Program Schedule

V

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.vmcaofceo.ca

Studio 1 7:00-7:30am Drop In Swim 7:00-8:00 Lane Swim 7:30-8:00 8:00-8:30 8:30-9:00 9:00-9:30 9:30-10:00 Core Strength & Stretch 9:15-10:15 10:00-10:30 10:30-11:00 11:00-11:30 :30-12:00pm 12:00-12:30 12:30-1:00 1:00-1:30 1:30-2:00 2:00-2:30 2:30-3:00 Youth Basketball Drop In 3:00-3:30 2:30-4:00 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 5:30-6:00 Scene it Cycle 5:00-7:00‡ 6:00-6:30 6:30-7:00 7:00-7:15

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
lours:	Monday-Friday	8:30-1:00pr

3:30-8:00pm Saturday & Sunday 8:30-2:00pm

Holidays

Child Age & Access Policies

Children under the age of 10 years must be accompanied by a parent/guardian (who is 16 years or older) who is inside the YMCA and aware of their child's location at all times, should the child be participating in an unsupervised program.

Youth must be 15 years and older to fully access the Lifestyle Centre. Youth who are 10-14 years may take our Teen Strength program to use the equipment in the Lifestyle Centre.

Youth must be 14 years to participate in drop in adult fitness classes.

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.

8:30-2:00pm

Age	Admission Requirements	Supervision Requirement (Child:Caregiver)	Wrist Band	Additional Information
6yrs & under	Always accompanied*	2:1	Red	
7.0	Accompanied* OR	4:1	Red	If child passes swim test, the RED wristband is removed and replaced
7-9yrs	Pass facility swim test		Green	with a GREEN wristband, allowing child unsupervised access however parent/guardian must remain in facility.
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

Studio 2 5:30-6:00am 6:00-6:30 Cyclefit 6:00-7:00 6:30-7:00 7:00-7:30 Lane Swim 7:30-8:00 8:00-8:30 8:30-9:00 9:00-9:30 Total Body Blast 9:10-10:10 Drop In Crafts 9:30-10:00 Drop In Swim 8:00-12:00 10:00-10:30 Core Strength & Stretch 10:30-11:00 Strength & Stretch 11:15-12:00 11:00-11:30 11:30-12:00 CoreFit 12:15-12:45 2:00-12:30pm Drop In Swir 12:00-1:00 12:30-1:00 1:00-1:30 1:30-2:00 2:00-2:30 2:30-3:00 Drop In Swim 3:00-3:30 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 CoreFit 5:15-5:45 5:30-6:00 6:00-6:30 Glute/Leg and Thigh 6:00-6:45 6:30-7:00 7:00-7:30 Hi/Lo 6:55-7:55 7:30-8:00 8:00-8:30 Yoga Flow 8:00-9:00 8:30-9:00 Drop In Swim 9:00-9:30 7:45-10:15 9:30-10:00

The state of the s

	Studio 1	Studio 2	Multi purpose	Gymr	Gymnasium		Pool		Large Po	ol
5:30-6:00am						Drop In				
6:00-6:30	Core Streng	h 9. Ctrotch				5:30-	5:30-8:00 L		Lane Swii	n
6:30-7:00	6:15-						Adult			
7:00-7:30							Lessons 6:30-7:30			Adult
7:30-8:00										Lesson
8:00-8:30						Aquath				Drop In Swim
8:30-9:00						8:00-	8:45			8:00-12:00
9:00-9:30	Latin and Sv					Lesso				
9:30-10:00	9:10-	0:10			Homeschooled	9:00-1			Ε_	
10:00-10:30	Power	Voga	9:30-10:30	Drop In Gym 9:00-11:30	Program	_			Swi 2:00	Lessons
10:30-11:00	10:15-			9:00-11:30	Totnastics 10:30-11:15		Holiday Inn		Drop In Swim 8:00-12:00	9:00-11:30
11:00-11:30			Fun Factory			L		۶	7 8	
11:30-12:00			11:00-11:45		Sports Mania 11:15-12:00	Aquath		Lane Swim		
12:00-12:30pm	Bootcamp			H	i/Lo	11:30-12:15 Aquafit		ane		Adult Lessons
12:30-1:00	12:15	-1:00			5-1:00	12:15-		_		12:00-1:00
1:00-1:30	Gent					School	Drop In			
1:30-2:00	1:05-	2:05				Group	Swim 1:00-2:15			School Group
2:00-2:30						Aqu				
2:30-3:00						2:15-				Drop In Swim 2:15-3:30
3:00-3:30						Drop In Swin	n 3:00-3:30			2:15-5:50
3:30-4:00										
4:00-4:30	Yoga for Youth 4:00-4:45		Mini Movers	Gymnastics 2 4:00-4:45						
4:30-5:00	4.00 4.43		4:15-5:00	Gymnastics 1	1	Less: 3:30-				Lessons 3:30-8:30
5:00-5:30			Twinkle Toes 5:00-5:45	4:45-5:30	Afterschool Program 4:30-6:00		7.00			3.30-6.30
5:30-6:00	Sto		3.00-3.43	Totnastics 5:30-6:15						
6:00-6:30	5:30-	6:15		3.50 0.13				Lane Swim		
6:30-7:00										Pre/Post Natal Aquafit
7:00-7:30	6:25-	7:25	Dilatos	6:30)-7:30	March of			Trent Masters	6:30-7:15
7:30-8:00			7.13 6.13		7:00-8:00		Lessons	:00-8:00	Deep Water Aquafit 7:30-8:15	
8:00-8:30	7:30-	9:00			Karate					
8:30-9:00					7:30-9:30			8	:00-9:00	Drop In Swim
9:00-9:30						Drop In Swim 8:00-10:15			derwater H	ockey
9:30-10:00									9:00-10:0	
10:00-10:15										

