



Winter and Spring Program Guide

YMCA of Pictou County

Winter Session: January 7—March 10, 2024

Interim Session: March 11—March 16, 2024

Spring Session: March 17—June 30, 2024





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Mark your Calendar!

2023

Holiday	Date	Notice
Fall Registration	Opens Tuesday August 8th 2023	
Fall 2023 Session	Sept 11, 2023—Dec 17, 2023	
Truth & Reconciliation Day	Sept 30, 2023	7AM—5PM (All Programs cancelled)
Thanksgiving Day	Oct 9, 2023	7AM—5PM (All Programs cancelled)
Halloween	Oct 31, 2023	5AM - 5PM (Regular programs—no swimming lessons)
Pinty's Curling Event	Nov 6-13	Gymnasium closed (My Y App will be updated during event)
Remembrance Day	Nov 11, 2023	CLOSED
Winter Registration	Opens Tuesday December 5th 2023	
Winter Break	Dec 18, 2023—Jan 7, 2024 (No Swimming Lessons)	
Christmas Eve	Dec 24, 2023	7AM—2PM (All programs cancelled)
Christmas Day	Dec 25, 2023	CLOSED
Boxing Day	Dec 26, 2023	CLOSED
New Years Eve	Dec 31, 2023	7AM-2PM (All Programs Cancelled)
New Years Day	Jan 1, 2024	CLOSED

2024

Holiday	Date	Notice
Winter Session	January 8, 2024—June 23, 2024	
Heritage Day	Feb 19, 2024	7AM—5 PM (all programs cancelled)
March Break	March 11-17	March Break Schedule (No Swimming Lessons)
Good Friday	March 29, 2024	CLOSED
Victoria Day	May 20, 2024	7 AM—5 PM (all programs cancelled)
Canada Day	July 1, 2024	CLOSED
Summer Session	July 2, 2024—September 8, 2024	
Natal Day	Aug 5, 2024	CLOSED
Labour Day	Sept 2, 2024	CLOSED
Fall 2024 Session	Sept 9, 2024—December 22, 2024	
Remembrance Day	Nov 11, 2024	CLOSED
Christmas Eve	Dec 24, 2024	7 AM—2PM (all programs cancelled)
Christmas Day	Dec 25, 2024	CLOSED
Boxing Day	Dec 26, 2024	CLOSED
New Years Eve	Dec 31, 2024	7 AM—2 PM (all programs cancelled)



Program Registration

Register online

<https://ca.apm.activecommunities.com/pcymca>



In-person Visit Member Services at the 2756 Westville Rd.
Location

All Y memberships & program registrations are non-refundable

All Membership Holds & Cancellations must be completed 7 business days prior to the end of the month in person or by email only (not by phone)

pic-front.desk@pcymca.ca

The YMCA of Pictou County



Aquatic Centre

Few things are more inviting than a bright blue, sparkling pool. At the YMCA, we have two pools ready for year-round swim lessons, water aerobics, and family fun. Surrounded by natural light with floor to ceiling windows, you can enjoy a splash in the centres' 25 meter lane pool or the leisure pool. The leisure pool is equipped with a lazy river that can be used for rehabilitation, to mix up your walking routine, or for fun. On the deck, you will find a steam room and a hot tub. The YMCA is welcoming to all ages and abilities.

Fitness Centre

Our YMCA Fitness Centre offers many resources and supports to improve your overall health and fitness. Our friendly and approachable staff and volunteers are here to support you on your journey to better health. The YMCA has a state-of-the art Fitness Centre. In a space surrounded with natural light, enjoy cardio equipment, circuit equipment, plate-loaded equipment and free weights. There is also a cycle fit studio and a studio available for individual workouts.

Child Care Centres

The YMCA of Pictou County boasts two childcare centres in New Glasgow. One at 2756 Westville Road, the other at 53 High Street. As Canada's largest childcare provider, the YMCA knows childhood is a special time when the seeds of future success are planted. Our programs are based on a curriculum that encourages the physical, mental, and social development of your child.



[YMCAofPictouCounty](#)



[ymcaofpictoucounty](#)



[pcymca](#)

Welcome to your Community

Membership Information

As a member, you're part of a community and a charitable organization with a shared commitment to build healthy communities.

Your experience includes:

- Friendly and welcoming environment
- Swimming lessons (Membership +)
- Group fitness classes (Membership +)
- Open swims and open gym times
- Free child minding services
- Free membership hold options
- Access to Canadian YMCAs when travelling
- Access to a 25m pool, leisure pool, hot tub and steam room
- Access to a fitness centre
- Access to a cycle fit studio
- Discounts on personal training and courses
- Discounts on day camps
- Accessible hours
- Actively supporting your community

YMCA Child Minding Service

See page 9 for details. This service offers parents the opportunity to enjoy programs and activities while their

Continuous Membership Rates

Type	General	Plus
Youth (0-14)	\$34	\$44
Student (15+)	\$44 + tax	\$54 + tax
Adult (18-59)	\$64 + tax	\$74 + tax
Adult Couple (18-59)	\$106 + tax	\$116 + tax
Family (2 adults & dependents under 18 or still in school)	\$120 + tax	\$130 + tax
Senior (60+)	\$53 + tax	\$63 + tax
Senior Couple (60+)	\$86 + tax	\$96 + tax

Joiner Fee \$50.00

YMCA adult, senior, family members pay a one-time, once per household joining fee. Members who have left the YMCA of Pictou County for longer than one year will be considered new members and are subject to this fee. Three month commitment is required .

Holds and Cancellations

All Membership Holds & Cancellations must be completed 7 business days prior to the end of the month in person or by email only (not by phone) : pict-front.desk@pcymca.ca

Welcome Orientation

Are you a new health and fitness member? Our welcome orientation will help you get acquainted and comfortable with our facility, programs, and equipment so you can start enjoying the benefits of your new YMCA membership right away. **Ages 12+**

My Y App

All YMCA members have access to the My Y app—a hub designed to allow members to reserve class & swim times.

For more app information please visit Page 8.

All Y memberships & program registrations are non-refundable

Financial Assistance

The Y is for everyone. If you need financial support for YMCA membership, childcare, programs, or day camp, we can help. Through the generosity of our donors, we provide financial help when you need it. Call 902-752-0202 or email pict-front.desk@pcymca.ca to make an appointment. See Page 37 for more information.

- Notice of Assessment
- Void cheque, VISA or MasterCard to set up your account for billing

Complete this online link:

<https://www.surveymonkey.com/r/YFund>



Member Etiquette Statement

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate to others. YMCA members, staff and volunteers pledge to treat one another with respect and dignity. The YMCA reserves the right to suspend or cancel a membership at its sole discretion for inappropriate behavior.

The following behaviors will not be tolerated within the facility:

- Physical assault, threats, or intimidation
- Criminal or disruptive behavior
- Sexual, ethno-cultural, racial abuse, slurs or harassment
- Abuse to facility or equipment
- Fraud, which includes the misuse of membership cards and/or facilities
- The use, possession or sale of alcohol or drugs

Attire and Safety

We are here to help you achieve your goals and enjoy a respectful, safe and fun visit. For your safety and the safety of others, proper attire must be worn while in program areas at all times.


- Footwear: Clean, dry, non-marking indoor fully closed sneaker-type footwear is permitted.
- Gym attire must be worn in exercise spaces/ Examples of acceptable gym attire include: Shirts, tank tops, sports bras, shorts, leggings
- Swimwear must be worn in aquatic spaces. One or two piece bathing suits must be worn and must be family friendly in nature. Only indoor footwear is permitted while on the pool deck.
- Please use a locker to lock up your belongings. The YMCA is not responsible for lost or stolen items.

