

# Program Schedule

Fall 2014  
Monday, Sept. 22 – Sunday, Dec. 14, 2014



**Legend:**  
 Green – Registered Programs  
 Light Green – Drop In Programs  
 Open – Open for use

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 Room	Gymnasium*	Small Pool Stairs	Large Pool ◊	
7:00-7:30am					Drop In Swim 7:00-8:00	Lane Swim	7:00-7:30am
7:30-8:00							7:30-8:00
8:00-8:30							8:00-8:30
8:30-9:00							8:30-9:00
9:00-9:30							9:00-9:30
9:30-10:00	Cyclefit 9:15-10:15				Lessons 8:00-12:00	Lessons 8:00-12:00	9:30-10:00
10:00-10:30	Core Strength & Stretch 10:30-11:15						10:00-10:30
10:30-11:00		Youth Jiu Jitsu 10:00-11:30					10:30-11:00
11:00-11:30							11:00-11:30
11:30-12:00pm							11:30-12:00pm
12:00-12:30							12:00-12:30
12:30-1:00							12:30-1:00
1:00-1:30							1:00-1:30
1:30-2:00							1:30-2:00
2:00-2:30							2:00-2:30
2:30-3:00	Japanese Martial Arts & Iaido 2:00-4:00						2:30-3:00
3:00-3:30		Birthdays 1:00-4:00					3:00-3:30
3:30-4:00							3:30-4:00
4:00-4:30							4:00-4:30
4:30-5:00							4:30-5:00
5:00-5:30							5:00-5:30
5:30-6:00							5:30-6:00
6:00-6:30							6:00-6:30
6:30-7:00							6:30-7:00
7:00-7:15							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.

## 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-Thursday	9:00am-1:00pm 4:00pm-8:00pm
	Friday	9:00am-1:00pm 4:00pm-7:00pm
	Saturday & Sunday Holidays	9:00-1:00pm 9:00-12:00pm

## 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.

## Aquatics Pool Admissions and Wrist Band Policy

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 9 years of age and under will be given an identifying wristband by the facility staff.

Age	Admission Requirements	Supervision Requirement (Child: Caregiver)	Wrist Band	Additional Information
6yrs & under	Always accompanied*	2:1	Red	
7-9yrs	Accompanied* OR Pass facility swim test	4:1	Red	If child passes swim test, the RED wristband is removed and replaced with a GREEN wristband, allowing child unsupervised access however parent/guardian must remain in facility.
10yrs+	No supervision required		Green	Child will be required to do a facility swim test and obtain a GREEN wristband to access deep end of pool.

\*Accompanied: Must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age and is responsible for their direct supervision. Caregiver must be in bathing attire and within arm's reach of the child(ren) at all times, both in and out of the water.

Monday

	Studio 1	Studio 2	Multi Purpose Room	Gymnasium*	Small Pool Stairs	Large Pool ◊	
5:30-6:00am					Drop In Swim 5:30-7:00	Lane Swim	5:30-6:00am
6:00-6:30	Cyclefit 6:00-7:00						6:00-6:30
6:30-7:00							6:30-7:00
7:00-7:30							7:00-7:30
7:30-8:00							7:30-8:00
8:00-8:30							8:00-8:30
8:30-9:00	Yoga in Motion 8:00-9:00						8:30-9:00
9:00-9:30							9:00-9:30
9:30-10:00	Total Body Blast 9:10-10:10		Drop In Crafts 9:00-10:30				9:30-10:00
10:00-10:30							10:00-10:30
10:30-11:00	Core Strength & Stretch 10:15-11:00						10:30-11:00
11:00-11:30							11:00-11:30
11:30-12:00							11:30-12:00
12:00-12:30pm							12:00-12:30pm
12:30-1:00							12:30-1:00
1:00-1:30							1:00-1:30
1:30-2:00							1:30-2:00
2:00-2:30							2:00-2:30
2:30-3:00							2:30-3:00
3:00-3:30							3:00-3:30
3:30-4:00							3:30-4:00
4:00-4:30							4:00-4:30
4:30-5:00							4:30-5:00
5:00-5:30							5:00-5:30
5:30-6:00							5:30-6:00
6:00-6:30							6:00-6:30
6:30-7:00							6:30-7:00
7:00-7:30							7:00-7:30
7:30-8:00							7:30-8:00
8:00-8:30							8:00-8:30
8:30-9:00							8:30-9:00
9:00-9:30							9:00-9:30
9:30-10:00							9:30-10:00
10:00-10:15							10:00-10:15

Leaders Corps 7:30-8:30pm (located in Boardroom).

