		Monday			Tuesday								
	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	
	Open Gym 5-7:30 Camp Drop off 7:30 -8:50			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-7:30 Camp Drop Off 7:30-8:50	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 5-7:30 Camp Drop off 7:30 –8:50		
	Group Power 9-10 Book on App		Childminding	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App		Cyclefit 9-9:45 Book on App (Studio)		Baby & Me Aquatfit 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Barre Fitness 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 Lego Play 9:15-10 (Childminding) Book on App into	Camp Swim 10—11	11 Vater fit (45 (App) Book on App wim	Pickleball Open Play 9—10 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Camp Swim 10—11		Balance 10-10:45 Book on App	Mindful Medita- tion 10-10:45 Book on App	
	Pickleball Open Play 11—12:30 Book on App	Childmindin	Childminding	Warm Water Aquafit 11-11:45 Book on App		Pound 11-12 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App	Pickleball 3.0+			
				Camp Swim 12—1		Parent & Tot Open Gym 10-11 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Camp Swim	-1	11– 12:30 Book on App	Muscle Express 12:10-12:50 Book on App	
	Partnership Rental/Open Gym					Livewell Starting July 8 12-1			12—1 Aquafit		Partnership Rental/Open Gym		
	1-2pn			HCRS Rental 1-2 Book on App		Camp 1—3			Mobility Book on App 1-1:45		1-2		
	Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3		
2756 Westville Road. New Glasgow www.pcymca.ca 902-752-0202	Day Camp 2:15—5:30	Women on Weights 5-5:45 Book on app		Family Swims	Lane Swim 4 -6:30	Camp 3-5:30		Lego Play (ages 3+) 4:15-5 Book on App			Day Camp 3—5:30		
	Open Basketball	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding	4-5 5-6 6-7	Book on App	5:30 -6	Cyclefit Express 5:30-6 Book on App		Swimming Lessons 4-7:30	.Swimming Lessons 4-7:30	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45	
	3- 6:20	20 (Child ro Book	4-7:30 (Childminding room) Book on App Lego Play	minding 7-8 om) on App 8-8:45	Aquafit Bootcamp 6:30-7:15 Book on App	Pickleball Comp (3.0+)	(Studio) Muscle Express	Childminding 4-7:30 (Childminding room)			Open	Book on app Cyclefit 5:30-6:15 Book on App	
	Pound 6:30-7:30 Book on App		4:30-5:10 (Childminding) Book on App into Childminding	Book on App	Lane Swim	6—7:30 Book on App	6:10-6:50 Book on App (Studio)	Book on App	Family Swim	Tri-Club Training 7:30-8:45 Book on app	Basketball 6:45- 8:55		
2756 West	Open Basketball 7:30-8:55				7:30 -8:45 Book on App	Basketball 7:30—8:55	Yoga Techniques 7-8 Book on App (Studio)		7:30—8:45				

Summer Schedule

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Thursday										
Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool						
Open Gym 5-7:30 Camp Drop off 7:30 –8:50			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App						
Pickleball Open	Cyclefit		Parent & Tot 9-10 Book On App	Aquafit Bootcamp 9-9:45 Book on App						
(All Levels) 9—10 Book on App	9-9:45 Book on App	Childminding 8:30-11 (Childminding room)	Camp Swim 10—11							
Walking Fit 10-15—11 Book on App	Stretch & Relaxation 10—10:45 Book on App	Book on App								
Open Gym 11-11:55	Camp Swim 12—1		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App						
Livewell 12-1 Starting July 8	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Camp Swim 12—1							
Open Basketball 1-2:10-			Aquafit Mobility 1-1:45 Book on App							
Private Childcare 2:15-3			Closed 2-4							
Camp 2:15—5	Cyclefit 5-5:45 Book on App (Studio)									
Open Basketball 5-6	Balance		Swimming Lessons 4-7:30	Swimming Lessons 4-7:30						
	6-6:45 Book on App	Childminding 4-7:30								
Pickleball (3.0 +) 6:00 – 7:30 Book on App		4-7:30 (Childminding room) Book on App	Family Swim	Tri-Club 7-8 Book on app						
Open Basketball 7:30—8:55	Slow Flow Yoga 7-8 Book on App		7:30—8:45	Lane Swim 8-8:45 Book on App						