Photo, Video, and Recording Policy

- When taking photos, videos or recordings of any kind, please ensure you are not capturing any non-consenting individuals
- Photos, videos, or recordings of any kind are prohibited in locker room and washroom areas.
- Members are encouraged to immediately report to YMCA staff any individuals using a cell phone, camera, or another recording device



Program registration Dates

Program Dates	
Program Registration	Tuesday December 5, 2023
	Register online https://ca.apm.activecommunities.com/pcymca <i>All Y memberships & program registrations are non-refundable</i>
In-person	Visit Member Services at the Health, Fitness, & Aquatics location. 2756 Westville Rd.
There are no swimming lessons during the Winter Break	No Swimming Lessons Dec 18—Jan 7 Lessons resume January 8th, 2024
Any questions or inquiries can be sent to: pic-front.desk@pcymca.ca	

YMCA of Pictou County Child Safeguarding Policy

Supervision of Children & Youth at the YMCA

Proper supervision of children and youth while in the YMCA is essential to ensure safety and security.

All youth ages 11 and under must be in a supervised program area with a parent or guardian (who is at least 16 years old) at all times, with the exception of open gym (ages 8+).

The YMCA reserves the right to determine if more parental supervision is required. Parents and guardians must remain in the building at all times when children are in YMCA programs, with the exception of YMCA Camps, Kids Night Out, Pizza, Pool & Movie events, and other programming indicated parents not required (PNR), where a parent/guardian sign in/out is required.

Fitness Centre Use

- Children 11 and under are not permitted in the Fitness Centre upstairs.
- A fitness orientation is required for participants ages 12-15 and strongly recommended for participants 16+.
- For their safety, those ages 12-15 are not permitted to use plate loaded exercise machines. Pin loaded, free weights, and cardio equipment use is permitted.

Gymnasium Use

- **Open gym/ Open Basketball:** Children must be ages 8+ to attend. Children 7 and under must be accompanied by a parent/guardian.



Aquatic Centre & Pool Use

- **Lane swimming:** Children 11 and under must have completed star 3 or equivalent and must be under the direct supervision of a parent/guardian at least 16 years old, or must qualify for the YMCA Junior Swim Club.
- **Family Swims/Open Swim:** Children 0-7 Must be within arms reach of a parent/guardian at all times in the water. Children 8-11 must have a parent/guardian at least 16 years old on the pool deck.
- **Swimming Lessons:** Children 11 and under must have a parent/guardian who is at least 16 years old on the pool deck, or must qualify for the YMCA Junior Swim Club.

Ages 16+ visiting the YMCA

- Any non-members 16 years or older accessing our facility require government issued photo ID upon entering each visit.



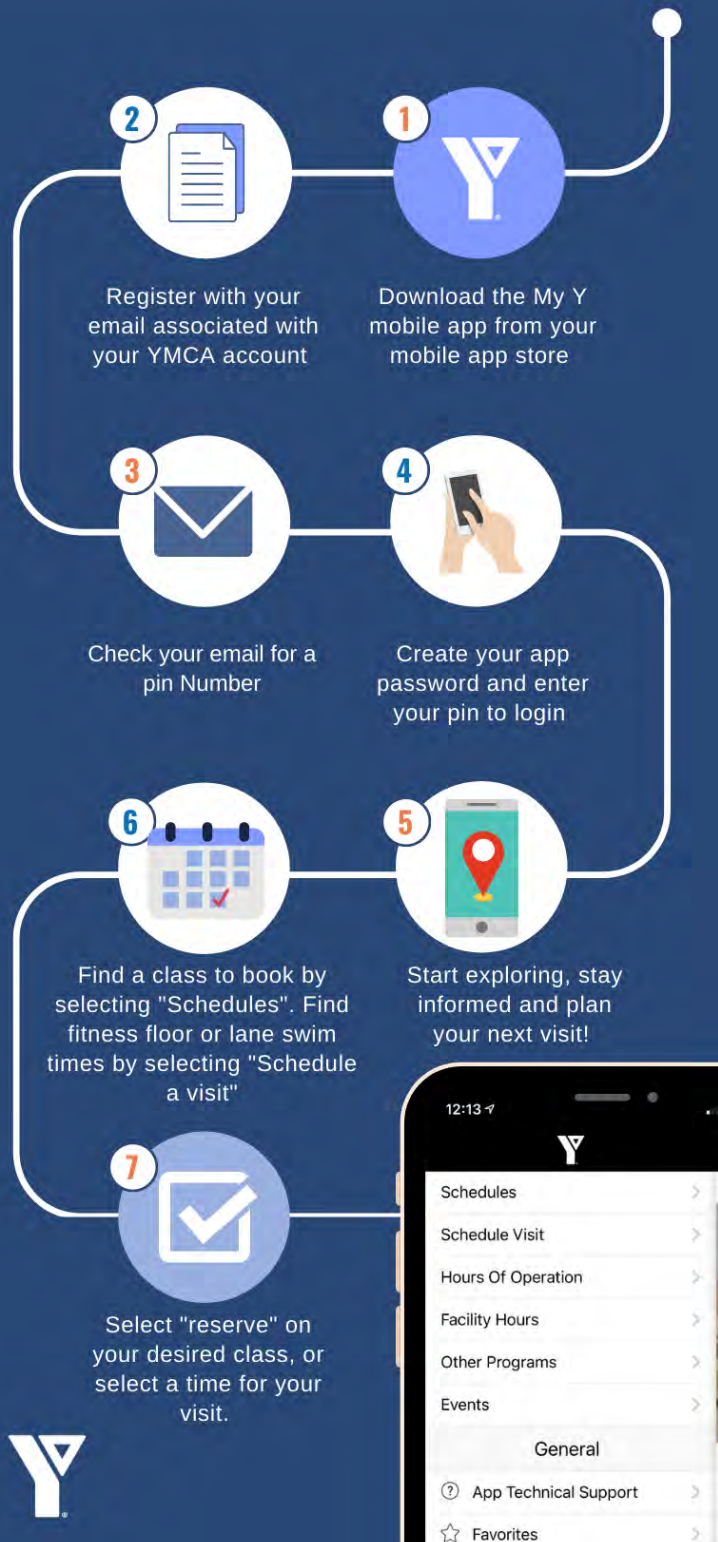
My App Information

Joining Your Virtual Class



YMCA of Pictou County

My Y app Instructions



Children's Programming

Lego Play (Ages 3+) (Membership +)

Create your LEGO masterpiece in a fun-filled group setting. LEGO provides a creative opportunity for everyone to use their imagination. It promotes problem solving, improves fine motor skills and helps to develop planning and patience through play.

Book on the My Y app under Classes:

Tuesdays	3:30 —4:00 PM
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Tumbletots (Ages 3-5) (Membership +)

At Tumbletots, children participate in basic movements and modified gymnastics.

Book on the My Y app under classes:

Thursdays	11 —11:45 AM
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Parent & Tot Open Gym (Ages 3-5)

Children participate in basic movements using age appropriate gym equipment in a family friendly environment. Self led.

Book on the My Y app under schedule a visit:

Tuesday & Thursday	1-2 PM
Saturday	10-11 AM



Childminding

(Ages 3 weeks-12 years)

Childminding offers parents the opportunity to enjoy YMCA programming and activities while their children are in a safe, interactive and fun environment. This service is free and only available while parents remain at the YMCA. Activities in childminding will depend on the number and age of children present. Maximum time: 1.5 hours

Book on the My Y app in Schedule a visit.

Hours of Operation:

Monday—Friday 8:30 AM—11 AM

Saturday 8:30 AM—12:00 PM

Monday—Thursday 4:00 PM—7:30 PM

All Y memberships & programs registrations are non-refundable



Remember to book all drop-in programming and childminding visits in the My Y app!



Children's Special Events

Kids Night Out ! (Ages 5-12)

From 5– 8PM, your children will have a blast with gym games, crafts, movies, board games and more!

Pre-Registration Required Event Dates

Jan 19	Register online or at the YMCA Front
Feb 2, 16	desk
Mar 1, 29	
Apr 12, 26	
May 10, 24	
5 —8 PM	Members \$17 per event Non-Members \$33 per event

Pizza, Pool and a Movie (Ages 5-12)

Ages 5-12! Enjoy Pool, Pizza and a movie on Friday nights with a YMCA camp counsellor! Type of pizza and movie will vary each session

Pre-Registration Required

Jan 12, 26	Register online or at the YMCA Front desk
Feb 9, 23	
Mar 8, 22	
Apr 5, 19	
May 3, 17, 31	
June 14	
5-8 PM	Members \$22 per person, per event Non-Members \$48 per person, per event

Basketball Skills Clinics

Ages 7-12 Work on a broad range of basketball skills including ball handling, shooting, and more! 1 hour-long session led by YMCA camp counsellors with extensive basketball experience.

