



March Break Health, Fitness and Aquatics Schedule 2019

YMCA of Picou County (March 18th - March 24th)

2756 Westville Rd. Westville | www.pcmca.ca | 902-752-0202

| | Monday | | | | | Tuesday | | | | | Wednesday | | | | |
|----------|------------------------------|---|---|--------------------------------|-------------------------------------|--|---|--|--------------------------------|-----------------------------------|--|--------------------------------------|----------------------------------|---|-----------------------------------|
| | Gym | Multipurpose | Youth Rm | Small Pool | Large Pool | Gym | Multipurpose | Youth Rm | Small Pool | Large Pool | Gym | Multipurpose | Youth Rm | Small Pool | Large Pool |
| 6 am | Open Gym 5-7:30 | Studio rooms are available for individual workouts | | Open Exercise (18+) 6-9 | Lane Swim 6-9 | Youth Basketball 6:30-8 | Studio rooms are available for individual workouts | | Open Exercise (18+) 6-9 | Lane Swim 6-10 | Open Gym 5-7:30 | 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 | Day Camp 8-9 | | Day Camp | | | Day Camp 8-9 | | Day Camp 8-9 | | Day Camp 8-9 | | Day Camp 8-11 | | | |
| 8:30 am | | | | | | | | | | | | | | | |
| 9 am | Group Power 9-10 (16+) | | | Parent & Tot 9-10 | Aqua Fit 9-10 | Pound 9-9:45 | Cycle Fit 9-10 (S2) | | Parent & Tot 9-10 | | Barre 9-9:45 | | Day Camp 8-11 | Parent & Tot 9-10 | Aqua Fit 9-10 |
| 9:30 am | | | | | | | | | | | | | | | |
| 10 am | Fit for Life 10-10:45 | Yoga 10-11 (S1) | | Day Camp 10-11 | Lane Swim 10-11 | Zumba 10-10:45 | Studio rooms are available for individual workouts | | Day Camp 10-11 | Lane Swim 10-11 | Toddler Sport 10-10:45 (3-5y) | Pilates 10-11:45 (S1) | Day Camp 8-11 | Day Camp 10-11 | Lane Swim 10-1 |
| 10:30 am | | | | | | | | | | | | | | | |
| 11 am | Day Camp 11-2 | Open Gym 11-1 | Chair Yoga 11:15-12 (S1) | Aqua Arthritis + 11-12 | Senior/Adult Swim (18+) 11-12 | Tai Chi 11-12 | | | Day Camp 11-5:30 | Aqua Arthritis 11-12 | Senior/Adult Swim (18+) 11-12 | Step-n-Strength 11-11:45 | Chair Yoga 11:15-12(S1) | Reading & Lego 11:11:45 (3-5y) | Aqua Arthritis + 11-12 |
| 11:30 am | | | | | | | | | | | | | | | |
| 12 pm | | | Cycle Fit 12:10-12:50 (S2) | Open Exercise (18+) 12-2 | Lane Swim 12-1 | Day Camp 12-1:30 | | | Day Camp 12-1:30 | Cycle Fit 12:10-12:50 (S2) | | Day Camp | Cycle Fit 12:10-12:50 (S2) | Day Camp 12-5:30 | Open Exercise (18+) 12-2 |
| 12:30 pm | | | | | | | | | | | | | | | |
| 1 pm | | | Studio rooms are available for individual workouts | | Aqua Fit 1-2 | | | | | | Aqua Fit 1-2 | Lane Swim 1-2 | Walk & Roll 1-2 | Studio rooms are available for individual workouts | Aqua Fit 1-2 |
| 1:30 pm | | | | | | | | | | | | | | | |
| 2 pm | Closed Child Care 2-3 | | | Senior/Adult Swim (18+) 2-3 | | Closed Child Care 2-3 | | | Senior/Adult Swim (18+) 2-3 | | Closed Child Care 2-3 | | Senior/Adult Swim (18+) 2-3 | | Senior/Adult Swim (18+) 2-3 |
| 2:30 pm | | | | | | | | | | | | | | | |