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

Q

<

0

g

uesdi

10:00-10:15

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

^{*} 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.

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

Program Schedule

White the state of the state of

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



	Studio 1	Studio 2	Multi purpose	Gymi	nasium	Small Pool Stairs	La	irge Pool		
5:30-6:00am										
6:00-6:30	Sto	0.00				Drop In Swim 5:30-7:00				
6:30-7:00	6:15-					3.30-7.00				
7:00-7:30						Aquafit 7:00-7:45	L	ane Swim		
7:30-8:00						,				
8:00-8:30						Drop In Swim				
8:30-9:00						7:45-10:30				
9:00-9:30	Ste	an		Simply	Strength	Parent and	wim 30 30-7:45 Lane Swim 30 Lane Swim 400 Lane Swim 500 Physio-therapy 5chool 1:0 to 00 Drop in Swim 5:00-7:00 Lane Swim 5:00-7:00		Orop In Swim	
9:30-10:00	9:15-		Drop In Crafts 9:00-10:30	9:10	-10:10	9:00-10:00			8:00-12:00	
10:00-10:30			-				Lano Swim			
10:30-11:00	Relax & Re 10:15-		Fun Factory	Preschool Drop In Gym	Totnastics 10:30-11:15	Aquatherapy	Lane Swiiii			
11:00-11:30			10:45-11:30	10:30-11:30	10:30-11:15	10:30-11:15				
11:30-12:00						Aquatherapy 11:30-12:15			11:00-12:00	
12:00-12:30pm	Core Streng	th & Stretch	Cyclefit	Bootcar	np Cardio	Aguafit				
12:30-1:00	12:15		12:15-1:00		5-1:00	12:15-1:00				
1:00-1:30	Traditional L	ino Dansing				School Physio-	S.	hool Group	Deep Water Aquafit	
1:30-2:00		2:15				Group therapy		1:00-2:15	1:00-2:00	
2:00-2:30			Childcare			Aquafit				
2:30-3:00			1:30-3:30			2:15-3:00			rop In Swim 2:00-3:30	
3:00-3:30						Aqua Yoga 3:00-3:30			2:00-3:30	
3:30-4:00				Sports Mania 1						
4:00-4:30			Afterschool Program 3:30-5:15	3:30-4:15		3:30-7:00				
4:30-5:00			-	Soccer 3 4:30-5:15	Afterschool Program					
5:00-5:30	Core Fit –	5:15-5:45		Basketball 1	4:30-6:00	Drop In	Lane Swim			
5:30-6:00	- 10		Boxfit 5:30-6:15	5:30-6:15		Swim				
6:00-6:30	Cyclefit 6:00-6:45	Simply Strength 6:00-6:45		Basketball 2 6:15-7:00	Youth Jiu Jitsu 6:00-7:00	5:00-7:00				
6:30-7:00			TAG	6:15-7:00	6:00-7:00		_		1	
7:00-7:30	Zun 6:55-		6:30-8:00			Aquafit 7:00-7:45				
7:30-8:00										
8:00-8:30	Latin & Sw 8:00-		Belly Dancing 8:10-9:00	Youth Bask	etball Drop In					
8:30-9:00	8.00	5.00	0.10-9.00		0-10:00	Drop In Swim	Lane Swim	Di	rop In Swim	
9:00-9:30						7:45-10:15			7:00-10:15	
9:30-10:00										
10:00-10:15										

