-7			c	ši ši	Orop In Swim
7:30-8:00				6:30-8:00				Trent Swim	club	ane	
8:00-8:30		gafit)-9:00								ت	
8:30-9:00	8.00	7.00	Jiu Jitsu			Drop In 7:45-1					
9:00-9:30			8:15-10:00			7:45-11	U:15	Lane Swi	m		al Group
9:30-10:00										9:0	0-10:00
10:00-10:15											

	Studio 1	Studio 2	Multi purpose	Gymi	nasium	Small Pool Stairs	L	arge Po	ol
5:30-6:00am						Drop In Swim			
6:00-6:30	Cı	ep				5:30-8:00			
6:30-7:00		-7:00				Adult Learn			
7:00-7:30						to Swim 6:45-7:45			Swim for Fit
7:30-8:00						6:45-7:45			7:00-8:00
8:00-8:30						Aquatherapy			Drop In Swim 8:00-9:00
8:30-9:00						8:00-8:45			8:00-9:00
9:00-9:30		wing Dance							
9:30-10:00	9:10-	10:10	Bootcamp with Baby	Preschool	Homeschooled	Lessons 9:00-11:00		Ε.	
10:00-10:30	Powe	r Yoga	9:30-10:30	Drop In Gym	Program	3.00 11.00		Drop In Swim 8:45-12:00	Lessons
10:30-11:00		-11:15		9:00-11:30	Totnastics 10:30-11:15	Holiday Inn		pl ln	9:00-11:00
11:00-11:30	Relly F	Pancing	Fun Factory				ء	2 8	
11:30-12:00		-12:05	11:00-11:45		Sports Mania 11:15-12:00	Aquatherapy	Lane Swim		
12:00-12:30pm		o Strength	Creative Crafts	н	li/Lo	11:30-12:15 Aguafit	ane		Stroke
12:30-1:00	12:1!	5-1:00	12:00-12:45		5-1:00	12:15-1:00	_		Development
1:00-1:30		le Fit				School Drop In			School Group
1:30-2:00	1:05	-2:05				Group Swim 1:00-2:15			Lessons
2:00-2:30						Aquafit			
2:30-3:00					Drop In Homeschooling Families	2:15-3:00			Orop In Swim
3:00-3:30					2:30-3:30pm	Drop In Swim		2:15-4:00	
3:30-4:00						3:00-4:00			
4:00-4:30	Yoga for Youth 4:00-4:45	After School Program	Music and Dance	Gymnastics 2 4:00-4:45					
4:30-5:00	4.00.4	3:30-5:15	4:15-5:00	Gymnastics 1					
5:00-5:30			Twinkle Toes 5:00-5:45	4:45-5:30	After School Program 4:30-6:00	Lessons			Lessons
5:30-6:00		ер	5:00-5:45	Totnastics 5:30-6:15		4:00-7:00			4:00-7:00
6:00-6:30	5:30	-6:15	Try A Tri	3.30 0.13					
6:30-7:00		er Yoga	6:00-7:00		n Karate				Pre/Postnatal Aquafit
7:00-7:30	6:25			6:30	0-7:30	March of Dimes	Trent Swim Club	Lane	6:30-7:15
7:30-8:00		liate Yoga	Pilates 7:15-8:15			7:00-8:00	Wenteswin edub	Swim	Deep Water Aquafit
8:00-8:30	7:30	-9:00			Karate				Aquant
8:30-9:00					7:30-9:30		Lane Swim		Drop In Swim
9:00-9:30						Drop In Swim 8:00-10:15			7:45-9:00
9:30-10:00						5.55 15.15		rwater Ho	
10:00-10:15								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



