

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 November 23

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| Monday | | Tuesday | | Wednesday | |
|---|--|--|---|---|--|
| Therapy Pool | Lap Pool | Therapy Pool | Lap Pool | Therapy Pool | Lap Pool |
| Adult Swim 6am-10am Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am | Adult Swim 6am-12pm Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12pm-12:45pm | Adult Swim 6am-10am Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am | Adult Swim 6am-12:45pm Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12pm-12:45pm | Adult Swim 6am-8am Booking times 6-7,7-8 Gentle Aqua Fit 8:00 - 8:30am | Adult Swim 6am-12pm Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12pm-12:45pm |
| Gentle Aqua Fit 10:00 - 10:30am | | Open Swim 9am-11:00am | | Adult Swim 9-10 | |
| Gentle Aqua Fit 11:00 - 11:30am | | Gentle Aqua Fit 11:00 - 11:30am | | Gentle Aqua Fit 10:00 - 10:30am | |
| Adult Swim 12-1pm | DeepWater Aqua Fit 12:00 - 12:45pm 3lanes | Gentle Aqua Fit 12:15-12:45pm | | Adult Swim 12-1pm | DeepWater Aqua Fit 12:00 - 12:45pm 3lanes |
| Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm |
| Adult Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Adult Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Open Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Open Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Adult Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Adult Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm |
| Swimming lessons | Swimming lessons | Swimming lessons | Swimming lessons | Swimming lessons | Swimming lessons |

Hot Tub Hours 6:00am - 12:45pm & 3-7:45pm FIRST COME, FIRST SERVE Maximum 2 swimmers at a time

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Effective November 23

| Thursday | | Friday | | Saturday | | |
|---|--|--|---|---|--|------------------|
| Therapy Pool | Lap Pool | Therapy Pool | Lap Pool | Therapy Pool | Lap Pool | |
| Adult Swim 6am-8am Booking 6-7am, 7-8am | Adult Swim 6am-12pm Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12pm-12:45pm | Adult Swim 6am-11am Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am, 10am-11am | Adult Swim 6am-12:45am Booking Times 6am-7am, 7am-8am, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12pm-12:45pm | Adult Swim 8am-12pm Booking Times, 8am-9am, 9am-10am, 10am-11am, 11am-12pm | Adult Swim 8am-12:45pm Booking Times, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12pm-12:45 | |
| Gentle Aqua Fit 8:00 - 8:30am | | | | | | |
| | | | Gentle Aqua Fit 11:00 - 11:30am | | Swimming Lessons | Swimming Lessons |
| Open Swim 9am-11:00am | | | Adult Swim 12-1pm | DeepWater Aqua Fit 12:00 - 12:45pm 3lanes | Gentle Aqua Fit 12:15-12:45pm | |
| Gentle Aqua Fit 11:00 - 11:30am | | | | | | |
| Gentle Aqua Fit 12:15-12:45pm | | | | | | |
| Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm | Closed 1pm-3pm | |
| Adult Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Adult Swim 3pm-7:45pm Swimming Lessons Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Open Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Open Swim 3pm-7:45pm Booking Times 3pm-4pm, 4pm-5pm, 5pm-6pm, 6pm-7pm, 7pm-7:45pm | Open Swim 3pm-5:00pm Booking Times 3pm-4pm, 4pm-5pm | Open Swim 3pm-5:00pm Booking Times 3pm-4pm, 4pm-5pm | |
| Swimming lessons | HIIT Aqua Fit 7:00 - 7:30pm 3lanes | Swimming lessons | Swimming lessons | | | |

Hot Tub Hours 6:00am - 12:45pm & 3-7:45pm FIRST COME, FIRST SERVE Maximum 2 swimmers at a t

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any time.

| Sunday | |
|--|--|
| Therapy Pool | Lap Pool |
| Adult Swim 8am-12:45pm Booking Times, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12-12:45pm | Adult Swim 8am-12:45pm Booking Times, 8am-9am, 9am-10am, 10am-11am, 11am-12pm, 12pm-12:45 |
| Closed 1pm-3pm | Closed 1pm-3pm |
| Open Swim 3pm-5:00pm Booking Times 3pm-4pm, 4pm-5pm | Open Swim 3pm-5:00pm Booking Times 3pm-4pm, 4pm-5pm |

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