



Temporary Schedule : November 2^d until November 10th

Temporary Schedule
 YMCA of Picou County | Nov. 2nd to Nov. 10th
 2756 Westville Rd. Westville | www.pcmca.ca | 902-752-0202

	Monday					Tuesday					Wednesday								
	Wellness Centre	Multipurpose	Youth Rm	Small Pool	Large Pool	Wellness Centre	Multipurpose	Youth Rm	Small Pool	Large Pool	Wellness Centre	Multipurpose	Youth Rm	Small Pool	Large Pool				
6 am				Open Exercise 6-9 (18+)	Lane Swim 6-9				Open Exercise 6-9 (18+)	Lane Swim 6-9				Open Exercise 6-9 (18+)	Lane Swim 6-9				
6:30 am	<div style="background-color: red; color: white; padding: 5px;"> We are excited to welcome the Grand Slam event to the Centre. Please note that some classes will be taking place in the Wellness Centre rooms. (Tim Hortons, Advocate and Bergengren rooms.) </div>																		
7 am																			
7:30 am																			
8 am																			
8:30 am																			
9 am	Group Strength 9-10 (14+)			Parent & Tot 9-10	Aqua Fit 9-9:45	Pound 9-9:45	Cycle Fit 9-10 (S2)		Parent & Tot 9-10	Aqua Tethering 9-9:45 *New	Group Strength 9-10 (14+)	Chair Exercise 9-9:45 (S1)	Parent & Tot 9-10	Aqua Fit 9-9:45					
9:30 am																			
10 am	Fit for Life 10-10:45	Yoga 10-11 (S1)	Reading & Crafts 10-10:45 (3-5y) *New	Open for rental. (If no rental member swim.) 10-11			Salsation 10-10:45	Kindertime 10-10:45 (3-5y)	Open for rental. (If no rental member swim.) 10-11		Fit for Life 10-10:45	Pilates 10-11 (S1)	Reading & Lego 10-10:45 (3-5y)	Open for rental. (If no rental member swim.) 10-11					
10:30 am																			
11 am		Chair Yoga 11:15-12 (S1)		Aqua Arthritis + 11-11:45	Senior/Adult Swim (18+) 11-12	Tai Chi 11-12			Aqua Arthritis 11-11:45	Senior/Adult Swim 11-12 (18+)	Tumblebugs 11-11:45 (3-5y)	Chair Yoga 11:15-12 (S1)		Aqua Arthritis + 11-11:45	Lane Swim 11-1				
11:30 am																			
12 pm		Cycle Fit 12:10-12:50 (S2)		Open Exercise (18+) 12-2	Lane Swim 12-1		Cycle Fit 12:10-12:50 (S2)		Open Exercise 12-1 (18+)	Deep Water Running 12-1		Cycle Fit 12:10-12:50 (S2)		Open Exercise 12-2 (18+)					
12:30 pm																			
1 pm		Studio rooms are available for individual workouts			Aqua Fit 1-1:45		Studio rooms are available for individual workouts	One Door Cardiac Rehab Rental 1-4	Aqua Fit 1-1:45	Lane Swim 1-2					Aqua Fit 1-1:45				
1:30 pm																			
2 pm					Senior/Adult Swim (18+) 2-3					Senior/Adult Swim 2-3 (18+)					Senior/Adult Swim 2-3 (18+)				
2:30 pm																			
3 pm					Aquatic Centre Closed 3-3:45					Aquatic Centre Closed 3-3:45					Aquatic Centre Closed 3-3:45				
3:30 pm																			
4 pm				Lessons 4-7					Lessons 4-7					Lessons 4-7					
4:30 pm																			
5 pm						Karate 5-6:20 (5+y)	Cycle Fit 5:30-6:30 (S2)					Cycle Fit 5:30-6:30 (S2)							
5:30 pm																			
6 pm	Pound 6-6:45	Cycle Fit 6-7 (S2)																	
6:30 pm						Barre 6:30-7	Adult Karate 6:30-7:30 (S1)	Youth Leadership (Registered. Additional Fee) *New	Member Family Swim 7-8	Aqua Fit 7-7:45	Group Strength 7-8 (16+)		Public Swim 7-8	Deep Water Running 7-8					
7 pm	Max Strength 7-8	Yoga 7-8 (S1)		Drop-in Adult & Tri Club Lessons (No lanes available) 7-8 *New			Cycle Fit 7-7:45 (S2)												
7:30 pm																			
8 pm				Public Swim 8-9	Lane Swim 8-9				Public Swim 8-9	Tri Club (no lanes available) 8-9			Public 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																			

What do the colours mean?

- Low-impact class
- Mid-impact class
- High-impact class
- Rental
- Registered members only program
- Registered program with additional fees
- Youth program see program guide
- Non-instructed

Hours of Operation - Monday - Thursday 5 a.m. to 10 p.m. | Friday 5 a.m. to 9 p.m. | Saturday and Sunday 7 a.m. to 7 p.m.

Lane Notice - There are 1-2 lanes in the large pool throughout the day unless indicated.

