

Program Schedule

Winter /Spring 2012
January 7-June 22, 2012

YMCA of Central East Ontario
Balsillie Family Branch -Peterborough
123 Aylmer St. South, Peterborough K9J 3H8
705-748-9622 • www.peterboroughymca.org

Sunday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool	Large Pool
7:00-7:30am					Drop In Swim 7:30-8:30	Lane Swim
7:30-8:00						
8:00-8:30						Swim for Fit
8:30-9:00						
9:00-9:30	Sculpt & Tone 9:30-10:30					
9:30-10:00						
10:00-10:30					Lessons	
10:30-11:00		Youth Jiu Jitsu 10:00-11:30				Lessons
11:00-11:30	Kettlebells (class A) 11:00-12:15					
11:30-12:00pm						
12:00-12:30						
12:30-1:00	Kettlebells (class B) 12:30-1:45					
1:00-1:30			Birthdays 1:00-2:00			
1:30-2:00						
2:00-2:30		Birthdays 1:00-4:00				
2:30-3:00	Iaido 2:00-4:00		Youth Basketball Drop In 2:30-4:00			
3:00-3:30					Drop In Swim 12:00-7:30	
3:30-4:00					Leadership	Leadership
4:00-4:30	Judo 4:00-5:30					
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						Drop In Swim
7:00-7:30						

* 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

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

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

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.

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



Swim Guidelines

To ensure a safe aquatic experience, the YMCA of Peterborough uses the following guidelines for drop-in swims:

- Children under 7 years of age
 - Children under 7 years of age may not be admitted to the swimming pool unless they are accompanied by a parent/guardian who is at least 16 years of age and is responsible for their direct supervision (in the water, within arm's reach). Maximum two children per parent/guardian.
- Children ages 7-9 who cannot pass the swim test
 - Children ages 7-9 who are not successful in completing the swim test, must be accompanied by a parent/guardian who is at least 16 years of age and is responsible for their direct supervision (in the water, within arm's reach). Maximum four children per parent/guardian.
- Children ages 7-9 who can pass the swim test
 - Children ages 7-9 who are able to demonstrate comfort in the water by passing the facility swim test are able to swim without a parent/guardian. Parent/guardian must be within the facility.

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
5:30-6:00am						
6:00-6:30	Cyclefit 6:00-7:00			Sunrise Racers/Pacers 5:30-8:00	Drop In Swim 5:30-7:00	
6:30-7:00						Lane Swim
7:00-7:30					Aqua Fit 7:00-7:45	
7:30-8:00					Aqua Yoga 7:45-8:15	
8:00-8:30						
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	Drop In Swim 8:15-11:30
9:30-10:00						
10:00-10:30	Functional Fitness 10:10-11:00					
10:30-11:00				Drop In Gym 10:30-11:30	Totnastics 10:30-11:15	Lane Swim
11:00-11:30					SportsMania 11:15-12:00	Drop In Swim 9:00-12:45
11:30-12:00						Synchronized Swimming
12:00-12:30pm	CoreFit 12:15-12:45		Cyclefit 12:15-1:00	Hi/Lo 12:15-1:00	Aquatherapy 11:30-12:15	
12:30-1:00					AquaFit 12:15-1:00	
1:00-1:30					School Group Lessons	School Group
1:30-2:00					Physio-Therapy	Deep Water AquaFit 1:00-2:00
2:00-2:30						
2:30-3:00					AquaFit 2:15-3:00	Drop In Swim 2:00-4:00
3:00-3:30					Drop In Swim 3:00-4:00	Lane Swim
3:30-4:00		After School Program 3:00-5:00	Music and Dance 3:30-4:15			
4:00-4:30			Twinkle Toes 4:15-5:00			Rental Group
4:30-5:00			Hip Hop Jazz 5:00-5:45	After School Program 4:30-6:00		Lessons
5:00-5:30						
5:30-6:00	CoreFit 5:15-5:45					
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		Youth Judo 6:30-8:00	Family Drop In 6:30-8:00	AquaFit 7:00-7:45	Rental Group
7:30-8:00						Masters Swim
8:00-8:30	Yoga 8:00-9:00					
8:30-9:00			Jiu Jitsu 8:15-10:00		Drop In Swim 7:45-10:30	Drop In Swim
9:00-9:30						Rental Group
9:30-10:00						
10:00-10:30						

