

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.pymca.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 | | 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 | | | Pickleball Open Play 9—10 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 | | | |
| Pickleball Open Play 11—12:30 Book on App | | Lego Play 9:15-10 (Childminding) Book on App into Childminding | | | | Flow Yoga 10-11 Book on App | | | | | | | | | Camp Swim 10—11 | Lane Swim (3 Lanes Available) 10-11 Book on App | | Walking Fit 10-15—11 Book on App | Stretch & Relaxation 10—10:45 Book on App | | | | |
| | | Warm Water Aquafit 11-11:45 Book on App | Lane Swim 10-2 Book on App | Pound 10:15-11 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+ | | | Warm Water Aquafit 11-11:45 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 | | | | | |
| Partnership Rental/Open Gym 1-2pn | | | Camp Swim 12—1 | | Parent & Tot Open Gym 11-12 Book on App | Cyclefit 12:10-12:50 Book on App (Studio) | | Book on App | 11— 12:30 Book on App | Muscle Express 12:10-12:50 | | 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 | | | | | | |
| | | | Livewell Starting July 8 12-1 | | | | | | | | | Aquafit Mobility Book on App 1-1:45 | | Open Basketball 1-2:10- | | | 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 | | |
| Day Camp 2:15—5:30 | | | | | Camp 3-5:30 | | | | | | Day Camp 3—5:30 | | | | | | Camp 2:15—5 | | | | | | |
| Open Basketball 3— 6:20 | Women on Weights 5-5:45 Book on app | | Family Swims 4-5 | Lane Swim 4 -6:30 Book on App | Open Basketball 5:30 -6 | | Lego Play (ages 3+) 4:15-5 Book on App | | | | | | Family Swims 4-5 | Lane Swim 4-6:30 Book on App | Camp 2:15—5 | Cyclefit 5-5:45 Book on App (Studio) | | | | | | | |
| | Cyclefit 5:30-6:15 Book on App (Studio) | | | | | | | | | | | | | | | | | | | | | | |
| Pound 6:30-7:30 Book on App | | Childminding 4-7:30 (Childminding room) Book on App | 5-6 | | | Cyclefit Express 5:30-6 Book on App (Studio) | | 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 | | 4-5 | | Open Basketball 5-6 | Balance 6-6:45 Book on App | | Swimming Lessons 4-7:30 | Swimming Lessons 4-7:30 | | | | |
| | | | 6-7 | | | | | | | | | | 5-6 | | | | | | | | | | |
| Open Basketball 7:30-8:55 | | Lego Play 4:30-5:10 (Childminding) Book on App into Childminding | 7-8 | Aquafit Bootcamp 6:30-7:15 Book on App | | | Childminding 4-7:30 (Childminding room) Book on App | | | Open Basketball 6:45- 8:55 | | | 6-7 | Aquafit Bootcamp 6:30-7:15 Book on App | | | Childminding 4-7:30 (Childminding room) Book on App | | | | | | |
| | | | 8-8:45 | | | | | | | | | | 7-8 | | | | | | | | | | |
| | | | Book on App | Lane Swim 7:30 -8:45 | | | | Family Swim | Tri-Club Training 7:30-8:45 Book on app | | | | Book on app | Lane Swim 7:15-8:45 Book on App | Pickleball (3.0 +) 6:00 – 7:30 Book on App | | | Family Swim | Tri-Club 7-8 Book on app | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | Book on App | 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 | | | | |



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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 Book on App | | | | | | | | Parent & Tot 9-10 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 | Parent & Tot 9-10 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 | Private Daycare & Camp Swim 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 | | | Warm Water Aquafit 11-11:45 Book on App | | | HCRS Partner- ship Rental 11-12 | Mindful Meditation 10-10:45 Book on App | Family Swim 11-12 | | | Rental 11-12 | Inclusion Swim 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 | | Family Swim 12-1 | Lane Swim 8-4PM Book on App | | | | | | |
| Partnership Rental 1-2:15 | | | Open Swim 1-2 Book on App | Lane Swim 10-2 Book on App | | | 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 | | | | | | | | | | Open Basketball 12—6 | | | Family Swim 2-3 | | | |
| Day Camp 2:15—5:30 | | | | | | | | | | | | | | | | Rental 3-4 | | Open Gym 3-6 | Sunday Funday Partnership Rental 3-4 |
| Teen Night Open Gym 5:30—7:30 Book on App | | Family Swim 4-5 | Lane Swim 4-5 Book on App | | | Rental 4-5 | 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 | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| Open Gym 7:30 -8:55 | | Rental (Youth Room) 7-8 | Rental 6-7 | Lane Swim 6—8:45 Book on App | | | | Pool closes at 5:45 pm | | | | Pool closes at 5:45 pm | | | | | | | |
| | | | Family Swim 7-8:45 Book on App | | | | | | | | | | | | | | | | |
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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 7/16/2025