



### What do the Colours

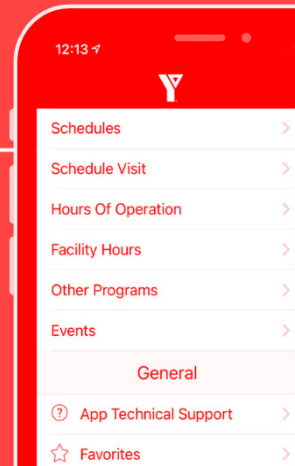
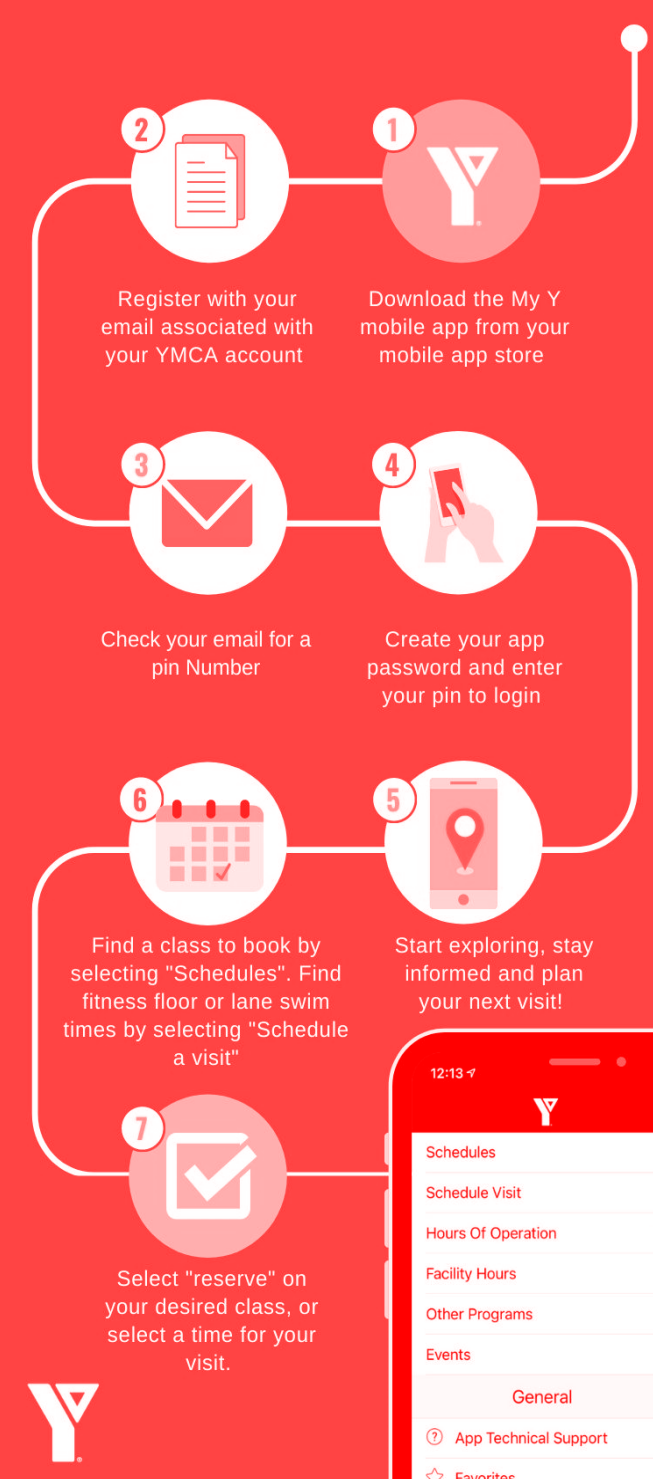
- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Aquafitness
- Childminding
- Swim Class/Club
- Pickleball

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



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

# My Y app Instructions



### Stay Connected:

- YMCA of Pictou County
- ymcaofPictouCounty
- @YMCAPictouCo
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### 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