			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
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	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
Didine (M	Group Power 9-10 Book on App		 Childminding 8:30-11 (Childminding room) Book on App Warm Aqu 11-1 Book on Open 10- Book on 	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	9-9:45	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	Barre Fit 9-9:45 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit Express 9-9:30 Book on App Stretch & Relaxation 10-10:45 Book on App Yoga Techniques 1111:45 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
Jle / 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		Flow Yoga (Child 10-11 rd Book on App		Baby & Me Aquafit 10—10:45 Book on App		Balance 10-10:45 Book on App	10-10:45 Meditation 10-10:45	(Childminding room) p Book on App	Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App				Open Swim 10-11 Book on App	
	Pickleball									-						Tai Chi 10-11 Book on App				
	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	2 App t :50 App	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball Open Play			Warm Water Aquafit 11-11:45 Book on App		Open Gym 11-11:55			Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App
				Open Swim 12-1	Book on App	Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App		11-1 Book on App	Muscle Express 12:10-12:50		Open Swim 12-1		Livewell 12-1		Partner Rental 10-11	Open Swim 12-1 Book on App	
	Excel			Book on App		Livewell 12-1			Aquafit Mobility		Excel					Parent & Tot Open Gym	Cyclefit	io)	Aquafit Mobility 1-1:45 Book on App	
dule PM/4PN	1:15-2:15			HCRS Rental 1-2 Book on App		Walking Fit 1:15-2 Book on App			Book on App 1-1:45		1:15-2:15			Inclusion Open Swim 1-2 Book on App		1-2 Book on App	12:10-12:50 Book on App (Studio)			
YMCA of Pictou County— Fall Schedule YMCA of Pictou County—September 9—December 22 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 / 4PN	Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare	rivate Childcare 2:15-3		Classed 2.4		Private Childcare 2:15-3			Classe	
	Open Basketball 3– 5 Beginner	Cycle Express 4:30-5 Book on App				Youth Open Gym 3-4:45			Closed 2-4					Closed 2-4					Closed	1 2-4
		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 * 4-7:30	essons *	Cyclefit 5-5:45 Book on App (Studio)			
	Pickleball 5—6:20			Swimming	Lana Swim	Beginner Karate 5-5:40			Swimming Lessons * 4-7:30	4-7 Book on App Aquafit Cardio Boxing 55:45 Book on App				ding	Aquafit Bootcamp 6:30-7:15 Book on AppInterme Advanced 5:45-0Lane Swim 7:15-8:45 Book on AppPickle (3.0) 6:30-1	Beginner Karate 5-5:40			Autism Lessons 4-7 STARTS Oct 17,2024	Autism Lessons 4-7 Starts
	Book on App	Cyclefit 5:30-6:15 Book on App (Studio)		Lessons * 4-7:30		Intermediate/ Advanced Karate 5:45-6:25	Cyclefit 5-5:45 Book on App (Studio)				Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on App								
	Pound 6:30-7:30 Book on App			App Family Swim 7:30-8:45		Pickleball (3.0+) 6:30-8:55	Kettlebell Class room)	Childminding 4-7:30 (Childminding room) Book on App			Open	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) 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	Oct 172024
	Open Basketball 7:30-8:55					Book on App			Adult Beginner Swim Lessons 7:30 8:00	Tri-Club Training 7:15-8:15 Book on app	6:45-8:55	Basketball 6:45-8:55				Pickleball (3.0 +) 6:30-8:55 Book on App		room) Book on App		Endurance Swim/Tri-Club 7-8 Book on app
			-	Book on App	Lane Swim 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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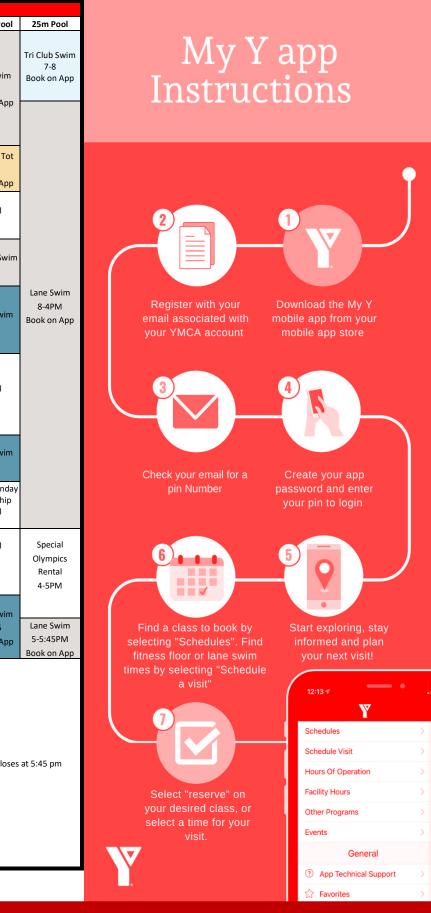
YMCA of

Pictou County

		Friday				-	Saturday			Sund		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 10-12 Book on App		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)					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			Book on App				Family Swim 2-3
Open Basketball 3:30-6			Closed 2-4		Basketball 1:30-6			Rental 3-4				Sunday Funday Partnership Rental 3-4
			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45		Open Gym 3-6		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 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