Dates & Times Registration

Fridays 4 PM—5 PM	Register online or at the YMCA front-desk
Members: \$11.00 / person	
Non-Members: \$24.00 / person	

Little Scientists

Ages 7-12! Complete a weekly science experiment in a group setting! STEM (science, technology, engineering, math) groups help children with their social skills and science skills. Children work together on scientific investigations and experiments.

Register at the YMCA front desk or online.

Pre-Registration Required

Thurs Jan 11– Feb 29 (8wks) 4:30pm-5:30pm	Register online or at the YMCA front desk, Cost to cover sup- plies.
Members \$44 per person for session	
Non-Members \$96 per person for session	

*All Y memberships & program
registrations are
non-refundable*



Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>



Children's Registered Programming

Karate (Ages 5+)

At Karate, participants will learn important life skills like discipline, self-defense and respect for self and others. This program starts at age 5 and includes one structured karate lesson each week. Class activities help build strength, power and speed, plus its fun!

Registration is through the front desk only.

Registration Required:

Tue or Thu (Beginner) 5-5:40 PM

Tue or Thu (intermediate/Advanced) 5:45—6:25PM

NHL Street Hockey League **NEW**

NHL Street is designed to provide kids and their families the best of what youth sports can be: having fun, staying active, making friends, and creating great memories. Kids don't need to know how to ice skate or wear heavy equipment.

Check back in March 2023 for Spring Street Hockey League!

TBD



All Y memberships & program registrations are non-refundable



Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>



Youth Programming

Y Mind Teen (Ages 13-18)

Y Mind is a free, 7-week group program based on Acceptance and Commitment Therapy (ACT) and mindfulness, supporting teens.

Teens can sign up for Y Mind through self-referral by contacting our YMCA Mental Wellness Team at: emma.dwyer@pcymca.ca

- No diagnosis required to participate
- Program participants connect with others who are having similar experiences
- Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.

Please contact Emma for more information Emma.Dwyer@pcymca.ca

Youth Leaders in Training (Ages 12—15)

Youth Leaders in training are a youth group that meets once a week to make friends, build connections, play games, and tackle building skills like: resume writing, building self-confidence & self-esteem and working as a team. Youth Leaders in Training will learn about volunteerism, create fundraising opportunities and will work towards helping others.

Starting Wednesday Oct 4th

Wednesdays 4:30 —5:30 PM Membership+ Required
Register at the front-desk

Y Thrive GROW program (Ages 10-14)

This is a FREE 45 minute strength program for members aged 10-14 led by a YMCA certified personal trainer! Learn more about working out safely, having fun while working out and make friends along the way.

YMCA Teen Night (Ages 12-18)

YMCA Teen Night provides an opportunity for youth ages 12-18 to participate in various activities at the Y. Activities may include recreational sports, swimming, fitness centre and leadership activities. Appropriate workout attire and footwear required.

Days & Times

Fridays 3 —7:45PM General Membership
OR Day pass (\$10)

Ages 12-18



Register here:

<https://ca.apm.activecommunities.com/pcymca>

Health, Fitness & Recreation



Find a Supportive Community at the Y.

Our YMCA Health, Fitness & Recreation team members are always here to help. Whether it be through instructor led classes, drop-in recreational programming or personal training, we want to help you reach your goals. The YMCA boasts a state-of-the art Fitness Centre which has cardio equipment, circuit equipment, plate-loaded equipment and free weights. A quiet space is available in our studio for those wanting a more quiet workout experience.

Welcome Orientation to the YMCA

Are you a new health and fitness member? Our welcome orientation will help you get acquainted and comfortable with our facilities, programs, and equipment so you can start enjoying the benefits of your new YMCA membership right away. Ages 12+. For a Fitness Floor orientation please contact Marla Sim at marla.sim@pcymca.ca

Find our Schedule here:

<http://pcymca.ca/schedules/>



All Y Memberships & Program Registrations are non—refundable



Cardio & Strength

Member Plus Ages 12+



Balance

This fun friendly class will work on balance strength and coordination using light weights and resistance bands.

Barres, Balls & Bands

This low impact and high intensity technique is inspired by ballet, yoga and pilates.

Cardio Kickboxing

A group fitness class that combines martial arts techniques with strength movements & fast-paced cardio. Build stamina, improve coordination, flexibility and burn calories while building lean muscle in this fun and challenging workout.

Circuit

High volume, low resistance, go from station to station in this full body workout. Build strength and cardiovascular endurance, push your own pace and see how many reps you can do before the time is up!

Core Blast

Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and tone your abs with this 30 minute core focused class!

Dance Fitness

Cardio/dance style, low to moderate intensity workout offering a mix of HIIT and easy to learn choreography designed to get fit while having fun. All fitness levels welcome. Coordination not required.

Fit for Life Strength

Class participants will focus on strength & conditioning using a variety of equipment. This is a low-impact focused yet multi-level class where alternatives are provided.

Group Power®

MOSSA Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

Kettlebell Class

A full body workout using kettlebells. Strength, cardio, core & balance conditioning in a small class environment.

Muscle Express

This express class will focus on a different muscle group each day to build strength and tone. The class will end with a 5 minute core component.

PiYO

This low impact workout blends Pilates and Yoga to strengthen & sculpt the body and enhance flexibility.

Pound **NEW**

Pound is a full body workout combining the fun of drumming and different types of exercises. It includes ripstix to create light resistance and combine strength training, cardio with pilates and yoga movements.



<http://pcymca.ca/schedules/>

Cycle Fit Classes

Member Plus Ages 12+

Cycle Fit

A high-intensity class which utilizes various drills on the bike to challenge your cardio fitness. Instructors will lead you through hills, drills, intervals, and sprints. The tension on the bike is controlled by each participant, all fitness levels are accommodated. Member +program or day pass.

Cycle Fit Express

This 30 minute express HIIT Cycle Fit gets your legs pumping with a high-powered indoor bike class set to energetic music. Working those major muscles in your legs also strengthens your most important muscle - your heart. You control the intensity of the workout by adjusting your own bike. A great workout for ages 12+ and all fitness levels. Member +program or day pass.



Mind & Body

Member Plus Ages 12+

Chair Yoga

This class focuses on stretching while sitting on a chair or standing using a chair for support. The poses are adaptations of those performed on the mat. Member + program or day pass.

Deep Stretch & Relaxation

All levels will enjoy this class for mind & body. The first half of the class, enjoy gentle stretches seated or standing. For the second half, practice mindfulness tapping into your inner-strength and letting go of the daily stress and chaos. Zero in on inner-peace, health & wellbeing in this 45 minute class.

Flow Yoga

This yoga class incorporates breath and energetic movement through a series of asanas (yoga postures), by which the student experiences a sense of fluid physical motion. Working in a circular fashion, moving from the floor to standing postures and then back down again. Suitable for beginners and practitioners.

Slow Flow Yoga

Taking time to slow down and move through a series of Asanas (yoga postures). Incorporate breath and movement, choosing to challenge yourself as you need. Beginning on the mat and slowly making your way up to standing postures and back down again. Suitable for beginners and practitioners.

Tai Chi

This class concludes the practice of the Simplified 24-form Yang Style and explores additional Tai Chi routines, including the 48-form and the Standard (full) 108-form. Participants will discover they can move with greater power, breathe more efficiently, discover new joint and muscle strength and improve memory as they practice the longer forms. Introductory or prior exposure to Tai Chi is not required to enjoy this class..

Sports & Recreation

General Membership

Open Basketball

Non-instructed gymnasium time slot for basketball. Ages 12+.

Open Gym

Non-instructed gymnasium time slot.
Ages 8+ or accompanied by a guardian

Adult Open Basketball

Non-instructed gymnasium time slot. Ages 18+

Open Badminton

Non-instructed gymnasium timeslot for badminton. Ages 8+ or accompanied by a guardian.