	Studio 1	Studio 2	Multi purpose	Gymn	asium	Small Pool Stairs	Large	Pool
5:30-6:00am			purpose			Stairs		
6:00-6:30								
6:30-7:00		ody Blast 5-7:00				Drop In Swim		
7:00-7:30	0.1	7.00				5:30-8:00	Lane Swim	Ad
7:30-8:00								Les 7:00-
8:00-8:30						Aquatherapy		
8:30-9:00						8:00-8:45		
9:00-9:30						Lessons		
9:30-10:00		Step 0-10:00			Soccer 1	9:00-10:45		Les
0:00-10:30			Drop In Story Time 10:00-10:30	Drop In Gym		Holiday Inc.		Orop In 9:00 Swim
0:30-11:00		na Yoga		9:00-11:30	Totnastics	Holiday Inn 10:00-10:45	8:	00-12:00
1:00-11:30	10:1	5-11:15	Childcare 10:45-11:45		10:30-11:15	Aquatherapy 10:45-11:30		
1:30-12:00			10.45 11.45		Sports Mania 1 11:15-12:00	Aquatherapy		
:00-12:30pm	T . 10		Young Mom's Working Out			11:30-12:15		A
12:30-1:00		Sody Blast 15-1:00	12:00-1:00	Simply S 12:15		Aquafit 12:15-1:00		Les 12:0
1:00-1:30						Dran In		
1:30-2:00		lotion 5-2:00				School Swim	Lane Swim	School Gro 1:00-2:15
2:00-2:30						1:00-2:15		
2:30-3:00			1:30-3:30	United Way Program		Aquafit 2:15-3:00		Drop In Sw
3:00-3:30								2:15-3:30
3:30-4:00						Drop In		
4:00-4:30			Science Kids 1	Gymnastics 1		Swim		
4:30-5:00		After School Program 3:30-6:00	4:00-4:45	4:00-4:45		Lessons 3:00-5:30	Trent Swim	Lessons 3:30-8:30
5:00-5:30		5.50-0.00	Science Kids 2 4:45-5:30	Gymnastics 2 4:45-5:30	Afterschool Program	3:30-7:00	School	3.30-0.30
5:30-6:00	Fit Pregnancy 5:30-6:30			Gymnastics 3				
6:00-6:30		Core Strength & Stretch		5:30-6:15			Lane Swim	Pre/Postr
6:30-7:00	Endurance Cycle 5:15-6:45 (begins Oct. 31	6:00-6:45		Youth			Latte SWIM	Pre/Postr Aquaf 6:00-6:
7:00-7:30		np Strength	Judo	6:30-	-7:30	March of Dimes		Deep Wa
7:30-8:00		0-7:45	6:30-8:00			7:00-8:00	Lessons 7:00	Masters Aquafit 0-8:00 7:00-7:4
8:00-8:30	Kundalini &	Ashtanga Yoga		Adult Karate				
8:30-9:00		0-9:00		7:30-9:30				Drop In Swir
9:00-9:30			Jiu Jitsu 8:15-10:00			Drop In Swim		7:45-10:15
9:30-10:00			0.15-10.00			8:00-10:15		
0:00-10:15								

