

Program Schedule

Legend:

Green – Registered Programs

Light Light – Drop In Programs

Open – Open for use

YMCA of Central East Ontario

Balsillie Family Branch -Peterborough

123 Aylmer St. South, Peterborough K9J 3H8

705-748-9622 • www.ymcaofceo.ca

Sunday

	Studio 1	Studio 2	Multi purpose	Gymnasium		Small Pool		Large Pool			
						Stairs					
7:00-7:30am						Drop In Swim 7:00-8:00		Lane Swim			
7:30-8:00						Drop In Swim 7:00-8:00		Lane Swim			
8:00-8:30	Tai Chi 8:00-9:00					Lessons 8:00-12:00		Lessons 8:00-12:00			
8:30-9:00											
9:00-9:30											
9:30-10:00	Core Strength & Stretch 9:15-10:15										
10:00-10:30			Youth Jiu Jitsu 10:00-11:30			Drop In Swim 12:00-7:15		Lane Swim			
10:30-11:00	Cyclefit 10:30-11:30			Soccer 1 10:45-11:30							
11:00-11:30				Soccer 2 11:30-12:15							
11:30-12:00pm				Soccer 3 12:15-1:00							
12:00-12:30						Drop In Swim 12:00-7:15		Drop In Swim 12:00-7:15			
12:30-1:00											
1:00-1:30			Birthday Parties 1:00-4:00	Sports Mania 2 1:00-1:45	Birthday Parties 1:00-2:00						
1:30-2:00											
2:00-2:30	Japanese Martial Arts 2:00-4:00										
2:30-3:00		Youth Basketball Drop In 2:30-4:00									
3:00-3:30											
3:30-4:00						Drop In Swim 12:00-7:15		Lane Swim			
4:00-4:30											
4:30-5:00											
5:00-5:30			Scene It Cycle 5:00-7:00*								
5:30-6:00											
6:00-6:30											
6:30-7:00											
7:00-7:15											

* Please note when there is lifeguard training part of the small and large pool will be blocked off. Please watch for signs around building for specific dates.
* May vary depending on movie length

Kidskare

Kidskare is a safe, fun and stimulating environment for parents to leave their children newborn to age 9 in the safe hands of our qualified and caring staff.

Hours:	Monday-Friday	8:30-1:00pm 3:30-8:00pm
	Saturday & Sunday Holidays	8:30-2:00pm 8:30-2:00pm

Aquatics Pool Admissions and Wrist Band Policy

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 9 years of age and under will be given an identifying wristband by the facility staff.

Age	Admission Requirements	Supervision Requirement (Child:Caregiver)	Wrist Band	Additional Information
6yrs & under	Always accompanied*	2:1	Red	
7-9yrs	Accompanied* OR Pass facility swim test	4:1	Red	If child passes swim test, the RED wristband is removed and replaced with a GREEN wristband, allowing child unsupervised access however parent/guardian must remain in facility.
			Green	
10yrs+	No supervision required			Child will be required to do a facility swim test and obtain a GREEN wristband to access deep end of pool.

*Accompanied: Must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age and is responsible for their direct supervision. Caregiver must be in bathing attire and within arm's reach of the child(ren) at all times, both in and out of the water.

Spa Guidelines

- Children under 8 years of age
 - Children under the age of 8 are not permitted in the spa
- Children ages 8-12
 - Children between the ages of 8 years to 12 years are not permitted in the spa unless accompanied by a person who is 16 years of age or older