Membership Plus or Day Pass

Pickleball 2.0-2.75 (Recreation)

These players do a good job of serving the ball, returning the ball deep, advancing to the kitchen line, dinking a little, and then finishing the point.

Pickleball 3.0+ (Competitive)

For players who can do all of the skills outlined in recreational play and are actively working on more advanced skills like third shot drop, resetting the ball, controlled lobs, purposeful spinning, and are at a higher level of court strategy.

Pickleball 2.0-5.0 (Open Play)

For players of all skill levels.

Pickleball Practice Session (Self Guided)

Use this time with a partner to practice your pickleball technique and skills together. This gym time is self guided. All levels.

Para-Pickleball NEW

(6 Weeks, Jan 22-Mar 2)

Para Pickleball is an inclusive version of pickleball played from a sport wheelchair. Players can play in single or doubles as in regular pickleball or in integrated into teams made up of a wheelchair player partnered with a standing player. The rules for para pickleball are the same as for standing pickleball with modifications.

Beginner Pickleball

This session is for beginners only who have already taken the YMCA Intro to Pickleball workshop and want to play with other beginners before moving on to the recreation or open play sessions.

****If you have never played Pickleball it is highly recommended to register for one of our Intro to Pickleball Workshops found on page 19.***



Aqua Fitness Classes

Ages 12+ Member Plus

AquaFit

Aqua Fit is a workout that strengthens the entire body using water resistance and various equipment. Allows you to use the resistance of the water in a full range of motion to maximize your strength and cardio workout.

AquaFit Warm Water

This is a AquaFit class that is taught in the leisure pool where the water is kept at a warmer temperature. This class is medium intensity

AquaFit Bootcamp

A great HIIT cardiovascular workout using floatation belts and tethers in the deep water. HIIT is high intensity interval training. This is a 45 minute class that is suitable for intermediate to advanced participants. Confidence in the deep water is required.

AquaFit Deep Water

A great cardiovascular workout using a floatation belt in the deep water. There is less impact on the joints. Confidence in deep water is required.

AquaFit Mobility

An aquafit class for individuals looking to increase their mobility by gentle movement. Stretching and exercise in the warm water, using the resistance of water and various equipment.

AquaFit Baby & Me

This aquafit class for parents in the warm water leisure pool and baby participates in a boat. Boat and baby are integrated into the fitness routine.



Become an Instructor!

Our YMCA offers National YMCA certifications in AquaFit, CycleFit, Personal Training, Group Strength and Group Cardio in partnership with YMCA Canada.

We use a blend of on-line, small group and in-class apprenticeship. Prerequisite is 50 hours in the last 2 years of the fitness type you wish to be certified in.

Contact Marla at Marla.Sim@pcymca.ca or call 902-600-9773 if you are interested in getting certified. Volunteer commitment required in exchange of certification.



Find our Schedule here:
<http://pcymca.ca/schedules/>

Personal Training

The YMCA is committed to providing the fitness resources you need to realize your goals. Personal trainers offer valuable services that help keep you on track with your fitness goals.

Independent Personal Training Fees		
YMCA Members,	1 Session	\$60 + tax
YMCA Staff &	3 Sessions	\$157 + tax
YMCA Volunteers	5 Sessions	\$228 + tax
	10 Sessions	\$400 + tax
	20 Sessions	\$742 + tax

Small Group Training (12+yrs)

Get a personalized workout program and train with a small group of people like you. You'll still get close attention from a trainer. Specific programs include customized sport-specific training, dry-land training, functional-fitness circuit, and customized boot camp. Create your own group and time with a trainer or register during specific times below.

Contact Marla at marla.sim@pcymca.ca to book a time that works for your group

Small Group Training Fees	
8 sessions (ages 12+)	
Group of 2	\$176 + tax per person
Group of 3	\$132 + tax per person
Group of 4-6	\$88 + tax per person

Small Group Training	
8 sessions (ages 18+)	
Tuesday	9:30AM-10:30AM
Jan 16—Mar 5 or Apr 2—May 21	(Must have some fitness experience)
Tuesday	6PM-7PM
Jan 16-Mar 5 or Apr 2—May 21	(Beginner)

Find Registration Here for Tuesday

<https://ca.apm.activecommunities.com/pcymca>



Personal Training

Looking to become a Personal Trainer?

Our YMCA offers the YMCA Personal training course to those with a strong understanding of health, fitness & recreation. Interested individuals email Marla at marla.sim@pcymca.ca

Our dynamic team thrives to help make our community a better place by providing top notch training to our members to our members.



Top 5 Reasons why YMCA members Choose our Personal Training

1. Improve overall fitness
2. Reach or maintain a healthy weight
3. Motivation to stick to your fitness plan
4. Focus on your unique health concerns
5. Find the right way to work out for you and your goal

Registered Fitness Workshop ages 12+

Kickboxing—Small Group Training

This 1.5 hour session combines strength exercises, cardio conditioning and real kickboxing techniques. Complete a full body strength circuit before learning techniques to practice with a partner or the instructor and focus pads. Learn proper movement and footwork on equipment like the agility ladder, then improve flexibility with a stretching cooldown. Relieve stress and build confidence by striking pads and hitting the heavy bag.

Dates, Times & Fees	
Sat Jan 13	11:30 – 1 PM
Sat Jan 27	11:30—1 PM
Sat Feb 10	11:30 – 1 PM
Sat Feb 24	11:30—1 PM
Sat Mar 9	11:30—1 PM
Sat Mar 23	11:30—1 PM
Sat Apr 6	11:30—1 PM
Sat Apr 20	11:30—1 PM
Member:	\$11 +tax per person
Non-Member:	\$21 + tax per person

Intro to Cyclefit

In this 45 min session learn proper bike set up, posture and participate in a 30 minute sample class.

Dates, Times & Fees	
Wed, Jan 10 or Wed, Jan 17	6:30—7 PM
Member:	Free
Non-Member:	\$11 + tax

All Y memberships & program registrations are non-refundable



Find Registration Here
[https://
 ca.apm.activecommunities.com/](https://ca.apm.activecommunities.com/)

Intro to Play Pickleball Workshop

Learn how to play the game everyone is talking about! Instructors will teach: game overview, how to keep score, serving, returning the ball, basic court skills and basic shot techniques.

Dates, Times & Fees	
Saturdays Jan 13 Feb 3 Feb 24	12—1:30 PM
Member:	\$11+tax
Non-Member:	\$21+ tax



Johnny Miles Events

Miss Miles 5 K

Join us for a new Mother's Day tradition at the annual Miss Miles 5 K Fun Run. You can celebrate the strength and beauty of women by running in this all-female event. Women of all ages and abilities come together to run, walk, or roll to celebrate the day.

May 12th, 2024

5 K Fun Run

9 AM Start

Johnny Miles

The Johnny Miles Running Event has something for everyone. Offering a mainly flat, scenic loop course with lots of support along the way. An experience you will never forget.

June 16, 2024

5 K

9 AM Start

Youth Challenge 5 KM

9 AM Start

Half Marathon

9:05 Start

10 K

9:05 Start

Run for the Lobster

Come for the race, stay for the carnival! The annual Run for the Lobster is organized in conjunction with the Pictou Lobster Carnival. This is a 5 K timed event. Fun for the whole family!

July 7, 2024

5 K

9 AM Start

Melmerby Triathlon

The Melmerby Triathlon offers an event for everyone, whether you're an elite athlete or a first timer. Teams welcome in all events.

July 21, 2024

Sprint

8:30 AM Start

Olympic

9 AM Start

Try- A-Tri

9:15 AM Start

Super Sprint

9:15 AM Start



Registration opened Nov 1, 2023
johnnymilesevents.com

YMCA MEGathon

YMCA MEGathon

Join us for our annual March MEGathon! Save the date for events, classes activities, sports, arts and more! MEGathon this year is all March long at the YMCA. Watch for details coming soon!



EatPlantJoy

Learn how to make delicious recipes that will bring joy back to your table!

The YMCA is excited to introduce **EatPlantJoy**; a healthy eating meal plan **FREE** for all current YMCA members! With EatPlantJoy, our goal is to help you combine your active lifestyle with healthier meals that make your life more JOYFUL!

What's included in EatPlantJoy?

