



YMCA of Pictou County —Interim Summer Schedule June 23—Tuesday July 1.
2756 Westville Road, New Glasgow | www.pcymca.ca | 902-752-0202

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					
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					
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	Pickleball Open Play 8:30-9:50 Book on App	Cyclefit 9-9:45 Book on App (Studio)	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Barre Fitness 9-9:45 Book on App	Mindful Medita- tion 10-10:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Adult Lessons Beginner 8-9 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit 9-9:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	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		Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App		Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10—10:45 Book on App	Parent & Tot 10-11	Lane Swim 10-2 Book on App			Balance 10-10:45 Book on App	Parent & Tot 9-10 Book on App				Adult Lessons Intermediate 10-11 Book on App	Baby & Me Fitness 10-10:45 Book on App	Stretch & Relaxation 10—10:45 Book on App	Warm Water Aquafit 11-11:45 Book on App	Open Gym 11-11:55	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11
Pickleball Open Play 11:10-1 Book on App					Lego Play 9:15-10 (Childminding) Book on App into Childminding										Warm Water Aquafit 11-11:45 Book on App	Parent & Tot Open Gym 10-11 Book on App								
	Partnership Rental/Open Gym 1-2pn		HCRS Rental 1-2 Book on App	Walking Fit 1:15-2 Book on App		Aquafit Mobility Book on App 1-1:45		Partnership Rental/Open Gym 1-2	Private Childcare 2:15-3	Closed 2-4			Private Childcare 2:15-3	Closed 2-4				Youth Open Gym 3-5	PC Mariners RENTAL 4-5:30 Book on App	Open Basketball 5-6				
Private Childcare 2:15-3		Closed 2-4			Private Childcare 2:15-3		Closed 2-4				Youth Open Gym 3-5	PC Mariners RENTAL 4-5:30 Book on App			Open Basketball 5-6									
Open Basketball 3— 6:20	Women on Weights 5-5:45 Book on app		Family Swims	PC Mariners RENTAL 4-5:30 Book on App		Open Basketball 5-6		Cyclefit Express 5:30-6 Book on App (Studio)	Lego Play (ages 3+) 4:15-5 Book on App	Family Swims			.PC Mariners RENTAL 4-5:30 Book on App	Open Basketball 3-5:15		Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45	Childminding 4-7:30 (Childminding room) Book on App	Family Swims	PC Mariners RENTAL 4-5:30 Book on App	Youth Open Gym 3-5	Cyclefit 5-5:45 Book on App (Studio)	Closed 2-4	Youth Open Gym 3-5
		4-5			Lane Swim 5:30-6:30 Book on App		Open Basketball 5-6				4-5	Lane Swim 5:30-6:30 Book on App			Open Basketball 5-6									
	Pound 6:30-7:30 Book on App	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Family Swims	PC Mariners RENTAL 4-5:30 Book on App	Open Basketball 5-6	Cyclefit Express 5:30-6 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Family Swims	.PC Mariners RENTAL 4-5:30 Book on App	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45	Childminding 4-7:30 (Childminding room) Book on App	Family Swims	PC Mariners RENTAL 4-5:30 Book on App	Youth Open Gym 3-5	Cyclefit 5-5:45 Book on App (Studio)	Closed 2-4	Youth Open Gym 3-5	PC Mariners RENTAL 4-5:30 Book on App				
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Open Basketball 7:30-8:55			Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App	Flow Yoga 10-11 Book on App	Baby & Me Aquafit 10—10:45 Book on App	Parent & Tot 10-11	Lane Swim 10-2 Book on App	Balance 10-10:45 Book on App	Parent & Tot 9-10 Book on App	Adult Lessons Intermediate 10-11 Book on App	Baby & Me Fitness 10-10:45 Book on App	Stretch & Relaxation 10—10:45 Book on App	Warm Water Aquafit 11-11:45 Book on App	Open Gym 11-11:55	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App	Lane Swim 10-2 Book on App					
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																				Private Childcare 2:15-3	Closed 2-4	Private Childcare 2:15-3	Closed 2-	

