Sun 7AM-6PM Sat & PM / 4PM-8:45 PM ..ca<u>|</u> 902-752-0202 . Pool 7:00 AM—2 F Centre New Glasgow | Hours of Operation: Fitness

Basketball 7:30-8:55

25m Pool Gymnasium Gymnasium Studio/Conf Youth Room Leisure Pool 25m Pool Studio/Conf Childminding Leisure Pool 25m Pool Youth Room Leisure Pool Studio/Conf Youth Rooms Leisure Pool 25m Pool Cyclefit 7:30-8:15 Open Gym / ri Club Swir Open Swim Lane Swim (Studio) 6-9 6-9 Open Gym Open Gym Open Swim Open Swim Open Swim Book on App Lane Swim Book on App Book on App 6-9 7-9 Basketball 7-9 6-9 Book on App Book on App (studio) Book on App 8:30-9 Parent & Tot **Group Power** Aquafit Cardio Kick 9-10 9-9:45 9-10 Parent + Tot Parent & Tot Parent & Tot Book on App Book on App Book on App 8:45-10 9-9:45 9-10 9-9:45 9-10 Book on App ook on Ap ook on App Book on App Book on App Childminding 8:30-11 8:30-12 ivate Daycare Parent & Tot Family Swim (Childminding Childminding Rental Fit for Life-Open Gym 10-11 Boot Camp 10-11 Pickleball 10-10:45 Book on App 10-11 Book on App Childminding Book on App Onen Play 8:30-11 Warm Water 10-12 Book on App Open Swim HCRS Partner Mindfulness (Childminding Book on App clusion Swir 10-11 ship Rental Meditation room) 11-11:45 11-12 11-12 10-10:45 Book on App Book on App Pickleball Book on App Board Room Open Play Pickleball Book on App Muscle Lane Swim 11-1 Practice ook on App Express 10-2 Rental amily Swin (All Levels) Book on app 12-1:30 Lane Swim Book on App Pickleball Lane Swin Open Swim Book on App 7-5:45 Warm Water Open Play Book on App Lane Swim artnership 12-2 10-2 11:10-1 Book on App 8-5:45 PM Book on App 11-11:45 Rental Basketball Book on App Book on App Book on App Rental Rental 1-2:15 1-2 Family Swim Private Open Swim Childcare 12-1 amily Swim Book on App 2:15-3 2-3 Closed 2-4 Basketball Sunday Funday 1-2:15 Partnership **HCRS Rental** Rental 1-2 3-4 Book on App Oper Gym Lane Swim Private Rental ook on App Childcare Family Swim Family Swim 2:15-3 4-6 4-5:45 Aquafit Closed 2-4 Book on App Book on App amily Swi 5-5:45 5-5:45 Book on App Book on App Open Teen Night Basketball Open Gym Women on 3-5 Weights Book on App Lane Rental (Youth 5-5:45 Swim Rental Room) Book on app Teen Night 4-6:30 Lane Swin 7-8 1/2 Open 6-8:45 Book On App Pool closes at 5:45 pm Pool closes at 5:45 pm 5-7:45 Open Gym ook on App Cvclefit 5-6:30 5:30-6:15 1/2 Kids Family Swim Book on App Night Out 7-8:45 (Studio) **Family Swim** 5-8PM Book on App 4-8:45 Bootcamp Childminding Book on App Pound 6:30-7:15 4-7:30 6:30-7:30 (Childminding Book on App Book on App room) ow Intensity Class What do the Colours hildren & Youth programming Book on App mean? Medium Intensity Class Aquafitness Lane Swim