Tuesday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool	Large Pool
5:30-6:00am						
6:00-6:30				Sunrise Racers/Pacers 5:30-8:00	Drop In Swim 5:30-8:00	
6:30-7:00	Step 6:15-7:00					Swim for Fit 7:00-8:00
7:00-7:30						Drop In Swim 8:00-9:00
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	Lessons	
9:30-10:00						
10:00-10:30	Power Yoga 10:15-11:15					Drop In Swim 8:45-12:00
10:30-11:00						Lessons
11:00-11:30	Belly Dancing 11:20-12:10		Fun Factory 11:00-11:45		Holiday Inn	
11:30-12:00					SportsMania 11:15-12:00	
12:00-12:30pm	Bootcamp Strength 12:15-1:00		Creative Crafts 12:00-12:45	Hi/Lo 12:15-1:00	Aquatherapy 11:30-12:15	
12:30-1:00					AquaFit 12:15-1:00	Stroke Development
1:00-1:30	Gentle Fit 1:05-2:05				School Group	School Group Lessons
1:30-2:00					Drop In Swim 1:00-2:15	
2:00-2:30						
2:30-3:00					AquaFit 2:15-3:00	Drop In Swim
3:00-3:30					Drop In Swim 3:00-4:00	
3:30-4:00			Music and Dance 3:30-4:15	Drop In Homeschooling Families 2:30-4:00pm		
4:00-4:30	Yoga for Youth 4:00-4:45	After School Program 3:30-5:15	Twinkle Toes 4:15-5:00	After School Program 4:30-6:00		Lessons
4:30-5:00			Hip Hop Jazz 5:00-5:45			
5:00-5:30					Lessons 4:00-7:00	
5:30-6:00	Step 5:30-6:15					
6:00-6:30						
6:30-7:00	Beginner Yoga 6:25-7:25		Try A Tri 6:00-7:00	Youth Karate 6:30-7:30		Pre/Post AquaFit 6:30-7:15
7:00-7:30					March of Dimes 7:00-8:00	Deep Water AquaFit
7:30-8:00	Intermediate Yoga 7:30-9:00		Pilates 7:15-8:15			
8:00-8:30				Karate 7:30-9:30		
8:30-9:00					Drop In Swim 8:00-10:30	Lane Swim
9:00-9:30						Drop In Swim
9:30-10:00						
10:00-10:30						Underwater Hockey 9:15-10:15

*Games night 6:00-6:45pm (located in the Board Room)

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

Holiday Hours: 7:00am to 4:30pm
 December 26, January 1, February 20, April 6, 8
 and May 21. The YMCA will close at 5:30pm on
 December 24 & 31 and closed December 25th.



