

Pictou County

Shine On

YMCA of Pictou County— Summer Schedule

YMCA of Pictou County —Interim Summer Schedule July 7—September 7

2756 Westville Road, New Glasgow | www.pcmca.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 5-7:30 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			Open Swim 6-8 Book on App	Lane Swim 6-9 Book on App	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	
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 9—10 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		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) 9—10 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		Camp Swim 10—11	Lane Swim 10-2 Book on App		Flow Yoga 10-11 Book on App		Camp Swim 10—11	Balance 10-10:45 Book on App	Mindful Medita- tion 10-10:45 Book on App	Parent & Tot 9-10 Book on App		Adult Lessons Intermediate 10-11 Book on App	Camp Swim 10—11				Stretch & Relaxation 10—10:45 Book on App	Camp Swim 10—11	Lane Swim 10-2 Book on App
Pickleball Open Play 11—12:30 Book on App		Lego Play 9:15-10 (Childminding) Book on App into Childminding			Warm Water Aquafit 11-11:45	Pound 10:15-11 Book on App	Chair Yoga 11:15-12 Book on App	Warm Water Aquafit 11-11:45	Pickleball 3.0+	11– 12:30 Book on App	Muscle Express 12:10-12:50 Book on App	Camp Swim 12—1	Lane Swim (3 Lanes Available) 10-11 Book on App	Walking Fit 10-15—11 Book on App	Camp Swim 12—1	Open Gym 11-11:55	Camp Swim 12—1	Warm Water Aquafit 11-11:45		
Partnership Rental/Open Gym 1-2pn		Closed 2-4	Camp Swim 12—1	Book on App	Parent & Tot Open Gym 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Camp Swim 12—1	Book on App	11– 12:30 Book on App	Partnership Rental/Open Gym 1-2	Closed 2-4	Camp Swim 12—1	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	Camp Swim 12—1	Lane Swim 10-2 Book on App	
Private Childcare 2:15-3			HCRS Rental 1-2 Book on App		Livewell Starting July 8 12-1	Camp 1—3	Aquafit Mobility Book on App 1-1:45	Partnership Rental/Open Gym 1-2		Inclusion Open Swim 1-2 Book on App	Open Basketball 1-2:10-		Aquafit Mobility 1-1:45 Book on App							
Day Camp 2:15—5:30	Women on Weights 5-5:45 Book on app	Childminding 4-7:30 (Childminding room) Book on App	Family Swims 4-5 5-6 6-7 8-8:45	Lane Swim 4 -6:30 Book on App	Open Basketball 5:30 -6	Cyclefit Express 5:30-6 Book on App (Studio)	Lego Play (ages 3+) 4:15-5 Book on App	Swimming Lessons 4-7:30	.Swimming Lessons 4-7:30	Day Camp 3—5:30	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	Camp 2:15—5	Cyclefit 5-5:45 Book on App (Studio)	Closed 2-4
Open Basketball 3— 6:20	Cyclefit 5:30-6:15 Book on App (Studio)																			
Pound 6:30-7:30 Book on App		Lego Play 4:30-5:10 (Childminding) Book on App into Childminding	6-7	Aquafit Bootcamp 6:30-7:15 Book on App	Pickleball Comp (3.0+) 6—7:30 Book on App	Muscle Express 6:10-6:50 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Family Swim	Tri-Club Training 7:30-8:45 Book on app	Open Basketball 6:45- 8:55	Childminding 4-7:30 (Childminding room) Book on App	Family Swims 4-5 5-6 6-7 8-8:45	Book on app	Lane Swim 7:15-8:45 Book on App	Pickleball (3.0 +) 6:00 – 7:30 Book on App	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Family Swim	Tri-Club 7-8 Book on app	
Open Basketball 7:30-8:55			Book on App	Lane Swim 7:30 -8:45	Basketball 7:30—8:55	Yoga Techniques 7-8 Book on App (Studio)		7:30—8:45							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	



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		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					
		Childminding 8:30-11 (Childminding room) 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		Pickleball Open (All Levels) 10-12 Book on App		Rental 11-12			Inclusion Swim 11-12				
Boot Camp 9-9:45 Book on App	Parent + Tot 9-10 Book on App		Aquafit 9-9:45 Book on App				Family Swim 10-11												
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					
			Camp Swim 11—12								HCRS Partner- ship Rental 11-12		Mindful Meditation 10-10:45	Family Swim 11-12					
Day Camp 11-12	Muscle Express 12:10-12:50 Book on App		Camp Swim 12-1 Book on App	Lane Swim 10-2 Book on App				Rental 12-1	Lane Swim 7 —5:45 Book on App	Open Basketball 12-3		Family Swim 12-1	Lane Swim 8-4PM Book on App						
Partnership Rental 1-2:15			Warm Water Aquafit 1-2 Book on App								Rental 1-2	Family Swim 1-2 2-3 Book on App		Rental 1-2	Rental 1-2				
Private Childcare / day camp 2:15-3			Closed 2-4													Rental 3-4	Family Swim 2-3	Sunday Funday Partnership Rental 3-4	
Day Camp 2:15—5:30																			Open Basketball 12—6
Teen Night Open Gym 5:30—7:30 Book on App		Family Swim 4-5 Book on App	Aquafit Cardio Box 5—5:45 Book on App																

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
- Published 7/8/2025