	756 Westville Road New Glasdow I www novmca cal 902-752.
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	WW DCVE
MCA of Pictou County —MARCH 7—16	W WODS
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County	Soad N
Pictou (Astville P
MCA of	756 We

	FRI	DAY MAR	CH 7		SATURDAY MARCH 8						SUNDAY	MARCH 9		MONDAY MARCH 10					
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m	
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	MEGATHON Pancake Sausage Breakfast 8-11 am (Canteen)	Open Swim 7-9 Book on App	Lane Swim 7-9 Book on App	Adult Basketball 7-9:30	Tri Club Cycle 8:15—9 (Studio)	Open Swim 7-9 Book on App	Tri Club Swim 7-8 Book on App	Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane 6 Book (
Boot Camp 9-9:45 Book on App		Childminding	Parent + Tot 9-10 Book on App	MEGATHON Aquafit 9-10	Group Power 8:45-9:45 Book on App	Cardio Kick- boxing (studio) 9-9:45 Book on App	Childminding					Parent & Tot 9-10 Book on App		Group Power 9-10 Book on App			Parent & Tot 9-10 Book on App	Aqu 9-9 Book	
Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App	Childminding 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	MEGAthon Aqua-Olympics 9-12	Pickleball Open (All Levels)		Rental 10-11		Fit for Life- Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App	Childminding 8:30-11 (Childminding room) Book on App	Cours Suin		
Pickleball			Warm Water Aquafit 11-11:45 Book on App		HCRS Partner- ship Rental 11-12	Mindful Meditation 10-10:45 Book on App				10-12 Book on App	Rental 11-12	Inclusion Swim 11-12		BOOK OII App			Camp Swim 10-11 Book on App		
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			Rental 12-1				Family Swim 12-1	Lane Swim 8-4PM Book on App	Pickleball Open Play			Warm Water	Land	
Accessible Pickleball 1-2:15			12-2 Book on App				Rental 1-2	Family Swim		Open Basketball 12-3	Rental 1-2	Rental 1-2		11:10-1 Book on App			Aquafit 11-11:45 Book on App	Book	
Private Childcare 2:15-3								1-3 Book on App	Lane Swim			Family Swim 2-3		Accessible			Open Swim 12-1 Book on App		
Open Basketball 3-5			Close	d 2-4	Open Basketball 1:30-6			Rental 3-4	12-5:45 Book on App	Open		Sunday Funday Partnership Rental 3-4		Pickleball 1-2pm			HCRS Rental 1-2 Book on App		
Youth			Family Swim				Rental 4-5	Family Swim		Gym 3-6		Rental 4-5	Special Olympics Rental 4-5PM	Private Childcare / Camp 2:15-3	MEGATHON Mario Kart Tournament		Close	ed 2-4	
Pickleball 5-6 Registration required	MEGATHON Cyclefit 6-7 pm		4-6 Book on App	Lane Swim				4-5:45 Book on App			Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM	Open Basketball 1/2 Gym	1:30-3:30				
	MEGATHON Paint Night 6-9	Rental (Youth Room) 7-8	Rental 6-7	4-8:45 Book on App										1/2 Gym Camp 3– 6pm	Women on Weights 5-5:45 Book on app		Family	ATHON y SWIM I-5 on requir	
MEGATHON			Family Swim 7-8:45 Book on App					Pool closes	at 5:45 pm			Pool closes	at 5:45 pm		Cyclefit		Family Swim 5-6	Lane 5 –	
Glow Dance 6:30-8:00														MEGATHON Kickboxing 6-7pm	5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room)	Book on app	Aq: Boot	

Join us for our annual FUN-draising series, the **MEGAthon**

Join us for MEGAthon and become a part of the movement that's bringing the community together. Our collection of fundraising events are designed to deliver financial support to Pictou County residents in need, helping them access childcare, camps, swimming lessons, and important fitness programming. At the YMCA, we believe that everyone deserves a chance to live their best life, and we're committed to making that a reality for our community. So come on out and participate in our collection of events that will leave you feeling empowered, active and proud to make a difference.