Wednesday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool Stairs	Large Pool
5:30-6:00am						
6:00-6:30	Core Strength & Stretch 6:15-7:00			Sunrise Racers/Pacers 5:30-8:00	Drop In Swim 5:30-7:00	Lane Swim
6:30-7:00					AquaFit 7:00-7:45	
7:00-7:30					Drop In Swim 7:45-10:30	
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30	Step 9:15-10:00	Drop In Crafts 9:00-10:30	Simply Strength 9:10-10:10	Drop In Swim	Parent and Tot AquaFit	Lane Swim
9:30-10:00						
10:00-10:30	Relax & Rejuvenate 10:15-11:00	Fun Factory 10:45-11:30	Drop In Gym 10:30-11:30	Totnastics 10:30-11:15	Aquatherapy	Lane Swim
10:30-11:00						
11:00-11:30	Sculpt & Tone 11:00-12:00				Aquatherapy 11:30-12:15	Lane Swim
11:30-12:00						
12:00-12:30pm	Core Strength & Stretch 12:15-1:00	Pedal & Pump 12:05-1:00	Hi/Lo 12:15-1:00		AquaFit 12:15-1:00	Lane Swim
12:30-1:00						
1:00-1:30				School Group	Physiotherapy	Deep Water AquaFit 1:00-2:00
1:30-2:00						
2:00-2:30					AquaFit 2:15-3:30	
2:30-3:00						
3:00-3:30					Aqua Yoga 3:00-3:30	
3:30-4:00					Drop In Swim 3:30-4:00	
4:00-4:30		Afterschool Program 3:30-5:15				Lane Swim
4:30-5:00						
5:00-5:30	Kickboxing 5:00-5:45	CoreFit 5:30-6:00	Afterschool Program 4:30-6:00	Soccer 3 4:30-5:15	Basketball 1 5:30-6:15	Lessons
5:30-6:00						
6:00-6:30	Cyclefit 6:00-6:45	Simply Strength 6:00-6:45	Youth Jiu Jitsu 6:00-7:00	Basketball 2 6:15-7:00		
6:30-7:00						
7:00-7:30	Hi/Lo 6:55-7:55	TAG 6:30-8:00		Kettlebells (class B) 7:15-8:30	AquaFit 7:00-7:45	Lane Swim
7:30-8:00						
8:00-8:30	Ballroom Dancing 8:00-9:00			Youth Basketball Drop In 8:30-10:00	Drop In Swim 7:00-10:30	Lane Swim
8:30-9:00						
9:00-9:30						
9:30-10:00					Drop In Swim 7:45-10:30	
10:00-10:30						Rental

Friday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool Stairs	Large Pool
5:30-6:00am						
6:00-6:30	Cyclefit 6:00-7:00			Sunrise Racers/Pacers 5:30-8:00	Drop In Swim 5:30-7:00	Lane Swim
6:30-7:00					AquaFit 7:00-7:45	
7:00-7:30					Drop In Swim 7:45-10:30	
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30	Sculpt & Tone 9:15-10:10	Drop In Crafts 9:00-10:30	Drop In Gym 10:30-11:30	Totnastics 10:30-11:15	Lessons	Lane Swim
9:30-10:00						
10:00-10:30	Simply Strength 10:15-11:00				Drop In Swim	Lane Swim
10:30-11:00						
11:00-11:30	Boot Camp with Baby 11:00-12:00	Fun Factory 11:00-11:45	Drop In Gym 10:30-11:30	Totnastics 10:30-11:15	Aquatherapy 11:30-12:15	Lane Swim
11:30-12:00						
12:00-12:30pm	Core Strength & Stretch 12:15-1:00	Creative Crafts 12:00-12:45	Hi/Lo 12:15-1:00		AquaFit 12:15-1:00	Lane Swim
12:30-1:00						
1:00-1:30	Mishmash Fitness 1:00-2:00			Mishmash Fitness 1:00-2:00	School Group	Drop In Swim 1:00-2:15
1:30-2:00						
2:00-2:30					AquaFit 2:15-3:00	
2:30-3:00						
3:00-3:30						
3:30-4:00	Music & Dance 3:30-4:15		Afterschool Program 3:30-6:00			Lane Swim
4:00-4:30						
4:30-5:00	Twinle Toes 4:15-5:00			Sports Mania 2 4:00-4:45		
5:00-5:30	Hip Hop & Jazz 5:00-5:45			Soccer 2 4:45-5:30	Lessons	Drop In Swim 3:00-7:00
5:30-6:00						
6:00-6:30	Glute/Leg & Thigh 6:00-6:45					Lane Swim
6:30-7:00						
7:00-7:30	Break Dancing 7:00-7:45	Drop In Dance 7:00-9:00	Supervised Youth Night 7:00-9:00	Youth Night 7:00-9:00	Youth/Teen Night	Lane Swim
7:30-8:00						
8:00-8:30				Teen Night 8:00-10:00	Youth/Teen Night	
8:30-9:00						
9:00-9:30					Drop In Swim 9:00-10:30	
9:30-10:00						Drop In Swim 9:00-10:30
10:00-10:30						

