



Hours of Operation:
 Fitness Centre 5 AM—9 PM Monday to Friday,
 Aquatic Centre 6 AM—2 PM / 4 PM—8:45 PM
 Saturday & Sunday 7 AM—6 PM

Summer 2024 Facility Schedule

YMCA of Pictou County | July 2—Sept 8 2024

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

Monday					Tuesday					Wednesday					Thursday					
Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	
Open Gym 5-7:15					Open Gym 5-7:15					Open Gym 5-7:15					Open Gym 5-7:15					
1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45			Open Swim 6-9	Lane Swim 6-9 Book on App	1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45	6 AM Circuit 6-6:45 Book on App		Open Swim 6-9	Lane Swim 6-9 Book on App	1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45			Open Swim 6-9	Lane Swim 6-9 Book on App	1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45	6 AM Circuit 6-6:45 Book on App		Open Swim 6-9	Lane Swim 6-9 Book on App	
		Childminding 8:30-11 (Book on App)			Day Camp 8:30—9:55		Childminding 8:30-11 (Drop in, Book on App)								Day Camp 8:30-9:55					
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			Parent & Tot 9-10 Book on App	AquaFit 9-9:45 Book on App	Cardio Kickbox 9-9:45 Book on App			Childminding 8:30-11 (Drop in, Book on App)	Parent & Tot 9-10 Book on App	AquaFit 9-9:45 Book on App			Childminding 8:30-11 (Drop in, Book on App)	Parent & Tot 9-10 Book on App
Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App		Day Camp 10-11		Parent & Tot Open Gym 10-11 Book on app	Flow Yoga 10-11 Book on App (Conference rooms)		Day Camp 10-11		Balance 10-10:45 Book on App			Day Camp 10-11		Parent & Tot 10—11	Stretch & Relaxation 10-10:45 Book on App		Day Camp 10-11		
			Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pound 11-12 Book on app	Chair Yoga 11:15-11:55 Book on App (Conference room)		Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball 11-12:30 Book on App			Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	1/2 Open Gym & 1/2 Camp 11-11:55			Warm Water AquaFit 11-11:45 Book on app	Lane Swim 10-2 Book on app	
Pickleball (Recreation) 11:10-12:30 Book on App			HCRS Rental 12—1		Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 11:45-1:30			Muscle Express 12:10-12:50 Book on App		Inclusion Swim 12—1		Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 11:45—1:30		
1/2 Open Gym 1/2 Day Camp 12:30-2			Day Camp 1-2		1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2		1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2		1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2		
	Excel 1:15-2:15		Closed 2-4		1/2 Private Childcare & 1/2 Day Camp 2-3		Closed 2-4			Private Childcare & Day Camp 2-3			Closed 2-4		1/2 Private Childcare & 1/2 Day Camp 2-3		Closed 2-4			
1/2 Gym Open Basketball 3-5:30	Women on Weights 5-5:45 Book on App (Fitness Floor)			Lane Swim 4—6:30 Book on App	1/2 Gym Open Basketball 3-5 :55			Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	1/2 Gym Day Camp 3-5:30				Lane Swim 4-6:30 Book on App	1/2 Gym Day Camp 3-5:30		Childminding 4-7:30 Book on App			
1/2 Gym Day Camp 3-5:30	Cyclefit 5:30-6:15 Book on App (Studio)		Family Swim 4-8:45 Book on App	Deep Water AquaFit 6:30-7:15 Book on App	1/2 Gym Day Camp 3-5:30	Cyclefit 5-5:45 Book on App (Studio)	Childminding 4-7:30 Book on App		*Lane swim 2 lanes available book on app	Group Power 5:30-6:30 Book on App			Women on Weights 5-5:45 Book on App (Fitness Floor)							
		Childminding 4-7:30 Book on App				Kettlebell Class 6-6:45 Book on App (Studio)			Adult Beginner Swim Lessons 7-7:30	Adult Int/Advanced Swim Lessons 7—8				Family Swim 4-8:45 Book on App	Deep Water AquaFit 6:30-7:15 Book on App	Karate 1/2 Gym 5—5:45 (Aug 1-29)	Balance 6-6:45 Book on App		Family Swim 4-8:45 Book on App	Lane Swim 4-8:45 Book on App
Open Basketball 5:30-8:55				Lane Swim 7:15-8:45 Book on App	Pickleball (Recreation) 6-7:30 Book on App	Yoga 7-8 Book on App (Studio)			Adult Beginner Swim Lessons 7-7:30	Adult Int/Advanced Swim Lessons 7—8	Open Gym 6:45-8:55			Pound 6:30-7:15 Book on App	Lane Swim 7:15-8:45 Book on App	Pickleball 6-7:30 Book on App	Slow Flow Yoga 7-8 Book on App (Conference)			
					Open Basketball 8-8:55			Family Swim 7:30—8:45 Book on App	Lane Swim 8-8:45 Book on App				Mindful Meditation 6:30-7:15 Book on App (Board Room)		Open Basketball 8-8:55					

