



# YMCA of Pictou County — Interim Summer Schedule

YMCA of Pictou County — Interim Summer Schedule June 23—Tuesday July 1.  
2756 Westville Road, New Glasgow | www.pycymca.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		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			Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10-10:45 Book on App		Balance 10-10:45 Book on App	Mindful Meditation 10-10:45 Book on App			Parent & Tot 9-10 Book on App				Adult Lessons Intermediate 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	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Parent & Tot Open Gym 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+ 11-1 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App	Lane Swim (3 Lanes Available) 10-11 Book on App	Baby & Me Fitness 10-10:45 Book on App	Stretch & Relaxation 10-10:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App
	Partnership Rental/Open Gym 1-2pn			Open Swim 12-1 Book on App		Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App	Book on App	Muscle Express 12:10-12:50			Open Swim 12-1 Book on App	Lane Swim 11-2 Book on App	Livewell 12-1 Starting July 8		Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11
			HCRS Rental 1-2 Book on App		Livewell Starting July 8 12-1			Aquafit Mobility 1-1:45 Book on App		Partnership Rental/Open Gym 1-2			Inclusion Open Swim 1-2 Book on App	Walking Fit 1:15-2 Book on App			Aquafit Mobility 1-1:45 Book on App		
Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3-6:20	Women on Weights 5-5:45 Book on app		Family Swims 4-5	PC Mariners RENTAL 4-5:30 Book on App	Open Basketball 5-6	Lego Play (ages 3+ ) 4:15-5 Book on App		Family Swims 4-5	.PC Mariners RENTAL 4-5:30 Book on App	Open Basketball 3-5:15			Family Swims 4-5	PC Mariners RENTAL 4-5:30 Book on App	Youth Open Gym 3-5	Cyclefit 5-5:45 Book on App (Studio)		Family Swims 4-5	PC Mariners RENTAL 4-5:30 Book on App
		Cyclefit 5:30-6:15 Book on App (Studio)		5-6			Lane Swim 5:30-6:30 Book on App		Cyclefit Express 5:30-6 Book on App (Studio)		4-5	Lane Swim 5:30-7:30 Book on App		Group Power 5:30-6:30 Book on App			Women on Weights 5-5:45		5-6
Pound 6:30-7:30 Book on App		Childminding 4-7:30 (Childminding room) Book on App	6-7	Aquafit Bootcamp 6:30-7:15 Book on App	Pickleball Comp (3.0+) 6:30-8:55 Book on App	Muscle Express 6:10-6:50 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	6-7	Lane Swim 5:30-7:30 Book on App	Open Basketball 6:45- 8:55	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	6-7	Aquafit Bootcamp 6:30-7:15 Book on App	Open Basketball 5-6	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App	6-7	Lane Swim 5:30-6:30 Book on App
			8-8:45	Book on App				Lane Swim 7:30-8:45 Book on App	8-8:45				Book on app	Tri-Club Training 7:30-8:45 Book on app				7-8	Lane Swim 7:15-8:45 Book on App
Open Basketball 7:30-8:55						Yoga 7-8 Book on App (Studio)										Slow Flow Yoga 7-8 Book on App			Lane Swim 8-8:45 Book on App

### What do the Colours

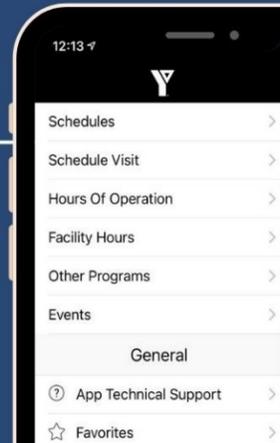
- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Aquafitness
- Childminding
- Swim Class/Club
- Pickleball

\* **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) Core Blast (studio) 8:30-9 Book on App		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		
Boot Camp 9-9:45 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	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	Parent & Tot 9-10 Book on App	Lane Swim 9:30-5:45 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		Family Swim 10-11			Pickleball Open (All Levels) 10-12 Book on App	Rental 11-12	Inclusion Swim 11-12		
Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45		HCRS Partnership Rental 11-12	Mindful Meditation 10-10:45		Family Swim 11-12							
Partnership Rental 1-2:15			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App				Rental 12-1					Lane Swim 8-4PM Book on App		
Private Childcare 2:15-3								Family Swim 1-2 2-3 Book on App		Open Basketball 12-3	Rental 1-2	Rental 1-2			
				Closed 2-4	Open Basketball 1:30-6			Rental 3-4					Family Swim 2-3		
Open Basketball 3-6			Family Swim 4-5 5-6 Book on App	Lane Swim 4-5 Book on App Aquafit Cardio Box 5-5:45 Book on App				Family Swim 4-5:45 Book on App		Open Gym 3-6		Rental 4-5	Special Olympics Rental 4-5PM		
Teen Night Open Gym 3-5 Book on App		Rental (Youth Room) 7-8	Rental 6-7	PC Mariners Rental 6-7:30 PM								Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App		
Teen Night 1/2 Open Gym 5-7:45 Book on App			Family Swim 7-8:45 Book on App	Lane Swim 7:30-8:45 Book on App											
1/2 Kids Night Out 5-8PM															
Open Gym 7:45-8:55									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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