Monday

	Studio 1	Studio 2	Multi purpose	Gymnasium		Small Pool		Large Pool				
						Stairs						
5:30-6:00am						Drop In Swim 5:30-7:00		Lane Swim				
6:00-6:30	Cyclefit 6:00-7:00					Drop In Swim 5:30-7:00						
6:30-7:00						Aquafit 7:00-7:45						
7:00-7:30						Aqua Yoga 7:45-8:15						
7:30-8:00												
8:00-8:30	Yoga in Motion 8:00-9:00											
8:30-9:00												
9:00-9:30	Total Body Blast 9:10-10:10		Drop In Crafts 9:00-10:30	Sculpt and Tone 9:10-10:10		Lessons 9:00-11:30	Drop In Swim 7:45-11:30	Lane Swim	Drop In Swim 8:00-12:00			
9:30-10:00												
10:00-10:30	Core Strength & Stretch 10:15-11:00			Drop In Gym 10:30-11:30	Sports Mania 1 10:30-11:15				Lessons 9:00-11:00			
10:30-11:00			Childcare 10:45-11:45		Totnastics 11:15-12:00				Synchronized Swimming 11:00-12:00			
11:00-11:30	Strength & Stretch 11:15-12:00					Aquatherapy 11:30-12:15						
11:30-12:00	CoreFit 12:15-12:45		Cyclefit 12:15-1:00	Hi/Lo 12:15-1:00		Aquafit 12:15-1:00			Drop In Swim 12:00-1:00			
12:00-12:30pm												
12:30-1:00												
1:00-1:30						School Group	Physio-Therapy	Lane Swim	School Group 1:00-2:15			
1:30-2:00									Deep Water Aquafit 1:00-2:00			
2:00-2:30			Childcare 1:30-3:30			Aquafit 2:15-3:00			Drop In Swim 2:00-3:30			
2:30-3:00						Drop In Swim 3:00-3:30						
3:00-3:30		After School Program 3:00-5:00				Lessons 3:30-7:00		Trent Swim Club	Lessons 3:30-7:00			
3:30-4:00			Mini Movers 3:30-4:15									
4:00-4:30			Twinkle Toes 4:15-5:00	Soccer 1 4:00-4:45								
4:30-5:00			Youth Dance 5:00-5:45	Soccer 2 4:45-5:30	AfterSchool Program 4:30-6:00							
5:00-5:30						Lessons 3:30-7:00						
5:30-6:00	CoreFit 5:15-5:45											
6:00-6:30	Glute/Leg and Thigh 6:00-6:45					Aquafit 7:00-7:45		Lane Swim	Trent Masters 7:00-8:30			
6:30-7:00												
7:00-7:30	Hi/Lo 6:55-7:55		Youth Judo 6:30-8:00			Aquafit 7:00-7:45			Drop In Swim 7:00-10:15			
7:30-8:00												
8:00-8:30	Yoga Flow 8:00-9:00					Drop In Swim 7:45-10:15						
8:30-9:00												
9:00-9:30			Jiu Jitsu 8:15-10:00			Drop In Swim 7:45-10:15		Lane Swim				
9:30-10:00												
10:00-10:15												

Tuesday

	Studio 1	Studio 2	Multi purpose	Gymnasium		Small Pool		Large Pool				
						Stairs						
5:30-6:00am						Drop In Swim 5:30-8:00		Lane Swim				
6:00-6:30	Core Strength & Stretch 6:15-7:00					Drop In Swim 5:30-8:00						
6:30-7:00						Adult Lessons 6:30-7:30						
7:00-7:30												
7:30-8:00												
8:00-8:30						Aquatherapy 8:00-8:45						
8:30-9:00												
9:00-9:30	Latin and Swing Dance 9:10-10:10		Bootcamp with Baby 9:30-10:30	Drop In Gym 9:00-11:30	Homeschooled Program	Lessons 9:00-11:30		Lane Swim	Drop In Swim 8:00-12:00			
9:30-10:00					Totnastics 10:30-11:15	Holiday Inn						
10:00-10:30	Power Yoga 10:15-11:15								Lessons 9:00-11:30			
10:30-11:00												
11:00-11:30			Fun Factory 11:00-11:45		Sports Mania 11:15-12:00	Aquatherapy 11:30-12:15		Lane Swim	Adult Lessons 12:00-1:00			
11:30-12:00						Aquafit 12:15-1:00						
12:00-12:30pm	Bootcamp Strength 12:15-1:00			Hi/Lo 12:15-1:00					School Group			
12:30-1:00												
1:00-1:30	Gentle Fit 1:05-2:05					School Group	Drop In Swim 1:00-2:15	Lane Swim	Drop In Swim 2:15-3:30			
1:30-2:00												
2:00-2:30			Childcare 1:30-3:30			Aquafit 2:15-3:00			Lessons 3:30-8:30			
2:30-3:00						Drop In Swim 3:00-3:30						
3:00-3:30												
3:30-4:00		AfterSchool Program 3:30-5:15				Lessons 3:30-7:00		Lane Swim	Lessons 3:30-8:30			
4:00-4:30	Yoga for Youth 4:00-4:45			Gymnastics 2 4:00-4:45								
4:30-5:00				Gymnastics 1 4:45-5:30	AfterSchool Program 4:30-6:00							
5:00-5:30			Twinkle Toes 5:00-5:45	Totnastics 5:30-6:15								
5:30-6:00	Step 5:30-6:15					March of Dimes 7:00-8:00		Lessons	Pre/Post Natal Aquafit 6:30-7:15			
6:00-6:30									Deep Water Aquafit 7:30-8:15			
6:30-7:00	Beginner Yoga 6:25-7:25		Try A Tri 6:00-7:00	Youth Karate 6:30-7:30		Drop In Swim 8:00-10:15			Drop In Swim			
7:00-7:30												
7:30-8:00	Intermediate Yoga 7:30-9:00		Pilates 7:15-8:15			Drop In Swim 8:00-10:15		Trent Masters 7:00-8:00	Underwater Hockey 9:00-10:00			
8:00-8:30												
8:30-9:00					Karate 7:30-9:30	Drop In Swim 8:00-10:15						
9:00-9:30												
9:30-10:00								Try-a-Tri 8:00-9:00				
10:00-10:15												