Holiday Schedule

Tuesday December 24 & December 31 Hours of Operation: 7am-2pm

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

Wednesday December 25

Closed

Thursday December 26

Closed

Wednesday January 1st

Closed



7:30 -8:45

Book on App

High Intensity Class Cyclefit Class

Pickleball

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

ı	Mor	day December 30	T			Thurso	lay January		0.5		Friday January 3				Saturday January 4						Saturday	January 5		
Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	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	MyYann
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)		Арр	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-9	Lane Swim 6-9		Cyclefit 7:30-8:15 (Studio)							Tri Club Swim	My Y app Instructions
Group Power 9-10 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	Cyclefit Express 9-9:30		Tot 9-10 Book On	Aquafit Bootcam p 9-9:45 Book on				Book on App	Арр	Open Gym 7-8:30	Core Blast (studio)		Open Swim 7-9 Book on App		Adult Basketball 7-9:30		Open Swim 7-9 Book on App	BOOK On App	
Fit for Life- Strength 10:10-11 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App		Book on App	Book on App	Childmind ing 8:30-11 (Childmin ding	Open Swim 10-11		Boot Camp 9-9:45 Book on App Fit For Life - Boot Camp 10-10:45		Childminding 8:30-11 (Childminding room)	Parent + Tot 9-10 Book on App Private Day- care 10-11	9-9:45	Group Power 8:45-10 Book on App	8:30-9 Book on App Cardio Kick- boxing 9-9:45 Book on App	Childminding	Parent & Tot				Parent & Tot		Register with your Download the My Y email associated with your YMCA account mobile app store
		Бооконтър	Joon on App			Stretch &	room) Book on App	Book on App		Book on	Yoga 10-11	Book on App	Warm Water Aquafit		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App	8:30-12 (Childminding room)	Envelle Cooler		Pickleball Open Play		Rental 10-11	-	3 4 5
Pickleball Open Play 11:10-1 Book on App			Warm Water Aquafit 11-11:45	Lane Swim 10-2 Book on App	Camp 9:50—1	Relaxation 10—10:45 Book on App		Warm Water Aquafit 11-11:45 Book on	Lane Swim 10-2 Book on App	Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		11-11:45	Lane Swim 10-2	HCRS Part- nership Rental 11-12 Pickleball Practice	Mindfulness Meditation 10-10:45 (Board Room) Book on App		Inclusion Swim 11-12		10-12 Book on App	Rental 11-12	Inclusion Swim 11-12		Check your email for a Create your app pin Number password and enter your pin to login
			Open Swim 12-1 Book on App		Daniel 9		Partner Rental 10-11	Open Swim	Арр	Partnership Rental 1-2:15			Open Swim 12-2 Book on App		(All Levels) 12-1:30 Book on App			Rental 12-1	Lane Swim 7-5:45			Family Swim 12-1	Lane Swim 8-4PM Book on App	50
Camp 1-2:15			HCRS Rental 1-2 Book on App	Tot O Gyi 1-2 Bool	Parent & Tot Open Gym 1-2 Book on App		12-2 Book on App		Private Childcare							Rental 1-2	Family Swim	Book on App	Open Basketball 12-3	Rental 2-3	Rental 1-2		Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit" Start exploring, stay informed and plan your next visit!	
Private Childcare 2:15-3			Closed	2-4	Private Childcare 2:15-3			Closed	2-4	2:15-3			Closed	2-4				1-3 Book on App				_		Schedules Schedule Visit Hours Of Operation Facility Hours >
Open Basketball 3–5	Women on Weights				Camp 3-5:30	Cyclefit 5-5:45 Book on App				Open Basketball 3:30-6			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App Aquafit Cardio	Open Basketball 1:30-6			Rental 3-4				Sunday Funday Partnership Rental		your desired class, or select a time for your visit. Other Programs Events General App Technical Support App Favorites
Open Gym –	5-5:45 Book on app			4-6:30		(Studio)							воск он Арр	Boxing 5—5:45 Book on App						Open Gym		3-4 Rental	Special	When you visit: Everyone 16+ must sign in with a Photo ID
5-6:30	Cyclefit 5:30-6:15 Book on App		Family Swim	Aquafit	Youth open gym 5:30– 6:30	Balance 6-6:45		Family Swim 4-8:45	Lane Swim 4-7	Teen Night Open Gym 3-5 Book on				7,55			Rental 4-5	Family Swim 4-5:45 Book on App		3-6		4-5	Olympics Rental 4-5PM	Swims: Children must be 8+ to swim without an adult.
Pound 6:30-7:30 Book on App		Childminding 4-7:30 (Childminding room)	4—8:45 Book on App	Bootcamp 6:30-7:15 Book on App	3.30 0.30	Book on App	p Childmind ing 4-7:30 (Childmin ding	Арр	Endur- ance	App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim							Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swim	Youth ages 12-15 are recommended to book an orientation with our health, fitness & recreation team for fitness centre use.
		Book on App		Lane Swim	Pickleball (3.0 +) 6:30-8:55 Book on		room) Book on App		Swim/Tri -Club 7-8 Book on app	Teen Night 1/2 Open Gym 5-7:45 Book on App				Book On App				Pool closes at	5:45 pm			Pool closes at		Childminding services are available 8:30AM-11AM (MON-FRI) and 4:00PM- 7:30PM (MON-THUR). 8:30AM-12PM
Open Basketball 7:30-8:55				7:30 -8:45 Book on App	Арр	Slow Flow Yoga 7-8 Book on			Lane Swim 8-8:45 Book on	1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App											(SAT) <u>Visits must be reserved in the My Y App</u>
						Арр			App	Open Gym 7:45-8:55														Published: