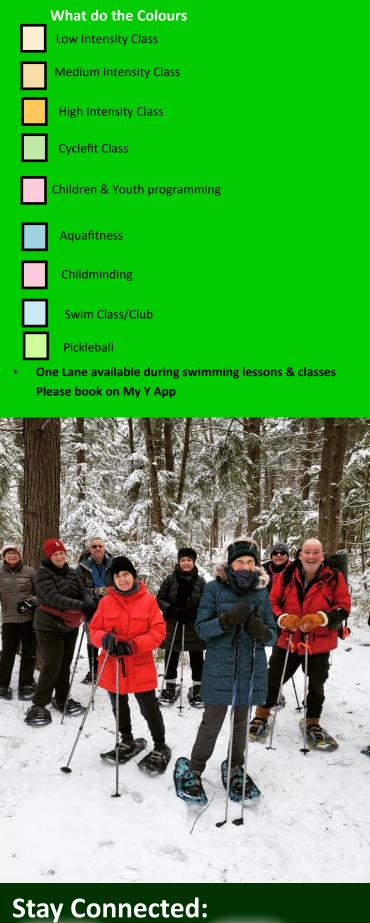


YMCA of Pictou County— Summer Schedule YMCA of Pictou County—Interim Summer Schedule August 25—September 7
2756 Westville Road. New Glasgow | www.pcymca.ca| 902-752-0202

		Monday			Tuesday					Wednesday			Ī				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		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			Adult Lessons Beginner 8-9 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels)	Cyclefit			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	8:30-11 (Childminding room) Book on App	Parent & Tot 9-11 Book on App		Pickleball Open Play 9—10 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-11 (Childminding room)	Parent and Tot		Balance 10-10:45 Book on App	Mindful Medita- tion 10-10:45 Book on App	Childminding 8:30-11 (Childminding room)	Parent & Tot 9-11 Book on App	Adult Lessons Intermediate 10-11 Book on App	9—10 Book on App	9-9:45 Book on App	Childminding 8:30-11 (Childminding room)	Parent & Tot 9-11 Book On App	
Pickleball		Lego Play 9:15-10 (Childminding) Book on App into Childminding				500% 0117,pp	Book on App	Book on app		2001.0117.00		Book on App		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	Book on App		
Open Play 11—12:30 Book on App			Warm Water Aquafit 11-11:45 Book on App	Lane Swim  10-2  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	Lane Swim	Pickleball 3.0+			Warm Water Aquafit 11-11:45 Book on App		Open Gym 11-11:55			Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App
			Open Swim		Parent & Tot Open Gym 10-11 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		. Open Swim	Book on App	11– 12:30 Book on App	Muscle Express 12:10-12:50		Open Swim	Lane Swim	Livewell 12-1 Starting July 8	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	. Open Swim	
Partnership Rental/Open			12-1		Livewell Starting July 8 12-1			12-1		Partnership			12-1	11-2 Book on App	Open Basketball			12-1	
Gym 1-2pn			HCRS Rental 1-2 Book on App		Open Gym 1—2			Aquafit Mobility Book on App 1-1:45		Rental/Open Gym 1-2			Inclusion Open Swim 1-2 Book on App		1-2:10-			Aquafit Mobility 1-1:45 Book on App	
Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3					Private Childcare 2:15-3				Closed 2-4				Close	d 2-4
					Open Basketball 3-5														
Open Basketba 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	Swimming Lessons	.Swimming Lessons	Open Basketball 3-5			Family Swims	Lane Swim 4-6:30 Book on App	Open Basketball 3-5	Cyclefit 5-5:45 Book on App (Studio)		Swimming Lessons	Swimming Lessons
	Cyclefit 5:30-6:15		5-6			Cyclefit Express 5:30-6		4-7:30 (Until Aug 29	4-7:30 (Until Aug 29)	Group Power	Women on		4-5				-	4-7:30 (Until Aug 29	4-7:30 (Until Aug 29
Open Basketball 3– 6:20	Book on App (Studio)	Childminding 4-7:30 (Childminding	6-7 7-8	Aquafit Bootcamp		Book on App (Studio)		Family swims Sept 2	Family Swims Sept 2	5:30-6:30 Book on App	Weights 5-5:45		5-6 6-7	Aquafit Bootcamp	Open Basketball 5-6	Balance		Family swims Sept 4	Family swims
		room) Book on App Lego Play	8-8:45	6:30-7:15 Book on App	Pickleball Comp (3.0+)	Muscle Express	Childminding 4-7:30 (Childminding room)			Open	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room)	7-8 8-8:45	6:30-7:15 Book on App		6-6:45 Book on App	Childminding 4-7:30		
Pound 6:30-7:30 Book on App		4:30-5:10 (Childminding) Book on App into Childminding	Book on App	Lane Swim 7:30 -8:45	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		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		(Childminding room) Book on App	Family Swim	Tri-Club 7-8 Book on app
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							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



Gymnasium	Studio/Conf	Friday Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Saturday Childminding	Leisure Pool	25m Pool	Gymnasium	Sund Youth Room	lay 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 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	Tri Club Swim 7-8 Book on App
Boot Camp 9-9:45 Book on App Fit For Life -	Flow Yoga	Childminding 8:30-11 (Childminding	Parent + Tot 9-10 Book on App Private Daycare	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 8:30-12 (Childminding	Parent & Tot 9-10 Book on App				Parent & Tot 9-10 Book on App	
Boot Camp 10-10:45	10-11 Book on App	room) Book on App	Aquafit 11-11:45 Book on app		Open Gym 10-11 HCRS Partner- ship Rental 11-12	Mindful Meditation 10-10:45	room) Book on App	10-11 Family Swim 11-12		Pickleball Open (All Levels) 10-12 Book on App	Rental 11-12	Rental 10-11 Inclusion Swim 11-12	
Open Basketball 11-1	Muscle Express 12:10-12:50 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 12-2 Book on App				Rental 1-2	Family Swim	Lane Swim 7 —5:45 Book on App	Open Basketball 12-3	Rental 1-2	Rental 1-2	
Private Childcare / day camp 2:15-3					Open Basketball			2-3 Book on App				Family Swim 2-3	
Open Basketball 3-5:30			Family Swim 4-5 5-6	1 2-4	12—6			Rental 3-4		Open Gym 3-6		Sunday Funday Partnership Rental 3-4	,
				Lane Swim 4-5 Book on App Aquafit Cardio			Rental 4-5	Family Swim 4-5:45 Book on App				Rental 4-5	Special Olympics Rental 4-5PM
Teen Night Open Gym			Book on App	Box 5—5:45 Book on App				- Боок оп л <sub>а</sub> р			Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM
5:30—7:30 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—-8:45 Book on App				Pool closes at 5:45 pm				Pool closes	s at 5:45 pm
Open Gym 7:30 -8:55			Family Swim 7-8:45 Book on App										

## 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)

My Y app Instructions

Download the My Y

mobile app from your

mobile app store

Create your app password and enter

your pin to login

Start exploring, stay

informed and plan

your next visit!

12:13 ₹

Schedules Schedule Visit Hours Of Operation Facility Hours

Other Programs

? App Technical Support

Register with your

email associated with

Check your email for a

pin Number

Find a class to book by

selecting "Schedules". Find

fitness floor or lane swim

times by selecting "Schedule

Select "reserve" on your desired class, or

select a time for your visit.

your YMCA account

• Visits must be reserved in the My Y App Published 08/20/2025