	Studio 1	Studio 2	Multi purpose	Gymi	nasium	Smal Stairs	l Pool	Lar	ge Pool																		
5:30-6:00am																											
6:00-6:30	6.6	.1.05					n Swim -7:00																				
6:30-7:00		gth & Stretch i-7:00				5:50	-7:00																				
7:00-7:30						Aquafit '	7:00-7:45	Lai	ne Swim																		
7:30-8:00																											
8:00-8:30							n Swim 10:30																				
8:30-9:00						7.45	10.30																				
9:00-9:30	Ca	tep	Preschool	6. 1		Parent and		Parent and		Parent and		Parent at		Parent and		Parent and		Parent and	Parent and		Parent and		Parent ar				
9:30-10:00		-10:00	Drop In Crafts		Strength -10:10		Tot Aquafit		e .																		
10:00-10:30			9:00-10:30					۔	Lesson 6:00-1:00 Sy	s																	
10:30-11:00		tejuvenate i-11:00	Fun Factory	Preschool Drop In Gym	Totnastics	Aquatherapy		Lane Swim	u 00:																		
11:00-11:30	10.13	11100	10:45-11:30	10:30-11:30	10:30-11:15			ane	Z Sy	nchro- nized																	
11:30-12:00							herapy			nizea Swim																	
12:00-12:30pm	Coro Strong	gth & Stretch	Cyclefit	Rootsar	np Cardio		-12:15 uafit		Drop In Sv																		
12:30-1:00		5-1:00	12:15-1:00		5-1:00		5-1:00		Drop in SV	vim																	
1:00-1:30						School	Physio-			ep Watei Aquafit																	
1:30-2:00		Pancing 5-2:15				Group	therapy		iroup Lessons	00-2:00																	
2:00-2:30						Aquafit 2	2:15-3:00		30 2.13																		
2:30-3:00																											
3:00-3:30						Aqua Yoga 3:00-3:30		-	Drop In Sv 2:15-4:0																		
3:30-4:00				Sports Mania 1		Drop In Swim 3:30-4:00		Lane Swim	2.13 1.0	Ŭ																	
4:00-4:30			After School Program	3:30-4:15				ane																			
4:30-5:00			3:30-5:15	Soccer 3 4:30-5:15				_																			
5:00-5:30	Coro Fit	- 5:15-5:45		Basketball 1	After School Program 4:30-6:00	Lessons			Lessons																		
5:30-6:00	Cole Fit -	- 5:15-5:45	Boxfit 5:30-6:15	5:30-6:15		4:00-7:00	Danie In		4:00-7:00																		
6:00-6:30	Cyclefit 6:00-6:45	Simply Strength 6:00-6:45	5:30-6:15	Basketball 2	Youth Jiu Jitsu		Drop In Swim																				
6:30-7:00	0:00-0:45	0:00-0:45	716	6:15-7:00	6:00-7:00		5:45-7:00																				
7:00-7:30		/Lo i-7:55	TAG 6:30-8:00				uafit																				
7:30-8:00	0:55	1-7:55				7:00	-7:45																				
8:00-8:30									Drop In Swi																		
8:30-9:00					etball Drop In I-10:00	Dug :: I	n Swim	Lane Swim	7:00-10:15																		
9:00-9:30						7:45-																					
9:30-10:00																											
10:00-10:15			·																								

	Studio 1	Studio 2	Multi purpose	Gym	nasium	Small Pool Stairs	L	arge Po	ol
5:30-6:00am						J			
6:00-6:30									
6:30-7:00		tcamp 5-7:00				Drop In Swim 5:30-8:00			
7:00-7:30						5:30-8:00			Adult Stroke
7:30-8:00									Development 7:00-8:00
8:00-8:30						Aquatherapy			
8:30-9:00						8:00-8:45			
9:00-9:30									Drop In
9:30-10:00		tep -10:00		Preschool	Soccer 1	Lessons			Swim Lessons
10:00-10:30				Drop In Gym	9:30-10:15		<u> </u>		8:00- 12:00
10:30-11:00		a Yoga 5-11:15		9:00-11:30	Totnastics	Holiday Inn	Lane Swim		12.00
11:00-11:30	10.1.	5-11.15			10:30-11:15	Aquatherapy 10:45-11:30	Lan		
11:30-12:00					Sports Mania 1 11:15-12:00	Aquatherapy			
2:00-12:30pm	Total D	ody Blast	Young Mom's Working Out		li/Lo	11:30-12:15 Aguafit			Adult St
12:30-1:00		5-1:00	12:00-1:00		11/Lo 5-1:00	12:15-1:00			Develo ment
1:00-1:30	I-AA	lotion				School Drop In			School Group
1:30-2:00		5-2:00				Group Swim Lessons 1:00-2:15			School Group Lesson
2:00-2:30						Aguafit			
2:30-3:00]	United Way Program	2:15-3:00			Drop In Swim
3:00-3:30				Totnastics	2:30-3:30	Drop In Swim			2:15-4:00
3:30-4:00				3:00-3:45		3:00-5:00			
4:00-4:30	Yoga for Teens		Science Kids 1	Gymnastics 1					
4:30-5:00	4:00-4:45	After School Program 3:30-6:00	4:00-4:45 Science Kids 2	4:00-4:45 Gymnastics 2			Lane Sw Trent	vim	Lessons
5:00-5:30			4:45-5:30	4:45-5:30	After School Program	Lessons	Swim Club		4:00-7:00
5:30-6:00	Endurance Cycle			Gymnastics 3	5:00-6:00	4:00-7:00	Club		
6:00-6:30	5:15-6:45	Core Strength & Stretch		5:30-6:15			Lane Swim		Pre/Postnatal Agua
6:30-7:00		6:00-6:45			h Karate		Edile Swiiii		6:00-6:45
7:00-7:30		p Strength	Judo	6:3	0-7:30	March of Dimes	Trent Swim Club	Lane	Deep Water
7:30-8:00	7:00	D-7:45	6:30-8:00			Water of Diffies	encowini club	Swim	Aquafit
8:00-8:30		Ashtanga Yoga			Adult Karate				
8:30-9:00	8:00	0-9:00			7:30-9:30	Drop In Swim			a Zumba 0-9:15
9:00-9:30			Jiu Jitsu 8:15-10:00			8:00-10:15			
9:30-10:00							Lane Swim		Drop In Swim

^{*}Games night 6:00-6:45pm (located in the Board Room)