| 3 pm | Day Camp until 5:30 | Basket- ball 3-4:30 (G4-G8) | | Public Swim 3-4 | Senior/Adult Swim (18+) 3-4 | Day Camp until 4:45 | Basket- ball 3-4:30 (G4-G8) | | Public Swim 3-4 | Senior/Adult Swim (18+) 3-4 | Day Camp | Basket- ball 3-4:30 (G4-G8) | | Public Swim 3-4 | Senior/Adult Swim (18+) 3-4 |
| 3:30 pm | | | | | | | | | | | | | | | |
| 4 pm | | | | Public Swim 4-5 | | | | | Public Swim 4-5 | | | Day Camp 5:30 | | Public Swim 4-5 | |
| 4:30 pm | | | | | | | | | | | | | | | |
| 5 pm | | | | Public Swim 5-6 | | Karate 5-6:20 (5+y) | | | Public Swim 5-6 | | Floor Hockey 5:30-6:30 (16+) | Cycle Fit 5:30-6:30 (S2) | | Public Swim 5-6 | |
| 5:30 pm | | | | | | | | | | | | | | | |
| 6 pm | Power Yoga 6-7 | | Tabata 5:30-6:15 (S1) | | Public Swim 6-7 | Line Dancing 6:30-7:30 (18+) Intro | Adult Karate 6:30-7:30 (S1) | Youth Leadership 6:30-8 (G9-G12) | Public Swim 6-7 | | | Cycle Fit 6:45-7:15 (G9-G12) | | Public Swim 6-7 | |
| 6:30 pm | | | | | | | | | | | | | | | |
| 7 pm | Pound 7-7:45 | | | Public Swim 7-8 | | Line Dancing 7:30-8 (18+) Intermediate | Cycle Fit 7-8 (S2) | Please check the monthly schedule. Contact heather.beaton@ pcmca.ca | Public Swim 7-8 | Aqua Fit 7-8 | Group Power 7-8 (16+) | | Public Swim 7-8 | Deep Water Running 7-8 | Youth Lane Swim 7-8 |
| 7:30 pm | | | | | | | | | | | | | | | |
| 8 pm | Floor Hockey 8-9:45 (16+) | | | Public Swim 8-9 | Lane Swim 8-9 | Basketball 8-9:45 (G9-G12) | Studio rooms are available for individual workouts | | Public Swim 8-9 | Tri Club 8-9 | Picou County Athletics 8:05-9:45 | | Public Swim 8-9 | | |
| 8:30 pm | | | | | | | | | | | | | | | |
| 9 pm | | | | Pool Closes at 9 pm | | | | | | | | Pool Closes at 9 pm | | | |
| 9:30 pm | | | | | | | | | | | | | | | |

| | Thursday | | | | | Friday | | | | Saturday | | | | Sunday | | | | | |
|----------|--|--|----------------------------------|-----------------------------------|-------------------------------|----------------------------|----------------------------|--|-------------------------------|---------------------------|--|--|-------------------------|------------------------|--|------------------------------|--------------------------|--------------------|--------------------|
| | Gym | Multipurpose | Youth Rm | Small Pool | Large Pool | Gym | Multipurpose | Small Pool | Large Pool | Gym | Multipurpose | Small Pool | Large Pool | Gym | Multipurpose | Small Pool | Large Pool | | |
| 6 am | Open Gym = | Studio rooms are available for individual workouts | | Open Exercise (18+) 6-9 | Lane Swim 6-10 | Open Gym 5-7:30 | | Open Exercise 6-9 | Lane Swim 6-9 | Open Gym 7-8:30 | Studio rooms are available for individual workouts | Aquatic Centre Opens at 7 am | | Open Gym 7-9:45 | Studio rooms are available for individual workouts | Aquatic Centre Opens at 7 am | | | |
| 6:30 am | | | | | | | | | | | | ////////// | Open Exercise (18+) 7-9 | | | Lane Swim 7-9 | Open Exercise (18+) 7-10 | Tri Club 7-9 | |