Tuesday

	Studio 1	Studio 2	Multi Purpose Room	Gymnasium*	Small Pool Stairs	Large Pool ◊	
5:30-6:00am					Drop in Swim 5:30-8:00	Lane Swim	5:30-6:00am
6:00-6:30							6:00-6:30
6:30-7:00			YogaFlow 6:15-7:00				6:30-7:00
7:00-7:30							7:00-7:30
7:30-8:00							7:30-8:00
8:00-8:30							8:00-8:30
8:30-9:00							8:30-9:00
9:00-9:30							9:00-9:30
9:30-10:00							9:30-10:00
10:00-10:30							10:00-10:30
10:30-11:00							10:30-11:00
11:00-11:30							11:00-11:30
11:30-12:00							11:30-12:00
12:00-12:30pm							12:00-12:30pm
12:30-1:00							12:30-1:00
1:00-1:30							1:00-1:30
1:30-2:00							1:30-2:00
2:00-2:30							2:00-2:30
2:30-3:00							2:30-3:00
3:00-3:30							3:00-3:30
3:30-4:00							3:30-4:00
4:00-4:30							4:00-4:30
4:30-5:00							4:30-5:00
5:00-5:30							5:00-5:30
5:30-6:00							5:30-6:00
6:00-6:30							6:00-6:30
6:30-7:00							6:30-7:00
7:00-7:30							7:00-7:30
7:30-8:00							7:30-8:00
8:00-8:30							8:00-8:30
8:30-9:00							8:30-9:00
9:00-9:30							9:00-9:30
9:30-10:00							9:30-10:00
10:00-10:15							10:00-10:15

Study Buddies 5:30-6:30pm (located in the Boardroom).

## Holiday Schedule 7:00am-4:30pm

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

## 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.

# 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

**Holiday Hours: 7:00am to 4:30pm**  
 September 1, October 13, December 26, January 1  
 The facility will be closing at 5:30pm on Wednesday, Dec. 24 and  
 Wednesday, Dec. 31. The facility will be closed Thursday, Dec. 25.  
 \*Program areas close 15 minutes before the building.



