

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.

Effective September 11, 2017

Pool Schedule

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	Family/Youth Swim/ Open Lengths 7:45-11:15am *Adult Synchro 10-11am*	Family/Youth Swim 8:45-9:20am	Family/Youth Swim/ Open Lengths 8:45-11:15am	Family/Youth Swim 7:45-11:30am	Family/Youth Swim/ Open Lengths 7:45-11:15am *SUP YOGA 9:30 - 10:30am*	
		Swim Lessons 9:20 - 10:30am				
Gentle Aqua Fit 10:30 - 11:15am	Adult Swim 11:15am - 1pm	Gentle Aqua Fit 10:30 - 11:15am	Adult Swim 11:15am - 1pm *Adult Stoke Development & Swim for Fitness 12-1pm*	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm **School Group (3 lanes) 10:30 - 11:30am**	
Tone & Stretch 11:15am-12pm		Tone & Stretch 11:15am-12pm				
Gentle Aqua Fit 12:15-1pm	Deep Water Aquafit 12-1pm (3 Lanes)	Gentle Aqua Fit 12:15-1pm	Open Lengths 2-4pm	Gentle Aqua Fit 12:15-1pm	Deep Water Aquafit 12-1pm (3 Lanes)	
Family/Youth Swim 1-4pm	Open Lengths 2-4pm	Family/Youth Swim 1-2pm			Family/Youth Swim 1-4pm	Open Lengths 1-4pm **School Group 1-3pm**
		****March of Dimes***** 2-3pm				
		Family/Youth Swim 3-4pm				
Swim Lessons 4-7pm **Trent Swim Club 4-6pm**		*Swim Lessons 4-7pm* ** Trent Swim Club 4-6pm**		*Swim Lessons 4-7pm* **Trent Swim Club 4-6pm**		
*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 Learn to Swim 8-9pm*		Adult Swim 8:30-10:15pm *Adult Stroke Development & Swim for Fitness 8-9pm*		

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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Pool Schedule

Effective September 11, 2017

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

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.