- Easy-to-follow 32-week meal plan available on the My Y app under Classes tab each Sunday.
- Recipes using nutritious, seasonal ingredients and Meal Prep instructions making dinner time a breeze.



IT'S YOUR TIME TO THRIVE

What is Y Thrive?

YThrive is a Free exercise program for YMCA members that will help you improve your health and physical performance. It provides you with the support to get started, the flexibility to do it on your own, results to stay motivated, and the opportunities to connect with others just like you.

What to expect?

Each YThrive workout is designed to be 50 minutes in length. Every 30 days you get a new routine and a new set of results to move forward.

How do I get started?

Book your personalized session by emailing Marla—marla.sim@pcymca.ca

YMCA LiveWell

Create smooth transitions for patients between clinic care and community health.

Deliver care in the most appropriate setting for promoting and sustaining health and wellness.

Improve health outcomes of individuals with a focus on secondary prevention and chronic disease self-management.

Reduce health disparities through the elimination of both real and perceived barriers to participation.

YMCA LiveWell supports both physician and self-referrals and offers a comprehensive intake process, supervision, and progression within a socially supportive environment. It embraces a person-centric approach that focuses on secondary prevention and chronic disease self-management. LiveWell encourages participants to take control of their own health.

Get started by emailing Joy at livewell@halifax.ymca.ca

Meet Joy

Joy Chiekwe, MSc (she/her)
CSEP-Clinical Exercise Physiologist
LiveWell Provincial Lead
Phone: 902-222-5889
Email: livewell@halifax.ymca.ca



IT'S YOUR TIME TO THRIVE



Aquatics

Explore the Pool



Lane Swims

This is a designated time to swim lengths and work on your endurance. General membership or drop-in fee.

Open Swim

Everyone is welcome at open swim. Use this time to do your own workout or have a social outing. All ages are welcome. Children 7 and under must be accompanied by a responsible person 16 years or older who will remain at arms length during the swim. General membership or drop-in fee.

Parent and Tot

Introduce your child to the water. The leisure pool is set at a warm temperature that your baby will enjoy. This swim is also great for meeting other parents and tots. General membership or drop-in fee.

Family Swims

Children 7 years and under must have a responsible person 16 years or older with them during this swim, who will remain at arms length.

General Membership: book on the My Y app

Non-Members: please call the day of to book family swims

Members: Please book family swims in the My Y app under a single family member.

Inclusion Swim

This swim provides a sensory friendly and welcoming environment to those who require extra assistance. Those who are assisting (Aids) attend at no cost to support and must be in the water within arms reach.



Find our Schedule here:

<http://pcymca.ca/schedules/>



Swim Clubs and Social

Membership + Required

YMCA Junior Swim Club

Registration required.

Ever wondered what competitive swimming looks like? Want to take your swimming skills to another level or build your endurance? Try creative and fun drills in the water with others? The Jr Swim Club sounds just right for you. Completion of Star 2 or being able to swim 2 lengths (50m) of the pool with a recognizable stroke is recommended. Ages 8+. 3 weekly practices are available to members.

Practice Days & Times

Monday	4:30 –5:30 PM
Tuesday	4:30 - 5:30 PM
Wednesday	4:30—5:30 PM

**Register for the club at out front-desk*

Junior Lifeguard Club

Registration required.

Are you interested in being a future lifeguard or looking to improve your lifesaving skills? This club is for you! Work on rescue skills, improving endurance, rescue drills and swim skills as a team. Ages 10+ and Star 2+ recommended.

Practice Days & Times

Wednesdays	5:30-6:30 PM
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Membership + Required

YMCA Tri Club

Please book on App

Challenge yourself and be part of a supportive team. Triathlon is an endurance multisport race that consists of swimming, cycling and running over various distances. As a club, the Tri Club attends weekly practices that work on improving swim skills, endurance and stamina. Newcomers are always welcome! Ages 16+ recommended.

Practice Days & Times

Tuesdays Swim Coaching	7 PM—8 PM
Thursday Swim Coaching	7 PM—8 PM
Sunday Tri-Club Cycle Fit Class	8:15 AM—9 AM
Sunday Swim Practice	7 AM—8 AM

**Please check our weekly schedule for updates and please book on the My Y app*

**Cyclefit classes available daily. Please book on app.*



Find our Schedule here:

<http://pcymca.ca/schedules/>



Aquatics



Swimming Lesson Schedule

Monday Evenings

4:00 PM	Floater 6933	Glider 5036	Otter 5243	Star 1 6116	Seal 6930	Star 2/3 4-4:45 5198
4:35 PM	Otter 5173	Glider 5040	Seal 4224	Dolphin 6784	Swimmer/ Star 1 5584	Star 3/4 4:50—5:35 6783
5:10 PM	Floater 6118	Otter 6786	Glider 5170	Star 1 5220	Dolphin 5680	
5:45 PM	Dolphin 5221	Seal 5245	Seal 5187	Star 1 5199	Otter 6787	Star 5/6 5:45-6:30 5210
6:20 PM	Otter 5246	Seal 6401	Swimmer 5222	Floater 5061	Swimmer / Star 1 7003	
6:55 pm	Otter 6934	Seal 4247	Swimmer/ Star 1 6307	Floater 7004	Dolphin 5223	Glider/Diver 5059

Tuesday Evenings

4:00 PM	Floater 6947	Glider 5056	Otter 5248	Parent & Tot 5184	Seal 6968	Star 2/3 4-4:45pm 5200
4:35 PM	Floater 5678	Otter 6969	Seal 5218	Swimmer 5230	Swimmer 6790	Star 4/5/6 4:50-5:35 pm 5211
5:10 PM	Floater 5065	Otter 5066	Dolphin 6015	Dolphin/ Swimmer 7209	Star 1 5249	
5:45 PM	Floater 6970	Glider / Diver 6017	Seal 6791	Dolphin 5250	Swimmer/Star 1 5227	Star 2/3 5:45 PM - 6:30 6795
6:20 PM	Floater 6971	Otter 6948	Seal 5251	Diver 6018	Dolphin 6228	
6:55 pm	Bobber NEW!	Otter NEW!	Swimmer NEW!	Glider/Diver/ Surfer NEW!	Star 1 NEW!	Star 2/3/4 6:30—7:15 5201

How to Register for Group Lessons:

Please visit the YMCA front desk in-person to set up a membership prior to registration. *There are no individual fees or online registration for Group swim lessons as membership+ is required.*

Wednesday Evenings						
4:00 PM	Floater 6806	Floater 7333	Seal 6993	Dolphin 6994	Otter 6183	Star 2/3 4pm-4:45 6816
4:35 PM	Floater 8809	Glider/Diver 6995	Bobber NEW!	Swimmer / Star 1 6812	Seal NEW!	
5:10 PM	Floater 6997	Floater 7331	Floater 6807	Swimmer 6881	Otter 7001	Star 4 / 5 4:50—5:35 7196 New time!
5:45 PM	Floater 6998	Floater 6808	Otter 7000	Swimmer / Star 1 6815	Dolphin NEW!	
6:20 PM	Floater 5093	Floater 6999	Otter 7277	Seal 6811	Bobber NEW!	Star 2/3 5:45—6:30 pm NEW!
6:55 pm	Floater NEW!	Otter NEW!	Glider/Diver NEW!	Dolphin NEW!	Seal NEW!	

Friday Evenings (Register Monthly) ALL AGES		
4:00	Private Lesson Available NEW!	Private Lesson Available NEW!
4:30	Private Lesson Available NEW!	Private Lesson Available NEW!
5:00	Private Lesson Available NEW!	Private Lesson Available NEW!
5:30	Private Lesson Available NEW!	Private Lesson Available NEW!

Saturday Mornings			
9:00	Floater NEW!	Bobber NEW!	Otter NEW!
9:30	Floater 6951	Otter 6309	Swimmer/Star 1 5087
10:00	Floater 6952	Floater 5102	Glider/Diver 6308
10:30	Floater 5103	Otter 6954	Dolphin 5075
11:00	Floater 5104	Glider/Diver 6953	Seal 5079
11:30	Floater 5105	Otter 5575	Swimmer / Star 1 NEW!