| 7 am | | | | | | | | | | | | | | | | | | | |
| 7:30 am | Day Camp 8-9 | Day Camp 8-10 | Parent & Tot 9-10 | Dumbbell HIIT 9-9:45 | Gentle Yoga 9-10 (S1) | Private Childcare 9-10 | Aqua Fit 9-10 | Group Power 8:45-9:45 (16+) | Public Swim 9-10 | Public Swim 9-10 | Public Swim 9-10 | Public Swim 9-10 | Public Swim 9-10 | Public Swim 9-10 | Public Swim 9-10 | Public Swim 9-10 | Public Swim 9-10 | | |
| 8 am | | | | | | | | | | | | | | | | | | | |
| 8:30 am | Salsation 9-10 | Cycle+ Core 9-10 (S1&2) | Tumble Fun 10:15-11 (18m-3y)(S1) | Day Camp 10-11 | Lane Swim 10-11 | Fit for Life 10-10:45 | Day Camp | Day Camp 10-11 | Lane Swim 10-11 | Yoga 10-11 | Public Swim 10-11 | Public Swim 10-11 | Bootcamp 10-10:45 | Public Swim 10-11 | Public Swim 10-11 | Public Swim 10-11 | Public Swim 10-11 | Public Swim 10-11 | |
| 9 am | | | | | | | | | | | | | | | | | | | |
| 9:30 am | Low Impact Aerobics 10-11 | Studio rooms are available for individual workouts | Day Camp 11-4 | Aqua Arthritis + 11-12 | Senior/Adult Swim (18+) 11-12 | Day Camp | | Parent & Tot 11-12 | Senior/Adult Swim (18+) 11-12 | Open Gym 11-1:30 | Public Swim 11-12 | Public Swim 11-12 | Book a party 11-1 | Public Swim 11-12 | Public Swim 11-12 | Public Swim 11-12 | Public Swim 11-12 | Public Swim 11-12 | |
| 10 am | | | | | | | | | | | | | | | | | | | |
| 10:30 am | Tai Chi 11-12 | Cycle Fit 12:10-12:50 (S2) | Day Camp 11-4 | Open Exercise (18+) 12-1 | Lane Swim 12-1 | Tumblebugs 12-12:45 (3-5y) | | Open Exercise (18+) 12-1 | Lane Swim 12-2 | | Book a party 12-1 | Lane Swim 12-1 | Book a party 12-1 | Lane Swim 12-1 | Open Exercise (18+) 12-1 | Lane Swim 12-1 | Open Exercise (18+) 12-1 | Lane Swim 12-1 | |
| 11 am | | | | | | | | | | | | | | | | | | | |
| 11:30 am | Group Power 12:10-1:10 (16+) | | Public Swim 1-2 | Public Swim 1-2 | Day Camp | Open Floor Hockey 1-2 | | Aqua Fit 1-2 | | | Book a party 2-4 | Special Needs 1-2 | Open Gym 1:15-2:30 | WOW 1-2 (FF) | Public Swim 1-2 | Public Swim 1-2 | Public Swim 1-2 | Public Swim 1-2 | |
| 12 pm | | | | | | | | | | | | | | | | | | | |
| 12:30 pm | Day Camp | Open Gym 1:15-2 | Open Door 1-4 (S1) | Senior/Adult Swim 2-3 | Deep Water Aqua Fit 2-3 | Closed Child Care 2-3 | | Senior/Adult Swim (18+) 2-3 | | Book a party 2-4 | Public Swim 2-3 | Public Swim 2-3 | Open Gym 1:15-2:30 | WOW 1-2 (FF) | Studio rooms are available for individual workouts | Book a party 2-3 | Lane Swim 2-3 | Book a party 2-3 | Lane Swim 2-3 |
| 1 pm | | | | | | | | | | | | | | | | | | | |
| 1:30 pm | Closed Childcare 2-3 | | | Public Swim 3-4 | Senior/Adult Swim (18+) 3-4 | Day Camp | Basketball 3-5 (G4-8) | Public Swim 3-4 | Senior/Adult Swim (18+) 3-4 | | Book a party 2-4 | Public Swim 3-4 | Public Swim 3-4 | Multisport Program 3-6 | Public Swim 3-4 | Public Swim 3-4 | Public Swim 3-4 | Public Swim 3-4 | Public Swim 3-4 |
| 2 pm | | | | | | | | | | | | | | | | | | | |
