



Fall Health, Fitness and Aquatics Schedule 2018 - YMCA of Picou County

2756 Westville Rd. New Glasgow | www.pymca.ca | 902-752-0202

Starts Monday, September 10th

	Monday					Tuesday					Wednesday																	
	Gym	Studio	Youth Rm	Small Pool	Large Pool	Gym	Studio	Youth Rm	Small Pool	Large Pool	Gym	Studio	Youth Rm	Small Pool	Large Pool													
6 am	Open Gym 5-8:45			Open Exercise (18+) 6-9	Lane Swim 6-9				Open Exercise 6-9	Lane Swim 6-9	Open Gym 5-8:45	Strength & Toning 6-6:45 (FF)		Open Exercise (18+) 6-9	Lane Swim 6-9													
6:30 am																												
7 am																												
7:30 am																												
8 am																												
8:30 am																												
9 am	Group Power 9-10 			Parent & Tot 9-10	Aqua Fitness 9-10				Parent & Tot 9-10	Deep Water Running 9-10	Barre Bootcamp 9-9:45	Chair Exercise 9:30-10		Parent & Tot 9-10	Aqua Fitness 9-10													
9:30 am																												
10 am	Zumba Variety 10-11 	Power Yoga 10-11 (S1)		School Program 10-11		Fit for Life 10-10:45		Kindertime 10-10:45 (3-5y)	School Program 10-11		Toddler Sport 10-10:45 (3-5y)	Pilates 10-10:45 (S1)		School Program 10-11														
10:30 am																												
11 am	Rental 11:15-11:45	Chair Yoga 11:15-12 (S1)		Aqua Arthritis + 11-12	Senior/Adult Swim (18+) 11-12	Tai Chi 11-12			Aqua Arthritis 11-12	Senior/Adult Swim (18+) 11-12	Step-n-Strength 11-11:45 (55+)	Chair Yoga 11:15-12(S1)	Reading & Lego 11:11:45 (3-5y)	Aqua Arthritis + 11-12	Lane Swim 11-1													
11:30 am																												
12 pm	Open Gym 12-1	Cycle Fit 12:10-12:50 (S2)		Open Exercise (18+) 12-2	Lane Swim 12-1	Open Gym 12-1	Cycle Fit 12:10-12:50 (S2)		Open Exercise (18+) 12-1	Lane Swim 12-2	Open Gym 12-12:45	Cycle Fit 12:10-12:50 (S2)		Open Exercise (18+) 12-2	Aqua Fit 1-2													
12:30 pm																												
1 pm	Open Basketball 1-2				Aqua Fitness 1-2	Open Basketball 1-2			Aqua Fit 1-2		Walk & Roll 1-2				Aqua Fit 1-2													
1:30 pm																												
2 pm	Child Care 2-3			Senior/Adult Swim (18+) 2-3		Child Care 2-3			Senior/Adult Swim (18+) 2-3		Child Care 2-3			Senior/Adult Swim (18+) 2-3														
2:30 pm																												
3 pm	Open Basketball 3-4 (G3-G8)			Rec Swim 3-4	Senior/Adult Swim (18+) 3-4	Open Activities 3-5 (G3-12)		Youth Rm 3:30-5:30	Rec Swim 3-4	Senior/Adult Swim (18+) 3-4		Youth Activities 3:30-4:15 (9-13y)		Rec Swim 3-4	Senior/Adult Swim (18+) 3-4													
3:30 pm																												
4 pm	Open Gym 4-6			Lessons 4-7		Karate 5-6:20 (5+y)			Lessons 4-7		Open Gym 4:15-5:30		Dungeons & Dragons 4:30-5:30 (G5-7)	Lessons 4-7														
4:30 pm																												
5 pm																												
5:30 pm		Cycle Fit Tabata 5:30-6:15(S2)					Cycle Fit 5:30-6:30 (S2)				Floor Hockey 5:30-6:30 (16+)	Cycle Fit 5:30-6:30 (S2)																
6 pm	Pound 6-6:45 								Line Dancing 6:30-7:30 (18+) Intro	Adult Karate 6:30-7:30 (S1)	Youth Leadership 6:30-7:30 (G8-G12)			Family Swim 7-8	Aqua Fit 7-8	Group Power 7-8 												
6:30 pm																												
7 pm	Power Yoga 7-8			Adult & Tri Club Lessons 7-8					Family Swim 7-8	Aqua Fit 7-8				Family Swim 7-8	Deep Water Running 7-8													
7:30 pm																												
8 pm	Floor Hockey 8:15-9:45 (16+)			Family Swim 8-9	Lane Swim 8-9	Basketball 8-9:45 (G8-G12)			Rec Swim 8-9	Tri Club 8-9					Rec Swim 8-9													
8:30 pm																												
9 pm							Pool Closes at 9 pm					Pool Closes at 9 pm					Pool Closes at 9 pm											
9:30 pm																												

Everyone 16+ requires to show a photo I.D. or membership card to access the YMCA Centre.

