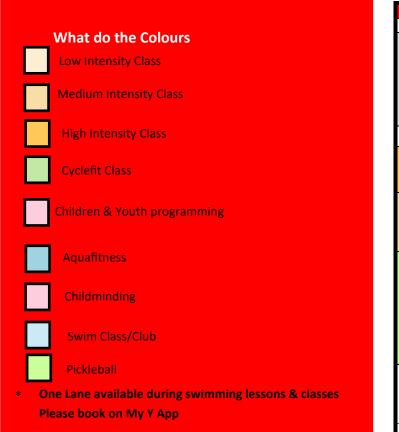
	Monday					Tuesday					Wednesday				
	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool
Pictou County Shine On	Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 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	Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
Didne On	Group Power 9-10 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App		Cyclefit 9-9:45 Book on App (Studio)		Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Cardio Kickboxing 9-9:45 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App
Schedule 02 -2 PM / 4PM-8:45 PM Sat & Sun 7AM-6PM	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 8:30-9:50 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Baby & Me Aquafit 10:15—10:55 Book on App Parent & Tot	Balance 10-10:45 Book on AppLane Swim10-2Pickleball (3.0 +) 11-1 Book on App	10-10:45		Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App	
	Pickleball Open Play 11:10-1 Book on App			Warm Water Aquafit 11-11:45 Book on App		Tai Chi 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App					Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App
				Open Swim 12-1 Book on App HCRS Rental		Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App		Muscle Express 12:10-12:50		Adult Learn to Swim 12-1:30 Adult Swimming		
	Excel 1:15-2:15					Livewell 12-1 Parent & Tot Open			Aquafit Mobility Book on App		Excel 1:15-2:15			for Beginners 12:30-1 Inclusion Open	
che PM/4F				1-2 Book on App		Gym 1-2 Book on App			1-1:45					Swim 1-2 Book on App	
ICA of Pictou County— Winter of Pictou County – March 18–June 30, 2024 Westville Road. New Glasgow www.pcymca.ca 902-752-02 s of Operation : Fitness Centre 5 AM–9 PM. Pool 6:00 AM–	Private Childcare 2:15-3	Cycle Express 4:30-5 Book on App		Closed 2-4		Private Childcare 2:15-3 Youth Open Gym 3-4:45			Closed 2-4		Private Childcare 2:15-3			Closed 2-4	
	Open Basketball 3- 5:20 Women on Weights 5-5:45 Book on app			Swimming Lessons * 4-7			Lego Play (ages 3+) 4:15-5 Book on App		Swimming Lessons *	Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)		Le	Swimming Lessons *	
		Cyclefit		Swimming Lessons *		Beginner Karate 5-5:40	Grow 4-4:45 Book on App Cyclefit		_ Swimming Lessons * 4-7:30 Jr G	4-7 Book on App		Women on	1	- Swimming Lessons *	4-7:30
	Beginner Pickleball (2.0)	5:30-6:15 Book on App (Studio)		4-7:30 ninding 7:30 ninding om)	Aquafit	np 15	5-5:45 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App			5:30-6:30 Book on App	Weights 5-5:45 Book on app	ts 4-7:30 app Childminding 4-7:30 (Childminding room) Book on App Family Swi pom 5 7:30-8:45		
	5:30-7	Women on Weights 6-6:45 Book on App (Fitness Floor)	Childminding 4-7:30 (Childminding room) Book on App		Bootcamp 6:30-7:15 Book on App		Kettlebell Class 6-6:45 Book on App			Jr Guard 5:30-6:15	Pictou County Athletics 6:45-8	Cyclefit 5:30-6:15 Book on App			Aquafit Bootcamp 6:30-7:15 Book on App
		PiYo 6:30-7:15 Book on App	15	Family Swim 7:30-8:45 Rock on App	0-8:45	Book on App	(Studio)		Adult Swimming for Beginners 7-7:30 Book on App	Training 7-8	Open Basketball 8-8:55	Mindfulness Meditation (Board Room)		Family Swim 7:30-8:45	Lane Swim 7:15-8:45
	Open Basketball			Book on App	on App 7:30 -8:45 Book on App		Yoga 7-8 Book on App		Adult Learn to Swim 7:30-8 Book on App Family Swim	Lane Swim 8-8:45		6:30-7:15 Book on App Pound		Book on App	Book on App
YM YMCA 2756 Hours	7-8:55						(Studio		8:-8:45 Book on App	Book on App		(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)	Cyclefit Express		Parent & Tot 9-10 Book On App	Aquafit Bootcamp 9-9:45 Book on App						
8:30-9:50 Book on App	9-9:30 Book on App	Childminding 8:30-11 (Childminding room) 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									
Open Gym 11-11:55	Book on App		Warm Water Aquafit 11-11:45 Book on App							
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						
	Grow 4-4:45 Book on App		Closed 2-4							
Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)									
Beginner Karate 5-5:40			Autism Lessons START April 11							
			4-7	Autism Lessons 4-7						
Intermediate/ Advanced Karate 5:45-6:25	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding	Family Swim 7-8:45 Book on App	Start April 11 Book on App						
Pickleball (3.0 +)		room) Book on App	4-8:45 UNTIL APRIL 11	Tri-Club 7-8 Book on app						
6:30-8:55 Book on App	Slow Flow Yoga 7-8 Book on App			Lane Swim 8-8:45 Book on App						





