

Pictou County

Shine On

YMCA of Pictou County — Fall Schedule

YMCA of Pictou County —September 8—December 21 2025

2756 Westville Road. New Glasgow | www.pcymca.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 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-8 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			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 8:30-9:50 Book on App	Cyclefit 9-9:45 Book on App (Studio)		Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Barre x Strength 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) 8:30-9:50 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		Open Swim 10-11 Book on App			Baby & Me Aquafit 10—10:45 Book on App		Strengthen & Lenghten 10-10:45 Book on App	Parent & Tot 9-10 Book on App	Adult Lessons Intermediate 10-11 Book on App			Open Swim 10-11 Book on App	Lane Swim (3 Lanes Available) 10-11 Book on App				Open Gym 10-11:55	Somatic Stretch 10—11 Book on App
Pickleball Open Play 11:10-1 Book on App		Lego Play 9:15-10 (Childminding) Book on App into Childminding	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Parent & Tot Open Gym 10-11 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+ 11-1 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Open Swim 12-1 Book on App	Lane Swim 11-2 Book on App	Livewell 12-1 (starting sept 8)	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App	Lane Swim 10-2 Book on App
Partnership Rental/Open Gym 1-2pn			Open Swim 12-1 Book on App		Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App		Open Swim 12-1 Book on App					Open Swim 12-1 Book on App	Lane Swim 11-2 Book on App	Walking Fit 1:15-2 Book on App			Aquafit Mobility 1-1:45 Book on App	
Private Childcare 2:15-3					Private Childcare 2:15-3					Private Childcare 2:15-3					Private Childcare 2:15-3				
Open Basketball 3— 4:50	Women on Weights 5-5:45 Book on app					Youth Open Gym 3-4:45													
Beginner Pickleball (2.0) 5—6:20 Book on App		Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30			Lego Play (ages 3+) 4:15-5 Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)		Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)			
	Cyclefit 5:30-6:15 Book on App (Studio)			Beginner Karate 5-5:40	Yoga 5-6 Book on App	Intermediate/ Advanced Karate 5:45-6:25													
	Women on Weights 6-6:45 Book on app	Lego Play 4:30-5:10 (Childminding) Book on App into Childminding	Aquafit Bootcamp 6:30-7:15 Book on App		Pickleball Comp (3.0+) 6:30-8:55 Book on App	Muscle Express 7-7:30 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App				Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Aquafit Bootcamp 6:30-7:15 Book on App	Balance 6-6:45 Book on App		Childminding 4-7:30 (Childminding room) Book on App	Family Swim 7-8:45 Book on App	Autism Lessons 4-7 Starts Oct 16 Family Swim 4-7 Until Oct 16	Autism Lessons 4-7 Starts Oct 16 Lane Swim 4-7 Until Oct 16
Pound 6:30-7:30 Book on App			Family Swim 7:30-8:45 Book on App	Lane Swim 7:30 -8:45				Adult Beginner Swim Lessons 7:30- 8:00	Tri-Club Training 7:30-8:45 Book on app Coaching starts Oct 19	Open Basketball 8-8:55	Piyo (Studio) 6:30—7:30 Book on App		Family Swim 7:30-8:45 Book on App	Lane Swim 7:15-8:45 Book on App	Pickleball (3.0 +) 6:30-8:55 Book on App			Family Swim 7-8:45 Book on App	Tri-Club / Autism Lessons 7-8 Book on app
Open Basketball 7:30-8:55								Adult Intermediate Swim Lessons 8-8:30								Slow Flow Yoga 7-8 Book on App			Lane Swim 8-8:45 Book on App
								Family Swim 8-:8:45 Book on App			Women on Weights 6-6:45 (Fitness Floor)								

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 5-8:30			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	Lane Swim 7-5:45 Book on App	Adult Basketball 7-9:30	Triclub Cycle (Studio) 9:15-10:15 Starting Oct 19	Open Swim 7-9 Book on App	Lane Swim 7-8			
		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			Childminding 8:30-12 (Childminding room) Book on App		Swimming Lessons 9-12			Parent & Tot 9-10 Book on App	Triclub Swim 8-9 Starting Oct 19		
Boot Camp 9-9:45 Book on App												Private Daycare 10-11	Lane Swim 10-2 Book on App	Parent & Tot Open Gym 10-11	Flow Yoga 10-11 Book on App	Pickleball Open (All Levels) 10-12 Book on App
Fit For Life - Boot Camp 10-10:45	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		
Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App						Pickleball Practice (All Levels) 12-1:30					Family Swim 12-1		Family Swim 12-1		
Partnership Rental 1-2:15		Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App		Rental 12-1	Family Swim 1-3 Book on App	Open Basketball 12-3	Rental 1-2		Family Swim 12-1						
Private Childcare 2:15-3											Closed 2-4	Open Basketball 1:30-6	Rental 1-2	Family Swim 1-3 Book on App	Rental 1-2	Rental 1-2
Open Basketball 3-6																
	Family Swim 4-6 Book on App	Aquafit Cardio Box 5—5:45 Book on App	Open Basketball 1:30-6	Rental 4-5	Family Swim 4-5:45 Book on App	Open Gym 3-6	Rental 1-2									
Teen Night Open Gym 3-5 Book on App								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Teen Night 1/2 Open Gym 5-7:45 Book on App	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
1/2 Kids Night Out 5-8PM								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
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	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
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	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
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	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App												
Open Gym 7:45-8:55								Rental (Youth Room) 7-8		Rental 6-7	Lane Swim 6—8:45 Book On App					Rental 1-2
	Open Gym 7:45-8:55	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 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 08_26