				Monday				Tuesday			Wednesday					Thursday					
		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	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool
Pic Col		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	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
Distinc		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)	pp	Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Barre Fitness 9-9:45 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open	Cyclefit		Parent & Tot 9-10 Book On App	Aquafit Bootcamp 9-9:45 Book on App
M		Fit for Life- Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App) Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 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—10:45 Book on App		Balance 10-10:45 Book on App	Mindfulness Meditation 10-10:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App	(All Levels) 8:30-9:50 Book on App	Express 9-9:30 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App		
Sof & Circ	n 7AM-6PM	Pickleball				Lane Swim 10-2										Tai Chi 10-11 Book on App	Stretch & Relaxation 10—10:45	, in the second s			
	∞ŏ	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	11:15-12 Book on App Cyclefit 12:10-12:50	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball			Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Open Gym 11-11:55	Book on App	Partner Rental 10-11	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2
	PM Sat				Open Swim	Book on App	Pound 11-12 Book on App	12:10-12:50 Book on App		Open Swim 12-1 Book on App		Open Play 11-1 Book on App	Muscle Express 12:10-12:50		Open Swim		Livewell 12-1	Yoga Techniques 11—11:45 Book on App		Open Swim 12-1 Book on App	Book on App
	PM / 4PM-8:45 PM	Excel		Book on App		Livewell 12-1			Aquafit		Excel			12-1	2-1	Parent & Tot Open	Cyclefit		Aquafit Mobility		
lule		1:15-2:15			HCRS Rental 1-2 Book on App		Walking Fit 1:15-2 Book on App			Mobility Book on App 1-1:45		1:15-2:15			Inclusion Open Swim 1-2 Book on App		Gym 1-2 Book on App	12:10-12:50 Book on App (Studio)		1-1:45 Book on App	
chedule	AM-2 P	Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed	1 2-4
S i			Cycle Express 4:30-5 Book on App				Youth Open Gym 3-4:45														
YMCA of Pictou County— Fall YMCA of Pictou County —September 9—December 22 2024 2756 Westville Road. New Glasgow www.pcymca.ca 902- Hours of Operation : Fitness Centre 5 AM—9 PM. Pool 6:0	cymca.cal 90- -9 PM. Pool	Open Basketball 3– 5	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)			Swimming Lessons *	Lessons *	Cyclefit 5-5:45 Book on App (Studio)	io)		
	ww.pc	Beginner Pickleball 5—6:20			Swimming Lessons * 4-7:30		Beginner Karate 5-5:40	Cyclefit 5-5:45 Book on App (Studio)	Swimming	4-7 Book on App				4-7:30	Beginner Karate			Autism Lessons			
		Book on App	Cyclefit 5:30-6:15 Book on App (Studio)				Intermediate/ Advanced Karate 5:45-6:25			Lessons * 4-7:30		Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on App		Lessons * 4-7:30		5-5:40			STARTS October 2024	Autism Lessons 4-7 Starts
	וופש שואס דידווי: Fitness C	Pound 6:30-7:30 Book on App		Childminding 4-7:30 (Childminding room) Book on App		Aquafit Bootcamp 6:30-7:15 Book on App	Pickleball (3.0+) 6:30-8:55	Kettlebell Class 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App		Aquafit Cardio Boxing 5—5:45 Book on App	Open Backathall		Childminding 4-7:30 (Childminding room) Book on App		Aquafit Bootcamp 6:30-7:15 Book on App	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	October 2024
	ne road. peration			7:30-	Family Swim 7:30-8:45	Lane Swim	Book on App	(Studio)		Adult Beginner Swim Lessons 7:30 8:00	Tri-Club Training 7:30-8:30 Book on app	Basketball 6:45-8:55			Family Swim 7:30-8:45 Book on App	Lane Swim 7:15-8:45	Pickleball (3.0 +) 6:30-8:55 Book on App		room) Book on App	4-8:45 UNTIL October	Endurance Swim/Tri-Club 7-8 Book on app
	Z / 30 WESIV Hours of Op	Open Basketball 7:30-8:55			Book on App	7:30 -8:45 Book on App		Yoga 7-8 Book on App (Studio		Adult Intermediate Swim Lessons 8-8:30 Family Swim 8:-8:45 Book on App						Book on App		Slow Flow Yoga 7-8 Book on App			Lane Swim 8-8:45 Book on App





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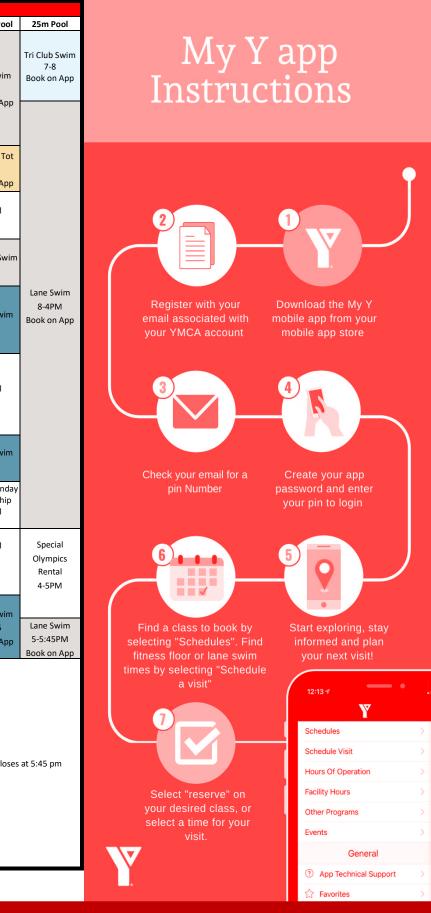
YMCA of

Pictou County

		Friday				-	Saturday			Sunda		day
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Youth Room	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 Book on App	-	Open Swim 7-9 Book on App		Adult Basketball 7-9:30		Open Swim 7-9 Book on App
Boot Camp 9-9:45 Book on App		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 9-9:45 Book on App	Childminding					Parent & Tot 9-10 Book on App
Fit For Life - Boot Camp 10-10:45 Book on App		8:30-11 (Childminding room) 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	Swimming Lessons* 9-12		Pickleball Open Play		Rental 10-11
Pickleball			Warm Water Aquafit 11-11:45 Book on App		HCRS Partner- ship Rental 11-12	Mindfulness Meditation 10-10:45 (Board Room)		9-12		10-12 Book on App	Rental 11-12	Inclusion Swim 11-12
Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Open Swim	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30 Book on App	Book on App		Rental 12-1	Lane Swim 7-5:45			Family Swim 12-1
Partnership Rental 1-2:15			12-2 Book on App				Rental 1-2	Family Swim 1-3	Book on App	Open Basketball 12-3	Rental 2-3	Rental 1-2
Private Childcare 2:15-3					Open Basketball 1:30-6			Book on App				Family Swim 2-3
			Close	a 2-4				Rental 3-4		Open Gym 3-6		Sunday Funday Partnership Rental 3-4
Open Basketball 3:30-6			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45				Rental 4-5
				Aquafit Cardio Boxing 5—5:45 Book on App				Book on App			Rental 5-6	Family Swim 5-5:45 Book on App
Teen Night Open Gym 3-5 Book on App Teen Night 1/2 Open Gym 5-7:45 Book on App 1/2 Kids		Rental (Youth Room) 7-8	Rental 6-7 Family Swim	Lane Swim 6—8:45 Book On App				Pool closes	at 5:45 pm			Pool closes
Night Out 5-8PM Open Gym 7:45-8:55			7-8:45 Book on App									

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