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

			ame. A stilling of shad do	,						
	Studio 1	Studio 2	Multi	Gymr	asium		l Pool	L	arge Poc	1
			purpose	_,	I	Stairs			3	
5:30-6:00am						Dron le	n Swim			
6:00-6:30	Cyclefit						-7:00		Lane Swim	
6:30-7:00	6:00-7:00								Lune Swiii	
7:00-7:30							uafit -7:45			
7:30-8:00						7.00	-7.45			
8:00-8:30							n Swim			nized Swimming
8:30-9:00						7:45-	11:30			8:00-9:00
9:00-9:30	Bootcamp	with Baby								
9:30-10:00			Drop In Crafts		& Tone -10:10				Drop In	
10:00-10:30	Total Bo	ody Blast	9:00-10:30	3.13	1	Lessons 9:00-11:30		Swim	0:00 11:20	
10:30-11:00	10:05	-10:55		Drop In Gym					9:00-1:0	D
11:00-11:30		6.11	Childcare 10:45-11:45	10:30-11:30						
11:30-12:00		a Gold -12:00	10:45-11:45					'		
12:00-12:30pm						Aquatherapy 11:30-12:15 Aquafit 12:15-1:00		Lane Swim		
12:30-1:00		gth & Stretch 5-1:00		Hi 12:1	Hi/Lo 12:15-1:00					
1:00-1:30		sh Fitness		Mishmash Fitness		School Drop Ir				Deep Water
1:30-2:00		-2:00		Mishmash Fitness 1:00-2:00		Group Swim		School Group 1:00-2:15		Aquafit 1:00-2:00
2:00-2:30			Childcare				1:00-2:15			1.00 2.00
2:30-3:00							uafit -3:00			Drop In Swim
3:00-3:30										2:00-3:30
3:30-4:00	Mini Movers		After School Program							
4:00-4:30	3:30-4:15 Twinkle Toes		3:30-4:00	Sports Mania 2						
4:30-5:00	4:15-5:00		Creative Crafts 4:15-5:00	4:00-4:45	After School		Drop In			
5:00-5:30	Youth Dance	Box Fit	Fun Factory	Soccer 4 4:45-5:30	Program 4:00-6:00	Lessons 3:30-7:00	Swim			Lessons 3:30-7:00
5:30-6:00	5:00-5:45	5:00-6:00	5:00-5:45	Soccer 2		3.30-7.00	3:00-7:00	Lane Swim		3.30-7.00
6:00-6:30		g & Thigh		5:30-6:15				Latte SWIIII		
6:30-7:00	6:00	-6:45								
7:00-7:30	Break Dancing 1				1					
7:30-8:00	7:00-7:45	Dron In Dones 7:00 0:00	Supervised Youth Night	Vouth	Night					
8:00-8:30	Break Dancing 2 7:45-8:30	Drop In Dance 7:00-9:00	7:00-9:00		-9:00		en Night -9:00			:h/Teen Night 7:00-9:00
8:30-9:00				Toon	Night	7:00				7.00-9.00-
9:00-9:30					10:00					
9:30-10:00							n Swim			Drop In Swim
10:00-10:15						9:00-	10:15			9:00-10:15

	Studio 1	Studio 2	Multi	Gymnasium		Small Pool		Large Pool			
			purpose	-7		Stairs		3			
7:00-7:30am						Drop In	Adult	Lane Swim	Adult		
7:30-8:00		CoreFit				Swim	Lessons	Edite SWIIII	Lesson		
8:00-8:30		8:00-8:30									
8:30-9:00	Cyclefit										
9:00-9:30	8:30-9:15										
9:30-10:00	Simply Strength		Youth Judo 9:00-10:30		Hi/Lo		sons -12:00		Lessons 8:00-12:00		
10:00-10:30	9:30-10:30	Drop In Gym 9:00-11:30		9:30-	9:30-10:30						
10:30-11:00		5.00 11.50		Sports Mania 2							
11:00-11:30	Mini Movers				Judo 10:30-12:00	10:45-11:30					
11:30-12:00	11:00-11:45 Twinkle Toes			Basketball 1							
12:00-12:30pm	11:45-12:30			11:45-12:30		Drop In Swim					
12:30-1:00	Youth Dance			Basketball 2			uafit				
1:00-1:30	12:30-1:15 Youth Vibe			12:30-1:15 Basketball 3	Birthday Parties	12:30	0-1:15				
1:30-2:00	1:15-2:00			1:15-2:00	1:00-2:00			Lane Swim 7:00-5:00	Drop In Swim 12:00-5:00		
2:00-2:30	Just Us Girls	Just Us Guys	Birthday Parties					7.00 3.00	12.00 5.00		
2:30-3:00	2:00-2:45	2:00-2:45	1:00-4:00			-			Trent Swim		
3:00-3:30				Family Drop In		1					
3:30-4:00				2:30-4:00		Drop In Swim			School 3:00-5:00		
4:00-4:30						1:15	-7:15				
4:30-5:00											
5:00-5:30						-		Undonya	ater Hockey		
5:30-6:00									0-6:00		
6:00-6:30											
6:30-7:00								Lane Swim	Drop In Swim		
7:00-7:15								6:00-7:15	6:00-7:15		

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