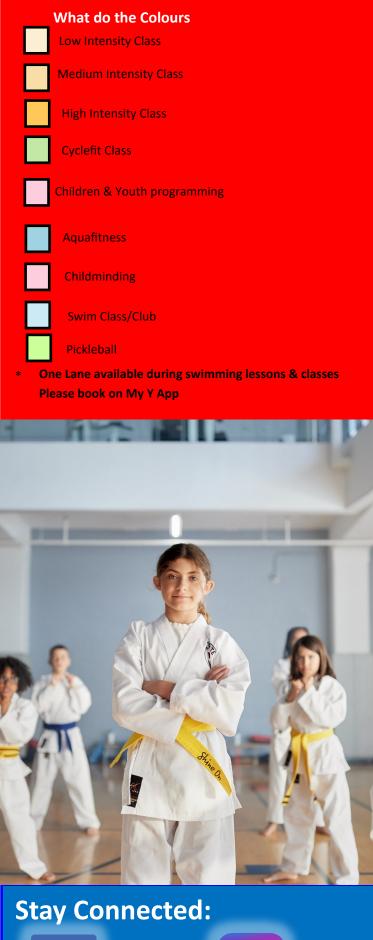


Studio/Conf Youth Rooms 25m Pool Studio/Conf **Youth Rooms** 25m Pool Studio/Conf Youth Rooms Leisure Pool 25m Pool Gymnasium Leisure Pool Gymnasium Studio/Conf Youth Leisure Pool 25m Pool Gymnasium Leisure Pool Gymnasium Open Gym Open Swim Open Swim Open Swim Lane Swim Lane Swim Open Swim Lane Swim Lane Swim Open Gym Open Gym Open Gym 5-8:30 6-9 6-9 6-9 6-9 6-8 6-9 6-9 6-9 5-8:30 5-8:30 5-8:30 Book on App Aquafit Boot Adult Lessons Cvclefit Aquafit Parent & Tot Parent & Tot Parent & Tot **Group Power** Aquafit Camp Barre x Strength Aquafit Beginner 9-9:45 Bootcamp 9-9:45 9-9:45 9-9:45 9-10 9-10 9-10 9-9:45 Book on App 8-9 Pickleball 9-9:45 Book on App (Studio) Book on App Book on App Open Cyclefit Childminding (All Levels) 8:30-11 9-9:45 8:30-9:50 (Childminding Adult Lessons Pickleball Fit for Life-Book on App Baby & Me Parent & Tot room) Balance Open Intermediate Strength Book on App .0-10:45 (Studio) Book on App Aquafit 9-10 Play Childminding Childminding Childminding 10:10-11 10-11 Book on App 10-10:45 Book on App 8:30-9:50 Book on App 8:30-11 Strengthen & 8:30-11 8:30-11 Open Swim Book on App Open Swim Flow Yoga Book on App (Childminding Book on App (Childminding (Childminding Lenghten 10-11 10-11 10-11 room) 10-10:45 room) room) Book on App Lane Swim Lego Play Somatic Stretch 9:15-10 Open Swim (3 Lanes Available Parent & Tot (Childminding) 10-11 10-11 10-11 10-11 Book on App into Book on App Book on App Book on App Open Gym Childminding 10-11:55 Pickleball Lane Swim Lane Swim Warm Water Parent & Tot Warm Water Warm Water Warm Water Open Play Lane Swin Chair Yoga 11:10-1 Aquafit 10-2 Open Gym Aquafit Aquafit Aquafit 11:15-12 10-2 10-2 Book on App 11-11:45 10-11 11-11:45 Pickleball 3.0+ 11-11:45 11-11:45 Book on App 11-1 Open Swim Cyclefit Livewell Cyclefit Partner Open Swim Pound Book on App 12:10-12:50 11-12 12:10-12:50 12-1 12-1 (starting sept Rental 12-1 Open Swim Book on App (Studio) 10-11 Book on App Book on App Book on App Book on App Lane Swim Open Swim 12-1 11-2 12-1 Book on App Livewell Book on App Starting Sept 8 Aquafit Aquafit Partnership 12-1 Partnership Walking Fit Mobility Mobility Rental/Open ental/Open Gym 1-1:45 1:15-2 Inclusion Open Gym Book on App **HCRS** Rental 1-2 Book on App Book on App Walking Fit 1-2pn Swim 1-1:45 1-2 1:15-2 1-2 Book on App Book on App Book on App Private Childcare Private Private Childcare Childcare 2:15-3 2:15-3 2:15-3 Private Childcare Closed 2-4 Closed 2-4 2:15-3 Closed 2-4 Closed 2-4 Youth Open Gym 3-4:45 Open Basketball Youth Open Gym 3-4:50 Women on Cycle Express 3-4:45 Cyclefit Weights 4:30-5 Open Swimming 5-5-45 5-5:45 (ages 3+ Basketball Book on App Swimming Book on App (Studio) Lessons Book on app 4:15-5 3-5:15 (Studio) Lessons 4-7:30 Book on App 4-7:30 Autism Lessons Yoga Beginner Karate 5-6 Swimming 4-7 Starts 5-5:40 Book on App Beginner Karate Oct 16 Swimming Lessons Swimming Swimming Autism Lesso 5-5:40 Beginner Women on Lessons Lessons Lessons Cyclefit Cyclefit Express 4-7 Starts Family Swim Intermediate/ Group Power Pickleball (2.0) 4-7:30 5:30-6:15 6:15-6:45 4-7:30 Weights 4-7:30 Oct 16 Advanced Karate 5:30-6:30 4-7 5-6:20 Book on App Book on App 5-5:45 Childminding 5:45-6:25 Book on App Until Oct 16 Book on App (Studio) (Studio) (Fitness Floor) 4-7:30 Aquafit (Childminding Balance Aquafit Bootcam Lane Swim Bootcamp Advanced Karate room) Childminding Childminding 6:30-7:15 6-6:45 4-7 6:30-7:15 5:45-6:25 Book on App Cyclefit 4-7:30 4-7:30 Book on App Book on App Until Oct 16 Book on App 5:30-6:15 (Childminding (Childminding Pickleball Childminding Family Swim Women on Book on App Muscle Express room) room) Lego Play Comp (3.0+) 4-7:30 7-8:45 Weights 7-7:30 Book on App Book on App 4:30-5:10 (Childminding 6:30-8:55 Book on App Book on App 6-6:45 (Childminding) room) (Studio) Book on app Book on App into Book on App Book on App Tri-Club / Adult Beginner Pound Open Childminding Autism Lesso 6:30-7:30 Basketball Swim Lessons 7-8 Family Swim Lane Swim **Family Swim** Piyo (Studio) Book on App 7:30- - 8:00 8-8:55 Pickleball Tri-Club Book on app 7:30-8:45 6:30-7:30 7:30-8:45 7:15-8:45 (3.0 +)Lane Swim Training Book on App Book on App Book on App Book on App 6:30-8:55 7:30 -8:45 Adult Intermediate 7:30-8:45 Book on App Book on app Swim Lessons Open Book on App Coaching sta Slow Flow Yoga 8-8:30 Lane Swim Basketball 7-8 8-8:45 Family Swim Book on App Book on App 7:30-8:55 Weights 6-6:45 8:-8:45 Book on App (Fitness Floor)