Wednesday

Leisure Pool

Open Swim

6-8

Book on App

Adult Lessons

Beginner

8-9

Book on App

Parent & Tot

9-10

Book on App

Camp Swim

10-11

Warm Water Aquafit 11-11:45 Book on App

Camp Swim

12-1

Inclusion Open Swim 1-2 Book on App

Family Swims

4-5 5-6

6-7

7-8

8-8:45

Book on app

Childminding

4-7:30 (Childminding

room) Book on App Closed 2-4

25m Pool

Lane Swim

6-9 Book on App

Aquafit

9-9:45

Book on App

Adult Lessons

Intermediate

10-11

Book on App

Lane Swim (3 Lanes Available)

10-11

Lane Swim

11-2

Book on App

Lane Swim 4-6:30 Book on App

Aquafit Bootcamp 6:30-7:15

Book on App

Lane Swim 7:15-8:45 Book on App

Book on App

Youth Rooms

Childminding

8:30-11 (Childminding

room) Book on App

	Friday					Saturday					Sunday		
	Gymnasium	Studio/Conf	Friday Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Saturday Childminding	Leisure Pool	25m Pool	Gymnasium	Sun Youth Room	day Leisure Pool
What do the Colours Low Intensity Class Medium Intensity Class	Open Gym 5-7:30 Camp Drop off 7:30 –8:50			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) 8:30-9	-	Open Swim 7-9 Book on App		Adult Basketball 7-9:30		Open Swim 7-9 Book on App
High Intensity Class Cyclefit Class	Boot Camp 9-9:45 Book on App		Childminding	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	Parent & Tot 9-10 Book on App				Parent & Tot 9-10 Book on App
Children & Youth programming	Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga (C 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	8:30-12 (Childminding room) Book on App	Family Swim 10-11		Pickleball Open (All Levels)		Rental 10-11
Aquafitness	Day Camp			Camp Swim 11—12		HCRS Partner- ship Rental 11-12	Mindful Meditation 10-10:45		Family Swim 11-12		10-12 Book on App	Rental 11-12	Inclusion Swi 11-12
Childminding Swim Class/Club	11-12	Muscle Express 12:10-12:50 Book on App		Open Swim 12-1 Book on App	Lane Swim 10-2 Book on App				Rental 12-1				Family Swim 12-1
Pickleball One Lane available during swimming lessons & classes Please book on My Y App	Partnership Rental 1-2:15 Private Childcare /			Camp Swim 1-2			Rental 1-2	Family Swim 1-2 2-3	Lane Swim 7 —5:45 Book on App	Open Basketball 12-3	Rental 1-2	Rental 1-2	
	day camp 2:15-3					Open Basketball			Book on App				Family Swim 2-3
	Day Camp 2:15—5:30			Closed 2-4		12—6			Rental 3-4		Open Gym		Sunday Funda Partnership Rental 3-4
				Family Swim 4-5 5-6	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45 Book on App		3-6		Rental 4-5
	Teen Night Open Gym			Book on App	Aquafit Cardio Box 5—5:45 Book on App				вооконарр			Rental 5-6	Family Swin 5-5:45 Book on App
	5:30—7:30 Book on App		Rental (Youth Room) 7-8	ith Rental 6-7	Lane Swim 6—-8:45 Book on App				Pool closes at 5:45 pm				Pool clos
	Open Gym 7:30 -8:55			Family Swim 7-8:45 Book on App									

7:30 -8:55

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Stay Connected:

YMCA of

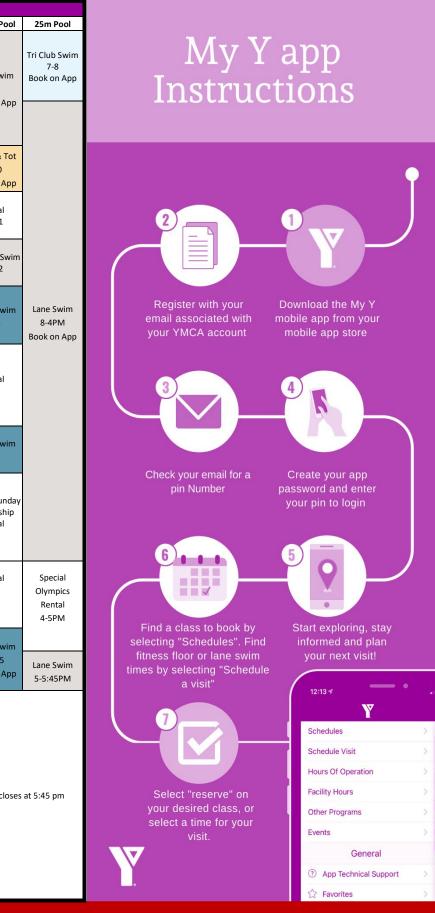
Pictou County

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ymcaofPictouCounty

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 6/17/2025