

Hours of Operation

Monday to Friday
5:00am - 10:30pm
Saturday & Sunday
7:00am - 7:30pm

Statutory Holidays

7:00am - 5:30pm

Schedule in effect:
January 9- April 2 2017



YMCA of Central East Ontario
Balsillie Family Branch
123 Aylmer Street South
Peterborough, Ontario K9J 3H8
Tel. 705-748-9622
Fax. 705-741-3719
<http://www.ymcaofceo.ca>

Child/Youth Drop In Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Times	5:00-9:00am 10:30-12:00pm 1:00-4:00pm 6:00-10:15pm	5:00-12:00pm 1:00-4:15pm 7:30-10:15pm	5:00-9:00pm 1:00-4:15pm 6:30-7:45pm 9:00-10:15pm	5:00-3:30pm 8:00-10:15pm	5:00-10:15am 2:00-4:45pm 6:00-6:45pm 9:00-10:15pm	7:00-9:15am 10:30-12:45pm 1:30-7:15pm	7:00-12:45pm 2:15-7:15pm
Kidskare	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 7:00pm	9:00-1:00pm	9:00-1:00pm
Drop In Programs	Drop In Crafts 9:00-10:30am Drop In Gym 10:30 - 11:30am	Drop In Gym 9:00 - 11:30am Pickleball 1:15-3:15pm	Drop In Crafts 9:00-10:30am Drop In Gym 10:30 - 11:30am Drop In Badminton 8:00-10:15pm	Drop In Gym 9:00 - 11:30am Pickleball 1:15-3:15pm	Drop In Gym 9:00 - 11:30am Drop In Volleyball 1:00-2:00pm Youth Night 7:00-9:00pm	Drop In Gym (Studio) 9:00 - 11:30am Adaptive Sports 3:00-4:30pm	Drop In Volleyball (all ages) 4:30-6:00pm

<p style="text-align: center;">Special Events</p> <p>Freedom 55 Family Day Event Monday February 20 10:00am-2:00pm</p> <p>YMCA Half Marathon Sunday February 26 - Registration Now Open!</p> <p>Healthy Kids Day Sunday April 30th</p> <p>Parents Night Out Dates: Saturday February 11th 4-7pm, Saturday March 18th 4-7pm or Saturday May 13th 4-7pm Cost: \$15.00 for 1st child, \$10.00 each for siblings</p>	<p style="text-align: center;">PA Days</p> <p>Friday February 3rd, 2017 Pirate Paradise Friday March 10th, 2017 The Ultimate YMCA challenge Friday April 28th, 2017 Circus Celebration Friday June 9th, 2017 Disney Day Friday June 30th, 2017 Summer send off</p> <p style="text-align: center;">Cost: Members \$32.00/Day Non members \$36.00/Day</p>	<p style="text-align: center;">Birthdays At the YMCA</p> <p>Book a birthday with the YMCA! Birthdays can be booked on Saturdays or Sundays and include set up, decorations, pizza, juice and a party host:</p> <ul style="list-style-type: none"> • Option One: One hour in the gym/craft, one hour of swimming and one hour in the party room YM - \$18.00/child NM - \$21.00/child • Option Two: One hour in the gym/craft and one hour in the party room YM - \$15.00/child NM - \$18.00/child <p>Cake or Cupcake Cake available for an additional \$25.00 fee. Saturdays and Sundays 1:00-4:00pm For more information please contact the Membership Services Desk or call us at 705-748-9642 x 221</p>
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Building Hours of Operation

Monday to Friday 5:00am-10:30pm
 Saturday and Sunday 7:00am-7:30pm
 Statutory Holidays 7:00am-5:30pm

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Effective January 9- April 2, 2017

2017 Winter Adult Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Drop In Fitness	6:00-7:00am Cyclefit- Studio	6:15-7:00am Yogaflow-MPR	6:15-7:00am Bootcamp- Studio	6:15-7:00am Yogaflow-MPR	6:00-7:00am Cyclefit- Studio		
	9:10-10:10am Total Body Blast-Studio	9:00-10:00am Strength & Stretch- MPR	9:00-10:00am Dance Evolution- Studio	9:10-10:00am Step -Studio	9:15-10:15am Strength & Stretch- Studio	8:00-8:30am Corefit- Studio	
	9:10-10:10am Sculpt & Tone- Gym	10:15-11:15am Power Yoga- Studio	9:10-10:10 Simply Strength- Gym	10:15-11:15am Hatha Yoga Studio	10:05-10:55am Total Body Blast Studio	8:30-9:15am Cyclefit- Studio	9:15-10:15am Cyclefit-Studio
	10:15-11:00am Core Strength & Stretch- Studio	12:15-1:00pm Bootcamp-Studio	10:15-11:15am Relax & Rejuvenate- Studio	12:15-1:00pm Sculpt & Tone Studio	12:15-1:00pm Bootcamp- Studio	9:30-10:30am Hi/lo- Gym	10:30-11:30am Sunday Soul Yoga - Studio
	12:15-12:45pm Core Strength & Stretch-Studio	12:15-1:00pm Hi/lo- Gym	11:30-12:00 Chair Yoga- Studio	12:15-1:00pm Kripalu Yoga- Board Room	12:15-1:00pm Hi/lo- Gym		
	12:15-1:00pm Bootcamp- Gym	1:05-2:05pm In Motion-Studio	12:15-1:00pm Hi/lo- Gym	1:15-2:15pm InMotion- Studio	6:00-6:45pm Boxfit Studio		
	12:15-1:00pm Cyclefit-MPR	5:15-6:15pm Total Body + Core- Studio	12:15-1:00pm Core Strength & Stretch- MPR	6:00-6:45pm Core Strength & Stretch- Studio			
	5:15-5:45pm Corefit- Studio	6:30-7:30pm Cyclefit- Studio	12:15-1:00 Cycle Strong - Studio	7:00-7:45pm Boot Camp- Studio			
	6:00-6:45pm Glute, Leg & Thigh- Studio	6:30-7:30pm Total Body Blast- Studio	5:15-5:45pm Corefit- Studio	8:00-9:00pm Ying Yang Yoga- Studio			
	8:00-9:00pm Yogaflow- Studio	7:45-8:45pm Pilates- Studio	6:00-6:45pm Simply Strength- Studio				
		6:00-6:45pm Cyclefit-Studio					
Studio Drop In	5:00-9:00am 11:00-12:00pm 1:00-2:00pm 3:00-5pm 9:15-10:15pm	5:00-8:45am 11:15-12:00pm 2:00-5:00pm 9:00-10:15pm	5:00-6:00am 7:00-8:45am 2:00-5:00pm 8:15-10:15pm	5:00-9:00am 2:30-5:00pm 9:00-10:15pm	5:00-8:45am 2:00-5:45pm 9:00-10:15pm	7:00-8:00am 10:30-11:15am 11:45-1:15pm 5:00-7:15pm	7:00-9:00am 12:45-1:45pm 5:15-7:15pm