	Monday			•	Tuesday					Wednesday					Thursday					
	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	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
Pictou County	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)		Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-8 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
Brine (m	Group Power 9-10 Book on App		Childminding	Parent & Tot 9-10 Book on App	im P-9:45 Book on App Pickleball Open Play 8:30-9:50 Book on App		Flow Yoga 10-11 Book on App		Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App Lane Swim 10-2	Barre Fitness 9-9:45 Book on App		Adult Lessons Beginner 8-9 Book on App Childminding 8:30-11 Book on App Dopen Swim 10-11 Book on App Warm Water Aquafit 11-11:45 Book on App Open Swim 12-1 Inclusion Open Swim 1-2 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels)	Cyclefit		Parent & Tot 9-10 Book On App	Aquafit Bootcamp 9-9:45 Book on App	
	Fit for Life- Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App	8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App		Open Play 8:30-9:50			Baby & Me Aquafit 10—10:45 Book on App		Balance 10-10:45 Book on App	Mindful Medita- tion 10-10:45 Book on App		9-10	Adult Lessons Intermediate 10-11 Book on App	8:30-9:50 Book on App	9-9:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App	
	Pickleball Open Play 11:10-1 Book on App		Lego Play 9:15-10 (Childminding) Book on App into Childminding						Parent & Tot 10-11					10-11 Book on App	Lane Swim (3 Lanes Available) 10-11 Book on App	Baby & Me Fitness 10-10:45 Book on App	Book of Stretch & Stretc			
				Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Open Gym 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App		Pickleball 3.0+			Aquafit 11-11:45		Open Gym 11-11:55	Yoga Techniques 11—11:45 Book on App		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App
		-		Open Swim 12-1		Pound 11-12 Book on App	14 (Studio)		Open Swim 12-1 Book on App	Book on App	11-1 Book on App	Muscle Express 12:10-12:50		Open Swim	Lane Swim	Livewell 12-1 (Jan 16,2025)	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App	
Schedule	Partnership Rental/Open			Book on App		Livewell Starting Jan 14 12-1			Aquafit Mobility Book on App 1-1:45		Partnership Rental/Open Gym 1-2	h		12-1	11-2 Book on App	Walking Fit 1:15-2 Book on App			Aquafit Mobility 1-1:45 Book on App	
iche	Gym 1-2pn			HCRS Rental 1-2 Book on App		Walking Fit 1:15-2 Book on App								Swim 1-2						
ng ⁵²⁻⁰³	Private Childcare 2:15-3			Close	d 2-4	Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3		Closed 2-4		ed 2-4	Private Childcare 2:15-3			Closed 2-4	
Spri l cal 902-7	Open	Cycle Express 4:30-5 Book on App	-				-													
.025 mca.	Basketball 3– 5	Women on Weights 5-5:45 Book on app			Swimming Lessons 4-7:30			Lego Play (ages 3+) 4:15-5 Book on App			Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)			Swimming Lessons	Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)	lio)		
	Beginner	Cyclefit	-	Swimming Lessons		Beginner Karate 5-5:40 Intermediate/	Cyclefit Express		Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Group Power	Women on		Swimming Lessons 4-7:30	4-7:30 Aquafit Bootcamp 6:30-7:15 Book on App	Beginner Karate 5-5:40			Autism Lessons STARTS January 16	Autism Lessons 4-7 Starts
	Pickleball (2.0) 5—6:20 Book on App	(Studio)	Book on App (Studio) Childminding 4-7:30 (Childminding room) Book on App Book on App into Childminding) Book on App into Childminding Family Swim 7:30-8:45	4-7:30	Aquafit Bootcamp 6:30-7:15 Book on App	Advanced Karate 5:45-6:25	5:30-6 Book on App (Studio)				5:30-6:30 Book on App	Weights 5-5:45 Book on app				Intermediate/	Balance		Family Swim 4-7 Until January 16	January 16
D Dun						Pickleball Comp (3.0+) 6:30-8:55	Muscle Express 6:10-6:50 Book on App	Book on App			Pictou County Athletics 6:45— 8	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App			Advanced Karate 5:45-6:25	6-6:45 Book on App	Childminding 4-7:30 (Childminding		Lane Swim 4-7 Until January 16
	Pound 6:30-7:30 Book on App			Family Swim 7:30-8:45	Lane Swim	Book on App	(Studio)		Adult Beginner Swim Lessons 7:30 8:00	Tri-Club Training 7:30-8:45 Book on app	Open Basketball 8-8:55	Piyo (Studio) 6:30—7:30			Lane Swim 7:15-8:45	Pickleball (3.0 +)		room) Book on App		Tri-Club 7-8 Book on app
YMCA YMCA of Pict 2756 Westvi	Open Basketball 7:30-8:55		-	Book on App	7:30 -8:45 Book on App		Yoga 7-8 Book on App (Studio		Adult Intermediate Swim Lessons 8-8:30 Family Swim 8:-8:45			Book on App	_	Book on App	Book on App	6:30-8:55 Book on App	Slow Flow Yoga 7-8 Book on App			Lane Swim 8-8:45 Book on App
									8:-8:45 Book on App											

