






Spring Health, Fitness and Aquatics Schedule 2019
YMCA of Picou County

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	Strength & Toning 6-6:45 (FF)	Studio rooms are available for individual workouts	Open Exercise (18+) 6-9	Lane Swim 6-9	Studio rooms are available for individual workouts		Open Exercise (18+) 6-9	Lane Swim 6-10	Open Gym 5-8:45	Studio rooms are available for individual workouts		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	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 Arthritis + 11-12	Lane Swim 11-1	
11 am															
11:30 am	Open Gym 12-1	Cycle Fit 12:10-12:50 (S2)	Open Basketball 1-2	Studio rooms are available for individual workouts	Open Basketball 1-2	Studio rooms are available for individual workouts	Aqua Fit 1-2	Lane Swim 1-2	Walk & Roll 1-2	Studio rooms are available for individual workouts	Aqua Fit 1-2				
12 pm															
12:30 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	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Basketball 3-4:30 (youth)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4			
1 pm															
1:30 pm	Basketball 3-4 (youth)		Lessons 4-7	Karate 5-6:20 (5+y)	Cycle Fit 5:30-6:30 (S2)	Lessons 4-7	Open Gym 4:30-5:20	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+) 	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 5:30-6:15 (S2)	Running Group 6:30-7 (LL) (G9-G12)	Line Dancing 6:30-7:30 (18+) Intro	Adult Karate 6:30-7:30 (S1)	Youth Leadership 6:30-8 (G9-G12)	Please check the monthly schedule. Contact heather.beaton@pymca.ca	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+) 	Cycle Fit 6:45-7:15 (G9-G12)	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)	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+) 	Cycle Fit 6:45-7:15 (G9-G12)	Public Swim 7-8	Deep Water Running 7-8	Youth Lane Swim 7-8			
3:30 pm															
4 pm	Open Gym 4-6	Cycle Fit 5:30-6:15 (S2)	Running Group 6:30-7 (LL) (G9-G12)	Line Dancing 6:30-7:30 (18+) Intro	Adult Karate 6:30-7:30 (S1)	Youth Leadership 6:30-8 (G9-G12)	Please check the monthly schedule. Contact heather.beaton@pymca.ca	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+) 	Cycle Fit 6:45-7:15 (G9-G12)	Public Swim 7-8	Deep Water Running 7-8	Youth Lane Swim 7-8	
4:30 pm															
5 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)	Public Swim 7-8	Aqua Fit 7-8	Group Power 7-8 (16+) 	Cycle Fit 6:45-7:15 (G9-G12)	Public Swim 7-8	Deep Water Running 7-8	Youth Lane Swim 7-8			
5:30 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	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		
6:30 pm															
7 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		
7:30 pm															
7:30 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		
8 pm															
8:30 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		
8:30 pm															
9 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		
9 pm															
9:30 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		
9:30 pm															
	Pool Closes at 9 pm					Pool Closes at 9 pm					Pool Closes at 9 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		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												Salsation 9-10 	Cycle+ Core 9-10 (S1&2)			Parent & Tot 9-10	Dumbell HIIT 9-9:45	Gentle Yoga 9-10 (S1)	Private Childcare 9-10	Aqua Fit 9-10	Group Power 8:45-9:45 (16+) 	Join us for the MEGAthon on May 4th. Sign up now at Membership Services.	Open Exercise (18+) 7-9	Lane Swim 7-9	Swim Lessons 9-12	Open Exercise (18+) 7-10	Tri Club 7-8	Lane Swim 8-10																		
7 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	Yoga 10-11	Open Gym 11-1:30	Book a party 11-1	Public Swim 10-11							
7:30 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	Public Swim 11-12
8 am																																														
8:30 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	Senior/Adult Swim (18+) 2-3	Book a party 2-4	Special Needs 1-2	Open Gym 1:15-2:30	WOW 1-2 (FF)	Public Swim 1-2																																		
9 am													Closed Childcare 2-3	Studio rooms are available for individual workouts	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	Public Swim 2-3	Public Swim 2-3	Studio rooms are available for individual workouts	Book a party 2-3	Lane Swim 2-3																						
9:30 am	Basketball 3-4:45 (youth)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Basketball 3-5 (youth)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Multisport Program 3-6	Public Swim 3-4																																				
10 am											Karate 5-6(5+y)	Lessons 4-7	Floor Hockey 5-7 (youth)	Autism Swim Lessons 4-7:30	Basketball 5-6:45 (G9-12)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Book a party 4-5	Lane Swim 4-5	Public Swim 3-4	Aqua Fit 4-5	Lane Swim 4-5:30																								
10:30 am	30 min Cycle 5:30-6	Crafts & Laughs 4:30-5:30 (5-12y)	Cycle Fit 5:30-6:30 (S2)	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Public Swim 3-4	Senior/Adult Swim (18+) 3-4	Public Swim 4-5	Lane Swim 4-5	Public Swim 3-4													Public Swim 5-6:30	PC Otters 5:30-6:30																						
11 am											Boot Camp 6-7	Karate 6 - 6:30-(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	Pool closes at 6:30 pm																								
11:30 am	Yoga 7-8	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													Pool closes at 6:30 pm																							
12 pm											Basketball (30+) 8-9:45	Studio rooms are available for individual workouts	Public Swim 8-9	Tri Club 8-9	Public Swim 7-8	Aqua Fit 7-8	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	Pool closes at 6:30 pm																								
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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