

Building Hours of Operation

Monday to Friday 5am - 10:30pm
 Saturday and Sunday 7am - 7:30pm
 Holidays 7am-5:30pm

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 March 11-17, 2019

Interim Pool Schedule

INTERIM 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 *Camp swim 9:30-10:30am	Family/Youth Swim/ Open Lengths 7:45-11:15am *Camp swim 9:30-10:30am	Family/Youth Swim/ 7:45-10:30am Camp swim 9:30-10:30am	Family/Youth Swim/ Open Lengths 7:45-11:15am *Camp swim 9:30-10:30am	Family/Youth Swim 7:45-11:15am *Camp Swim 9:30-10:30am	Family/Youth Swim/ Open Lengths 7:45-11:15am *Camp swim 9:30-10:30am
Gentle Aqua Fit 10:30-11:15am		Gentle Aqua Fit 10:30-11:15am			
Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm <i>1 lane for aquafit</i>	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm <i>1 lane for aquafit</i>	Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm
Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm		Gentle Aqua Fit 12:15-1pm	
Family/Youth Swim 1-8pm *Camp swim 2-3pm *Trent Swim Club 4-6pm	Deep Water Aquafit 1-2pm (3 Lanes)	Family/Youth Swim 1-2pm *Camp 1-2pm	Family/Youth/ Open Lengths 1-8:30pm *Camp 1-2pm Trent Swim Club 7-8pm	Family/Youth Swim 1-8:00pm *Camp Swim 2-3pm *Trent Swim Club 4-6pm	Deep Water Aquafit 1-2pm (3 Lanes)
	Family/Youth Swim 1-8:30pm *Camp swim 2-3pm *Trent Swim Club 4-6pm	****March of Dimes**** 2-3pm			Family/Youth Swim 1-8:30pm *Camp Swim 2-3pm *Trent Swim Club 4-6pm
		Family/Youth Swim 3-8:30pm *Trent Swim Club 4-6pm			
Tone & Stretch 8-8:45pm			Aqua Bootcamp 7-7:45pm	Aqua Yoga 8:00-8:30pm	Family/Youth Swim 7:45-8:30pm
Adult Swim 8:30-10:15pm		Adult Swim 8:30-10:15pm		Adult Swim 8:30-10:15pm	

**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**

Building Hours of Operation

Monday to Friday 5am - 10:30pm
 Saturday and Sunday 7am - 7:30pm
 Holidays 7am-5:30pm

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 March 11-17, 2019

Interim Pool Schedule

INTERIM 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 9am-12:15pm		Adult Swim 7-9am	
Family/Youth Swim 8:45-10:30am *Camp Swim 9:30-10:30am	Family/Youth Swim/ Open Lengths 8:45-11:15am	Family/Youth Swim 7:45-11:15am *Camp Swim 9:30-10:30am	Family/Youth Swim/ Open Lengths 7:45-11:15am *Camp Swim 9:30-10:30am				
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 12:15-1:00pm		Family/Youth Swim 9am - 7:15pm
Tone & Stretch 11:15am-12pm	Gentle Aqua Fit 12:15-1pm						
Family/Youth Swim 1-2pm *Camp Swim 1-2pm	Family/Youth/ Open Lengths 1-8:30pm *Camp Swim 1-2pm *Trent Swim Club 4-6pm	Family/Youth Swim 1-8:30pm *Camp Swim 2-3pm *Trent Swim Club 4-6pm	Deep Water Aquafit 1-2pm (3 Lanes)	Family/ Youth Swim 1:15-7:15pm Water Walkway 12-3pm *Trent Swim Club 3-5pm		Family/Youth Swim 9am - 7:15pm Water Walkway 12-3pm *Aquatic Leadership 1-6:30pm *Peterborough Triathlon Club 4-6pm	
****March of Dimes**** 2-3pm			Family/Youth Swim 1-8:30pm Camp Swim 2-3pm *Trent Swim Club 4-6pm				
Family/Youth Swim 3-8:30pm *Trent Swim Club 4-6pm							
Adult Swim 8:30-10:15pm		Adult Swim 8:30-10:15pm					

**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.**