

# 2024 Summer Pool Schedule | Balsillie Family Branch (Peterborough)

July 2nd - August 26, 2024



| Pool Schedule | Monday                     |   | Tuesday                    |   | Wednesday                  |   | Thursday                   |   | Friday                            |   | Saturday  |                                   | Sunday                            |                                   |                             |  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
|---------------|----------------------------|---|----------------------------|---|----------------------------|---|----------------------------|---|-----------------------------------|---|---|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------|--|--|--|--|-----------------------------------|-----------------------------------|-----------------|-----------------------------|------------------------|------------------------|------------------------|------------------------|--------------|
|               | Therapy Pool               | Lap Pool  | Therapy Pool               | Lap Pool  | Therapy Pool               | Lap Pool  | Therapy Pool               | Lap Pool  | Therapy Pool                      | Lap Pool  | Therapy Pool  | Lap Pool                          | Therapy Pool                      | Lap Pool                          |                             |  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
| 6-7am         | Adult Swim<br>6-8am        | Adult Lane Swim<br>6-10am                             | Adult Swim                 | Adult Lane Swim<br>6-10am                             | Adult Swim<br>6-8am        | Adult Lane Swim<br>6-10am                             | Adult Swim                 | Adult Lane Swim<br>6-10am                             | Adult Swim<br>6-8am               | Adult Lane Swim<br>6-11am                             | Closed  |                                   | Closed                            |                                   | 6-7am                       |  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
| 7-8am         |                            |   | Gentle Aquafit             |   | Family Swim<br>7:45-8:50am |   | Gentle Aquafit             |   | Family Swim<br>7:45-8:50am        |   | Gentle Aquafit  | Family Swim                       | Gentle Aquafit                    | Family Swim                       | One Lane Aquafit<br>10-11am | Family Swim<br>7am-1pm                               | Lane Swim  | Family Swim<br>7am-1pm                               | Lane Swim  | 7-8am                             |                                   |                 |                             |                        |                        |                        |                        |              |
| 8-9am         | Gentle Aquafit             |   | Swim Lessons               |   |                            |   | Gentle Aquafit             |   |                                   |   | Swim Lessons  |                                   | Gentle Aquafit                    |                                   |                             |  |  |  |  | Family Swim                       | Gentle Aquafit                    | Family Swim     | One Lane Aquafit<br>10-11am | Family Swim<br>7am-1pm | Family Swim<br>7am-1pm | Family Swim<br>7am-1pm | Family Swim<br>7am-1pm | 8-9am        |
| 9-10am        | Swim Lessons               |   |                            |   |                            |   | Swim Lessons               |   |                                   |   |   |                                   | Swim Lessons                      |                                   |                             |  |  |  |  |                                   | Swim Lessons                      |                 |                             |                        |                        |                        |                        | Swim Lessons |
| 10-11am       | Family Swim                | Swim Lessons<br>+ Lane Swim                           | Family Swim                | Swim Lessons<br>+ Lane Swim                           | Gentle Aquafit             | Swim Lessons<br>+ Lane Swim                           | Family Swim                | Swim Lessons<br>+ Lane Swim                           | Gentle Aquafit                    | Family Swim<br>7am-1pm                                | Family Swim<br>7am-1pm                                | Family Swim<br>7am-1pm            | Family Swim<br>7am-1pm            | Family Swim<br>7am-1pm            | 10-11am                     |  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
| 11-12pm       | Gentle Aquafit             | Lane Swim<br>(4 lanes)<br>11-10-12pm                  | Gentle Aquafit             | Lane Swim<br>(4 lanes)                                | BCG<br>(Private Booking)   | BCG/Lane Swim<br>(4 lanes)<br>11-10-12pm              | Family Swim                | Synchro/Lane<br>Swim (3 lanes)                        | BCG<br>(Private Booking)          |   |   |                                   |                                   |                                   | BCG/Lane Swim<br>(4 lanes)  | Family Swim (3<br>lanes for lane<br>swim)<br>8am-5pm | Family Swim (3<br>lanes for lane<br>swim)<br>8am-5pm | Family Swim (3<br>lanes for lane<br>swim)<br>8am-5pm | Family Swim (3<br>lanes for lane<br>swim)<br>8am-5pm | 11-12pm                           |                                   |                 |                             |                        |                        |                        |                        |              |
| 12-1pm        | Family Swim                | Deep Water<br>Aquafit                                 | Gentle Aquafit             | 11-2pm  | Family Swim                | Deep Water<br>Aquafit                                 | Gentle Aquafit             | Lane Swim<br>(4 lanes)<br>12-2pm                      | Family Swim                       |   |   |                                   |                                   |                                   | Deep Water<br>Aquafit       |  |  |  |  | Private Booking                   | Private Booking                   | Private Booking | Private Booking             | 12-1pm                 |                        |                        |                        |              |