| 2:30 pm | Day Camp | Basketball 3-4:45 (G4-8) | | ////////// | Public Swim 4-5 | | Public Swim 4-5 | Public Swim 4-5 | Public Swim 4-5 | ////////// | Book a party 4-5 | Lane Swim 4-5 | Public Swim 3-4 | Public Swim 3-4 | Public Swim 3-4 | Aqua Fit 4-5 | Lane Swim 4-5:30 | Aqua Fit 4-5 | Lane Swim 4-5:30 |
| 3 pm | | | | | | | | | | | | | | | | | | | |
| 3:30 pm | Karate 5-6:30 (5+y) | | | Crafts & Laughs 4:30-5:30 (5-12y) | Public Swim 5-6 | Floor Hockey 5-7 (G4-8) | | Public Swim 5-6 | Public Swim 5-6 | Basketball 5-6:45 (G9-12) | Public Swim 5-6 | Public Swim 5-6:30 | Public Swim 5-6:30 | Public Swim 5-6:30 | Public Swim 5-6:30 | Public Swim 5-6:30 | Public Swim 5-6:30 | Public Swim 5-6:30 | Public Swim 5-6:30 |
| 4 pm | | | | | | | | | | | | | | | | | | | |
| 4:30 pm | Yoga 7-8 | Adult Karate | WOW | | Public Swim 6-7 | Floor Hockey 5-7 (G4-8) | Cycle Fit 5:30-6:30 (S2) | Public Swim 6-7 | Public Swim 6-7 | | Basketball 7-8:45 (G9-G12) | Studio rooms are available for individual workouts | Public Swim 6-7 | Public Swim 6-7 | Public Swim 6-7 | Public Swim 6-7 | Public Swim 6-7 | Public Swim 6-7 | Public Swim 6-7 |
| 5 pm | | | | | | | | | | | | | | | | | | | |
| 5:30 pm | ////////// | 6:30-7:30 (S1) | 6:30-7:30 (FF) | | Public Swim 7-8 | Aqua Fit 7-8 | Basketball 7-8:45 (G9-G12) | Studio rooms are available for individual workouts | Public Swim 7-8 | | Basketball 7-8:45 (G9-G12) | Studio rooms are available for individual workouts | Public Swim 7-8 | Public Swim 7-8 | Public Swim 7-8 | Public Swim 7-8 | Public Swim 7-8 | Public Swim 7-8 | Public Swim 7-8 |
| 6 pm | | | | | | | | | | | | | | | | | | | |
| 6:30 pm | Basketball (30+) 8-9:45 | Studio rooms are available for individual workouts | | | Public Swim 8-9 | Tri Club 8-9 | | Public Swim 8-9 | Public Swim 8-9 | | | Public Swim 8-9 | Public Swim 8-9 | Public Swim 8-9 | Public Swim 8-9 | Public Swim 8-9 | Public Swim 8-9 | Public Swim 8-9 | Public Swim 8-9 |
| 7 pm | | | | | | | | | | | | | | | | | | | |
| 7:30 pm | Centre closes at 7 pm | | | | | | | | | | Centre closes at 7 pm | | | | | | | | |
| 8 pm | <p>The schedule is subject to change. Everyone 16+ requires to sign in with photo I.D. at Membership Services.</p> <p>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 Friday), 8:30 am to 12:30 pm (Saturday) and 4:00 pm to 8 pm (Monday to Thursday)</p> <p>Public Swims - Children 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.</p> <p>Hours of Operation - Monday - Thursday 5 am to 10 pm Friday 5 am to 9 pm Saturday and Sunday 7 am to 7 pm</p> | | | | | | | | | | | | | | | | | | |
| 8:30 pm | <p>Public Swims - Children 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.</p> | | | | | | | | | | | | | | | | | | |
| 9 pm | <p>Hours of Operation - Monday - Thursday 5 am to 10 pm Friday 5 am to 9 pm Saturday and Sunday 7 am to 7 pm</p> | | | | | | | | | | | | | | | | | | |
| 9:30 pm | <p>Hours of Operation - Monday - Thursday 5 am to 10 pm Friday 5 am to 9 pm Saturday and Sunday 7 am to 7 pm</p> | | | | | | | | | | | | | | | | | | |

