

2024 Fall Pool Schedule | Balsillie Family Branch (Peterborough)

September 16th - December 8th, 2024



	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 6-8am	Adult Lane Swim 6-9am	Adult Swim 6-7am	Adult Lane Swim 6am-1pm	Adult Swim 6-8am	Adult Lane Swim 6am-12pm	Adult Swim 6-7am	Adult Lane Swim 6-9am	Adult Swim 6-8am	Adult Lane Swim 6-9am	Closed		Closed		6-7am														
7-8am			Gentle Aquafit 7-7:45am		Gentle Aquafit 8-8:45am		Aqua Yoga 7-7:45am		Adult Lane Swim 6-9am		Gentle Aquafit 8-8:45am	Family Swim 7-9am	Private Booking	Family Swim 7-10am	Lane Swim 7-9:50am	7-8am													
8-9am	Gentle Aquafit 8-8:45am		Adult Swim 8-9:15am		Lessons 9:15-10am		Gentle Aquafit 8-8:45am	Adult Lane Swim 6am-12pm	Adult Swim 8-9am	Family Swim 9-10:30	Gentle Aquafit 8-8:45am	Lane Swim 9-10:30	Family Swim 9am-12pm	Lane Swim 8-8:50am	Family Swim 7-10am	Lane Swim 7-9:50am	8-9am												
9-10am	Family Swim	Lane Swim 9am-12pm	Lessons 9:15-10am		1 lane aquafit & 1 lane lessons 10-11am	Family Swim	1 lane aquafit 10-11am	Family Swim	Synchro/ Lane Swim (3 lanes) 10:30-12pm	Family Swim	Lane Swim 9am-12pm	Lessons 9am-12:00pm	Lessons 8-8:50am	Lessons 10am-1:00pm	Lessons 10am-1:00pm	9-10am													
10-11am	Gentle Aquafit 10-10:45am		Gentle Aquafit 10-10:45am			Gentle Aquafit 10-10:45am		Gentle Aquafit 10-10:45am		Adult Swim						Adult Lane Swim 10-11am	Adult Swim 11-11:45am	Adult Swim 11-11:45am	Adult Swim 11-11:45am	1 lane aquafit 10-11am	1 lane adult lane swim 9-12:00pm	1 lane adult lane swim 10am-1:00pm	1 lane adult lane swim 10am-1:00pm	10-11am					
11-12pm	Gentle Aquafit 11-11:45am	1 lane aquafit 10-11am	Gentle Aquafit 11-11:45am			1 lane aquafit & 1 lane lessons 10-11am	Gentle Aquafit 11-11:45am	Deep Water Aquafit (1 lane swim)	Gentle Aquafit 12-12:45pm	Adult Lane Swim	Gentle Aquafit 12-12:45pm	Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit 12:15-1:00pm	Private Booking	Family Swim 12-5pm	11-12pm												
12-1pm	Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit 12-12:45pm	Adult Swim			Deep Water Aquafit (1 lane swim)		Gentle Aquafit 12-12:45pm		Adult Lane Swim						Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit 12:15-1:00pm	Family Swim 12-5pm	Private Booking	Family Swim Lane Swim (2 lanes)	12-1pm						
1-2pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm			Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1-9:30pm	Private Lessons 4-7pm	Family Swim 1-9:30pm	Family Swim 2-5pm	1-2pm												
2-3pm																	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm
3-4pm					Lane Swim 1-3:50pm												Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm
4-5pm	Lessons 4-7:35pm	Lessons 1 lane adult lane swim 4-7:35pm	Lessons 4-7:00pm		Lessons 1 lane adult lane swim 4-7:00pm		Lessons 4-7:00pm	Lessons 4-7:00pm	Lessons 4-7:00pm	Lessons 4-7:35pm	Lessons 4-7:35pm	Lessons 4-7:35pm	Lessons 4-7:35pm	Lessons 4-7:35pm	Lessons 4-7:35pm	Lessons 4-7:35pm	4-5pm												
5-6pm						Lane Swim 1-3:50pm											Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	5-6pm
6-7pm						Lane Swim 1-3:50pm											Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm
7-7:30pm				Lane Swim 1-3:50pm		Lane Swim 1-3:50pm											Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	Lane Swim 1-3:50pm	7-7:30pm
7:30-8pm	Family Swim 7:35-8:30pm	Lane Swim 3 lanes closed 7:30-8:30	Aqua Yoga 7:15-8:00pm	Lessons/ 3 lanes lane swim		Family Swim 7:00-8:30pm	Family Swim/ Lane swim 7:30-8:30pm	Family Swim 7:35-8:30pm	Lane Swim 3 lanes closed 7:35-8:30	Family Swim 7:35-8:30pm	Lane Swim 3 lanes closed 7:35-8:30	Family Swim 1-9:30pm	Private Lessons 4-7pm	Family Swim 1-9:30pm	Family Swim 2-5pm	7:30-8pm													
8-8:30pm			Family Swim 7:35-8:30pm													Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	Lane Swim 3 lanes closed 7:30-8:30	8-8:30pm
8:30-9pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8-9:30pm		Adult Lane Swim 8:30-9:30pm	Adult Swim 8-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	8:30-9pm													
9-9:30pm			Adult Swim 8:30-9:30pm													Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	9-9:30pm

All classes must be booked ahead online at ymcaofceo.ca

Schedule subject to change without notice

Hot Tub hours 6am-9:30pm Weekdays, 7am-5pm Weekends. Available at a first-come-first-serve basis; please be courteous to those waiting

Family Swim: A leisure swim for patrons 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 patrons ages 16+.

Hot Tub: Bathers 8 - 12 years old must be accompanied by an adult (16+). Bathers under 8 years old not permitted.