What do the Colours

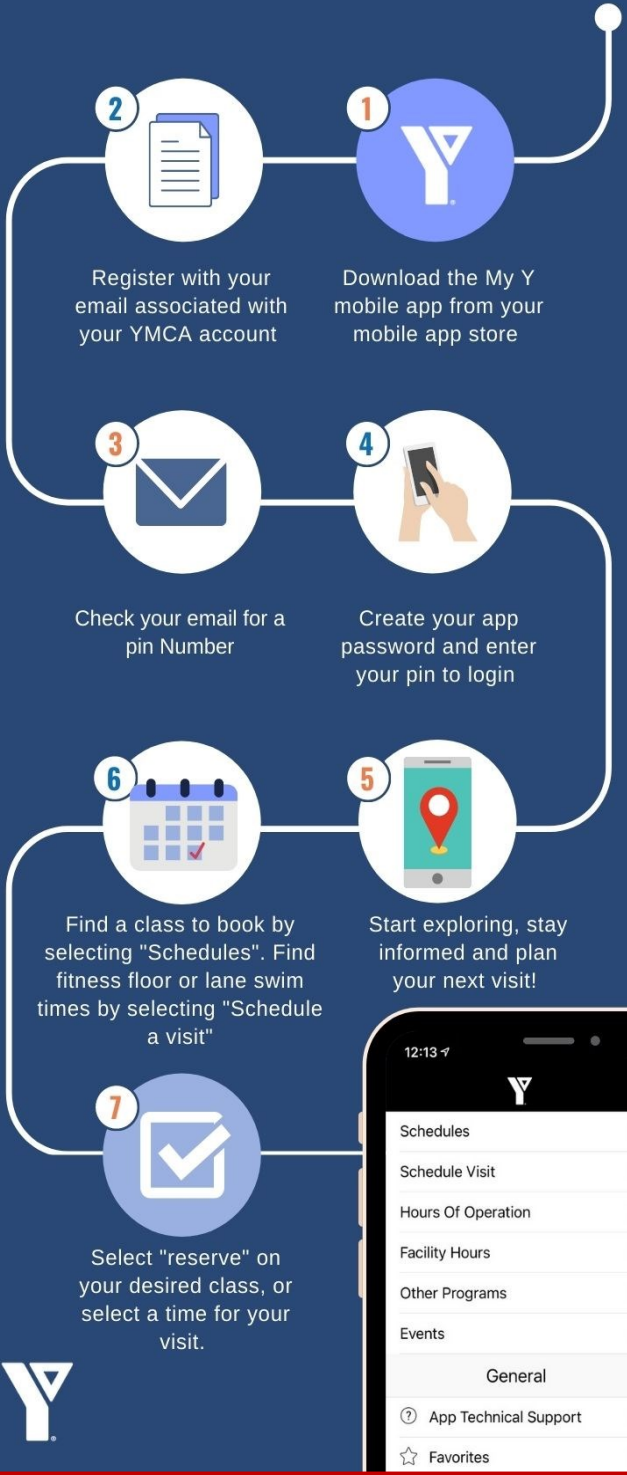
- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Aquafitness
- Childminding
- Swim Class/Club
- Pickleball

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



Friday					Saturday					Sunday				
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Youth Room	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)		Open Swim 7-9 Book on App	Lane Swim 7— 7:30 AM Book on App PC Mariners Rental 7:30—9:30 AM Book on App	Adult Basketball 7-9:30		Open Swim 7-9 Book on App	Tri Club Swim 7-8 Book on App	
		Childminding 8:30-11 (Childminding room) Book on App				Core Blast (studio) 8:30-9 Book on App								
Boot Camp 9-9:45 Book on App			Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-9:45 Book on App	Cardio Kick- boxing (studio) 9-9:45 Book on App		Parent & Tot 9-10 Book on App		Parent & Tot 9-10 Book on App				
Fit For Life - Boot Camp 10-10:45	Flow Yoga 10-11 Book on App		Private Daycare 10-11		Parent & Tot Open Gym 10-11	Flow Yoga 10-11 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Family Swim 10-11	Pickleball Open (All Levels) 10-12 Book on App	Rental 10-11				
Pickleball Open Play 11-1 Book on App		Warm Water Aquafit 11-11:45	HCRS Partner- ship Rental 11-12		Mindful Meditation 10-10:45	Family Swim 11-12			Rental 11-12	Inclusion Swim 11-12				
	Muscle Express 12:10-12:50 Book on App													
Partnership Rental 1-2:15			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30			Rental 12-1	Lane Swim 9:30—5:45 Book on App	Open Basketball 12-3	Rental 1-2	Family Swim 12-1	Lane Swim 8-4PM Book on App	
Private Childcare 2:15-3							Rental 1-2	Family Swim 1-2 2-3 Book on App				Rental 1-2		
Open Basketball 3-6				Closed 2-4		Open Basketball 1:30-6				Rental 3-4				Family Swim 2-3
			Family Swim 4-5	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45 Book on App	Open Gym 3-6		Sunday Funday Partnership Rental	Rental 4-5	Special Olympics Rental 4-5PM	
			5-6 Book on App	Aquafit Cardio Box 5—5:45 Book on App							Family Swim 5-5:45 Book on App			
Teen Night Open Gym 3-5 Book on App		Rental (Youth Room) 7-8												
Teen Night 1/2 Open Gym 5-7:45 Book on App				Rental 6-7	PC Mariners Rental 6-7:30 PM									
1/2 Kids Night Out 5-8PM				Family Swim 7-8:45 Book on App	Lane Swim 7:30-8:45 Book on App									
Open Gym 7:45-8:55														

My Y app Instructions



Stay Connected:



YMCA of Pictou County



ymcaofPictouCounty



@YMCAPictouCo



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 6/16/2025