Private Swimming Lessons:

Private lessons are \$20.00 per 30 minute session. Current lessons available for registration on August 8th to start September 14th are included above. To request a personalized time please contact Emma at Emma.Dwyer@pcymca.ca

Swimming Lessons: Level Information

Parent & Tot Swim Lessons (0-2)

Learn how to be safe and have fun in the water with your child. Children grow their comfort and confidence, preparing for independent swim lessons. In the Parent & Tot program you will learn how to hold and assist your child, entering and exiting the water safely, splashing and kicking, getting face wet, blowing bubbles and bobbing, assisted front & back floats and towing. Member + Programs required to register.

YMCA Preschool Swim Lessons (3-5 years)



Preschool 1 / Bobbers

Introduces fun activities in the water. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported.



Preschool 2 / Floaters

Introduces floating and gliding while continuing to practice other movements through structured activities and play.



Preschool 3 / Glider

Children will combine kicking with gliding to learn how to propel themselves through the water.



Preschool 4 / Diver

Combines all of the skills learned to swim on their front and back unassisted for a distance of 10m. Children learn to float in deep water unassisted.



Preschool 5 / Surfer

Develops front and back swimming to build up to a distance of 15m and work on surface support above water.



Preschool 6 / Jumper

Learns front and back crawl as well as underwater swimming. At this level, the child has learned foundational swimming skills and is working towards swimming on the front for 25m.

YMCA Learn to Swim Program (6-12 Years)



Learn to Swim 1 / Otter

An introductory level for beginner swimmers ages 6-12. Otter teaches basic pool safety, going underwater and gliding on front and back.



Learn to Swim 2 / Seal

Seal classes work on roll-over glides and gliding for longer distances in preparation for more complex swim skills. Participants practice kicking, gliding, and submerging.



Learn to Swim 3 / Dolphin

Dolphin teaches kids how to stay safe in the water while developing their swim skills. Participants work towards a 15m side glide, and continue working on roll over glides preparing for front and back crawl.



Learn to Swim 4 / Swimmer

At the end of swimmer, participants will be able to glide 25m on their side, back, and perform rollover glides for 25m in preparation to learning front and back crawl.

Star Program (6+ Years)

The YMCA Star Program helps swimmers become leaders! Children who completed the YMCA Learn to Swim Program or equivalent can develop more advanced skills in this program. The star program introduces swim strokes and lifesaving skills.



Star 1

Participants in Star 1 learn front crawl and back crawl at the initial standard Star 1 participants also learn basic lifesaving skills and will work on a 75m endurance swim.



Star 2

Learn whip kick and work on carrying a 5lb object 10m and learning breast stroke and elementary backstroke. Participants continue to gain proficiency in front and back crawl leading to intermediate standard.



Star 3

Learn eggbeater and work towards performing eggbeater forwards and backwards. Participants continue proficiency in breast stroke, front crawl, back crawl, and elementary back stroke. Endurance and lifesaving skills are a focus in this level.



Star 4

Participants learn side stroke, dolphin kick and work towards achieving an advanced standard elementary back stroke and intermediate standard breast stroke. Lifesaving skills like the ready position, head up front crawl and breast stroke, self-rescue techniques and head & foot first surface dives.

Star Leadership (Ages 6+)

The YMCA Star Leadership program encourages swimmers to work together to reach their goals. Swimmers develop first aid, lifesaving and advanced swim skills to prepare for success in Lifesaving Society Bronze Courses.



Star 5

Participants continue working on lifesaving techniques and begin learning first aid skills which include primary assessment, treatment of shock, and treatment of a choking victim. Participants perform a 500m endurance swim and a 100m lifesaving kick medley.



Star 6

Participants learn butterfly and work towards advanced standard sidestroke. Star 6 involves lifesaving techniques preparing the individual for Lifesaving Society's Bronze cross: Defense methods, learning first aid skills and a timed swim of 300m



Adult Lessons

Member Plus Required

Regardless of your age or ability, you can learn! Adult swim lessons can be a great way for adults to gain confidence in the water, stay active and learn a new skill. Adult lessons are available at a variety of skill levels, so if you are a beginning or advanced swimmer, there is a lesson right for you!

1

Adult Swimming for Beginners

If you are nervous getting in the water this is the class for you. Become comfortable moving around the water, overcome fears and learn to float with assistance.

Book on the My Y app

2

Adult Learn to Swim

For the participant looking to learn how to float, glide and swim through the water.

Book on the My Y app

3

Adult Star Lessons

Participants work on stroke improvement in learn to swim class. Strokes include front crawl, back crawl, elementary back stroke and breast stroke.

Book on My Y App

4

Swim for Fitness

Improve your endurance in this swim workout class. Participants should have a good understanding of front crawl, back crawl, and breast stroke.

Book on My Y App

Private Swimming Lessons:

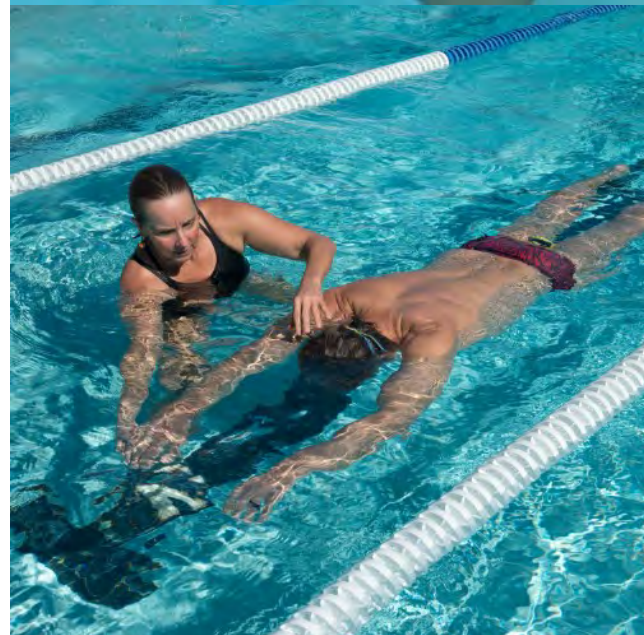
Private lessons are \$20.00 per 30 minute session.

To request a personalized time please contact

Emma at Emma.Dwyer@pcymca.ca

Give back on deck!

The YMCA is looking for adult lifeguards to join our team—and we will provide the training! If you are interested in learning more and receiving further certification, please contact Emma at emma.dwyer@pcymca.ca.



Aquatic Leadership

How to Become a Swim Instructor or Lifeguard

Lifeguard Track

Step 1A : Bronze Star

If between 10-13 years of age. Recommended Star 6 swim level experience.

Step 1B: Bronze Medallion & Basic First Aid

If older than 13 years of age. Recommended Star 6 Experience.

Step 2: Bronze Cross & Intermediate First Aid

Prerequisite: Bronze Medallion

Step 3: National Lifeguard

Prerequisite: Bronze Cross and Intermediate First aid.
Must be at least 15 years old



Swim Instructor Track

Optional Step 1:

Volunteer with Aquatics
Our volunteers are minimum 12 years of age. Please pick up a volunteer application package at our YMCA

Step 2: Intermediate First Aid

All YMCA employees must be certified in first aid before work can begin!

Step 3: YMCA Swim Instructor Certification

Prerequisite: At least 15 years of age.
Recommended Bronze medallion and Bronze cross certification.



Aquatic Leadership Scholarship Program

Are you looking to join our team of enthusiastic lifeguards and swim instructors?

Scholarships are available for those who are interested in started their YMCA journey.

Please email emma.dwyer@pcymca.ca

- Your Resume with relevant swim experience
- Answer these 3 questions in a cover letter
 1. What brings you to the YMCA and aquatics ?
 2. How will this scholarship help you to reach your goals?
 3. Why do you think you will be a great swim instructor and lifeguard?



The YMCA is Hiring!

Check out our current job postings at
<http://pcymca.ca/job-posting-and-volunteering-opportunities/>



Leadership Courses

Bronze Medallion & Cross Combo Course

With Intermediate First Aid (42 hours)

Prerequisites: Age 13+ or Bronze Star

Challenges the candidate mentally and physically, learning judgement, knowledge, skills and increased fitness (the four components of water rescue).

