



June 26- September 3rd, 2023

SUMMER AQUAFIT SCHEDULE

PETERBOROUGH (BALSILLIE) YMCA



Online pre-registration required

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
GENTLEFIT	8:00 AM GENTLE FIT	8:00 AM GENTLE FIT	8:00 AM GENTLE FIT	8:00 AM GENTLE FIT	8:00 AM GENTLE FIT
DEEP WATER AQUAFIT	11:00 AM GENTLE FIT	11:00 AM GENTLE FIT	11:00 AM GENTLE FIT	11:00 AM GENTLE FIT	11:00 AM GENTLE FIT
	12:05 PM DEEP WATER AQUAFIT	12:00 PM GENTLE FIT	12:05 PM DEEP WATER AQUAFIT	12:00 PM GENTLE FIT	12:05 PM DEEP WATER AQUAFIT

Maximum registration of three classes a week per person.

Participants must be at least 12 years of age.

Classes with three or less participants are subject to cancellation