Thursday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool Stairs	Large Pool
5:30-6:00am						
6:00-6:30	Bootcamp 6:00-6:45			Sunrise Racers/Pacers 5:30-7:00	Drop In Swim 5:30-8:00	Lane Swim
6:30-7:00					Kettlebell (class B) 7:00-8:15	
7:00-7:30					Aquatherapy 8:00-8:45	
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30	Afrocuban and Latin Fusion 9:10-10:10	CycleFit 9:15-10:00	Drop In Gym 9:00-11:30	Soccer 1 9:30-10:15	Lessons	Lane Swim
9:30-10:00						
10:00-10:30	Hatha Yoga 10:15-11:15			Totnastics 10:30-11:15	Holiday Inn	Lane Swim
10:30-11:00						
11:00-11:30	Glute/Leg & Thigh 12:15-1:00			Sports Mania 1 11:15-12:00	Aquatherapy 11:30-12:15	Lane Swim
11:30-12:00						
12:00-12:30pm			Bootcamp Cardio 12:15-1:00		AquaFit 12:15-1:00	Lane Swim
12:30-1:00						
1:00-1:30				School Group Lessons	Drop In Swim 1:00-2:15	School Group Lesson
1:30-2:00						
2:00-2:30					AquaFit 2:15-3:00	
2:30-3:00			United Way Program 2:30-3:30			Drop In Swim 2:15-4:00
3:00-3:30				Sports Mania 2 3:00-3:45		
3:30-4:00	Yoga for Youth 4:00-4:45	After School Program 3:30-6:00	Science Kids 1 4:00-4:45	Kidnastics 1 4:00-4:45	Lessons	Lane Swim
4:00-4:30						
4:30-5:00	Endurance Cycle 5:15-6:45	Core Strength & Stretch 6:00-6:45	Science Kids 2 4:45-5:30	Afterschool Program 5:00-6:00	Kidnastics 2 4:45-5:30	Lessons
5:00-5:30						
5:30-6:00				Kidnastics 3 5:30-6:15		
6:00-6:30				Youth Karate 6:30-7:30	March of Dimes	Lane Swim
6:30-7:00						
7:00-7:30	Bootcamp Strength 7:00-7:45		Judo 6:30-8:00	Adult Karate 7:30-9:30	Pre/Post AquaFit 6:00-6:45	Drop In Swim 8:00-10:30
7:30-8:00						
8:00-8:30	Kundalini & Ashtanga Yoga 8:00-9:00				Deep Water AquaFit	Lane Swim
8:30-9:00						
9:00-9:30			Jiu Jitsu 8:15-10:00			
9:30-10:00						
10:00-10:30						

Saturday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool Stairs	Large Pool
7:00-7:30am						
7:30-8:00		CoreFit 8:00-8:30			Drop In Swim 7:00-8:00	Lane Swim
8:00-8:30						
8:30-9:00	Cyclefit 8:30-9:15		Youth Judo 9:00-10:30	Hi/Lo 9:30-10:30	Lessons	Lane Swim
9:00-9:30						
9:30-10:00	Simply Strength 9:30-10:30	Drop In Gym 9:00-11:30	Judo 10:30-12:00		Sports Mania 2 10:45-11:30	Lane Swim
10:00-10:30						
10:30-11:00	Music & Dance 11:00-11:45	Y Kids in Action 11:30-12:30			Basketball 1 11:45-12:30	Lane Swim
11:00-11:30						
11:30-12:00	Twinkle Toes 11:45-12:30				Basketball 2 12:30-1:15	Lane Swim
12:00-12:30pm						
12:30-1:00	Hip Hop/Jazz 12:30-1:15				AquaFit 12:30-1:15	Lane Swim
1:00-1:30						
1:30-2:00	Kickboxing 1:30-2:30		Birthday Parties 1:00-2:00			Lane Swim
2:00-2:30						
2:30-3:00			Family Drop In 2:30-4:00			Lane Swim
3:00-3:30						
3:30-4:00						
4:00-4:30					Drop In Swim 1:15-7:30	
4:30-5:00						
5:00-5:30						
5:30-6:00						Underwater Hockey 5:00-6:00
6:00-6:30						
6:30-7:00						Drop In Swim 6:00-7:30
7:00-7:30						

*Y Kids in Action 10:30am-12:30pm (located in Child Care)

Legend:
 Red – Registered Programs
 Light Red – 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

*Games night 6:00-6:45pm (located in the Board Room)

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