| 1-2pm         | Camp Swim                  | Lane Swim<br>(4 lanes)                                | Camp Swim                  | Camp Swim   | Camp Swim                  | Lane Swim<br>(4 lanes)                                | Camp Swim                  | Camp Swim   | Lane Swim<br>(4 lanes)            |   |   |                                   |                                   |                                   | Camp Swim                   |  |  |  |  |                                   |                                   |                 |                             | Private Booking        | Private Booking        | Private Booking        | Private Booking        | 1-2pm        |
| 2-3pm         |                            | Camp Swim/<br>Lane Swim (2 lanes)                     |                            |   |                            | Camp Swim/<br>Lane Swim (2 lanes)                     |                            |   | Camp Swim/<br>Lane Swim (2 lanes) | Camp Swim/<br>Lane Swim (2 lanes)                     | Camp Swim/<br>Lane Swim (2 lanes)                     | Camp Swim/<br>Lane Swim (2 lanes) | Camp Swim/<br>Lane Swim (2 lanes) | Camp Swim/<br>Lane Swim (2 lanes) |                             |  |  |  |  | Camp Swim/<br>Lane Swim (2 lanes) | Camp Swim/<br>Lane Swim (2 lanes) | 2-3pm           |                             |                        |                        |                        |                        |              |
| 3-4pm         | Family Swim                | Family/Lane Swim<br>3-3:50pm                          | Family Swim                | Family/Lane Swim<br>3-3:50pm                          | Family Swim                | Family/Lane Swim<br>3-3:50pm                          | Family Swim                | Family/Lane Swim<br>3-3:50pm                          | Family Swim                       | Family/Lane Swim<br>3-3:50pm                          | Family Swim<br>2-5pm                                  | Family Swim<br>2-5pm              | Family Swim<br>2-5pm              | Family Swim<br>2-5pm              | 3-4pm                       |  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
| 4-5pm         | Lessons<br>4:00-7:00pm     | Lessons<br>(1 lane adult lane<br>swim)<br>3:50-7:00pm | Lessons<br>4:00-7:00pm     | Lessons<br>(1 lane adult lane<br>swim)<br>3:50-7:00pm | Lessons<br>4:00-7:00pm     | Lessons<br>(1 lane adult lane<br>swim)<br>3:50-7:00pm | Lessons<br>4:00-7:00pm     | Lessons<br>(1 lane adult lane<br>swim)<br>3:50-7:00pm | Lessons<br>4:00-7:00pm            | Lessons<br>(1 lane adult lane<br>swim)<br>3:50-7:00pm | Family Swim<br>3-9:30pm                               | Family Swim                       | Swim Lessons                      | Swim Lessons                      | Swim Lessons                | 4-5pm  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
| 5-6pm         |                            |   |                            |   |                            |   |                            |   |                                   |   |   |                                   |                                   |                                   |                             | 5-6pm  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
| 6-7pm         |                            |   |                            |   |                            |   |                            |   |                                   |   |   |                                   |                                   |                                   |                             | 6-7pm  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |
| 7-8:30pm      | Family Swim<br>7:00-8:30pm | Family/Lane<br>Swim<br>7:00-8:30                      | Family Swim<br>7:00-8:30pm | Family/Lane<br>Swim<br>7:00-8:30                      | Family Swim<br>7:00-8:30pm | Family/Lane<br>Swim<br>7:00-8:30                      | Family Swim<br>7:00-8:30pm | Family/Lane<br>Swim<br>7:00-8:30                      | Family Swim<br>7:00-8:30pm        | Family/Lane<br>Swim<br>7:00-8:30                      |   |                                   |                                   |                                   |                             | Closed at 5:00                                       | Closed at 5:00                                       | Closed at 5:00                                       | Closed at 5:00                                       | 7-8:30pm                          |                                   |                 |                             |                        |                        |                        |                        |              |
| 8:30-9:30pm   | Adult Swim<br>8:30-9:30    | Adult Lane Swim<br>8:30-9:30                          | Adult Swim<br>8:30-9:30    | Adult Lane Swim<br>8:30-9:30                          | Adult Swim<br>8:30-9:30    | Adult Lane Swim<br>8:30-9:30                          | Adult Swim<br>8:30-9:30    | Adult Lane Swim<br>8:30-9:30                          | Adult Swim<br>8:30-9:30           | Adult Lane Swim<br>8:30-9:30                          | Family Swim (4<br>lanes for lane<br>swim)<br>7-9:30pm | 8:30-9:30pm                       |                                   |                                   |                             |  |  |  |  |                                   |                                   |                 |                             |                        |                        |                        |                        |              |

All classes must be booked ahead online at [ymcaofceo.ca](http://ymcaofceo.ca) - Maximum of 3 aquafit classes booked per person per week

Schedule subject to change without notice

Hot Tub hours 6am-9:30pm Weekdays, 7am-5pm Weekends. Available at a first-come-first-serve basis.

**Family Swim:** A leisure swim for swimmers of all ages. Aquatics ratio guidelines must be followed; please refer to our aquatics policies for more information. Children under the age of 10 must be actively supervised by an adult (16+).

**Adult Lane Swim (Ages 16+):** For swimmers ages 16+ looking to swim laps in the lane pool. Maximum of eight swimmers per lane.

**Lane Swim:** For swimmers looking to swim laps in the lane pool. Maximum of eight swimmers per lane. Swimmers under 16 years old must pass the swim test.

**Adult Swim (Ages 16+):** A leisure swim for members and guests ages 16+.

**Hot Tub:** Bathers 8 - 12 years old must be accompanied by an adult. Bathers under 8 years old not permitted.