



Therapeutic Pool Schedule

Effective October 13-November 1, 2020

YMCA of Central East Ontario
Balsillie Family Branch

123 Alymer St S Peterborough, ON K9J 3H8
Tel:705.748.9622 Fax:705.741.3719
<http://www.ymcaofceo.ca>

THERAPEUTIC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:00am	Adult Swim 6:00-7:00am	Adult Swim 6:00-7:00am	Adult Swim 6:00-7:00am	Adult Swim 6:00-7:00am	Adult Swim 8:00-9:00am	Adult Swim 8:00-9:00am
Adult Swim 7:00-8:00am	Adult Swim 7:00-8:00am	Adult Swim 7:00-8:00am	Adult Swim 7:00-8:00am	Adult Swim 7:00-8:00am	Adult Swim 9:00-10:00am	Adult Swim 9:00-10:00am
Adult Swim 8:00-9:00am	Adult Swim 8:00-9:00am	Adult Swim 8:00-9:00am	Gentle Aquafit (starting Oct 22) 8:00-8:30am	Adult Swim 8:00-9:00am	Adult Swim 10:00-11:00am	Adult Swim 10:00-11:00am
Adult Swim 9:00-10:00am	Adult Swim 9:00-10:00am	Adult Swim 9:00-10:00am	Adult Swim 9:00-10:00am	Adult Swim 9:00-10:00am	Adult Swim 11:00-12:00pm	Adult Swim 11:00-12:00pm
Gentle Aquafit 10-10:30am	Adult Swim 10:00-11:00am	Gentle Aquafit 10:00-10:30am	Adult Swim 10:00-11:00am	Adult Swim 10:00-11:00am	Gentle Aquafit 12:15-12:45pm	Adult Swim 12:00-1:00pm
Gentle Aquafit 11:00-11:30am	Gentle Aquafit 11:00-11:30am	Gentle Aquafit 11:00-11:30am	Gentle Aquafit 11:00-11:30am	Gentle Aquafit 11:00-11:30am	<i>Pool Closed for Deep Cleaning 1-3pm</i>	<i>Pool Closed for Deep Cleaning 1-3pm</i>
Adult Swim 12:00-1:00pm	Gentle Aquafit 12:15-12:45pm	Adult Swim 12:00-1:00pm	Gentle Aquafit 12:15-12:45pm	Adult Swim 12:00-1:00pm	Family Swim 3:00-5:00pm	Family Swim 3:00-5:00pm
<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>		
Adult Swim 3:00-4:00pm	Adult Swim 3:00-4:00pm	Adult Swim 3:00-4:00pm	Adult Swim 3:00-4:00pm	Adult Swim 3:00-4:00pm		
Adult Swim 4:00-5:00pm	Adult Swim 4:00-5:00pm	Adult Swim 4:00-5:00pm	Adult Swim 4:00-5:00pm	Adult Swim 4:00-5:00pm		
Adult Swim 6:00-7:00pm	Adult Swim 6:00-7:00pm	Adult Swim 6:00-7:00pm	Adult Swim 6:00-7:00pm	Adult Swim 6:00-7:00pm		
Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm		
Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm	Adult Swim 7:00-7:45pm		

Registration is REQUIRED for all time slots

This schedule is subject to change at any time.



Lap Pool Schedule

Effective October 13 - November 1, 2020

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Balsillie Family Branch

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Tel:705.748.9622 Fax:705.741.3719
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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lengths 6:00-7:00am	Adult Lengths 6:00-7:00am	Adult Lengths 6:00-7:00am	Adult Lengths 6:00-7:00am	Adult Lengths 6:00-7:00am	Adult Lengths 8:00-9:00am	Adult Lengths 8:00-9:00am
Adult Lengths 7:00-8:00am	Adult Lengths 7:00-8:00am	Adult Lengths 7:00-8:00am	Adult Lengths 7:00-8:00am	Adult Lengths 7:00-8:00am	Adult Lengths 9:00-10:00am	Adult Lengths 9:00-10:00am
Adult Lengths 8:00-9:00am	Adult Lengths 8:00-9:00am	Adult Lengths 8:00-9:00am	Adult Lengths 8:00-9:00am	Adult Lengths 8:00-9:00am	Adult Lengths 10:00-11:00am	Adult Lengths 10:00-11:00am
Adult Lengths 9:00-10:00am	Adult Lengths 9:00-10:00am	Adult Lengths 9:00-10:00am	Adult Lengths 9:00-10:00am	Adult Lengths 9:00-10:00am	Adult Lengths 11:00-12:00pm	Adult Lengths 11:00-12:00pm
Adult Lengths 10:00-11:00am	Adult Lengths 10:00-11:00am	Adult Lengths 10:00-11:00am	Adult Lengths 10:00-11:00am	Adult Lengths 10:00-11:00am	Adult Lengths 12:00-1:00pm	Adult Lengths 12:00-1:00pm
Adult Lengths 11:00-12:00pm	Adult Lengths 11:00-12:00pm	Adult Lengths 11:00-12:00pm	Adult Lengths 11:00-12:00pm	Adult Lengths 11:00-12:00pm	<i>Pool Closed for Deep Cleaning 1-3pm</i>	<i>Pool Closed for Deep Cleaning 1-3pm</i>
Deep Water Aquafit 12:00-12:45pm	Adult Lengths 12:00-1:00pm	Deep Water Aquafit 12:00-12:45pm	Adult Lengths 12:00-1:00pm	Deep Water Aquafit 12:00-12:45pm	Family Swim 3:00-5:00pm	Family Swim 3:00-5:00pm
<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>	<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>		
Adult Lengths 3:00-4:00pm	Adult Lengths 3:00-4:00pm	Adult Lengths 3:00-4:00pm	Adult Lengths 3:00-4:00pm	Adult Lengths 3:00-4:00pm		
Adult Lengths 4:00-5:00pm	Adult Lengths 4:00-5:00pm	Adult Lengths 4:00-5:00pm	Adult Lengths 4:00-5:00pm	Adult Lengths 4:00-5:00pm		
Adult Lengths 6:00-7:00pm	Adult Lengths 6:00-7:00pm	Adult Lengths 6:00-7:00pm	Adult Lengths 6:00-7:00pm	Adult Lengths 6:00-7:00pm		
HIT Aquafit (starting Oct 19) 7:00-7:30pm	Adult Lengths 7:00-7:45pm	Adult Lengths 7:00-7:45pm	HIT Aquafit 7:00-7:30pm	Adult Lengths 7:00-7:45pm		

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