



Fall Health, Fitness and Aquatics Schedule 2020
YMCA of Pictou County | Sept 14 - Dec 20, 2020
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 530-8:30 <i>Book on App</i>			Open Exercise 6-8:50 (18+) <i>Book on App</i>	Lane Swim 6-8:50 <i>Book on App</i>	Morning Circuit 6-6:50 am <i>Book on App</i>			Open Exercise 6-8:50am(18+) <i>Book on App</i>	Lane Swim 6-8:50 <i>Book on App</i>	Open Gym 5-8:45 <i>Book on App</i>			Open Exercise 6-8:50am(18+) <i>Book on App</i>	Lane Swim 6-8:50 <i>Book on App</i>
6:30 am						Open Gym 7:00-8:45 am <i>Book on App</i>									
7 am															
7:30 am															
8 am															
8:30 am	Strong 30/ Strength 9-9:50 <i>Book on App</i>	Open Exercise 9-9:45 <i>Book on App</i>	Aqua Fit 9-9:45 <i>Book on App</i>	Vinyasa Yoga 9-10 <i>Book on App</i>	Cycle Fit 9-10 <i>Book on App</i>	Aquafit Deep/Shallow 9-9:45 <i>Book on App</i>	Group Power 9-9:50am <i>Book on App</i>	Open Exercise 9-9:45 <i>Book on App</i>	Aqua Fit 9-9:45 <i>Book on App</i>						
9 am															
9:30 am	Fit for Life 10-10:50 <i>Book on App</i>	Parent & Tot 10-10:50 <i>Book in App</i>	Lane Swim 10-10:50 <i>Book in App</i>	Chair Yoga 10-10:45 <i>Book on App</i>		Parent & tot 10-10:50 <i>Book on App</i>	Lane Swim 10-10:50 <i>Book on App</i>	Fit for Life 10-10:50 <i>Book on App</i>	Parent & Tot 10-10:50 <i>Book on App</i>	Lane Swim 10-10:50 <i>Book on App</i>					
10 am															
10:30 am	PickleBall 11-1pm <i>Book on App</i>	Aqua Arthritis + 11:00-11:45 <i>Book on App</i>	Senior/Adult Swim (18+) 11-12 <i>Book on App</i>	Tai Chi 11-12 <i>Book on App</i>		Aqua Arthritis 11:00-11:45 <i>Book on App</i>	Senior/Adult Swim 11:00-12 (18+) <i>Book on App</i>	Pickleball 11-1 <i>Book on App</i>	Aqua Arthritis + 11:00-11:45 <i>Book on App</i>	Senior/Adult Swim 11-12 (18+) <i>Book on App</i>					
11 am															
11:30 am															
12 pm	Open Gym 1-2 <i>Book on App</i>	Open Exercise (18+) 12-2 <i>Book on App</i>	Lane Swim 12-2 <i>Book on App</i>	Open Gym 12-2 <i>Book on App</i>	Cycle Fit 12:10-12:50 <i>Book on App</i>	Open Exercise 12-1 <i>Book on App</i>	Lane Swim 12-2 <i>Book on App</i>	Open Gym 1-2 <i>Book on App</i>	Open Exercise 12-2 (18+) <i>Book on App</i>	Lane Swim 12-2 <i>Book on App</i>					
12:30 pm															
1 pm	Closed Child Care 2-3	Senior/Adult Swim (18+) 2-3 <i>Book on App</i>		Closed Child Care 2-3		Senior/Adult Swim 2-3 (18+) <i>Book on App</i>		Closed Child Care 2-3	Senior/Adult Swim 2-3 (18+) <i>Book on App</i>						
1:30 pm															
2 pm	Open Gym 3-5:45 <i>Book on App</i>	Family/Mem- ber Swim 3-4 <i>Book on App</i>	Lane Swim 3-4 <i>Book on App</i>	Open Gym 3-4:45 <i>Book on App</i>		Family/Member Swim 3-4 <i>Book on App</i>	Lane Swim 3-4 <i>Book on App</i>	Open Basketball Youth 3-5:30 <i>Book on App</i>	Family/Member Swim 3-730 <i>Book on App</i>	Lane Swim 3-6 <i>Book on App</i>					
3 pm		Lessons 4-7				Lessons 4-7									
3:30 pm		Beginner Cycle Fit 5:30-6:15 <i>Book on App</i>	Karate 5-6:20 (5+y)			Cycle Fit 5:30-6:30 <i>Book on App</i>	Strong 30 / Strength (14+) 6-7pm <i>Book on App</i>								
4 pm															
4:30 pm															
5 pm	Group Power 6-7pm <i>Book on App</i>	Lessons 6:30-7	Aqua Fit 6:30-7:15 <i>Book on App</i>	Pickleball 6:30-7:50 <i>Book on App</i>		Lessons 6:30-7	Deep Water Aqua Fit 630-7:15 <i>Book on App</i>	Cycle Fit 5:30-6:30 <i>Book on App</i>							
5:30 pm															
6 pm	Open Gym 7-7:50 pm <i>Book on App</i>	Youth Tri Club 7-7:50 pm	Adult Swim Lesson 7-730 <i>Book on App</i>			Adult Swim Lesson 7-7:30 <i>Book on App</i>		Open Gym 7-7:50pm <i>Book on App</i>		Tri Club 6-7 no lanes avail- able					
6:30 pm															
7 pm															
7:30 pm															
8 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
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Hours of Opera

Monday - Friday 5:30am - 8pm | Pool 6am - 7:30pm
 Saturday and Sunday 7am - 5 pm

- Sanitation Break

