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CA of Pictou County —MARCH 7—16	אפטא
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	FRI	DAY MAR	CH 7			SATU	IRDAY MA	ARCH 8			SUNDAY	MARCH 9			MON	DAY MARC	H 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	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			Parent + Tot 9-10	MEGATHON Aquafit	Group Power 8:45-9:45 Book on App	Cardio Kick- boxing (studio) 9-9:45						Parent & Tot 9-10	-	Group Power 9-10 Book on App			Parent & Tot 9-10 Book on App	Aqu 9-9 Book o		
Fit For Life - Boot Camp 10-10:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Private Daycare 10-11	9-10	Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App	Childminding 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	Camp Swim			
Pickleball			Warm Water Aquafit 11-11:45		HCRS Partner- ship Rental 11-12	Mindful Meditation 10-10:45				10-12 Book on App	Rental 11-12	Inclusion Swim 11-12		воок он Арр			10-11 Book on App			
Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Book on App	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			Warm Water	Lane		
Day Camp 1-2			Open Swim 12-2 Book on App				Rental 1-2	Family Swim		Open Basketball 12-3	Rental 1-2	Rental 1-2		Open Play 11:10-1 Book on App			Aquafit 11-11:45 Book on App	10 Book		
Private Childcare 2:15-3								1-3 Book on App				Family Swim 2-3					Open Swim 12-1 Book on App			
Open Basketball 3-5			Close	ed 2-4	Open Basketball 1:30-6			Rental 3-4	12-5:45 Book on App	Open		Sunday Funday Partnership Rental 3-4		Camp 1—2:15			HCRS Rental 1-2 Book on App			
Youth Pickleball			Family Swim 4-6				Rental 4-5	Family Swim 4-5:45		Gym 3-6		Rental 4-5	Special Olympics Rental 4-5PM	Private Childcare / Camp 2:15-3	MEGATHON Mario Kart Tournament 1:30-3:30		Close	ed 2-4		
5-6  Registration required	MEGATHON Cyclefit 6-7 pm		Book on App	Lane Swim				Book on App			Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM	Open Basketball 1/2 Gym	130 330					
	MEGATHON Paint Night 6-9	Rental (Youth Room) 7-8	Rental 6-7	4-8:45 Book on App	4-8:45										Book on App	1/2 Gym Camp 3– 6pm	Women on Weights 5-5:45 Book on app		Family	ATHON / SWIM I-5 on requir
MEGATHON Glow Pance			Family Swim 7-8:45 Book on App					Pool closes	at 5:45 pm			Pool closes	s 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	Book on app	Aqı		

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

Lane Swim Book on App

Aquafit 9-9:45 Book on App

Lane Swin

10-2

Book on App

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

What	do the Colours mean?
	Low Intensity Class
	Medium Intensity Class
	High Intensity Class
	Cyclefit Class
	Children & Youth programming
	Aquafitness
	Childminding
	Swim Class/Club
	Pickleball

**MEGAthon** Registered



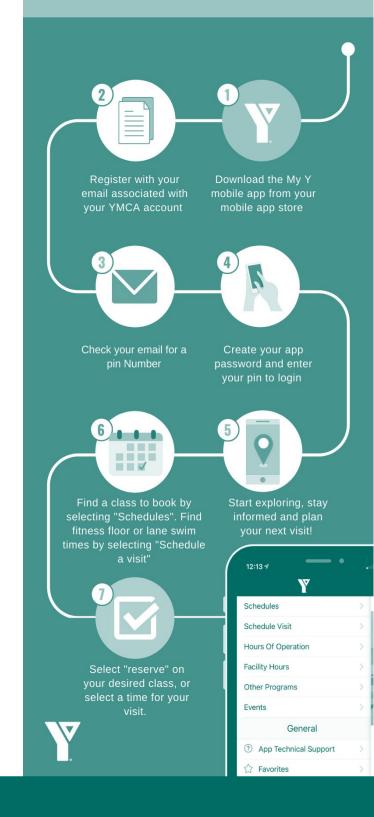
	TUESI	DAY MAR	CH 11			WEDN	IESDAY MA	RCH 12			THURSD	AY MARC	H 13			FRID	AY MARCI	H 14	
Gymnasium	Studio/Conf	Youth	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool
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		Childminding	Baby & Me Aquafit			Mindful Meditation 10-10:45	Childminding			(All Levels) 8:30-9:50 Book on App	9-9:45 Book on App	Childminding			Boot Camp 9-9:45 Book on App Fit For Life -	51. V	Childminding 8:30-11	Parent + Tot 9-10 Book on App Private	Aquafit 9-9:45 Book on app
8:30-9:50 Book on App	Flow Yoga 10-11 Book on App	8:30-11 (Childminding room) Book on App	10—10:45 Book on App		Balance 10-10:45 Book on App	Book on App	8:30-11 (Childminding room) Book on App	Camp Swim 10-11			Stretch &	8:30-11 (Childminding room) Book on App	Camp Swim 10-11		Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App	(Childminding room)  Book on App	Daycare 10-11 Warm Water	
Parent & Tot			Parent & Tot 10-11						Lane Swim	Baby & Me Fitness 10-10:45 Book on App	Relaxation 10—10:45 Book on App				Pickleball Open Play	Muscle		Aquafit 11-11:45 Book on App	
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	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	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 12-1			Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App		Camp 1-2:15			Camp Swim	
Camp 12– 1:15	MEGATHON Kids Crafts		Aquafit Mobility			MEGATHON Gameshow and Luncheon		12 1		Walking Fit 1:15-2	MEGATHON Little Scientists 2-4 pm		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			12-2 pm			U Rental 1-2	Book on App	(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	y SWIM I-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	GATHON ily SWIM 4-5 tion required	and Camp 1/2 gym 3-5:30	Cyclefit 5-5:45 Book on App (Studio)		MEGA Family 4- Registratio	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	Women on		Family Swim 5-6 Book on app	Lane Swim 5-6:30				Family Swim 5-6 Book on app	Lane Swim 4-7	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 Book on App	Group Power 5:30-6:30 Book on App	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	Δουκ στι Αμρ	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								

W	hat do the Colours
	Low Intensity Class
	Medium Intensity Class
	High Intensity Class
	Cyclefit Class
	Children & Youth programming
	Aquafitness
	Childminding
Ę	Swim Class/Club
L	Pickleball
*	One Lane available during swimming lessons & classe
	Please book on My Y App



	SATL	JRDAY MAR	CH 15	SUNDAY MARCH 16							
Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium Youth Room Leisure Pool 25m Pool						
	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	Lane Swim 7-8			
MEGATHON  Children's	Cardio Kick- boxing (studio) 9-9:45 Book on App	Childminding	Parent and Tot 9-10 Book on app				Parent & Tot 9-10 Book on App	MEGATHON 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 Published 3/4/2025