

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.

Pool Schedule

Effective January 6th

POOL SCHEDULE

Monday		Tuesday		Wednesday	
Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool
Adult Swim 5-6am		Adult Swim 5-6am		Adult Swim 5-6am	
Open Swim 6-7	Open Lengths 6-7	Open Swim 6-8	Open Lengths 6-8	Open Swim 6-7	Open Lengths 6-7
Gentle Aquafit 7-7:45	Adult Swim 7-7:45am	Tone & Stretch 8-8:45am	Adult Swim 8-8:45am	Gentle Aquafit 7-7:45am	Adult Swim 7-7:45am
Open Swim 7:45-10:30am	*Spartafin Kids 7-8am * Open Lengths 7:45-11:15am *Adult Synchro 9:30-10:30am*	Open Swim 8:45-9:20am	Open Swim/Open Lengths 8:45-11:15am	Open Swim 7:45-9:15	Open Swim/Open Lengths 7:45-11:15am *Adult Spartafins 8-9am*
		Swim Lessons 9:20-10:30am		Gentle Aqua Fit 9:15-10am	
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 *Sparfin Kids 11-12pm* *Adult Spartafin 12-1pm* 1 lane for aqua fit	Open Swim 10-11:15am	Adult Swim 11:15am - 1pm **School Group(3 lanes) 10:15-11:15am**
Tone & Stretch 11:15am-12pm		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	
Open Swim 1-4pm	Deep Water Aqua Fit 1-2pm (3 Lanes) Open Lengths 1-4pm	Open Swim 1-2pm	Open Lengths 1-4pm **School Group 1:00-2:00**	Open Swim 1-4pm	Deep Water Aqua Fit 1-2pm (3 lanes) **School Group 1-3pm** *Home School Group 2-3pm*
		****March of Dimes**** 2-3pm			
		Open Swim 3-4pm			
Swim Lesson 4-7pm **Trent Swim Club 4-6pm Spartafins 6-7pm		*Swim Lesson 4-7pm* **Trent Swim Club 4-6pm** *Spartafin Kids 6-7pm*		*Swim Lessons* 4-7pm **Trent Swim Club 4-6pm** *Spartafin Kids 6-7pm* *Aquatic Leaders in Training 6-8pm*	
Open Swim 7-8pm	Open Swim/Open Lengths 7-8:30pm **Trent Swim Club 7-8:30pm**	Open Swim 7-8:30pm	Aqua HIIT 7-7:30pm **Trent Swim Club 7-8pm**	Open Swim 7-8pm	Aquafit 7-7:45pm (2 Lanes)
Tone & Stretch 8-8:45pm			Open Swim/Open Lengths 7:45 - 8:30pm	Aqua Yoga 8-8:30	Open Swim 7:45-8:30pm * Adult Spartafins 8-9pm *
Adult Swim 8:45-10:15pm	**Adult Spartafins 8:30-9pm*** Open Lengths 8:30-10:15pm	Adult Swim 8:30-10:15pm	*Adult Learn to Swim 8-9pm* Open Lengths 8:30-10:15pm	Adult Swim 8:30-10:15pm	Open Lengths 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

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Pool Schedule

Effective January 6th

POOL SCHEDULE

Thursday		Friday		Saturday		Sunday	
Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool
Adult Swim 5-6am		Adult Swim 5-6am		Adult Swim 7-8am		Adult Swim 7-8am	
Open Swim 6-8	Open Lengths 6-8	Open Swim 6-7	Open Lengths 6-7	Open Swim 8-9am	Open Lengths 8-9am	Open Swim 8-9am	Open Lengths 8-9am
Tone & Stretch 8-8:45am	Adult Swim 8-8:45am	Gentle Aquafit 7-7:45	Adult Swim 7-7:45am	*Swim Lessons 9am-12pm*		*Swim Lessons 9am-12pm*	
Open Swim 8:45-9:20am	Open Swim/Open Lengths 8:45-11:15am	Open Swim 7:45-10:30am **School Group 9:15-11:15am**	Open Swim/ Open Lengths 7:45-11:15am * Adult Synchro 8-9:30am* *Beginner Synchro 9-:930pm* **School Group 9:15-11:15am**				
Swim Lessons 9:20-10:30				Gentle Aqua Fit 10:30 - 11:15am	Adult Swim 11:15am - 1pm	Adult Swim 11:15am - 1pm	Gentle Aqua Fit 12:15-1pm
Tone & Stretch 11:15am-12pm	Adult Swim 11:15am - 1pm	Gentle Aqua Fit 12:15-1pm					
Open Swim 1-2pm	Open Lengths 1-4pm **School Group 1:00-2:00**	Open Swim 1-4:30pm	Deep Water Aqua Fit 1-2pm (3 Lanes) Open Swim / Open Lengths 1-4:30pm	Open Swim /Open Lengths 1:15-7:15pm Water Walkway 12-3pm **Trent Swim Club 3-5pm**	Open Swim /Open Lengths 12-7:15pm Water Walkway 12-3pm *Aquatic Leadership 1-6:30* **Peterborough Triathlon Club 4-7pm**		
****March of Dimes**** 2-3pm							
Open Swim 3-4pm							
Swim Lessons 4-7pm **Trent Swim Club 4-6pm** *Spartafin Kids 6:15-7:15pm*		*Swim Lessons 4:30-7pm* **Trent Swim Club 4-6pm**		One Lane available for member lane swim from open to close. Notes *requires Registration **Rental			
Open Swim 7-8:30pm	Open Swim/Open Lengths 7-:8:30pm	Youth Night 7-9pm					
Adult Swim 8:30-10:15pm	Open Lengths 8:30-10:15pm *Adult Learn to Swim 8-9pm*	Adult Swim 9-10:15pm	Open Lengths 8:30-10:15				

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A minimum of one lane is always open for lane swimming.