

FRIDAY MARCH 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 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	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 Swim 6-9 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	MEGATHON Aquafit 9-10	Group Power 8:45-9:45 Book on App	Cardio Kick-boxing (studio) 9-9:45 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons* 9-12	MEGATHON Aqua-Olympics 9-12			Parent & Tot 9-10 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
Fit For Life - Boot Camp 10-10:45 Book on App			Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App					Rental 10-11	Pickleball Open (All Levels) 10-12 Book on App	Rental 11-12	Inclusion Swim 11-12			Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App
Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45 Book on App		HCRS Partnership Rental 11-12	Mindful Meditation 10-10:45 Book on App												
Day Camp 1-2			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30			Rental 12-1				Family Swim 12-1	Lane Swim 8-4PM Book on App	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
Private Childcare 2:15-3								Family Swim 1-3 Book on App		Open Basketball 12-3	Rental 1-2	Rental 1-2					Open Swim 12-1 Book on App	
Open Basketball 3-5			Closed 2-4		Open Basketball 1:30-6			Rental 3-4	Lane Swim 12-5:45 Book on App								HCRS Rental 1-2 Book on App	
Youth Pickleball 5-6 Registration required	MEGATHON Cyclefit 6-7 pm MEGATHON Paint Night 6-9		Family Swim 4-6 Book on App					Family Swim 4-5:45 Book on App		Open Gym 3-6		Family Swim 2-3						
MEGATHON Glow Dance 6:30-8:00		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 4-8:45 Book on App							Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App	Private Childcare / Camp 2:15-3	MEGATHON Mario Kart Tournament 1:30-3:30			
			Family Swim 7-8:45 Book on App											Open Basketball 1/2 Gym 1/2 Gym Camp 3-6pm	Women on Weights 5-5:45 Book on app			
								Pool closes at 5:45 pm										
														MEGATHON Kickboxing 6-7pm				
															Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 5-6 Book on app	Lane Swim 5-6:30
															MEGATHON Chocolate Bar Bingo 6-7:30	Lego Play 4:30-5:10 (Childminding) Book on App into Childminding	Family Swim 6-7 Book on app	Aquafit Bootcamp 6:30-7:15 Book on App
														Open Basketball 7:00-8:55			Family Swim 7-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App



MEGATHON Program Guide 2025

March 8 - 16

YMCA of Pictou County www.pcmymca.ca

View our MEGATHON Program Guide at www.pcmymca.ca/schedules/



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 Event

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>

What do the Colours

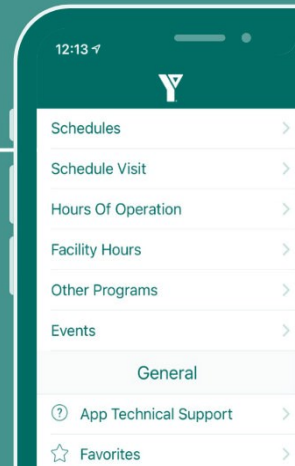
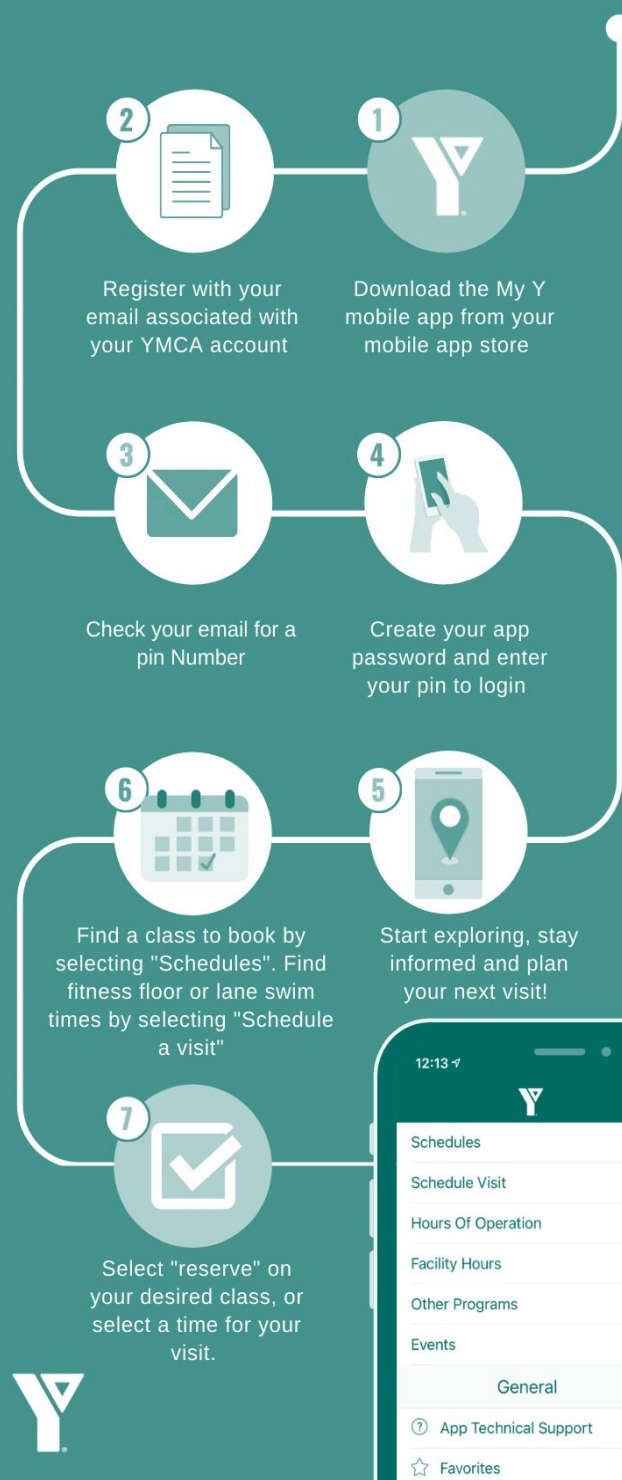
-  Low Intensity Class
-  Medium Intensity Class
-  High Intensity Class
-  Cyclefit Class
-  Children & Youth programming
-  Aquafitness
-  Childminding
-  Swim Class/Club
-  Pickleball

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



SATURDAY MARCH 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		Open Swim 7-9 Book on App	Lane Swim 7-5:45 Book on App	Adult Basketball 7-9:30		Open Swim 7-9 Book on App	Lane Swim 7-8	
	Core Blast (studio) 8:30-9 Book on App		Parent and Tot 9-10 Book on app				Parent & Tot 9-10 Book on App	MEGATHON Indoor Triathlon 8-10	
	Cardio Kick- boxing (studio) 9-9:45 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Family Swim 10-11 Book on app		Pickleball Open (All Levels) 10-12 Book on App	Rental 11-12	Inclusion Swim 11-12		
	Flow Yoga 10-11 Book on App		Family Swim 11-12 Book on app				Rental 10-11		
Children's Carnival 10-1	Mindful Meditation 10-10:45 Book on App		Rental 12-1				Family Swim 12-1		
		Rental 1-2	Family Swim 1-2 Book on App		Open Basketball 12-3	Rental 1-2	Rental 1-2	Lane Swim 10-4	
			Family Swim 2-3 Book on App				Family Swim 2-3		
Open Basketball 2-6			Rental 3-4				Sunday Funday Partnership Rental 3-4		
		Rental 4-5	Family Swim 4-5:45 Book on App		Open Gym 3-6	MEGATHON Candlelit Yoga 7-8 Located in the conference rooms	Rental 4-5	Special Olympics Rental 4-5 PM	
							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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