			Friday					Sunday					
	Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Saturday Childminding	Leisure Pool	25m Pool	Gymnasium	Youth Room	Leisure
What do the Colours Low Intensity Class Medium Intensity Class	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)		Open Swim 7-9 Book on App		Adult Basketball 7-9:30		Open S 7-9 Book on
High Intensity Class				-			8:30-9 Cardio Kick-		-				
Cyclefit Class	Boot Camp 9-9:45 Book on App	:45	Childminding	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-9:45 Book on App	boxing (studio) 9-9:45 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons* 9-12				Parent & 9-10 Book on
Children & Youth programming	10-10:45 10-11	Flow Yoga 10-11 Book on App	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				Pickleball Open (All Levels) 10-12 Book on App		Rent 10-1
Aquafitness	Pickleball			Warm Water Aquafit 11-11:45 Book on App		HCRS Partner- ship Rental 11-12	Mindful Meditation 10-10:45 Book on App					Rental 11-12	Inclusion 11-1
Childminding	Open Play 11-1 Book on App	Muscle Express 12:10-12:50			Lane Swim 10-2	Pickleball Practice (All Levels) 12-1:30			Rental 12-1	Lane Swim			Family S 12-1
Swim Class/Club Pickleball	Partnership Rental	Book on App		Open Swim 12-2 Book on App	Book on App	Book on App				7-5:45 Book on App	Open Basketball	Rental	
ne Lane available during swimming lessons & classes ease book on My Y App	1-2:15 Private Childcare							Rental 1-2	Family Swim 1-3 Book on App		12-3	1-2	Renta 1-2
				Close	ed 2-4	Open							Family S 2-3
						Basketball 1:30-6		Rental 3-4					Sunday F Partner Renta
	Open Basketball 3-6			Family Swim 4-6	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45		Open Gym 3-6		Renta 4-5
				Book on App	Aquafit Cardio Box				Book on App			Postal	Family S 5-5:4
	Teen Night Open Gym 3-5 Book on App				5—5:45 Book on App							Rental 5-6	Book on

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!

Pool closes at 5:45 pm



YMCA of Pictou County





@YMCAPictouCo

Rental (Youth

Room)

7-8

Teen Night

1/2 Open

Gym

5-7:45

ook on App

1/2 Kids

Night Out

5-8PM

Open Gym

7:45-8:55

ymcaofPictouCounty

Rental

6-7

Family Swim

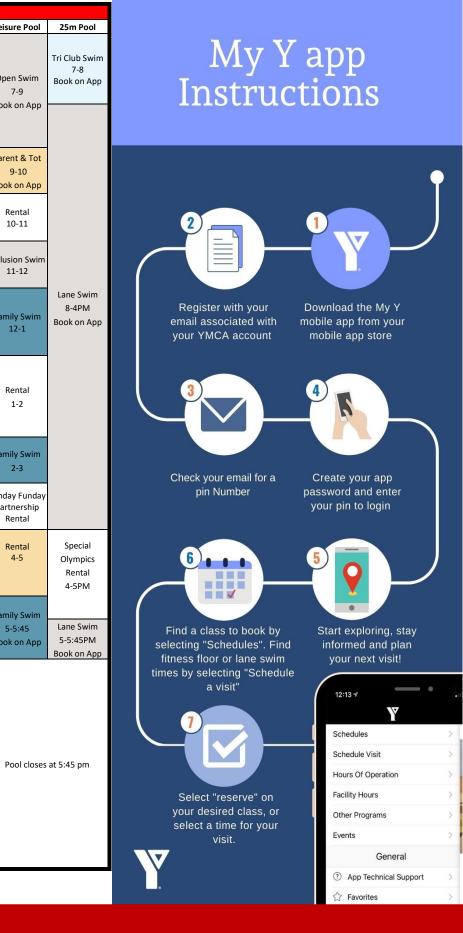
7-8:45

Book on App

Lane Swim

6-8:45

Book On App



- 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 4/30/2025