Pictou County

Shine On

YMCA of Pictou County— Winter Schedule

YMCA of Pictou County —March 18—June 30, 2024

2756 Westville Road. New Glasgow | www.pcymca.ca| 902-752-0202

Hours of Operation : Fitness Centre 5 AM—9 PM. Pool 6:00 AM—2 PM / 4PM-8:45 PM Sat & Sun 7AM-6PM

Monday

Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
Group Power 9-10 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App
Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App		Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App
Pickleball Open Play 11:10-1 Book on App			Warm Water Aquafit 11-11:45	
			Open Swim 12-1 Book on App	
Excel 1:15-2:15			HCRS Rental 1-2 Book on App	
Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3– 5:20	Cycle Express 4:30-5 Book on App (Studio)		Swimming Lessons * 4-7:30	Swimming Lessons * 4-7
	Women on Weights 5-5:45 Book on app			
Beginner Pickleball (2.0) 5:30-7	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App		Aquafit Bootcamp 6:30-7:15 Book on App
	Women on Weights 6-6:45 Book on App (Fitness Floor)			
	PiYo 6:30-7:15 Book on App		Family Swim 7:30-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App
Open Basketball 7-8:55				

Tuesday

Gymnasium	Studio/Conf	Youth	Leisure Pool	25m Pool
Open Gym 5-8:30	6 AM Circuit 6-6:45 Book on App (Studio)		Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
Pickleball Open Play 8:30-9:50 Book on App	Cyclefit 9-9:45 Book on App (Studio)	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App
	Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10:15—10:55 Book on App	Lane Swim 10-2 Book on App
			Parent & Tot 10-11	
Tai Chi 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45	
Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App	
Livewell 12-1			Aquafit Mobility Book on App 1-1:45	
Parent & Tot Open Gym 1-2 Book on App				
Private Childcare 2:15-3			Closed 2-4	
Youth Open Gym 3-4:45				
		Lego Play (ages 3+) 4:15-5 Book on App	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7 Book on App
Beginner Karate 5-5:40	Grow 4-4:45			
Intermediate/ Advanced Karate 5:45-6:25	Cyclefit 5-5:45 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App		Jr Guard 5:30-6:15
Pickleball Comp (3.0+) 6:30-8:55 Book on App	Kettlebell Class 6-6:45 Book on App (Studio)			
			Adult Swimming for Beginners 7-7:30 Book on App	Tri-Club Training 7-8 Book on app
			Adult Learn to Swim 7:30-8	Lane Swim 8-8:45 Book on App
	Yoga 7-8 Book on App (Studio		Family Swim 8:-8:45 Book on App	

Wednesday

Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
Cardio Kickboxing 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App
Balance 10-10:45 Book on App			Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App
Pickleball (3.0 +) 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45	
			Adult Learn to Swim 12-1:30 Adult Swimming for Beginners 12:30-1	
Excel 1:15-2:15			Inclusion Open Swim 1-2 Book on App	
Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)		Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30
Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on app	Childminding 4-7:30 (Childminding room) Book on App		Aquafit Bootcamp 6:30-7:15 Book on App
Pictou County Athletics 6:45-8	Cyclefit 5:30-6:15 Book on App			
Open Basketball 8-8:55	Mindfulness Meditation (Board Room) 6:30-7:15 Book on App		Family Swim 7:30-8:45 Book on App	Lane Swim 7:15-8:45 Book on App
	Pound (Studio) 6:30—7:30 Book on App			

Thursday

Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit Express 9-9:30 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book On App	Aquafit Bootcamp 9-9:45 Book on App
			Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App
Tai Chi 10-11 Book on App	Stretch & Relaxation 10—10:45 Book on App			
Open Gym 11-11:55			Warm Water Aquafit 11-11:45	
Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App	
Parent & Tot Open Gym 1-2 Book on App			Aquafit Mobility 1-1:45 Book on App	
Private Childcare 2:15-3			Closed 2-4	
Youth Open Gym 3-4:45	Grow 4-4:45 Book on App			
	Cyclefit 5-5:45 Book on App (Studio)			
Beginner Karate 5-5:40			Autism Lessons START April 11 4-7	Autism Lessons 4-7 Start April 11 Book on App
Intermediate/ Advanced Karate 5:45-6:25	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 7-8:45 Book on App 4-8:45 UNTIL APRIL 11	
Pickleball (3.0 +) 6:30-8:55 Book on App				Tri-Club 7-8 Book on app
	Slow Flow Yoga 7-8 Book on App			Lane Swim 8-8:45 Book on App

