



**Phase II Health, Fitness and Aquatics Schedule 2020**  
**YMCA of Pictou County | August 10 - Sept 13th**

**2756 Westville Rd. New Glasgow | www.pycymca.ca | 902-752-0202**

|          | Monday   |            |                       |   |  | Tuesday  |                                       |          |   |   | Wednesday                                |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
|----------|--|------------|-----------------------|---|--|--|---------------------------------------|----------|---|---|--|------------|-----------------------|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|
|          | Gym  | Studio 1/2 | Youth Rm              | Small Pool  | Large Pool   | Gym  | Studio 1/2                            | Youth Rm | Small Pool  | Large Pool                                  | Gym                                      | Studio 1/2 | Youth Rm              | Small Pool   | Large Pool   |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 am     | Open Gym<br>7-8:30<br><i>Book on App</i>             |            |                       | Open<br>Exercise<br>7 - 9:45<br><i>Book on App</i>    | Lane Swim<br>7-8:45<br><i>Book on App</i>                                      | Open Gym<br>7-8:30<br><i>Book on App</i>                 |                                       |          | Open<br>Exercise<br>7-9<br><i>Book on App</i>             | Lane Swim<br>7 - 8:45<br><i>Book on App</i> | Open Gym<br>7-8:30<br><i>Book on App</i> |            |                       | Open<br>Exercise<br>7-9:45<br><i>Book on App</i>           | Lane Swim<br>7-8:45<br><i>Book on App</i>              |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 7:30 am  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 am     |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 8:30 am  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   | Aqua Fit<br>9-9:45<br><i>Book on App</i> |  |  |  |  |  |  |  |  |  |  |  |
| 9 am     | Bootcamp<br>9 - 10am<br><i>Book on App</i>           |            | Day Camp<br>8:30-4:30 |   | Day Camp<br>10-11  |  |                                       |          | Beach Style<br>Parent & Tot<br>9-10<br><i>Book on App</i> |   |  |            | Day Camp<br>8:30-4:30 |  | Aqua Fit<br>9-9:45<br><i>Book on App</i>               |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 9:30 am  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 am    |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:15    | Fit for Life<br>10:15-11:15 am<br><i>Book on App</i> |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  | Group Power<br>9-10<br><i>Book on App</i>              |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 am    |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:30 am | Chair Yoga<br>11:30-12:30 pm<br><i>Book on App</i>   |            |                       | Aqua<br>Arthritis +<br>11-11:45<br><i>Book on App</i> | Senior/Adult<br>Swim (18+)<br>11-12<br><i>Book on App</i>                      | Tai Chi<br>11-12<br><i>Book on App</i>                   |                                       |          |   |   |  |            |                       |  | Day Camp<br>10-11                                      | Fit for Life<br>10:15-11:15<br><i>Book on App</i> |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:00pm  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:30pm  | Day camp<br>12:30-2                                  |            |                       | Beach Style<br>Open Exercise<br>12-1                  | BeachStyle Lane<br>Swim<br>12-2<br><i>Book on App</i>                          | Day Camp<br>12:30-2                                      |                                       |          | Cycle Fit<br>12:10-12:50<br><i>Book on App</i>            |   |  |            |                       | Aqua<br>Arthritis +<br>11-11:45<br><i>Book on App</i>      | Senior/Adult<br>Swim<br>11-12<br><i>Book on App</i>    | Balance<br>11:30-12:30<br><i>Book on App</i>      |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 pm     |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 1:30pm   |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 pm     | Day Care<br>2 - 3                                    |            |                       |   | Beach Style<br>Senior/Adult Swim (18+) &<br>Private Swim Lessons<br>(All Ages) | Day Care<br>2-3  |                                       |          |   |   |  |            |                       | Beach Style<br>Open Exercise<br>12-1<br><i>Book on App</i> | Beach Style<br>Lane Swim<br>12-2<br><i>Book on App</i> | Day Camp<br>12-2<br><i>Book on App</i>            |  |  |  |  |  |  |  |  |  |  |  |  |
| 2:30 pm  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 pm     | Open Gym<br>3-6<br><i>Book on App</i>                |            |                       |   | Beach Style<br>Member/Family<br>Swim<br>3-7:30<br><i>Book on App</i>           | Beach Style<br>Lane Swim<br>3-6:30<br><i>Book on App</i> | Open Gym<br>3-6<br><i>Book on App</i> |          |   |   |  |            |                       | Beach Style<br>Open Exercise<br>12-1<br><i>Book on App</i> | Beach Style<br>Lane Swim<br>12-2<br><i>Book on App</i> | Day Camp<br>12-2<br><i>Book on App</i>            |  |  |  |  |  |  |  |  |  |  |  |  |
| 3:30 pm  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 pm     |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 4:30 pm  |  |            |                       |   | Beach Style<br>Senior/Adult Swim (18+) &<br>Private Swim Lessons<br>(All Ages) | Day Care<br>2-3  |                                       |          |   |   |  |            |                       | Beach Style<br>Open Exercise<br>12-1<br><i>Book on App</i> | Beach Style<br>Lane Swim<br>12-2<br><i>Book on App</i> | Day Camp<br>12-2<br><i>Book on App</i>            |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 pm     |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 5:30 pm  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 pm     | Group Power<br>6:30-7:30pm<br><i>Book on App</i>     |            |                       |   | Beach Style<br>Tri Club Stroke<br>Improvement<br>6:30 - 7:30                   | Pickleball<br>6:30-8:00<br><i>Book on App</i>            |                                       |          |   |   |  |            |                       | Beach Style<br>Open Exercise<br>12-1<br><i>Book on App</i> | Beach Style<br>Lane Swim<br>12-2<br><i>Book on App</i> | Day Camp<br>12-2<br><i>Book on App</i>            |  |  |  |  |  |  |  |  |  |  |  |  |
| 6:30 pm  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 pm     |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       | Beach Style<br>Open Exercise<br>12-1<br><i>Book on App</i> | Beach Style<br>Lane Swim<br>12-2<br><i>Book on App</i> | Day Camp<br>12-2<br><i>Book on App</i>            |  |  |  |  |  |  |  |  |  |  |  |  |
| 7:30 pm  |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 pm     |  |            |                       |   |  |  |                                       |          |   |   |  |            |                       |  |  | Adult Swimming Lesson<br>6:30-7:30                |  |  |  |  |  |  |  |  |  |  |  |  |