	Studio 1	Studio 2	Multi purpose	Gymi	nasium	Small Po	ool	L	arge Pool	
5:30-6:00am										
6:00-6:30	Cyclefit					Drop In Sv 5:30-7:0			12	ane Swim
6:30-7:00	6:00-7:00								L	alle Swilli
7:00-7:30						Aquafit				
7:30-8:00						7:00-7:4	5			
8:00-8:30						Drop In Sv				
8:30-9:00						7:45-11:3	30	Ë		
9:00-9:30		oa Gold	0.166	Conde	0.7			Lane Swim		
9:30-10:00	9:00-	-10:00	Drop In Crafts 9:00-10:30		: & Tone -10:10			Lar		
10:00-10:30		Strength	5.00 10.50			Lessons				p In Swim
10:30-11:00	10:05	i-10:55		Preschool Drop In Gym					7	:45-1:00
11:00-11:30	Root Came	p with Baby		10:30-11:30						
11:30-12:00)-12:00				Aquathera				
2:00-12:30pm	Core Streng	gth & Stretch			10 -	11:30-12: Aguafit				
12:30-1:00		5-1:00		12:1	i/Lo 5-1:00	12:15-1:0				
1:00-1:30	Mishma	sh Fitness		Mishmash Fitness			Drop In			Dec sons Wa
1:30-2:00	1:00	-2:00		1:00-2:00		Group			l Group Les 1:00-2:15	sons Wa Aqu
2:00-2:30				Healthy Lifestyle			.00 2.13			
2:30-3:00				2:00-3:00			Drop In		Dec	op In Swim
3:00-3:30			After School Program				Swim 2:15-7:00			2:15-7:00
3:30-4:00			3:00-4:15							
4:00-4:30	After School Program		Creative Crafts	Sports Mania 2 4:00-4:45						
4:30-5:00	3:30-5:45		4:15-5:00	4:00-4:45 Soccer 2				E		
5:00-5:30		Box Fit	Fun Factory	4:45-5:30		Lessons		Swir		Lessons
5:30-6:00		5:00-6:00	5:00-5:45	Soccer 4	After School Program 5:30-6:00	4:00-7:00		Lane Swim		4:00-7:00
6:00-6:30		g & Thigh		5:30-6:15				_		
6:30-7:00	6:00)-6:45								
7:00-7:30	Break Dancing 1						Drop			
7:30-8:00	7:00-7:45 Break Dancing 2	Drop In Dance 7:00-9:00	Supervised Youth Night	Youtl	n Night	Youth/Teen	ln		Voud	h /Toon Night
8:00-8:30	7:45-8:30		7:00-9:00	7:00	0-9:00	Night	Swim 7:00-		Youti	h/Teen Night
8:30-9:00				Teer	Night		9:00			
9:00-9:30					-10:00					
9:30-10:00						Drop In Sv 9:00-10:1				Drop In Swir 9:00-10:15
10:00-10:15						9.00-10:1				5.00-10:13

	Studio 1	Studio 2	Multi purpose	Gymr	nasium	Smal Stairs	l Pool	Laı	ge Pool	
7:00-7:30am						Drop In				
7:30-8:00		CoreFit				Swim	Adult Learn to Swim	Lane Swim	Adult Swim for Fit	
8:00-8:30		8:00-8:30								
8:30-9:00	Cyclefit									
9:00-9:30	8:30-9:15									
9:30-10:00	Simply Strength	Preschool	Youth Judo 9:00-10:30		/Lo	Loc	sons	c	Lessons	
10:00-10:30	9:30-10:30	Drop In Gym		9:30-	-10:30		3:30-12:00		Lane Swim	8:30-12:00
10:30-11:00		9:00-11:30		Sports Mania 2				ane		
11:00-11:30	Music & Dance 11:00-11:45		Judo 10:30-12:00	10:45-11:30				_		
11:30-12:00	Twinkle Toes			Basketball 1						
12:00-12:30pm	11:45-12:30			11:45-12:30		Drop I	n Swim			
12:30-1:00	Youth Dance 12:30-1:15			Basketball 2 12:30-1:15			uafit 0-1:15	Lane Swim	Drop In Swim	
1:00-1:30	Youth Vibe			Basketball 3	Birthday Parties	12:50	7-1:15	Euric Swiiii	12:00-5:00	
1:30-2:00	1:15-2:00			1:15-2:00	1:00-2:00					
2:00-2:30	Just Us Girls	Just Us Guys	Birthday Parties							
2:30-3:00	2:00-2:45	2:00-2:45	1:00-4:00							
3:00-3:30				Family Drop In 2:30-4:00				Trent Swim Club	Lane Swim	
3:30-4:00				2.50 1.00		Drop I	n Swim			
4:00-4:30							-7:15	Lane Swim	Drop In Swim	
4:30-5:00			·					Lane Swim	Diob iu 2mim	
5:00-5:30								Underv	vater Hockey	
5:30-6:00									00-6:00	
6:00-6:30								Laura Contra	Down In Co.	
6:30-7:00								Lane Swim 6:00-7:15	Drop In Swim 6:00-7:15	
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

^{*} Chess and Checkers 7:00-10:00pm (located in the Board Room)