| | | | 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 |





ymcaofPictouCounty @YMCAPictouCo

Stay Connected:

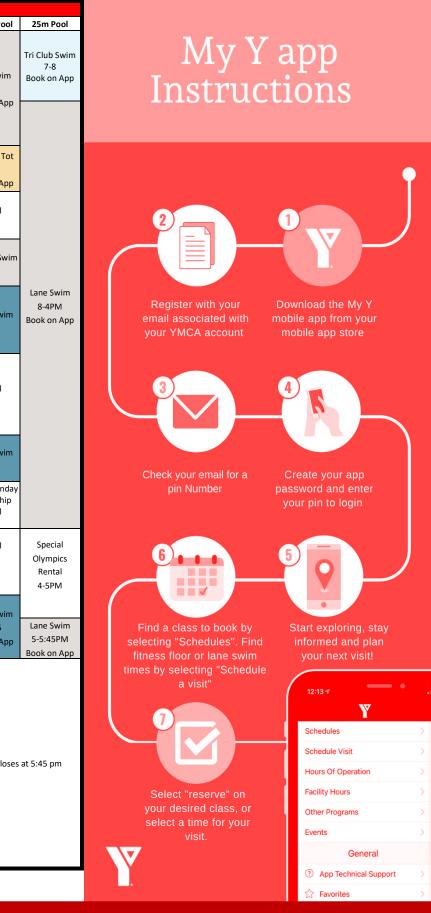
YMCA of

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