*Study Buddies 6:00-7:00pm (located in the Board Room)

*Leader Corps 7:00-9:00pm (located in the Board Room)

Holiday Schedule 7:00am-4:30pm

Instructors Choice- 9:30-10:30 in Gymnasium
Small and Large pool- open for drop in and lane swim

Program Schedule

Balsillie Family Branch Hours:
Monday to Friday 5:30am to 10:30pm
Saturday and Sunday 7:00am to 7:30pm

Holiday Hours: 7:00am to 4:30pm
September 3, October 8, December 26,
January 1, February 18, March 29 & 31, May 20, July 1



Wednesday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
5:30-6:00am							Lane Swim
6:00-6:30						Drop In Swim 5:30-7:00	
6:30-7:00		Step 6:15-7:00					
7:00-7:30						AquaFit 7:00-7:45	
7:30-8:00							Lane Swim
8:00-8:30						Drop In Swim 7:45-10:30	
8:30-9:00							
9:00-9:30						Parent and Tot AquaFit 9:00-10:00	
9:30-10:00		Step 9:15-10:00	Drop In Crafts 9:00-10:30	Simply Strength 9:10-10:10			Lane Swim
10:00-10:30							
10:30-11:00		Relax & Rejuvenate 10:15-11:00					
11:00-11:30			Fun Factory 10:45-11:30	Preschool Drop In Gym 10:30-11:30	Totnastics 10:30-11:15	Aquatherapy 10:30-11:15	
11:30-12:00						Aquatherapy 11:30-12:15	Lane Swim
12:00-12:30pm							
12:30-1:00						AquaFit 12:15-1:00	
1:00-1:30							
1:30-2:00		Traditional Line Dancing 1:15-2:15			School Group	Physiotherapy	Lane Swim
2:00-2:30							
2:30-3:00			Childcare 1:30-3:30			AquaFit 2:15-3:00	
3:00-3:30						Aqua Yoga 3:00-3:30	
3:30-4:00							Lane Swim
4:00-4:30			Afterschool Program 3:30-5:15	Sports Mania 1 3:30-4:15		Lessons 3:30-7:00	
4:30-5:00							
5:00-5:30							
5:30-6:00		Core Fit – 5:15-5:45				Drop In Swim 5:00-7:00	Lane Swim
6:00-6:30		Cyclefit 6:00-6:45	Simply Strength 6:00-6:45				
6:30-7:00							
7:00-7:30		Zumba 6:55-7:55	TAG 6:30-8:00			AquaFit 7:00-7:45	
7:30-8:00							Lane Swim
8:00-8:30		Latin & Swing Dance 8:00-9:00	Belly Dancing 8:10-9:00				
8:30-9:00				Youth Basketball Drop In 8:30-10:00		Drop In Swim 7:45-10:15	
9:00-9:30							
9:30-10:00							Lane Swim
10:00-10:15							