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 - Saturday 7am-8pm

|          | Thursday                                       |  |                       |  |  | Friday                                   |                              |  |  |   | Saturday                                  |  |   |  | Sunday                   |        |            |            |
|----------|--|--|-----------------------|--|--|--|------------------------------|--|--|---|---|--|---|--|--------------------------|--------|------------|------------|
|          | Gym  | Studio   | Youth Rm              | Small Pool   | Large Pool   | Gym                                      | Studio                       | Youth Rm                                 | Small Pool   | Large Pool  | Gym                                       | Studio                                       | Small Pool  | Large Pool   | Gym                      | Studio | Small Pool | Large Pool |
| 7 am     | Open Gym<br>7-8:30<br><b>Book on App</b>       |  |                       | Open Exercise<br>7-9<br><b>Book on App</b>                           | Lane Swim<br>7-9<br><b>Book on App</b>                               | Open Gym<br>7-8:30<br><b>Book on App</b> |                              |  | Open Exercise<br>7-9<br><b>Book on App</b>                           | Lane Swim<br>7-9<br><b>Book on App</b>                      | Open Gym<br>7-8<br><b>Book on App</b>     |  | Member Swim<br>7-10<br><b>Book on App</b>                               | Beach Style<br>Lane Swim<br>7-10<br><b>Book on App</b>     | Closed during this Phase |        |            |            |
| 7:30 am  |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 8 am     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 8:30 am  | Pickelball<br>8:30-10:30<br><b>Book on App</b> | Cycle Fit<br>9-10<br><b>Book on App</b>        | Day Camp<br>8:30-4:30 | Parent & Tot<br>9-10<br><b>Book on App</b>                           | Pickelball<br>830 - 11<br><b>Book on App</b>                         | Day Camp<br>8:30-4:30                    | Private<br>Childcare<br>9-10 | Aqua Fit<br>9-9:45<br><b>Book on App</b> | Group Power<br>8:30-9:30<br><b>Book on App</b>                       |   |   |  |   |  |                          |        |            |            |
| 9 am     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 9:30 am  |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 10 am    |  |  |                       | Day Camp<br>10-11  |  |  |                              | Day Camp<br>10-11                        |  | Yoga<br>10 - 11<br><b>Book on App</b>                       |   | Beach Style<br>Private Swim Lessons<br>10-11 |   |  |                          |        |            |            |
| 10:30 am |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 11 am    | Tai Chi<br>11- 12<br><b>Book on App</b>        |  |                       | Aqua<br>Arthritis +<br>11-11:45<br><b>Book on App</b>                | Senior/Adult<br>Swim<br>11-12<br><b>Book on App</b>                  | Day Camp<br>11 - 2                       |                              |  | BeachStyle<br>Open<br>Exercise<br>12-2<br><b>Book on App</b>         | Beach Style<br>Lane Swim<br>12 - 2 pm<br><b>Book on App</b> | Open Gym<br>11:30-5<br><b>Book on App</b> |  | Beach Style<br>Member Swim<br>Family<br>12-1<br><b>Book on App</b>      | Beach Style<br>Lane Swim<br>12-1<br><b>Book on App</b>     |                          |        |            |            |
| 11:30 am |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 12 pm    | Day Camp<br>12-2                               | Cycle Fit<br>12:10-12:50<br><b>Book on App</b> |                       | Beach Style<br>Open<br>Exercise<br><br>12-1<br><b>Book on App</b>    | Beach Style<br>Adult Swim<br>Lessons<br>12-1<br><b>Book on App</b>   |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 12:30 am |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 1 pm     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 1:30 pm  | Closed<br>Childcare<br>2-3                     |  |                       | Senior/Adult<br>Swim<br>1 - 2<br><b>Book on App</b>                  | Beach Style<br>Lane Swim<br>1 - 2<br><b>Book on App</b>              | Closed<br>Child Care<br>2-3              |                              |  | Beach Style<br>Senior/Adult Swim (18+)<br><b>Book on App</b>         | Private Swim Lessons<br>(All Ages)<br>2-3                   |   |  | Beach Style<br>Open Inclusion Swim<br>1-3<br><br><b>Book on App</b>     |  |                          |        |            |            |
| 2 pm     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 2:30 pm  |  |  |                       | Beach Style<br>Senior/Adult Swim (18+)<br><b>Book on App</b>         |  |  |                              |  | Beach Style<br>Senior/Adult Swim (18+)<br><b>Book on App</b>         |   |   |  | Beach Style<br>Open Inclusion Swim<br>1-3<br><br><b>Book on App</b>     |  |                          |        |            |            |
| 3 pm     | Open Gym<br>3-6                                |  |                       | Beach Style<br>Member/Family<br>Swim<br>3-7:30<br><b>Book on App</b> | Beach Style<br>Member Lane<br>Swim<br>3 - 6:30<br><b>Book on App</b> | Open Gym<br>3-8<br><b>Book on App</b>    |                              |  | Beach Style<br>Member/Family<br>Swim<br>3-7:30<br><b>Book on App</b> |   |   |  | Beach Style<br>Member/<br>Family Swim<br>3 - 4:30<br><b>Book on App</b> | Beach Style<br>Lane Swim<br>3 - 4:30<br><b>Book on App</b> |                          |        |            |            |
| 3:30 pm  |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 4 pm     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 4:30 pm  |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 5 pm     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 5:30 pm  |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 6 pm     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 6:30 pm  | Yoga<br>6:30-7:30<br><b>Book on App</b>        |  |                       |  | <b>Tri Club Swim</b><br>6:30-7:30<br>Beach Style                     |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 7 pm     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 7:30 pm  |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |
| 8 pm     |  |  |                       |  |  |  |                              |  |  |   |   |  |   |  |                          |        |            |            |

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

Hours of Operation - Monday - Friday 7 am to 8 pm | Saturday 7 am - 5 pm

Child Minding - Monday - Saturday 8:30 - 11:30am | Evenings - By Request - email Heather.beaton@pcymca.ca

