



YMCA of Pictou County — December 23— January 5 Interim

YMCA of Pictou County —December 23rd 2024—January 5 2025

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

Hours of Operation : Fitness Centre 5 AM—9 PM. Pool 6:00 AM—2 PM / 4PM-8:45 PM Sat & Sun 7AM-6PM

Monday December 23					Friday December 27					Saturday December 28					Sunday December 29					
Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	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 / Camp 5-8:30			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	Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio)		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		
Group Power 9-10 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	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		Parent & Tot 9-10 Book on App				Parent & Tot 9-10 Book on App			
Fit for Life-Strength 10:10-11 Book on App			Open Swim 10-11 Book on App		Fit For Life - Boot Camp 10-10:45			Private Daycare 10-11		Parent & Tot Open Gym 10-11			Childminding 8:30-12 (Childminding room) Book on App	Family Swim 10-11 Book on App		Pickleball Open Play 10-12 Book on App		Rental 10-11		
Pickleball Open Play 11:10-1 Book on App			Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30 Book on App				Inclusion Swim 11-12			Rental 11-12	Inclusion Swim 11-12	
Camp 1-2:15			Open Swim 12-1 Book on App	Partnership Rental 1-2:15					Closed 2-4						Rental 12-1		Open Basketball 12-3		Rental 2-3	Rental 1-2
Private Childcare 2:15-3		HCRC Rental 1-2 Book on App					Open Basketball 3:30-6													
Open Basketball 3-5	Women on Weights 5-5:45 Book on app			Lane Swim 4-6:30	Teen Night Open Gym 3-5 Book on App			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App						Open Gym 3-6					
Open Gym 5-6:30	Cyclefit 5:30-6:15 Book on App (Studio)				Teen Night 1/2 Open Gym 5-7:45 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6-8:45 Book On App											
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	1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App												
Open Basketball 7:30-8:55					Lane Swim 7:30-8:45 Book on App	Open Gym 7:45-8:55														

Holiday Schedule

Tuesday December 24 & December 31		
Gymnasium	Leisure Pool	25m Pool
Open Gym 7-8:30 am Book on app	Open Swim 6-9	Lanes 7 am—2 pm Book on app
Pickleball 8-30—9:50 pm Book on app	Parent & Tot 9-10 Book on app	
Open Basketball 10am—2 pm Book on app	Open Swim 10—1 pm HCRC Rental 1-2pm	

Wednesday December 25
Closed

Thursday December 26
Closed

Wednesday January 1st
Closed



What do the Colours mean?

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

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