Friday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
5:30-6:00am							Lane Swim
6:00-6:30	Cyclefit 6:00-7:00					Drop In Swim 5:30-7:00	
6:30-7:00							
7:00-7:30						AquaFit 7:00-7:45	
7:30-8:00							Lane Swim
8:00-8:30						Drop In Swim 7:45-11:30	
8:30-9:00							
9:00-9:30							
9:30-10:00		Bootcamp with Baby 9:00-10:00	Drop In Crafts 9:00-10:30	Sculpt & Tone 9:15-10:10			Lane Swim
10:00-10:30		Total Body Blast 10:05-10:55			Lessons 9:00-11:30		
10:30-11:00							
11:00-11:30			Childcare 10:45-11:45	Drop In Gym 10:30-11:30			
11:30-12:00		Zumba Gold 11:00-12:00				Aquatherapy 11:30-12:15	Lane Swim
12:00-12:30pm						AquaFit 12:15-1:00	
12:30-1:00				H/Lo 12:15-1:00			
1:00-1:30							
1:30-2:00		Mishmash Fitness 1:00-2:00		Mishmash Fitness 1:00-2:00	School Group	Drop In Swim 1:00-2:15	Lane Swim
2:00-2:30							
2:30-3:00			Childcare 1:30-3:30			AquaFit 2:15-3:00	
3:00-3:30							
3:30-4:00		Mini Movers 3:30-4:15		After School Program 3:30-4:00			Lane Swim
4:00-4:30		Twinkle Toes 4:15-5:00					
4:30-5:00				Creative Crafts 4:15-5:00			
5:00-5:30		Youth Dance 5:00-5:45	Box Fit 5:00-6:00				
5:30-6:00							Lane Swim
6:00-6:30							
6:30-7:00							
7:00-7:30		Break Dancing 1 7:00-7:45					
7:30-8:00		Break Dancing 2 7:45-8:30	Drop In Dance 7:00-9:00				Lane Swim
8:00-8:30			Supervised Youth Night 7:00-9:00	Youth Night 7:00-9:00		Youth/Teen Night 7:00-9:00	
8:30-9:00							
9:00-9:30				Teen Night 8:00-10:00			
9:30-10:00						Drop In Swim 9:00-10:15	Lane Swim
10:00-10:15							

Thursday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
5:30-6:00am							Lane Swim
6:00-6:30						Drop In Swim 5:30-8:00	
6:30-7:00		Total Body Blast 6:15-7:00					
7:00-7:30							
7:30-8:00							Lane Swim
8:00-8:30						Aquatherapy 8:00-8:45	
8:30-9:00							
9:00-9:30							
9:30-10:00		Step 9:10-10:00				Lessons 9:00-10:45	Lane Swim
10:00-10:30							
10:30-11:00		Hatha Yoga 10:15-11:15		Drop In Gym 9:00-11:30			
11:00-11:30			Childcare 10:45-11:45				
11:30-12:00							Lane Swim
12:00-12:30pm							
12:30-1:00			Young Mom's Working Out 12:00-1:00	Simply Strength 12:15-1:00		AquaFit 12:15-1:00	
1:00-1:30							
1:30-2:00		InMotion 1:15-2:00			School Group	Drop In Swim 1:00-2:15	Lane Swim
2:00-2:30							
2:30-3:00			1:30-3:30	United Way Program 2:30-3:30		AquaFit 2:15-3:00	
3:00-3:30							
3:30-4:00							Lane Swim
4:00-4:30			Science Kids 1 4:00-4:45	Gymnastics 1 4:00-4:45		Drop In Swim 3:00-5:30	
4:30-5:00							
5:00-5:30			Science Kids 2 4:45-5:30	Gymnastics 2 4:45-5:30			
5:30-6:00							Lane Swim
6:00-6:30							
6:30-7:00							
7:00-7:30							
7:30-8:00							Lane Swim
8:00-8:30							
8:30-9:00							
9:00-9:30							
9:30-10:00							Lane Swim
10:00-10:15							

Saturday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
7:00-7:30am							Lane Swim
7:30-8:00						Drop In Swim	
8:00-8:30		CoreFit 8:00-8:30				Adult Lessons	
8:30-9:00							
9:00-9:30	Cyclefit 8:30-9:15						Lane Swim
9:30-10:00			Youth Judo 9:00-10:30				
10:00-10:30							
10:30-11:00							
11:00-11:30							Lane Swim
11:30-12:00							
12:00-12:30pm							
12:30-1:00							
1:00-1:30							Lane Swim
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30							Lane Swim
3:30-4:00							
4:00-4:30							
4:30-5:00							
5:00-5:30							Lane Swim
5:30-6:00							
6:00-6:30							
6:30-7:00							
7:00-7:15							Lane Swim

Legend:
 Green – Registered Programs
 Light Green – Drop In Programs
 Open – Open for use

Please note we do our best to have an accurate schedule, however please understand minor changes are sometimes required due to P.A. Days, Special Events and additional programming

* Chess and Checkers 7:00-10:00pm (located in the Board Room)