Candidates acquire the problem solving skills needed to make good decisions in, on, or around the water.

Bronze Cross

Prerequisites: Bronze Medallion

Begins the transition from lifesaving to lifeguard and prepares candidates for responsibility as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply principles and techniques to active surveillance in aquatic facilities. Intermediate First Aid is included in this course.

National Lifeguard

National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies.

Prerequisites: *Intermediate First Aid, Bronze Cross, 15 years old*

YMCA Swim Instructor

This course is the foundation for building strong leaders in YMCA aquatics. Content covers YMCA Healthy Child Development, planning effective lessons using progressions and activities, and an understanding of the YMCA E.G.G.S. (E - Explanation/ Demonstration, G - Group Practice, Group Feedback, S - Specific Practice and Feedback teaching method. Instructors will also review skills and strokes, different learning styles and temperaments, and how to react to emergency situations in a class setting. Participants will also learn to deliver the Lifesaving Society Canadian Swim Patrol and Bronze Star. The fee includes manual and certification.

Prerequisite: *Must be at least 15 years of age, Bronze Cross or NLS Certification Recommended*



Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>

All Y memberships & program registrations are non-refundable

Bronze Medallion, Bronze Cross & Intermediate First Aid dates & Fees

Jan 20, 21	9 AM—5 PM
Jan 27, Feb 3, 10, 17, 24	12 PM—5 PM
<i>+Exam Date</i>	

Member (Full Course)	\$180.00 + tax
Member (Bronze Cross and	\$143.00 + tax

Non-Member (Full Course)	\$200.00 + tax
Non-Member (Bronze Cross and Intermediate	\$165.00 + Tax

National Lifeguard Dates & Fees

March Break 2024 : March 10, 11, 12, 13, 14, 15.
10 AM-5PM *First aid certification is required prior to course

Member	\$308.00+tax
Non-Member	\$369.00 + tax

YMCA Swim Instructor Dates & Fees

Tuesday January 9, 16, 23, 30 Feb 6, 13, **4 PM- 7:30 PM**
Thursday January 11, 18, 25 Feb 1 **4 PM—8 PM**

Member	\$220.00 + tax
Non-Member	\$275.00 + tax



First Aid Training

YMCA Babysitting Course + Basic First Aid + CPR B

The YMCA babysitting course provides Basic First Aid + CPR certification to those interested in pursuing babysitting.

Topics covered include:

- Internet and Social Media Safety
- Household & Community Safety
- Basic First Aid Certification from the Lifesaving Society of Canada
- Caring for children of different ages
- Healthy childhood development
- Managing difficult behaviours
- Core components of leadership and problem-solving

Dates & Times

Thursdays April 4-25	4:00PM-7:30PM
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Fees

Member	\$80+ Tax
Non-Member	\$100 + tax



Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>

All Y memberships & program registrations are non-refundable

Intermediate First Aid + CPR C + AED

Intermediate First Aid provides comprehensive training covering all aspects of first aid, CPR C & AED. Intermediate First Aid incorporates all of Basic First Aid and is designed for those who require a more in depth understanding of first aid including:

- Medical/legal aspects of first aid treatment
- Spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies.
- Includes CPR-C certification.

Dates & Times

January 20, 21	9 AM—5 PM
March 2, 3	9 AM—5 PM
April 6, 7	9 AM—5 PM
May 25, 26	9 AM—5 PM
June 8, 9	9 AM—5 PM

Fees

Member	\$138 + Tax
Non-Member	\$165 + tax



School Bookings Swim to Survive

Swim to survive is a lifesaving society survival training program aimed at local schools. Swim to Survive teaches just the essentials needed to survive an unexpected fall into the water.

Contact Emma to book sessions at emma.dwyer@pcymca.ca.

The Program is divided into 3 sections:

- 3 In-water lessons (1 hour long) led by YMCA Staff
- 3 classroom water safety lessons led by the school Teacher
- A handout to parents with children participating.

Program Goals:

1. Roll into Deep water
2. Tread water (1 minute)
3. Swim 50 m



Pricing

\$35.00 Per Student

Maximum 25 students per booking.

Minimum of 3 weeks notice is required for booking.
Contact Emma at emma.dwyer@pcymca.ca



Group & School Rentals

Reward your students or staff with a YMCA pool outing.

Please see Pool & Party room rental for Adult Supervision Information.

Please contact Emma at Emma.Dwyer@pcymca.ca for availability.

Pricing

Group Rate	\$170 + Tax
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Celebrate at the YMCA!

Pool Birthday Party Rental

Host your child’s special fun-filled celebration at the YMCA. Please feel free to bring your own cake, goodie bags, creative fun and non-adhesive decorations.

Your 2 Hour Party Booking includes an hour in the pool and an hour in our Youth Room.

Adult supervision in the pool is required.

- 1 Adult for every 4 children under the age of 4
- 1 Adult for every 6 children between the ages of 5-8
- Adults must be in the pool, within arm’s reach of the children.
- All adults over the age of 16 require a government issued photo ID to access the centre.
- Recommended 20 participants total.

Birthday Party Pricing	
Members	\$187 + tax
Non-Members	\$220 + tax

Birthday Party Dates & Times	
Pool Date time	Room time
Friday 6-7PM	7-8PM
Saturday 12—1PM	1-2PM
Saturday 3-4PM	4-5PM
Sunday 12-1PM	1-2PM
Sunday 3-4PM	4-5PM

Pool Party Reminders:

- All participants over the age of 16 require a photo ID for admission in the YMCA Facility due to our Child Safeguarding Policy.
- The use of tape on YMCA Walls and equipment is not permitted
- Please feel free to decorate your space with non-adhesive decorations for to your rental.
- The first hour of your rental is in the YMCA Leisure Pool. The second hour is in our Youth Room located beside the Gymnasium

All Y memberships & program registrations are non-refundable



Find Registration Here
<https://ca.apm.activecommunities.com/pcymca>

Volunteering at the YMCA

The YMCA of Pictou County was started by volunteers more than 50 years ago. Currently, the YMCA has more than 100 volunteers that support building a healthy community here in Pictou County. YMCA volunteers contribute hundreds of hours helping to improve overall community health, supporting families and creating a legacy of giving. The YMCA has a wide variety of volunteer opportunities to match your passion, skills and schedule.

Get started today!



Check out our current Volunteer job postings at <http://pcymca.ca/job-posting-and-volunteering-opportunities/>



Strong Community Campaign

At the YMCA, we believe that all kids should have the chance to be active, healthy and have the same opportunities as other kids. The YMCA provides financial assistance for kids to participate in day camp, swimming lessons, after school programming, karate and so much more.

Your gift will ensure that kids have access to active and healthy programming at the Y, regardless of their financial circumstance. Every dollar donated to the Strong Community Campaign directly supports kids and families in our community.

Give a monthly or one-time gift to the YMCA.

- \$37.00/month helps a child to build confidence and experience the lasting benefits of summer day camp.
- \$15.00/month teaches a child to learn to swim.
- \$157.00/month gives a child a safe and fun place to go after school.
- \$60.00/month helps a family to have healthy, active and "unplugged" time together.

Did you know that the YMCA of Pictou County is a Charity?

Our Mission

The YMCA of Pictou County inspires healthy spirits, minds and bodies to thrive.

Our Vision

To create a healthy and connected Pictou County

Our Values

Our values drive our decision making and behaviours: Caring, Honesty, Respect, Responsibility, Diversity & Inclusion

Visit our 2022-2025 strategic plan here: <http://pcymca.ca/about-us/governance/>



Y on the Move Hikes



What is Y on the Move?

Outdoor, community minded pop-up activities that happen both through the school year and during the summer months.

Registration is required online or at our membership service desk.

Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>

For more information about hike locations, please email Alasdair at NWTrunner@gmail.com

Y on the Move Winter/Spring Hikes

Pre-registration is required

10 AM start unless otherwise noted

Date	Location	Notes
Jan 19	Trenton Park	5 KM
Jan 26	Fitzpatrick Mountain	5-7 KM
Feb 2	Beaver Mountain Provincial Park	6 KM
Feb 16	Keppoch Mountain	6-11 KM
Feb 24	Abercrombie Full Moon Snowshoe Saturday @ 7 PM	5-7 KM
Mar 1	Roy Island Sea Ice	5 KM
Mar 8 & 9	Rogart Mountain	6.5 KM
Mar 15	Juniper Head Trail	7 KM
Mar 25	Salt Springs Park Full Moon Snowshoe or Hike (Monday @ 7 PM)	3-4 KM

Y on the Move Winter/Spring Hikes

Pre-registration is required

10 AM start unless otherwise noted

Date	Location	Notes
Apr 5	Victoria Park	5 KM
Apr 12	Pictou Fitness Trails	5 Km
Apr 26	Cobequid Trail	8 KM
May 3	Six Mile Brook	7 KM
May 10	Wentworth Valley	5-10 KM
May 17	Peace Trail	10 KM
May 31	Pomquet Acadian Trail	5 KM
June 7	Fitzpatrick Mountain	5-8 KM
June 14	West River & Taylor Head Provincial Park	9 KM
June 21	Caribou-Munroe Beach Hike	10 KM



Community Outreach for Partners of Pictou County Wellness Centre

Sunday-Funday Free Swim For the Community

The YMCA of Pictou County is offering a free swim each Sunday to members of the following communities who have a partnership with Pictou County's Wellness Centre.

Please make sure to register ahead to reserve your spot

****Only register 1 adult from your household & bring your family for a swim****

Dates, Times & Fees

Town of Stellarton	January	Sundays	2PM—3PM 4PM—5PM
Municipality of Pictou County	February	Sundays	2PM—3PM 4PM—5PM
Town of Pictou	March	Sundays	2PM—3PM 4PM—5PM
Municipality of Pictou County	April	Sundays	2PM—3PM 4PM—5PM
Town of Trenton	May	Sundays	2PM—3PM 4PM—5PM
Pictou Landing First Nations	June	Sundays	2PM—3PM 4PM—5PM



Find Registration Here

[https://ca.apm.activecommunities.com/
pcymca](https://ca.apm.activecommunities.com/pcymca)



Philanthropy

Y on the Move

Did you know the YMCA of Pictou County offers programming throughout the community?

Y on the Move brings community based programs and fun throughout Pictou County. In the summer, you may have spotted us at local festivals or attended one of our fitness classes. The Y is on the move all year and hosts hikes yoga classes and more, all thanks to our volunteers.

If you are interested in having the Y on the Move at a local event or host a yoga class in your community hall, please reach out to Maxine MacLean, Philanthropy Manager at (902) 601-0448 or maxine.macleam@pcymca.ca.

Are you interested in volunteering with Y on the Move? Reach out to Maxine.



**Your donation of
\$10 a month
will provide
swim lessons for a
child for a season**



Membership Round Up

More than 25% of families in Pictou County attempt to make ends meet while living on less than a living income. This inequity means that we have neighbours who need your support to find their potential.

In the YCMA of Pictou County's annual membership survey, members continually indicate that the YMCA contributes to their physical wellbeing while creating a social connections. In 2023, over 95% of members said they feel welcomed at the YMCA. This makes the YMCA of Pictou County a wonderful space for someone to ignite their spark.

Please consider making a monthly contribution—any amount will help those who need it most here in Pictou County. All donations will be issued a charitable tax receipt.

Sign up or find out more at www.pcymca.ca/MakeAnImpact

Child Care Centres

The YMCA is Canada's largest child care provider, we know childhood is a special time when the seeds of future success are planted. Our programs are based on a curriculum that encourages the physical, mental, and social development of your child.

The health and well-being of your child is at the heart of everything we do.

We now have two beautiful child care centres and a third coming soon!

- 2756 Westville Road, New Glasgow
- 53 Highstreet , New Glasgow
- **Coming Soon: 50 Water Street Pictou!**

For more information about our Child Care Centres, please call Tara Gallant at (902) 601-0458. tara.gallant@pcymca.ca



After School Program

Our after school staff create stimulating spaces, use a variety of equipment, introduce new resources and will design appropriate educational activities. The after school program ensures an environment free from health and safety hazards.

The YMCA After School program is also beneficial for parents. It provides opportunities to meet parents and teachers who have common interests, and it provides a safe child care for working or active families.

After School Programs and Hours

Monday – Friday 2:30 p.m. to 5:30 p.m.

- A.G Baillie Memorial School
- Trenton Elementary
- Scotsburn Elementary
- Walter Duggan
- Dr. W.A MacLeod
- Antigonish Education Centre

For more information on afterschool care please contact Amanda Davidson at (902) 752-0207



In-Service Camps

Join us for camps when there is no school! Located at the YMCA inside the Pictou County Wellness Centre:

Members : \$28.00 / day Non-Members: \$33.00/day

Scheduled In-service Day Camps:

Tue Jan 2	No School—All Schools
Fri Mar 8	No Classes—Elementary
Mar 11— Mar 15	Spring Break Camps
Fri Mar 28	No Classes—Elementary
Thur June 27	No Classes—All schools

Medical Form

Complete your Medical Form here :

<https://tinyurl.com/3pnjhkr>



Each camper must have a completed form.

If your camper requires additional support at camp, please notify our camp director prior to your camp start date.

Label Belongings

Campers' belongings should be labelled. The YMCA is not responsible for any lost or stolen items.

Camp Recreational Swim

For safety of all campers they must complete a daily swim test to determine if mandatory life jacket use is required. Campers will swim everyday.

Lunch and Snacks

Campers are required to bring a nutritious and allergen-aware lunch, two snacks, and plenty of cool drinks. Candy is not permitted at camp.

Cancellation Policy

The YMCA of Pictou County camps are non-refundable. In case of medical or family emergency, please contact Emma Dwyer at emma.dwyer@pcymca.ca prior to the start of camp. When there is extenuating circumstances we will evaluate case by case.

For more information on In-service camps please email Emma at Emma.Dwyer@pcymca.ca



Financial Assistance Program

The Y is a Charity and here for everyone. If you need financial support for YMCA membership, childcare, programs or day camp, we can help.

The YMCA is able to offer financial assistance due to generous donations from people who believe in the values of the YMCA. Each year our YMCA provides more than \$250,000 in direct financial assistance to ensure that kids, youth, adults, seniors and families can access YMCA programming.

Steps for the Financial Assistance Program:

1. Call (902-752-0202) or stop by the YMCA to make an appointment or complete this confidential online link: Online Link to YFund <https://www.surveymonkey.com/r/YFund> (or scan the QR code below)

2. Bring your Notice of Assessment for all adults in your household to the appointment.



Camp Hours of Operation

Drop Off: 7:45—9 AM

Pick Up: 4-5:30 PM



YMCA of Pictou County

YMCA of Pictou County Building Strong Communities

At the YMCA, we believe that all kids should have the chance to be active, healthy and have the same opportunities as other kids. The YMCA provides financial assistance for kids to participate in day camp, swimming lessons, after school programming, karate and so much more.

Your gift will ensure that kids have access to active and healthy programming at the Y, regardless of their financial circumstance. Every dollar donated to the Strong Community Campaign directly supports kids and families in our community.

Financial Assistance is made possible by donations from our community

As a charity, the YMCA ensures that no one is turned away because of inability to pay.

By making a donation or participating in the YMCA **MEGathon**, you are making an investment in the life of a child, a family and in our community.

Donate in person at the YMCA or online at www.pcymca.ca



YMCA of Pictou County located inside the Wellness Centre

2756 Westville Road, New Glasgow

T: 902-752-0202 | www.pcymca.ca

YMCA Child Care Centre Located inside the Wellness Centre

Hours:

Monday—Friday 7:30am-5:30pm

High Street Child Care Centre Hours:

Monday—Friday 7:00am-5:30pm

Day Camp Hours

Monday—Friday 7:45am-5:30pm

Fitness Centre

Monday—Friday 5:00 am-9pm

Saturday- & Sunday 7am-6 pm

Aquatic Centre Hours

Monday—Friday 6:00am-8:45pm

Saturday & Sunday 7:00am-5:45pm

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