2025 Winter Pool Schedule | Balsillie Family Branch (Peterborough)

January 6th- March 23rd, 2024 (excluding Febuary 17 and March 10-16)

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