Fall Schedule 2756 Westville Road. New Glasgow | www.pcymca.ca| 902-752-0202 **December 21 2025** of Pictou County County **YMCA of Pictou**



Cumamagium	Studio/Conf	Friday Youth Room	Leieure Deel	25m Pool	Cumanasium	Studio/Conf	Saturday Childminding	Leisure Pool	25 m Dool	Cumanasium	Sund Youth Room	Leisure Pool	25m Pool
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m P00l	Gymnasium		Chilaminaing	Leisure Pool	25m Pool	Gymnasium	Youth Room	Leisure Pool	25m P00l
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) Book on App		Open Swim 7-9 Book on App		Adult Basketball 7-9:30	Triclub Cycle (Studio) 9:15-10:15	Open Swim 7-9 Book on App	Lane Swin 7-8 Triclub Swi 8-9
											Starting Oct 19		Starting Oct
Boot Camp 9-9:45 Book on App		11 room)	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-9:45 Book on App		Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons 9-12				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				Pickleball Open (All Levels) 10-12 Book on App		Rental 10-11	
Pickleball			Warm Water Aquafit 11-11:45		HCRS Partner- ship Rental 11-12	Women on Weights 11-11:45					Rental 11-12	Inclusion Swim 11-12	
Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App	Express 12:10-12:50	Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30			Rental 12-1	Lane Swim 7-5:45 Book on App			Family Swim 12-1	Lane Swir 9—4
Partnership Rental 1-2:15					Open Basketball 1:30-6		Rental 1-2	Family Swim 1-3 Book on App		Open Basketball 12-3	Rental 1-2	Rental 1-2	
Private Childcare 2:15-3											Somatic Stretch 2-3 Book on app	Family Swim 2-3	
			Closed	d 2-4				Rental 3-4		Open Gym 3-6		Sunday Funday Partnership Rental	,
Open Basketball 3-6			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App Aquafit Cardio Box 5—5:45 Book on App			Rental 4-5					Rental 4-5	Special Olympic Rental 4-5PM
											Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swir 5-5:45PN
Teen Night Open Gym 3-5 Book on App Teen Night 1/2 Open			Rental 6-7	Lane Swim									
Gym 5-7:45 Book on App 1/2 Kids Night Out			Family Swim 7-8:45	6—8:45 Book On App				Pool closes	at 5:45 pm			Pool closes at 5:45 pm	
5-8PM Open Gym 7:45-8:55			Book on App										

My Y app Instructions













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 08_26