



Spring Health, Fitness and Aquatics Schedule 2019
 YMCA of Picou County (January 7th until March 17th)

2756 Westville Rd. Westville | www.pymca.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 5-8:45	Studio rooms are available for individual workouts	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 5-8:45	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	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		Chair Exercise 9:30-10 (S1)	Parent & Tot 9-10	Aqua Fit 9-10	
9 am															
9:30 am	Fit for Life 10-10:45	Yoga 10-11 (S1)	School Program 10-11	Zumba 10-10:45 	Studio rooms are available for individual workouts	Kindertime 10-10:45 (3-5y)	School Program 10-11	Toddler Sport 10-10:45 (3-5y)	Pilates 10-11:45 (S1)	School Program 10-11					
10 am															
10:30 am	Review Home 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	Chair Yoga 11:15-12(S1)	Reading & Lego 11:11:45 (3-5y)	Aqua Arthritis + 11-12	Lane Swim 11-1		
11 am															
11:30 am	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	Deep Water Running 12-1	Open Gym 12-12:40	Cycle Fit 12:10-12:50 (S2)	Open Exercise (18+) 12-2	Aqua Fit 1-2	Lane Swim 1-2	Walk & Roll 1-2	Studio rooms are available for individual workouts
12 pm															
12:30 pm	Open Basketball 1-2	Studio rooms are available for individual workouts	Senior/Adult Swim (18+) 2-3	Closed Child Care 2-3	Open Basketball 1-2	Studio rooms are available for individual workouts	Senior/Adult Swim (18+) 2-3	Closed Child Care 2-3	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Basketball 3-4:30 (G4-G8)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4		
1 pm															
1:30 pm	Basketball 3-4 (G4-G8)		Lessons 4-7	Karate 5-6:20 (5+y)		Lessons 4-7	Open Gym 4:30-5:20	Floor Hockey 5:30-6:30 (16+)	Cycle Fit 5:30-6:30 (S2)	Cycle Fit 6:45-7:15 (G9-G12)	Public Swim 7-8	Deep Water Running 7-8	Youth Lane Swim 7-8		
2 pm															
2:30 pm	Open Gym 4-6	Cycle Fit Tabata 5:30-6:15 (S2)	Running Group 6:30-7 (LL) (G9-G12)	Adult & Tri Club Lessons (No lanes available) 7-8	Line Dancing 6:30-7:30 (18+) Intro	Adult Karate 6:30-7:30 (S1)	Youth Leadership 6:30-8 (G9-G12)	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+)	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 7-8	Deep Water Running 7-8	Youth Lane Swim 7-8	
3 pm															
3:30 pm	Power Yoga 6-7			Adult & Tri Club Lessons (No lanes available) 7-8	Line Dancing 7:30-8 (18+) Intermediate	Cycle Fit 7-8 (S2)	Please check the monthly schedule. Contact heather.beaton@ pymca.ca	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+)	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 7-8	Deep Water Running 7-8	Youth Lane Swim 7-8	
4 pm															
4:30 pm	Pound 7-7:45 			Adult & Tri Club Lessons (No lanes available) 7-8	Line Dancing 7:30-8 (18+) Intermediate	Cycle Fit 7-8 (S2)	Please check the monthly schedule. Contact heather.beaton@ pymca.ca	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+)	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 7-8	Deep Water Running 7-8	Youth Lane Swim 7-8	
5 pm															
5:30 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	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 8-9	Deep Water Running 7-8	Youth Lane Swim 7-8		
6 pm															
6:30 pm	Pool Closes at 9 pm			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	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 8-9	Deep Water Running 7-8	Youth Lane Swim 7-8		
7 pm															
7:30 pm	Pool Closes at 9 pm			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	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 8-9	Deep Water Running 7-8	Youth Lane Swim 7-8		
8 pm															
8:30 pm	Pool Closes at 9 pm			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	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 8-9	Deep Water Running 7-8	Youth Lane Swim 7-8		
9 pm															
9:30 pm	Pool Closes at 9 pm			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	Pictou County Athletics 8:05-9:45 Ends April 10th Open Gym	Public Swim 8-9	Deep Water Running 7-8	Youth Lane Swim 7-8		
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 5-8:45	Studio rooms are available for individual workouts		Open Exercise (18+) 6-9	Lane Swim 6-10	Open Gym 5-9	Studio rooms are available for individual workouts	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																	
8 am																	
8:30 am	Group Power 8:45-9:45 (16+)		Lane Swim 9-10														
9 am	Salsation 9-10	Cycle+ Core 9-10 (S1&2)		Parent & Tot 9-10	Dumbbell HIIT 9-9:45	Gentle Yoga 9-10 (S1)	Private Childcare 9-10	Aqua Fit 9-10	Yoga 10-11	Swim Lessons 9-12	Bootcamp 10-10:45	Public Swim 10-11					
