



YMCA of Pictou County —Interim Summer Schedule July 7—September 7
2756 Westville Road, New Glasgow | www.pcymca.ca | 902-752-0202

[illegible]

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 5-7:30			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		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	Tri Club Swim 7-8 Book on App		
Camp Drop off 7:30 —8:50						Core Blast (studio) 8:30-9							Parent & Tot 9-10 Book on App	Parent & Tot 9-10 Book on App	Inclusion Swim 11-12
Boot Camp 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												
Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App	Childminding 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	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			
Day Camp 11-12			Camp Swim 11—12		HCRS Partner- ship Rental 11-12	Mindful Meditation 10-10:45		Family Swim 11-12			Rental 11-12				
			Muscle Express 12:10-12:50 Book on App		Open Swim 12-1 Book on App	Open Basketball				Rental 12-1		Family Swim 12-1	Lane Swim 8-4PM Book on App		
Partnership Rental 1-2:15		Camp Swim 1-2	12—6		Rental 1-2		Family Swim 1-2 2-3 Book on App	Open Basketball 12-3		Rental 1-2	Rental 1-2				
Private Childcare / day camp 2:15-3		Closed 2-4		Rental 3-4	Family Swim 2-3		Open Gym 3-6	Sunday Funday Partnership Rental 3-4							
Day Camp 2:15—5:30															
Teen Night Open Gym 5:30—7:30 Book on App			Family Swim 4-5	Lane Swim 6—8:45 Book on App				Family Swim 4-5:45 Book on App				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	Lane Swim 5-5:45PM	
		Rental (Youth Room) 7-8	Rental 6-7					Pool closes at 5:45 pm				Pool closes at 5:45 pm			
			Family Swim 7-8:45 Book on App												
Open Gym 7:30 -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
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