

Hours of Operation

Monday to Friday
5:00am - 10:30pm
Saturday & Sunday
7:00am - 7:30pm

Statutory Holidays

7:00am - 5:30pm

Schedule in effect:
January 8- June 24, 2018



YMCA of Central East Ontario
Balsillie Family Branch
123 Aylmer Street South
Peterborough, Ontario K9J 3H8
Tel. 705-748-9622
Fax. 705-741-3719
<http://www.ymcaofceo.ca>

Child/Youth Drop In Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Times	5:00-9:00am 10:15-12:00pm 1:00-4:30pm 6:45-10:15pm	5:00-12:00pm 1:00-4:30pm 7:30-10:15pm	5:00-9:00am 10:15-12:00pm 1:00-4:30pm 8:00-10:15pm	5:00-10:15pm 11:45-3:30pm 7:15-10:15pm	5:00-10:15am 1:00-4:30pm 6:00-6:45pm 9:00-10:15pm	7:00-8:00am 8:30-9:15am 10:30-12:30pm 1:30-7:15pm	7:00-7:15pm
Kidskare	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 7:00pm	9:00-1:00pm	9:00-1:00pm
Drop In Programs		Drop In Gym 9:30 - 11:30am	Drop In Gym 10:30 - 11:30am Winter Only	Drop In Gym 9:30 - 11:30am	Drop In Gym 9:30 - 11:30am	Drop In Gym (Studio) 9:00 - 11:30am Drop In Beginner Volleyball (all ages) 4:00-6:30pm	Drop In Intermediate Volleyball (all ages) 4:00-7:00pm

Special Events

Freedom 55 Family Day Event
Monday February 19 10:00-2:00pm
Free Community Event

Parents Night Out

Saturday January 20- Move N' Groove
Saturday February 10- Movie & Swim
Saturday March 3- Gym & Swim
Saturday April 21- Minute to Win it! Saturday
May 12- Movie & Swim
Saturday June 16- Artrageous
Cost: \$20 per child \$15 per additional sibling

Healthy Kids Day

Sunday April 29 10:00-1:00pm
Free Community Event

PA Days

Friday February 2- Animal Antics Friday
March 9- Under the Sea
Friday April 20- Pirate Paradise
Friday June 8- Superheroes
Friday June 29- Little Einsteins

Members \$33.00/Day Non members \$36.00/Day

March Break Camp

March 12-16 8:00-5:00pm
Members \$ 135.00 Non Members \$165.00

Birthdays At the YMCA

Book a birthday with the YMCA! Birthdays can be booked on Saturdays or Sundays and include set up, decorations, pizza, juice and a party host:

- **Option One:** One hour in the gym/craft, one hour of swimming and one hour in the party room
YM - \$20.00/child NM - \$23.00/child
- **Option Two:** One hour in the gym/craft and one hour in the party room
YM - \$17.00/child NM - \$20.00/child

Cake or Cupcake Cake available for an additional fee.

Saturdays and Sundays 1:00-4:00pm

For more information please contact the Membership Services Desk or call us at 705-748-9642 x 221



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Adult Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Drop In Fitness	6:00-7:00am Cyclefit- Studio	6:15-7:00am Yogaflow-MPR		6:15-7:00am Yogaflow-MPR	6:00-7:00am Cyclefit- Studio	8:00-8:30am Corefit- Gym	9:15-10:15am Cyclefit-Studio
	9:10-10:10am Total Body Blast Studio	9:00-10:00am Strength & Stretch- MPR	9:10-10:10 Simply Strength- Gym	9:10-10:00am Step -Studio	9:00-10:00am Strength & Stretch- Studio	8:30-9:15am Cyclefit- Studio	10:30-11:30am Sunday Soul Yoga - Studio
	9:10-10:10am Sculpt & Tone- Gym	10:15-11:15am Hatha Yoga- Winter Kripalu Yoga- Spring Studio	10:15-11:15am Gentle Yoga-Studio	10:15-11:15am Hatha Yoga Studio	10:05-10:55am Total Body Blast Studio	9:30-10:30am Hi/lo- Gym	11:45-12:30am Guided Meditation - Studio
	10:15-11:00am Core Strength & Stretch- Studio	12:15-1:00pm Bootcamp-Studio	11:30-12:00 Chair Yoga- Studio	12:15-1:00pm Sculpt & Tone Studio	12:15-1:00pm Bootcamp- Studio		
	11:15-12:00 Chair Yoga- Studio	12:15-1:00pm Hi/lo- Gym	12:15-1:00pm Hi/lo- Gym	10:15-11:15am Hatha Yoga- Winter Kripalu Yoga- Spring Studio	12:15-1:00pm Hi/lo- Gym		
	12:15-12:45pm Core Strength & Stretch-Studio	1:15-2:15pm In Motion-Studio	12:15-1:00pm Guided Meditation - Studio	1:15-2:15pm InMotion- Studio	1:15-2:15pm In Motion-Studio		
	12:15-1:00pm Bootcamp- Gym	5:15-6:15pm Body Burn- Studio	12:15-1:00 Cycle Strong - Studio	6:00-6:45pm Core Strength & Stretch- Studio	5:15-5:55pm Core, Glute & Thigh- Studio		
	12:15-1:00pm Cycle Strong-MPR	6:30-7:30pm Cyclefit- Studio	5:15-5:45pm Corefit- Studio	7:00-7:45pm Boot Camp- Studio	6:00-6:45pm Boxfit Studio		
	5:15-5:45pm Corefit- Studio	6:30-7:30pm HIIT Bootcamp- Studio	6:00-6:45pm Strength Conditioning - Studio	8:00-9:00pm Ying Yang Yoga- Studio			
	6:00-6:45pm Glute, Leg & Thigh- Studio	7:45-8:45pm Restorative Yoga - Studio	6:00-6:45pm Cyclefit-Studio				
8:00-9:00pm Yogaflow- Studio							
Studio Drop In	5:00-9:00am 2:00-5:00pm 9:15-10:15pm	5:00-8:45am 11:15-12:00pm 2:15-3:15pm 8:45-10:15pm	5:00-10:00am 2:00-5:00pm 8:00-10:15pm	5:00-9:00am 2:15-3:45pm 9:00-10:15pm	5:00-8:45am 2:00-3:45pm 9:00-10:15pm	7:00-8:30am 11:30-1:30pm 4:30-7:15pm	7:00-9:15am 5:00-7:15pm