Registration for MEGAthon Events are available at our front-desk, or online at the QR Code or link here: https://tinyurl.com/MEGAthon2025





25m Pool

Book on Ap

9-9:45 Book on App

Lane Swim

10-2

Book on App

1EGATHON mily SWIM 4-5 ration required

> Lane Swim 5 -6:30

Aquafit Bootcamp

6:30-7:15

Book on App

Lane Swim

7:30 -8:45

Book on App

Family Swim

6-7

Book on app

Family Swim 7-8:45

Book on App

Book on App

Lego Play

4:30-5:10

(Childminding)

Book on App into

Childminding

MEGATHON

Chocolate Bar

Bingo

6-7:30

Open

Basketball

7:00-8:55

Low Intensity Class
Medium Intensity Class
High Intensity Class
Cyclefit Class
Children & Youth programming
Aquafitness
Childminding

Swim Class/Club

MEGAthon Registered

Pickleball



	TUESDAY MARCH 11					WEDNESDAY MARCH 12					THURSDAY MARCH 13					FRIDAY MARCH 14				
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	Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	
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			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-9	Lane Swim 6-9	
	MEGATHON PILATES 9-10		Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Barre Fitness 9-9:45 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open	Cyclefit		Parent & Tot 9-10 Book On App	Aquafit Bootcamp 9-9:45 Book on App				Book on App	Book on App	
Pickleball Open Play 8:30-9:50 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-11 (Childminding room)	Baby & Me Aquafit 10—10:45 Book on App		Balance 10-10:45 Book on App	Mindful Meditation 10-10:45 Book on App	Childminding 8:30-11 (Childminding room)	Camp Swim 10-11		(All Levels) 8:30-9:50 Book on App	9-9:45 Book on App	Childminding 8:30-11 (Childminding room)	Camp Swim 10-11		Boot Camp 9-9:45 Book on App Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Parent + Tot 9-10 Book on App Private Daycare 10-11	Aquafit 9-9:45 Book on app	
		Book on App	Parent & Tot 10-11				Book on App		Lane Swim	Baby & Me Fitness 10-10:45 Book on App	Stretch & Relaxation 10—10:45 Book on App	Book on App			Pickleball Open Play			Warm Water Aquafit 11-11:45 Book on App		
Parent & Tot Open Gym / Camp 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball 3.0+			Warm Water Aquafit 11-11:45 Book on App	10-2 Book on App	Camp 11—1:15	Yoga Techniques 11—11:45 Book on App		MEGATHON Aquafit 11-11:45	Lane Swim 10-2 Book on App	11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Open Swim 12-1 Book on App	Lane Swim 10-2 Book on App	
Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Camp Swim 12-1		Book on App	Muscle Express 12:10-12:50		Inclusion Swim			Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App		Accessible Pickleball 1-2:15			Camp Swim		
Camp 12– 1:15	MEGATHON Kids Crafts		Aquafit Mobility		Accessible Pickleball	MEGATHON Gameshow and		12-1		Walking Fit 1:15-2	MEGATHON Little Scientists		Aquafit Mobility 1-1:45		Private Childcare and camp			Book on App		
Walking Fit 1:15-2 Book on App	1:30-2:30		Book on App 1-1:45		1-2	Luncheon 12-2 pm		NSTU Rental 1-2		Book on App	2—4 pm (Conference space)		Book on App		2:15-3 Open Basketball 1/2			Close	ed 2-4	
Private Childcare and Camp 2:15-3			Closed	2-4	Private Child- care and Camp 2:15-3			Clos	sed 2-4	Private Childcare and camp 2:15-3			Closed	i 2-4	gym Camp 1/2 Gym 3-5 Youth			MEGA	ATHON	
										Youth Open Gym					Pickleball 5-6 Registration required			Family 4	/ SWIM -5 on required	
Youth Open Gym 1/2 Gym and Camp		Lego Play (ages 3+) 4:15-5	MEGATI Family S' 4-5 Registration	WIM	Open Basketball 1/2 gym 1/2 Camp			Fami	IATHON ly SWIM 4-5 ion required	and Camp 1/2 gym 3-5:30	Cyclefit 5-5:45 Book on App (Studio)		MEGA' Family 4- Registration	SWIM 5				Family Swim 5-6 Book on App	Aquafit Cardio Boxing 5-5:45 Book on app	
3-6	Cyclefit	Book on App	Family Swim 5-6 Book on app		3-5:15			Family Swim 5-6 Book on app	Lane Swim 5-6:30				Family Swim 5-6	Lane Swim	MEGATHON Children's Movie Night		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim	
	Express 5:30-6 Book on App (Studio)		Family Swim	Lane Swim 5-7:30	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on app		Family Swim 6-7 Book on app	Book on App Aquafit Bootcamp	Open Gym 5:30—6:30	Balance		Family Swim 6-7 Book on app	4-7 Book on App	6-8 pm			Family Swim 7-8:45 Book on App	5:45-8:45 Book on App	
MEGATHON Glow in the dark	Muscle Express	Childminding 4-7:30 (Childminding room) Book on App	6-7 Book on app	Book on App	Open	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 7-8:45 Book on app	6:30-7:15 Book on App		6-6:45 Book on App	Childminding 4-7:30	Family Swim 7-8:45 Book on app	Tri-Club 7-8 Book on app						
Basketball 6-9 pm	6:10-6:50 Book on App (Studio)		Family Swim 7-8:45 Book on app	Tri-Club Training 7:30-8:45 Book on app	Basketball 6:30 -8:55	Piyo (Studio) 6:30—7:30			Lane Swim	Pickleball (3.0 +) 6:30-8:55		(Childminding room) Book on App		Lane Swim 8-8:45 Book on App						
	Yoga 7-8 Book on App (Studio					Book on App			7:15—8:45	Book on App	Slow Flow Yoga 7-8 Book on App									

