



YMCA of Pictou County

January 8, 2018 - March 11, 2018

Hours of operation: Monday to Thursday - 5 am to 10 pm | Friday - 5 am to 9 pm
Saturday & Sunday - 7 am to 7 pm

2756 Westville Rd. | 902-752-0202

	Monday					Tuesday					Wednesday				
	Gym	Studios	Youth RM	S - Pool	L - Pool	Gym	Studios	Youth RM	S - Pool	L - Pool	Gym	Studios	Youth RM	S - Pool	L - Pool
5am															
6am		Upper Body Blast 6-6:45 FF		Open Exercise 6-9	Lane Swim 6-9				Open Exercise 6-9	Lane Swim 6-10	Lower Body Blast 6-6:45			Open Exercise 6-9	Lane Swim 6-9
7am		Cycle Fit 6-6:45 S2													
8am															
9am	Boot Camp 9-9:45			Parent & Tot 9-10	Aqua Fitness 9-10		Cycle Fit 9-10 S2		Aqua Arthritis 9-10		Cardio Fit 9-9:45	Gentle Yoga 9-9:45 S1		Parent & Tot 9-10	Aqua Fitness 9-10
10am	Zumba Gold 10-10:45	Power Yoga 10-11 S1	Toddler Fun 10:15-11 (18m-3y) S1	School Program 10-11		Low Impact Aerobics 10-10:45	Group Training (Fee) FF 10 -11	Kindertime 10-10:45 (3-5y)	School Program 10-11		Toddler Sport 10-10:45 (3 to 5y)	Pilates 10-10:45 S1 Group Training (Fee) FF 10:30 -11:30		School Program 10-11	
11am	Rental 11:15- 11:45	Chair Yoga 11:15-12 S1		Aqua Arthritis + 11-12	Senior/Adult Swim 11-12	Tai Chi 11-12			Senior/Adult Swim 11-12	Deep Water Running 11-12	Fit for Life 11-11:45 (55+ y)	Chair Yoga 11:15-12 S1	Reading & Lego 11-11:45 (3 to 5y)	Aqua Arthri- tis+ 11-12	Lane Swim 11-1
12pm		Cycle Fit 12:10-12:50 S2		Open Exercise 12-2	Lane Swim 12-1	Total Body Conditioning 12:10-12:50	Cycle Fit 12:10-12:50 S2		Open Exercise 12-1	Lane Swim 12-2		Cycle Fit 12:10-12:50 S2		Open Exercise 12-2	Lane Swim 12-1
1pm					Aqua Fitness 1-2				Aqua Zumba 1-2		Walk and Roll 1-2				Aqua Fit 1-2
2pm	Childcare 2-3			Senior/Adult Swim 2-3		Childcare 2-3			Senior/Adult Swim 2-3		Childcare 2-3			Senior/Adult Swim 2-3	
3pm				Rec Swim 3-4	Senior/Adult Swim 3-4			Smart Snacking 3:30-4:30 (G8-G12)	Rec Swim 3-4	Senior/Adult Swim 3- 4	Youth Activity Time 3:30-4:15 (9-13y)		Tutoring 4-7	Rec Swim 3-4	Senior/Adult Swim 3- 4
4pm				Lessons 4-7					Lessons 4-7		Dryland Fitness 4:15-5 (9-13y)			Lessons 4-7	
5pm	Strength & Conditioning 5:30 -6	Cycle Fit 5:30-6:30 S2				Karate 5-6:30 (5+y)	Cycle Fit 5:30-6:30 S2	Youth Staff Advisory 4:30-5:30			Strength & Conditioning 5:30 -6 (16+)	Cycle Fit 5:30-6:30 S2			
6pm	Ball Hockey 6-6:45							Youth Leadership 6:30-7:30 (G8-G12)			Ball Hockey 6-7 (16+)	Zumba 6-6:45 S1			
7pm	Boot Camp 7-7:45			Rec Swim 7-8	Tri Club Lessons 7-8	Power Yoga 6:30-7:30	Adult Karate 6:30-7:30 S1		Lessons 7-8	Aqua Fit 7-8	20-20-20 7-8			Family Swim 7-8	Deep Water Running 7-8
8pm				Family Swim 8-9	Lane Swim 8-9	Basketball 8-9:45 (G8-G12)		Board Games 8:30-9:45 (G8-G12)		Adult Swim Lessons 7-8 No lanes	Pictou County Athletics 8-10			Rec Swim 8-9	
9pm									Rec Swim 8-9	Tri Club 8-9					



YMCA of Pictou County

January 8, 2018 - March 11, 2018

Hours of operation: Monday to Thursday - 5 am to 10 pm | Friday - 5 am to 9 pm
Saturday & Sunday - 7 am to 7 pm

2756 Westville Rd. | 902-752-0202

	Thursday				Friday				Saturday				Sunday					
	Gym	Studios	Youth RM	S - Pool	L - Pool	Gym	Studios	Youth RM	S - Pool	L - Pool	Gym	Studios	S - Pool	L - Pool	Gym	Studios	S - Pool	L - Pool
5am																		
6am				Open Exercise 6-9	Lane Swim 6-10				Open Exercise 6-9	Lane Swim 6-9			Open Exercise 7-9	Lane Swim 7-9			Open Exercise 7-10	Tri Club 7-8
7am											Bootcamp 9-9:45							
8am											Yoga 10-11		Lessons 9-12			Cycle Fit 8:15-9 s2		Lane Swim 8-10
9am		Cycle+Barre 9-10 S1&S2		Parent & Tot 9-10		HIIT 9-9:45	Gentle Yoga 9-9:45		Child Care 9-10	Aqua Fitness 9-10							Rec Swim 10-11	
10am	Low Impact Aerobics 10-10:45			School Program 10-11		Tumblebugs 10-10:45 (3 to 5y)	Salsation 10-10:45	Tea and Games 10-11	School Program 10-11						Book a party 10-12		Family Swim 11-12	
11am	Tai Chi 11-12			Aqua Arthritis 11-12	Senior/Adult Swim 11-12	Fit for Life 11-11:45 (55+ y)			Parent and Tot 11-12	Senior/Adult Swim 11-12			Rec Swim 12-1	Junior Guard 12-1			Rec Swim 12-1	
12pm	Total Body Conditioning 12:10-12:50	Cycle Fit 12:10-12:50 s2		Open Exercise 12-1	Lane Swim 12-1				Open Exercise 12-1	Lane Swim 12-2	Book a party 2-4		Special Needs 1-2	Lane Swim 4 lanes			Family Swim 1-2	
1pm			One Door Program 1-4	Adult Swim Lessons 1-2					Aqua Fitness 1-2				Book a party 2-3	Bronze 2 lanes 1-3	Pictou County Athletics 1-2:30	W.O.W 1-2 FF	Book a party 2-3	Water Games 2-3
2pm	Childcare Centre 2-3			Open Exercise 2-3	Deep Water AquaFit 2-3	Childcare Centre 2-3			Senior/Adult Swim 2-3				Family Swim 3-4				Rec Swim 3-4	
									Rec Swim 3-4	Senior/Adult Swim 3-4					Open Gym 2:30-4:30			
3pm				Rec Swim 3-4	Senior/Adult Swim 3-4	Open Gym 3-4 (G8-G12)	Youth Strength & Conditioning 3:30-4:30 FF (G8-G12)		Autism Swim Lessons 4-7:30		Basketball 5-7 (G8-G12)		Book a party 4-5		MultiSport Program 4:30 - 6		Aqua Fitness 4-5	Lane Swim 4-5
4pm			Crafts & Laughs 4:30-5:30 (5 to 8 y) 5:45-6:45 (9 to 12y)	Lessons 4-7		Volleyball 4-6 (G8-G12)							Family Swim 5-6:30		Open Gym 6-6:45			Autism SwimTeam 5-5:30
5pm	Karate 5-6:30 (5+y)	Cycle + Strength HIIT 5:30-6:30				Basketball 6:30-8:45 (G8-G12)	Cycle Fit 5:30-6:30 s2										Family Swim 5-6:30	PC Otters 5:30-6:30
6pm		Adult Karate 6:30-7:30					Yoga 7:30-8:15 (G8-G12)		Rec Swim 7:30-8:30		<p>The schedule is subject to change, please "Like" our Facebook page to follow the daily schedule. All persons 16+ must sign in with a valid 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 Saturday) and 4:00 pm to 8 pm (Monday to Thursday)</p> <p>Family swim - Adults must attend. Rec swim - Youth must be over 8 years old to attend this swim without an adult. Youth 12- 14 years old must have a guardian sign a waiver before using the Fitness Floor. Youth 13+ are welcome to attend all fitness classes unless specified. During lessons there is only 1 lane available.</p>							
7pm	Yoga 6:30-7:30	WOW FF 6:30-7:30		Family Swim 7-8	Aqua Fitness 7-8													
8pm	Basketball 30+ 8-9:45			Rec Swim 8-9	Tri Club 8-9													
9pm																		

■ Low-impact
 ■ Mid-impact
 ■ High-impact
 ■ Rental
 ■ Registered program
 ■ Youth program
 ■ Free youth programs
 ■ Non-instructed
 \$ Extra fee