Temporary Schedule: November 2^d until November 10th

	Thursday					Friday				Saturday				Sunday							
	Wellness Centre	Multipurpose	Youth Rm	Small Pool	Large Pool	Wellness Centre	Multipurpose	Small Pool	Large Pool	Wellness Centre	Multipurpose	Small Pool	Large Pool	Wellness Centre	Multipurpose	Small Pool	Large Pool				
6 am				Open Exercise 6-9 (18+)	Lane Swim 6-9		Studio rooms are available for individual workouts	Open Exercise 6-9	Lane Swim 6-9			Aquatic Centre Opens at 7 am				Aquatic Centre Opens at 7 am					
6:30 am																					
7 am	We are excited to welcome the Grand Slam event to the Centre. Please note that some classes will be taking place in the Wellness Centre rooms. (Tim Hortons, Advocate and Bergengren rooms.)											Open Exercise (18+) 7-9	Lane Swim 7-9			Open Exercise Members only (18+) 7-10	Tri Club 7-8 (No lanes available)				
7:30 am																					Members Only Lane Swim 8-10
8 am																					
8:30 am																					
9 am	Barre 9-9:45			Parent & Tot 9-10	Aqua Boot Camp 9-9:45 *New	Boot Camp 9-9:45	Yoga 9-10 (S1)	Private Childcare 9-10	Aqua Fit 9-9:45	Group Strength 8:45-9:45 (14+)		Swim Lessons 9-12									
9:30 am																					
10 am	Zumba Tone 10-11		Tumble Fun 10:15-11 (18m-5y)	Open for rental. (If no rental member swim.) 10-11		Fit for Life 10-10:45	Parent & Tot Dance Class 10-10:45 (18m-5y) (YR) *New	Open for rental. (If no rental member swim.) 10-11		Floorball (5-12y) only Nov.2nd cancelled Nov.9th	Yoga 10-11 (S1)					Yoga 10-11 (S1)	Members Family Swim 10-11				
10:30 am																					
11 am	Tai Chi 11-12			Aqua Arthritis + 11-11:45	Senior/Adult Swim 11-12 (18+)			Parent & Tot 11-12	Senior/Adult Swim (18+) 11-12	Tumblebugs 11-11:45 (3-5y) *New							Public Swim 11-12				
11:30 am																					
12 pm		Cycle Fit 12:10-12:50 (S2)		Open Exercise 12-1 (18+)	Drop-in Adult Swim Lessons 12-1 *New	Tumblebugs 12-12:45 (3-5y)		Open Exercise (18+) 12-1	Lane Swim 12-2	Open Gym/ Basketball only Nov.2nd cancelled Nov.9th		Book a party 12-1	Lessons 12-1				Open Exercise (18+) 12-1	Lane Swim 12-1			
12:30 pm																					
1 pm			One Door Cardiac Rehab Rental 1-4	Senior/Adult Swim 1-3 (18+)	Deep Water Aqua Fit 1-2			Aqua Fit 1-1:45		Ball Multisport 1-2 (5-12y) only Nov.2nd cancelled Nov.9th		Inclusion Lessons 1-2 *New				WOW 1-2 (FF)	Public Swim 1-2				
1:30 pm																					
2 pm									Senior/Adult Swim (18+) 2-3	Open Gym/ Basketball only Nov.2nd cancelled Nov.9th			Open Inclusion Swim 2-3			Studio rooms are available for individual workouts	Book a party 2-3	Lane Swim 2-3			
2:30 pm																					
3 pm				Aquatic Centre Closed 3-3:45				Public Swim 3-4:30	Teen Night Swim 3-4:30 *New				Public Swim 3-4				Public Swim 3-4				
3:30 pm																					
4 pm						Teen Night 3-8:45 *New															
4:30 pm			Crafts & Laughs 4:30-5:30 (5-12y)	Lessons 4-7				Autism Society Rental 4:30-7:30				Book a party 4-5	Lane Swim 4-5				Aqua Fit 4-5	Lane Swim 4-5:30			
5 pm	Karate 5-6:20 (5+y)																				
5:30 pm																					
6 pm																					
6:30 pm	Boot Camp 6:30-7:15	WOW 6:30-7:30 (FF)																			
7 pm				Family Public Swim 7-8	Aqua Fit 7-7:45																
7:30 pm																					
8 pm																					
8:30 pm				Public Swim 8-9	Tri Club (no lanes available) 8-9													PC Otters Rentals 5:30-6:30			
9 pm																					
9:30 pm																					
				Pool Closes at 9 pm		Centre closes at 9 pm				Centre closes at 7 pm				Centre closes at 7 pm							

Aquatic Certification Courses (Program Guide pg. 15&16)

Aquatic Certification Courses (Program Guide pg. 15&16)

The schedule is subject to change. Everyone 16+ requires to sign in with photo I.D. at Membership Services.

Program areas: Gym (Gymnasium), Multipurpose Rooms - S1 (Studio 1), S2 (Cycle Fit Room), Youth RM or YR (Youth Room), Small Pool or S (Therapeutic Pool), Large Pool or L (25m Pool), FF (Fitness Floor). Child minding 8:30 a.m. to 12:30 p.m. (Monday to Saturday) and 4:00 p.m. to 8 p.m. (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 complete a Strength and Conditioning Course to use the Fitness Centre. Youth 12+ are welcome to attend all fitness classes unless specified. During lessons there is only 1 lane available.

What do the colours mean?

- Low-impact class
- Mid-impact class
- High-impact class
- Rental
- Registered members only program
- Youth program
- Non-instructed

Hours of Operation - Monday - Thursday 5 a.m. to 10 p.m. | Friday 5 a.m. to 9 p.m. | Saturday and Sunday 7 a.m. to 7 p.m.
 Published Oct 21, 2019