	Thursday					Friday				Saturday				Sunday								
	Gym	Studio	Youth Rm	Small Pool	Large Pool	Gym	Studio	Small Pool	Large Pool	Gym	Studio	Small Pool	Large Pool	Gym	Studio	Small Pool	Large Pool					
6 am	Open Gym 5-10			Open Exercise (18+) 6-9	Lane Swim 6-9	Open Gym 5-9		Open Exercise 6-9	Lane Swim 6-9	Open Gym 7-8:30		Opens at 7 am				Opens at 7 am						
6:30 am												Open Exercise (18+) 7-9	Lane Swim 7-9			Open Exercise (18+) 7-10	Tri Club 7-8					
7 am																		Lane Swim 8-10				
7:30 am																						
8 am																						
8:30 am	Group Power 8:45-9:45	Cycle Fit 9-10 (S2)	Swim Lessons 9-1	Bootcamp 9-10																		
9 am					Cycle+Core 9-10 (S1&2)	Parent & Tot 9-10	Aqua Fit 9-10	HIIT 9-9:45	Gentle Yoga 9-10 (S1)	Private Childcare 9-10	Aqua Fit 9-10											
9:30 am	Low Impact Aerobics 10-11		Tumble Fun 10:15-11 (18m-3y)(S1)	School Program 10-11		Fit for Life 10-10:45		School Program 10-11		Yoga 10-11		Swim Lessons 9-1	Book a party 10-12		Rec Swim 10-11							
10 am				Tai Chi 11-12			Aqua Arthritis + 11-12	Senior/Adult Swim (18+) 11-12	Tumblebugs 11-11:45 (3-5y)	Salsation 11-12					Parent & Tot 11-12	Senior/Adult Swim (18+) 11-12	Open Gym 11-1:30		Book a party 12-1	Lessons 9-1	Open Gym 12:15-2:30	
10:30 am	Group Power 12-1	Cycle Fit 12:10-12:50 (S2)					Open Exercise (18+) 12-2	Lane Swim 12-1	Open Gym 12-1		Open Exercise (18+) 12-1	Lane Swim 12-2			Book a party 12-1	Lessons 9-1	Open Gym 12:15-2:30					
11 am				Open Basketball 1-2		One Door 1-4													Deep H ₂ O Aqua Fit 1-2	Open Floor Hockey 1-2		Aqua Fit 1-2
11:30 am	Private Childcare 2-3						Adult Swim Lessons 2-3		Private Child Care 2-3		Senior/Adult Swim (18+) 2-3		Book a party 2-4									
12 pm				Open Activities 3-4:45 (G3-12)			Rec Swim 3-4	Senior/Adult Swim (18+) 3-4			Youth Activities 3-4 (G8-12)							Rec Swim 3-4	Senior/Adult Swim (18+) 3-4			
12:30 pm	Karate 5-6:20 (5+y)	Cycle+Strength HIIT 5:30-6:30							Lessons 4-7				Volleyball 4-6 (G8-12)		Autism Swim Lessons 4-7:30							
1 pm				Basketball 5-7 (G8-12)		Crafts & Laughs 4:30-5:30 (5-12y)					Cycle Fit 5:30-6:30 (S2)											
1:30 pm	Open Gym 6-8																					
2 pm				Open Gym 6:30-7	Adult Karate	WOW 6:30-7:30 (FF)		Family Swim 7-8	Aqua Fitness 7-8													
2:30 pm	Yoga 7-8	6:30-7:30 (S1)	Cycle Fit 7-8																			
3 pm				Basketball (30+) 8-9:45				Rec Swim 8-9	Tri Club 8-9		Basketball 8-9:45 (G8-G12)											
3:30 pm	Pool Closes at 9 pm																					
4 pm				Rec Swim 7:30-8:30																		
4:30 pm	Pool Closes at 8:30 pm																					
5 pm				The schedule is subject to change. Everyone 16+ requires to sign in with photo I.D. at Membership Services.																		
5:30 pm	Family swim - Adults must attend. Rec swim - Youth must be over 8 years old to attend this swim without an adult. Youth 12- 15 years old must have a guardian sign a waiver and a youth strength and conditioning course before using the Fitness Floor. Youth 12+ are welcome to attend all fitness classes unless specified. During lessons there is only 1 lane available.																					
6 pm				Hours of Operation - Monday - Friday 5 am to 10 pm Saturday and Sunday 7 am to 7 pm																		
6:30 pm	Published Sept. 4, 2018																					
7 pm																						
7:30 pm																						
8 pm																						
8:30 pm																						
9 pm																						
9:30 pm																						

Low-impact
 Mid-impact
 High-impact
 Rental
 Registered program
 Youth programs or non-instructed youth activities
 Free youth programs non-instructed youth activities
 Non-instructed

Centre closes at 7 pm
The schedule is subject to change. Everyone 16+ requires to sign in with photo I.D. at Membership Services.
Program areas: Gymnasium, Studio 1, Studio 2 (Cycle Fit Room), Youth RM (Youth Room), Small Pool/ Therapeutic Pool, Large Pool/25m Pool, FF (Fitness Floor), *L (Lobby). Child minding 8:30 am to 1:15 pm (Monday to Saturday) and 4:00 pm to 8 pm (Monday to Thursday)

 Family swim - Adults must attend. Rec swim - Youth must be over 8 years old to attend this swim without an adult. Youth 12- 15 years old must have a guardian sign a waiver and a youth strength and conditioning course before using the Fitness Floor. Youth 12+ are welcome to attend all fitness classes unless specified. During lessons there is only 1 lane available.

Hours of Operation - Monday - Friday 5 am to 10 pm | Saturday and Sunday 7 am to 7 pm

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