9:30 am	Low Impact Aerobics 10-11	Studio rooms are available for individual workouts		Tumble Fun 10:15-11 (18m-3y)(S1)	School Program 10-11		Fit for Life 10-10:45	Studio rooms are available for individual workouts					School Program 10-11				
10 am					Tai Chi 11-12								Aqua Arthritis + 11-12	Senior/Adult Swim (18+) 11-12	Open Gym 11-12	Parent & Tot 11-12	Senior/Adult Swim (18+) 11-12
10:30 am			Group Power 12:10-1:10 (16+)										Cycle Fit 12:10-12:50 (S2)	Open Exercise (18+) 12-1	Lane Swim 12-1	Tumblebugs 12-12:45 (3-5y)	Open Exercise (18+) 12-1
11 am	Open Basketball 1:10-2	Studio rooms are available for individual workouts		Open Door 1-4	Adult Swim Lessons 1-2		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)
11:30 am			Closed Childcare 2-3		Senior/Adult Swim 2-3	Deep Water Aqua Fit 2-3	Closed Child Care 2-3	Senior/Adult Swim (18+) 2-3	Public Swim 2-3								
12 pm	Basketball 3-4:45 (G4-G8)				Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Basketball 3-5 (G4-8)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Book a party 4-5	Lane Swim 4-5	Multisport Program 3-6	Public Swim 3-4				
12:30 pm			Karate 5-6:30 (5+y)		30 min Cycle + 30 min Strength 5:30-6:30	Lessons 4-7		Floor Hockey 5-7 (G4-8)	Autism Swim Lessons 4-7:30					Basketball 5-6:45 (G9-12)	Public Swim 5-6:30	Public Swim 5-6:30	Aqua Fit 4-5
1 pm	Yoga 7-8	Adult Karate 6:30-7:30 (S1)		WOW 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 7:30-8:30	Pool closes at 6:30 pm	Open Gym 6-6:45				
1:30 pm			Basketball (30+) 8-9:45		Studio rooms are available for individual workouts		Public Swim 8-9	Tri Club 8-9	Pool Closes at 9 pm					Centre closes at 9 pm	Pool Closes at 8:30 pm		
2 pm	Basketball 3-4:45 (G4-G8)						Public Swim 3-4	Senior/Adult Swim (18+) 3-4		Basketball 3-5 (G4-8)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Book a party 4-5			Lane Swim 4-5	Multisport Program 3-6
2:30 pm			Karate 5-6:30 (5+y)		30 min Cycle + 30 min Strength 5:30-6:30	Lessons 4-7			Floor Hockey 5-7 (G4-8)					Autism Swim Lessons 4-7:30			
3 pm	Yoga 7-8	Adult Karate 6:30-7:30 (S1)		WOW 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 7:30-8:30	Pool closes at 6:30 pm	Open Gym 6-6:45	Public Swim 5-6:30	PC Otters 5:30-6:30		
3:30 pm			Basketball (30+) 8-9:45		Studio rooms are available for individual workouts		Public Swim 8-9	Tri Club 8-9	Pool Closes at 9 pm							Centre closes at 9 pm	Pool Closes at 8:30 pm
4 pm	Basketball 3-4:45 (G4-G8)						Public Swim 3-4	Senior/Adult Swim (18+) 3-4		Basketball 3-5 (G4-8)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Book a party 4-5	Lane Swim 4-5	Multisport Program 3-6		
4:30 pm			Karate 5-6:30 (5+y)		30 min Cycle + 30 min Strength 5:30-6:30	Lessons 4-7			Floor Hockey 5-7 (G4-8)							Autism Swim Lessons 4-7:30	
5 pm	Yoga 7-8	Adult Karate 6:30-7:30 (S1)		WOW 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 7:30-8:30	Pool closes at 6:30 pm	Open Gym 6-6:45	Public Swim 5-6:30	PC Otters 5:30-6:30		
5:30 pm			Basketball (30+) 8-9:45		Studio rooms are available for individual workouts		Public Swim 8-9	Tri Club 8-9	Pool Closes at 9 pm							Centre closes at 9 pm	Pool Closes at 8:30 pm
6 pm	Basketball 3-4:45 (G4-G8)						Public Swim 3-4	Senior/Adult Swim (18+) 3-4		Basketball 3-5 (G4-8)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Book a party 4-5	Lane Swim 4-5	Multisport Program 3-6		
6:30 pm			Karate 5-6:30 (5+y)		30 min Cycle + 30 min Strength 5:30-6:30	Lessons 4-7			Floor Hockey 5-7 (G4-8)							Autism Swim Lessons 4-7:30	
7 pm	Yoga 7-8	Adult Karate 6:30-7:30 (S1)		WOW 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 7:30-8:30	Pool closes at 6:30 pm	Open Gym 6-6:45	Public Swim 5-6:30	PC Otters 5:30-6:30		
7:30 pm			Basketball (30+) 8-9:45		Studio rooms are available for individual workouts		Public Swim 8-9	Tri Club 8-9	Pool Closes at 9 pm							Centre closes at 9 pm	Pool Closes at 8:30 pm
8 pm	Basketball 3-4:45 (G4-G8)						Public Swim 3-4	Senior/Adult Swim (18+) 3-4		Basketball 3-5 (G4-8)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Book a party 4-5	Lane Swim 4-5	Multisport Program 3-6		
8:30 pm			Karate 5-6:30 (5+y)		30 min Cycle + 30 min Strength 5:30-6:30	Lessons 4-7			Floor Hockey 5-7 (G4-8)							Autism Swim Lessons 4-7:30	
9 pm	Yoga 7-8	Adult Karate 6:30-7:30 (S1)		WOW 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 7:30-8:30	Pool closes at 6:30 pm	Open Gym 6-6:45	Public Swim 5-6:30	PC Otters 5:30-6:30		
9:30 pm			Basketball (30+) 8-9:45		Studio rooms are available for individual workouts		Public Swim 8-9	Tri Club 8-9	Pool Closes at 9 pm							Centre closes at 9 pm	Pool Closes at 8:30 pm

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 Friday), 8:30 am to 12:30 pm (Saturday) and 4:00 pm to 8 pm (Monday to Thursday)

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.

Hours of Operation - Monday - Thursday 5 am to 10 pm | Friday 5 am to 9 pm | Saturday and Sunday 7 am to 7 pm