What do the Colours

- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Aquafitness
- Childminding
- Swim Class/Club
- Pickleball

* **One Lane available during swimming lessons & classes**
Please book on My Y App

Friday

Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
Barre, Balls & Bands 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App
Fit For Life - Barre, Balls & Bands 10-10:45			Private Daycare 10-11	Lane Swim 10-2 Book on App
Pickleball Open (All Levels) 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45 Book on App	
Partnership Rental 1-2:15			Open Swim 12-2 Book on App	
Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3:30-6			Family Swim 4-6 Book on App	Lane Swim 4-8:45 Book on App
Teen Night Open Gym 3-5 Book on App		Rental (Youth Room) 7-8	Rental 6-7	
Teen Night 1/2 Open Gym 5-7:45 Book on App				
1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App	
Open Gym 7:45-8:55				

Saturday

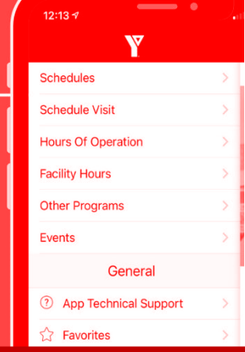
Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool
Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App		Open Swim 7-9 Book on App	Lane Swim 7-5:45 Book on App
	Core Blast (studio) 8:30-9 Book on App			
Group Power 9-10 Book on App	Cardio Kick-boxing (studio) 9-9:45 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons* 9-12	
Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App			
HCRS Partner-ship Rental 11-12				
Pickleball Practice (All Levels) 12-1:30			Rental 12-1	
Open Basketball 1:30-6		Rental 1-2	Family Swim 1-3 Book on App	
			Rental 3-4	
		Rental 4-5	Family Swim 4-5:45 Book on App	
			Pool closes at 5:45 pm	

Sunday

Gymnasium	Studio/Conf	Leisure Pool	25m Pool
Adult Basketball 7-9:30		Open Swim 7-9 Book on App	Tri Club Swim 7-8 Book on App
	Tri-Club Cyclefit 8:15-9 Book on App		Lane Swim 8-4PM Book on App
		Parent & Tot 9-10 Book on App	
Pickleball Open (All Levels) 10-12 Book on App		Inclusion Swim 10-11 Book on App	
		Open Swim 11-12 Book on App	
Open Basketball 12-3		Rental 12-1	
	Rental 1-2	Family Swim 1-2 Book on App	
		Sunday Funday Partnership Rental 2-3	
		Rental 3-4	
Open Gym 3-6	Rental 4-5	Sunday Funday Partnership Rental 4-5	Special Olympics Rental 4-5PM
		Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM
		Pool closes at 5:45 pm	

My Y app Instructions

1. Download the My Y mobile app from your mobile app store
2. Register with your email associated with your YMCA account
3. Check your email for a pin Number
4. Create your app password and enter your pin to login
5. Start exploring, stay informed and plan your next visit!
6. Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit"
7. Select "reserve" on your desired class, or select a time for your visit.



Stay Connected:

YMCA of Pictou County

ymcaofPictouCounty

@YMCAPictouCo

When you visit:

- **Everyone 16+ must sign in with a Photo ID**
- **Swims:** Children must be 8+ to swim without an adult.
- Youth ages 12-15 are recommended to book an orientation with our health, fitness & recreation team for fitness centre use. Anyone can book an orientation to get started!
- **Childminding services are available** 8:30AM-11AM (MON-FRI) and 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App

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