	Friday				Saturday					Sunday															
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Leisure Pool													
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App Core Blast (studio) 8:30-9		Open Swim 7-9 Book on App		Adult Basketball 7-9:30	Tri-Club Cyclefit 8:15-9	Open Swim 7-9 Book on App													
Barre, Balls & Bands 9-9:45		Childminding 8:30-11 (Childminding room) Book on App	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Childminding	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-10 Book on App	Cardio Kick- boxing (studio) 9-9:45 Book on App	Childminding				Book on App	Parent & Tot 9-10 Book on App
Fit For Life - Barre, Balls & Bands 10-10:45 Book on App			Private Daycare 10-11	_	Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App	8:30-12 (Childminding room) Book on App	8:30-12 Swimmin (Childminding room)	Swimming Lessons* 9-12	essons*	Pickleball Open (All Levels)		Inclusion Swin 10-11 Book on App												
Pickleball Open			Warm Water Aquafit 11-11:45		HCRS Partner- ship Rental 11-12					10-12 Book on App		Open Swim 11-12 Book on App													
(All Levels) 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Open Swim		Pickleball Practice (All Levels) 12-1:30 Book on App			Rental 12-1	Lane Swim 7-5:45 Book on App	Open Basketball 12-3		Rental 12-1													
Partnership Rental 1-2:15 Private			12-2 Book on App Closed 2-		Open Basketball 1:30-6		Rental 1-2	Family Swim 1-3			Rental 1-2	Family Swim 1-2 Book on App													
Childcare 2:15-3				d 2-4				Book on App				Sunday Funda Partnership Rental													
						1:30-6	1:30-6			Rental 3-4				Rental 3-4											
Open Basketball 3:30-6			Family Swim 4-6				Rental 4-5	Family Swim 4-5:45		Open Gym 3-6	Rental 4-5	Sunday Funda Partnership Rental 4-5													
			Book on App	Lane Swim 4-8:45 Book on App				Book on App				Family Swim 5-5:45 Book on App													
Teen Night Open Gym 3-5 Book on App			Rental																						
Teen Night 1/2 Open Gym 5-7:45 Book on App			6-7					Pool closes	at 5:45 pm			Pool close													
1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App																						
Open Gym 7:45-8:55																									

Stay Connected:

YMCA of **Pictou County**

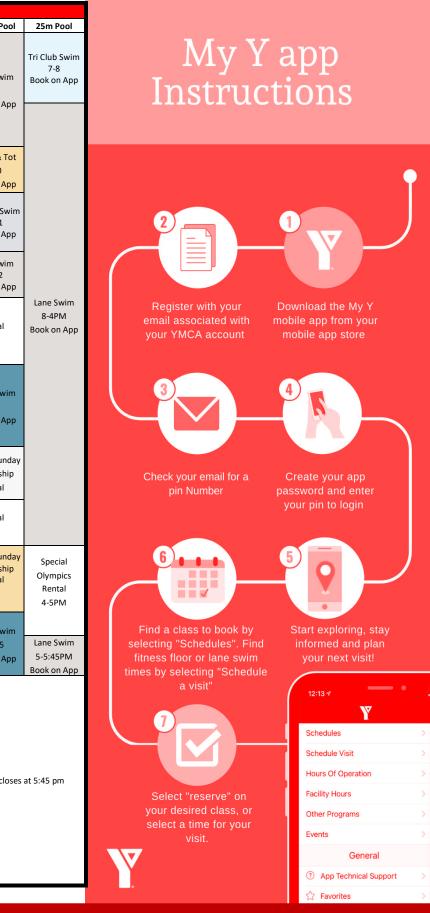






When you visit:

- 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) an 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App