

Building Hours of Operation
 Monday to Friday 5am - 10:30pm
 Saturday and Sunday 7am - 7:30pm
 Holidays 7 am - 5:30 pm

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 January 7, 2019

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 9:30-10:30am*	Family/Youth Swim 8:45-9:20am *Swim Lessons* 9:20 - 10:30am	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
Gentle Aqua Fit 10:30 - 11:15am	Adult Swim 11:15am - 1pm 1 lane for Aqua Fit	Gentle Aqua Fit 10:30 - 11:15am	Adult Swim 11:15am - 1pm *Adult Swim Team 12-1pm* 1 lane for aqua fit Kids swim Team 11-12	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm **School Group (3 lanes) 10:15 - 11:15am**
Tone & Stretch 11:15am-12pm		Tone & Stretch 11:15am-12pm		Gentle Aqua Fit 12:15-1pm	
Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm	
Family/Youth Swim 1-4pm	Deep Water Aqua Fit 1-2pm (3 Lanes) Open Lengths 1-4pm	Family/Youth Swim 1-2pm	Open Lengths 1-4pm School Group 1:00-2:00	Family/Youth Swim 1-4pm	Deep Water Aqua Fit 1-2pm (3 lanes) **School Group 1-3pm**
		****March of Dimes**** 2-3pm			
		Family/Youth Swim 3-4pm			
Swim Lessons 4-7pm **Trent Swim Club 4-6pm** **Kids Swim Team 6:00-7:00**		Swim Lessons* 4-7pm **Trent Swim Club 4-6pm** **Kids Swim Team 6:15-7:15**		*Swim Lessons* 4-7pm **Trent Swim Club 4-6pm** **Kids Swim Team 6:00-7:00**	
Family/Youth Swim 7-8pm	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	7:45-8:30pm Family/Youth Swim 8-9pm Adult Swim Team*
Adult Swim 8:30-10:15pm ** 8:30 pm-9:30 pm Adult Recreational Swim Team**		Adult Swim 8:30-10:15pm *Adult Learn to Swim 8-9pm*		Adult Swim 8:30-10:15pm *Adult Recreational Swim Team 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 January 7, 2019

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 9:15am - 11:15am*	Family/Youth Swim/ Open Lengths 7:45-11:15am *Adult Synchro 8-9:30am* *School Group 9:15am - 11:15pm*	*Swim Lessons* 9am - 12pm		*Swim Lessons* 9am - 12pm	
Swim Lessons 9:20 - 10:30am							
Gentle Aqua Fit 10:30 - 11:15am	Adult Swim 11:15am - 1pm	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm	Gentle Aqua Fit 12:15-1pm		Family/Youth Swim 12-7:15pm	
Tone & Stretch 11:15am-12pm		Gentle Aqua Fit 12:15-1pm					
Gentle Aqua Fit 12:15-1pm							
Family/Youth Swim 1-2pm	Open Lengths 1-4pm School Group 1:00-2:00	Family/Youth Swim 1-4pm	Deep Water Aqua Fit 1-2pm (3 Lanes)	Family/ Youth Swim /Open Lengths 1:15-7:15pm Water Walkway 12-3pm **Trent Swim Club 3-5pm**		Family/ Youth Swim /Open Lengths 12-7:15pm Water Walkway 12-3pm Aquatic Leadership 1-6:30pm ** Peterborough Triathlon Club 4-6pm**	
****March of Dimes**** 2-3pm							
Family/Youth Swim 3-4pm							
Swim Lessons 4-7pm **Trent Swim Club 4-6pm** **Kids Swim Team 6:00-7:00**		*Swim Lessons 4-7pm* **Trent Swim Club 4-6pm**					
Family/Youth Swim 7-8:30pm	Family/Youth Swim 7:45 - 8:30pm	Youth Night 7-9pm		<i>One Lane available for member lane swimming from open to close. Notes * Requires Registration ** Rental</i>			
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.