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	Low Intensity Class
	Medium Intensity Class
	High Intensity Class
	Cyclefit Class
	Children & Youth programming
	Aquafitness
	Childminding
	Swim Class/Club
	Pickleball
k .	One Lane available during swimming lessons & class Please book on My Y App



	SATL	IRDAY MAR	CH 15		SUNDAY MARCH 16						
Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Youth Room	Leisure Pool	25m Pool			
MEGATHON	Cyclefit 7:30-8:15 (Studio) Book on App Core Blast (studio) 8:30-9 Book on App Cardio Kick-		Open Swim 7-9 Book on App		Adult Basketball 7-9:30		Open Swim 7-9 Book on App	Lane Swim 7-8 MEGATHON			
Children's	boxing (studio) 9-9:45 Book on App	Childminding	Parent and Tot 9-10 Book on app				Parent & Tot 9-10 Book on App	- Indoor Triathlon 8-10			
Carnival 10-1	Flow Yoga 10-11 Book on App	8:30-12 (Childminding room) Book on App	Family Swim 10—11 Book on app		Pickleball Open (All Levels)		Rental 10-11				
	Mindful Meditation 10-10:45 Book on App		Family Swim 11– 12 Book on app		10-12 Book on App	Rental 11-12	Inclusion Swim 11-12				
			Rental 12-1	Lane Swim 7-5:45			Family Swim 12-1				
		Rental 1-2	Family Swim 1-2 Book on App	Book on App	Open Basketball 12-3	Rental 1-2	Rental 1-2	Lane Swim 10—4			
Open			Family Swim 2-3 Book on App				Family Swim 2-3				
Basketball 2—6			Rental 3-4				Sunday Funday Partnership Rental 3-4				
		Rental 4-5	Family Swim 4-5:45		Open Gym 3-6	MEGATHON Candlelit Yoga 7-8 Located in the	Rental 4-5	Special Olympics Rental 4-5 PM			
			Book on App			Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swim 5-5:45 PM Book on App			
			Pool closes	at 5:45 pm			Pool closes	at 5:45 pm			

My Y app Instructions



Stay Connected:









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) & 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App
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