Wednesday

	Studio 1	Studio 2	Multi Purpose Room	Gymnasium*	Small Pool Stairs	Large Pool ◊
5:30-6:00am						5:30-6:00am
6:00-6:30					Drop In Swim 5:30-7:00	6:00-6:30
6:30-7:00	Step 6:15-7:00				Gentle Aquafit 7:00-7:45	6:30-7:00
7:00-7:30					Drop In Swim 7:45-10:30	7:00-7:30
7:30-8:00					Parent & Tot Aquafit	7:30-8:00
8:00-8:30						8:00-8:30
8:30-9:00						8:30-9:00
9:00-9:30	Step 9:15-10:00	Drop in Crafts 9:00-10:30		Simply Strength 9:10-10:10		9:00-9:30
9:30-10:00	Relax & Rejuvenate 10:15-11:00					9:30-10:00
10:00-10:30						10:00-10:30
10:30-11:00		Childcare 10:45-11:45	Drop In Gym 10:30-11:30		Tone & Stretch 10:30-11:15	10:30-11:00
11:00-11:30					Tone & Stretch 11:30-12:15	11:00-11:30
11:30-12:00					Gentle Aquafit 12:15-1:00	11:30-12:00
12:00-12:30pm	Core Stretch & Strength 12:15-1:00	Cyclefit 12:15-1:00	Bootcamp 12:15-1:00		School Physiotherapy 1-2:15 1-2:15	12:00-12:30pm
12:30-1:00					Drop In Swim 2:15-3:30	12:30-1:00
1:00-1:30			Childcare 1:15-3:00		Lessons 3:30-7:00	1:00-1:30
1:30-2:00					Parent & Tot Aquafit	1:30-2:00
2:00-2:30					Lessons 3:30-7:00	2:00-2:30
2:30-3:00					Drop In Swim 2:15-3:30	2:30-3:00
3:00-3:30					Lessons 3:30-7:00	3:00-3:30
3:30-4:00			Afterschool Program 3:00-5:00	Sports Mania (2-3) 3:45-4:15	Drop In Swim 2:00-3:00	3:30-4:00
4:00-4:30				Sports Mania (7-9) 4:30-5:15	Lessons 3:30-7:00	4:00-4:30
4:30-5:00					Parent & Tot Aquafit	4:30-5:00
5:00-5:30	Core Fit 5:15-5:45	Youth Jiu Jitsu 5:15-6:15	Basketball (4-6) 5:30-6:15	Afterschool Program 4:30-6:00	Lessons 3:30-7:00	5:00-5:30
5:30-6:00	Cyclefit 6:00-6:45	Simply Strength 6:00-6:45	Basketball (7-9) 6:15-7:00		Drop In Swim 7:00-8:00	5:30-6:00
6:00-6:30					Aqua Yoga 8:00-8:45	6:00-6:30
6:30-7:00	Zumba Fitness 6:55-7:55	TAG 6:30-8:00			Drop In Swim 8:45-10:15	6:30-7:00
7:00-7:30						7:00-7:30
7:30-8:00						7:30-8:00
8:00-8:30						8:00-8:30
8:30-9:00						8:30-9:00
9:00-9:30				Youth Drop In Basketball 8:30-10:15		9:00-9:30
9:30-10:00						9:30-10:00
10:00-10:15						10:00-10:15

Friday

	Studio 1	Studio 2	Multi Purpose Room	Gymnasium*	Small Pool Stairs	Large Pool ◊
5:30-6:00am					Drop In Swim 5:30-7:00	5:30-6:00am
6:00-6:30					Aquafit 7-7:45	6:00-6:30
6:30-7:00	Cyclefit 6:00-7:00				Drop In Swim 7:45-9:00	6:30-7:00
7:00-7:30					Lessons 9:00-11:30	7:00-7:30
7:30-8:00					Parent & Tot Aquafit	7:30-8:00
8:00-8:30						8:00-8:30
8:30-9:00						8:30-9:00
9:00-9:30	Strength & Stretch 9:00-10:00	Drop In Crafts 9:00-10:30		Simply Strength 9:10-10:10		9:00-9:30
9:30-10:00	Total Body Blast 10:05-10:55					9:30-10:00
10:00-10:30	Bootcamp with Baby 11:00-12:00	Childcare 10:45-11:45	Drop In Gym 10:30-11:30		Tone & Stretch 11:30-12:15	10:00-10:30
11:00-11:30					Gentle Aquafit 12:15-1:00	10:30-11:00
11:30-12:00					School Group 1-2:15 1-2:15	11:00-11:30
12:00-12:30pm	Glute, Leg & Thigh 12:15-1:00			Hi/Lo 12:15-1:00	Drop In Swim 1:00-3:30	12:00-12:30pm
12:30-1:00					Lessons 3:30-7:00	12:30-1:00
1:00-1:30	Fitness Fridays 1:00-2:00	Childcare 1:00-3:00	Fitness Fridays 1:00-2:00		Drop In Swim 1:00-3:30	1:00-1:30
1:30-2:00					Lessons 3:30-7:00	1:30-2:00
2:00-2:30					Drop In Swim 2:00-3:00	2:00-2:30
2:30-3:00					Lessons 3:30-7:00	2:30-3:00
3:00-3:30			Afterschool 3:00-4:00		Lessons 3:30-7:00	3:00-3:30
3:30-4:00					Drop In Swim 2:00-3:00	3:30-4:00
4:00-4:30			Artageous (4-6) 4:15-5:00	Sports Mania (4-6) 4:00-4:45	Lessons 3:30-7:00	4:00-4:30
4:30-5:00				Ball Hockey (7-9) 4:45-5:30	Lessons 3:30-7:00	4:30-5:00
5:00-5:30			Fun Factory (2-3) 5-5:30	Ball Hockey (10-13) 5:30-6:15	Lessons 3:30-7:00	5:00-5:30
5:30-6:00					Lessons 3:30-7:00	5:30-6:00
6:00-6:30	Boxfit Combo 6:00-6:45				Lessons 3:30-7:00	6:00-6:30
6:30-7:00					Lessons 3:30-7:00	6:30-7:00
7:00-7:30	Break Dancing (7-9) 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 Night 7:00-9:00	7:00-7:30
7:30-8:00	Break Dancing (10-13) 7:45-8:30				Youth Night 7:00-9:00	7:30-8:00
8:00-8:30					Youth Night 7:00-9:00	8:00-8:30
8:30-9:00					Youth Night 7:00-9:00	8:30-9:00
9:00-9:30					Youth Night 7:00-9:00	9:00-9:30
9:30-10:00				Drop In Swim 9:00-10:15	Drop In Swim 9:00-10:15	9:30-10:00
10:00-10:15					Drop In Swim 9:00-10:15	10:00-10:15

Thursday

	Studio 1	Studio 2	Multi Purpose Room	Gymnasium*	Small Pool Stairs	Large Pool ◊
5:30-6:00am					Drop In Swim 5:30-8:00	5:30-6:00am
6:00-6:30			YogaFlow 6:15-7:00		Tone & Stretch 8:00-8:45	6:00-6:30
6:30-7:00					Lessons 9:00-10:45	6:30-7:00
7:00-7:30					Holiday Inn 10-10:45	7:00-7:30
7:30-8:00					Drop In Swim 10:45-11:30	7:30-8:00
8:00-8:30					Tone & Stretch 11:30-12:15	8:00-8:30
8:30-9:00					Gentle Aquafit 12:15-1:00	8:30-9:00
9:00-9:30	Step 9:10-10:00	Childcare 9:00-11:30	Drop In Gym 9:00-11:30		School Group 1:00-2:15 2:15	9:00-9:30
9:30-10:00	Hatha Yoga 10:15-11:15				Drop In Swim 10:45-11:30	9:30-10:00
10:00-10:30					Lessons 9-11:00	10:00-10:30
10:30-11:00					Drop In Swim 10:45-11:30	10:30-11:00
11:00-11:30					Lessons 9-11:00	11:00-11:30
11:30-12:00					Drop In Swim 10:45-11:30	11:30-12:00
12:00-12:30pm	Cardio Sculpt 12:15-1:00			Total Body Blast 12:15-1:00	School Group 1:00-2:15 2:15	12:00-12:30pm
12:30-1:00					March of Dimes 2:30-3:30	12:30-1:00
1:00-1:30	In Motion 1:15-2:00	Tai Chi for Beginners 1:00-2:00		Volleyball 1:30-2:30	Lessons 3:30-7:00	1:00-1:30
1:30-2:00					Lessons 3:30-7:00	1:30-2:00
2:00-2:30					Lessons 3:30-7:00	2:00-2:30
2:30-3:00			Childcare 2:30-3:30		Lessons 3:30-7:00	2:30-3:00
3:00-3:30					Lessons 3:30-7:00	3:00-3:30
3:30-4:00					Lessons 3:30-7:00	3:30-4:00
4:00-4:30			Science Kids (4-6) 4:00-4:45	Kidnastics (4-6) 4:00-4:45	Lessons 3:30-7:00	4:00-4:30
4:30-5:00			Science Kids (7-9) 4:45-5:30	Gymnastics (7-9) 4:45-5:30	Lessons 3:30-7:00	4:30-5:00
5:00-5:30				Gymnastics (10-13) 5:30-6:15	Lessons 3:30-7:00	5:00-5:30
5:30-6:00	Endurance Cycle 5:15-6:45	Core Stretch & Strength 6:00-6:45			Lessons 3:30-7:00	5:30-6:00
6:00-6:30					Lessons 3:30-7:00	6:00-6:30
6:30-7:00	Bootcamp Strength 7:00-7:45	Judo 6:30-8:00		Youth Karate 6:30-7:30	Lessons 3:30-7:00	6:30-7:00
7:00-7:30					Lessons 3:30-7:00	7:00-7:30
7:30-8:00	Kundalini & Ashtanga Yoga 8:00-9:00			Adult Karate 7:30-9:30	Lessons 3:30-7:00	7:30-8:00
8:00-8:30					Lessons 3:30-7:00	8:00-8:30
8:30-9:00					Lessons 3:30-7:00	8:30-9:00
9:00-9:30			Jiu Jitsu 8:15-10:00		Lessons 3:30-7:00	9:00-9:30
9:30-10:00					Lessons 3:30-7:00	9:30-10:00
10:00-10:15					Lessons 3:30-7:00	10:00-10:15

Saturday

	Studio 1	Studio 2	Multi Purpose Room	Gymnasium*	Small Pool Stairs	Large Pool ◊
7:00-7:30					Drop In Swim	Lane Swim
7:30-8:00					Adult Learn to Swim	Adult Swim 7-8
8:00-8:30		Corefit 8:00-8:30			Lessons 8:00-12:00	Lessons 8:00-12:00
8:30-9:00	Cyclefit 8:30-9:15				Lessons 8:00-12:00	Lessons 8:00-12:00
9:00-9:30	Zumba Fitness 9:30-10:30	Preschool Drop In Gym 9:00-11:30	Youth Judo 9:00-11:05	Hi/Lo 9:30-10:30	Lessons 8:00-12:00	Lessons 8:00-12:00
9:30-10:00					Lessons 8:00-12:00	Lessons 8:00-12:00
10:00-10:30					Lessons 8:00-12:00	Lessons 8:00-12:00
10:30-11:00					Lessons 8:00-12:00	Lessons 8:00-12:00
11:00-11:30					Lessons 8:00-12:00	Lessons 8:00-12:00
11:30-12:00	Mini Movers (2-3) 11:15-11:45	Just Us Girls/Guys (10-13) 12:00-12:45	Judo 11:10-12:30	Ball Hockey (4-6) 10:45-11:30	Lessons 8:00-12:00	Lessons 8:00-12:00
12:00-12:30pm	Just Dance (4-6) 11:45-12:30			Basketball (4-6) 11:45-12:30	Lessons 8:00-12:00	Lessons 8:00-12:00
12:30-1:00	Just Dance (7-9) 12:30-1:15			Basketball (7-9) 12:30-1:15	Lessons 8:00-12:00	Lessons 8:00-12:00
1:00-1:30	Just Dance (10-13) 1:15-2:00	Youth Karate 1:30-2:30	Birthday Parties 1:00-4:00	Basketball (10-13) 1:15-2:00	Lessons 8:00-12:00	Lessons 8:00-12:00
1:30-2:00		Adult Karate 2:30-4:30		Just Us Girls 12:00-12:45	Lessons 8:00-12:00	Lessons 8:00-12:00
2:00-2:30				Just Us Guys 12:30-2:00	Lessons 8:00-12:00	Lessons 8:00-12:00
2:30-3:00					Lessons 8:00-12:00	Lessons 8:00-12:00
3:00-3:30					Lessons 8:00-12:00	Lessons 8:00-12:00
3:30-4:00					Lessons 8:00-12:00	Lessons 8:00-12:00
4:00-4:30					Lessons 8:00-12:00	Lessons 8:00-12:00
4:30-5:00					Lessons 8:00-12:00	Lessons 8:00-12:00
5:00-5:30					Lessons 8:00-12:00	Lessons 8:00-12:00
5:30-6:00					Lessons 8:00-12:00	Lessons 8:00-12:00
6:00-6:30					Lessons 8:00-12:00	Lessons 8:00-12:00
6:30-7:00					Lessons 8:00-12:00	Lessons 8:00-12:00
7:00-7:15					Lessons 8:00-12:00	Lessons 8:00-12:00

**Legend:**  
 Green – Registered Programs  
 Light Green – Drop In Programs  
 Open – Open for use

\* Certain programs in the gym & studio require 15 minutes setup & 15 minutes take down time.  
 ◊ During peak times there may be only one lane available.

**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 Boardroom).