

YMCA of Pictou County — Spring Schedule

YMCA of Pictou County — March 19 — June 25, 2023

2756 Westville Road, New Glasgow | www.pctymca.ca | 902-752-0202

Hours of Operation : Fitness Centre 5 AM—9 PM. Pool 6:00 AM—2 PM / 4PM-8:45 PM Sat & Sun 7AM-6PM







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	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-9	Lane Swim 6-9 Book on App	Open Gym 5-8:30	HIIT 6-15-6:45 Book on App (Studio)		Open Swim 6-9	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-9	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)		Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Cardio Kickboxing 9-9:45 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit 9:30-10:15 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		Swim to Survive 10-11	Swim to Survive 10-11	Pickleball Open Play 8:30-9:50 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Baby & Me Aquafit 10:15-10:55 Book on app	Swim to Survive 10-11		Balance 10-10:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Learn to Swim to Survive 9:30-10:11	Lane Swim 10-11 Book on App			Childminding 8:30-11 (Childminding room) Book on App	Baby & Me Aquafit 10:15-10:55 Book on app	Swim to Survive 10-11	
Pickleball Open Play 11:10-1 Book on App			Warm Water Aquafit 11-11:45 Book on App		Tai Chi 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App			Pickleball Comp (3.0+) 11-1 Book on App			Learn to Swim 10:30-11 Book on App		Tai Chi 10-11 Book on App			Swim to Survive 10-11		
Excel 1:15-2:15			Open Swim 12-1 Book on App	Lane Swim 11-2 Book on App	Livewell 12-1 (Apr18-June13)	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1	Lane Swim 11-2		Muscle Express 12:10-12:50 Book on App			Open Swim 12-1	Lane Swim 12-2 Book on App	Livewell 12-1 Book on App (Apr 20-June15)	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1	Lane Swim 11-2	
Private Childcare 2:15-3			HCRS Rental 1-2		Parent & Tot Open Gym 1-2 Book on App			Aquafit Mobility Book on App 1-1:45			Excel 1:15-2:15			Inclusion Open Swim 1-2 Book on App		Parent & Tot Open Gym 1-2 Book on App			Open Swim 1-2		
Open Basketball & Open Badminton 3-6:15	Cycle Express 4:30-5 Book on App (Studio)		Closed 2-4		Private Childcare 2-3	Full Court Open Basketball 3:15-4		Closed 2-4			Drop In Floor Curling Book on App 2:15-3			Closed 2-4		Private Childcare 2-3			Closed 2-4		
Open Basketball 6:30-8:55	Cyclefit 5:30-6:15 Book on App (Studio)		Swimming Lessons 4-7:25	Swimming Lessons 4-7	Kick & Play Soccer 4-4:45 ages 3-6 Book on App	Beginner Karate 5-5:40	Lego Play (ages 3+) 4:15-5 Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7		Open Basketball 3-5:15	Cyclefit Express 4:30-5	Creative Movements 4-4:30 Book on App	Swimming Lessons 4-7		Open Gym 3:15-4:45	Y Thrive Grow (10-15 years) 4-4:45 Book on App (studio)		Swimming Lessons 4-7	Family Swim 4-7 Book on App	Lane Swim 4-7 Book on App
				Waterpolo 6:30-7 Book on App		Intermediate/Advanced Karate 5:45-6:25		Swimming Lessons 4-7:30	Swimming Lessons 4-7		Group Power 5:30-6:30 Book on App			Swimming Lessons 4-6:50	Beginner Karate 5-5:40			Childminding 4-7:30 (Childminding room) Book on App	Adult Learn to Glide 7-7:30 Book on App		
				Aquafit Bootcamp 6:30-7:15 Book on App	Pickleball Comp (3.0+) 6:30-8:55 Book on App	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Adult Learn to Float 7-7:30 Book on App	Tri-Club 7-8 Book on app		Open Basketball 6:45-8:55	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-6:50	Aquafit Bootcamp 6:30-7:15 Book on App	Cardio Kickbox 5:45-6:30 Book on App	Intermediate/Advanced Karate 5:45-6:25	Junior Yoga 6-6:45 Book on App	Family Swim 7-8:45 Book on App	Tri-Club 7-8 Book on app	
	PIYo 6:30-7:15 Book on App		Childminding 4-7:30 (Childminding room) Book on App	Family Swim 7:30-8:45 Book on App	Swim for Fitness 7:15-8 Book on App			Adult Learn to Glide 7:30-8 Book on App	Lane Swim 8-8:45			Mindfulness Meditation (Board Room) 6:30-7:15 Book on App		Family Swim 7-8:45 Book on App	YMCA Jr Swim Club 6-6:45	Pickleball Comp (3.0+) 6:30-8:55 Book on App		Slow Flow Yoga 7-8 Book on App	Adult Learn to Swim 7:30-8 Book on App	Lane Swim 8-8:45	
			Lane Swim 7:45-8:45 Book on App				Family Swim 7:30-8:45 Book on App														

What do the Colours mean?

- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Child & Youth program
- Parented & Family
- Childminding
- Swim Class/Club



What do the Colours

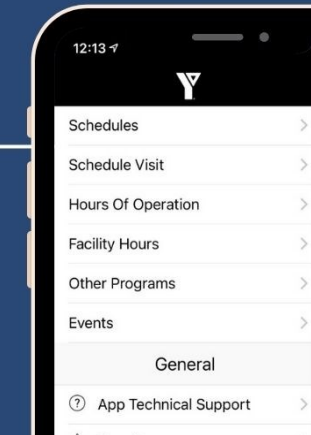
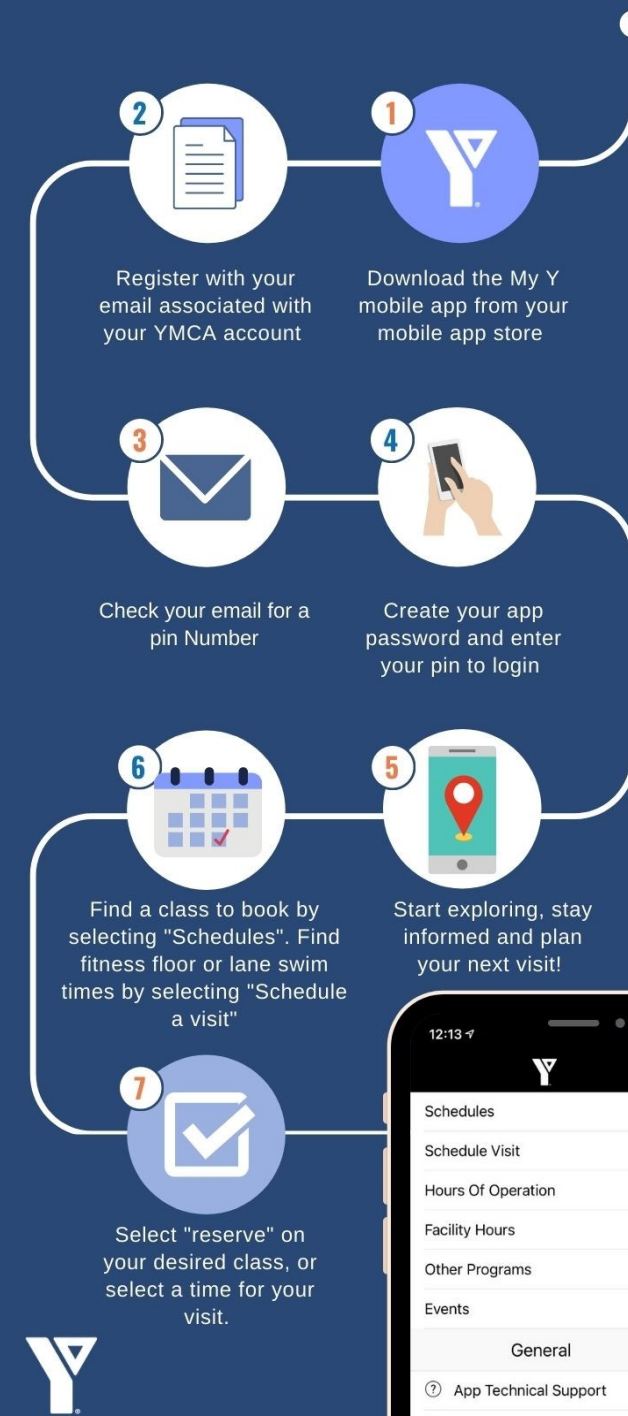
-  Low Intensity Class
-  Medium Intensity Class
-  High Intensity Class
-  Cyclefit Class
-  Children & Youth programming
-  Parented & Family
-  Childminding
-  Swim Class/Club

Friday					Saturday					Sunday					
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Leisure Pool	25m Pool		
Open Gym 5-8:30			Open Swim 6-9	Lane Swim 6-9 Book on App	Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App		Open Swim 7-9:30		Adult Basketball 7-9:30		Open Swim 7-9	Tri Club Swim 7-8 Book on App		
Barre 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 9-10 Book on App	Cardio Kick-boxing (studio) 9-9:45 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons 9:30-12				Parent & Tot 9-10 Book on App			
Fit For Life - Barre 10-10:45 Book on App			Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App				Pickleball Open (All Levels) 9:30-12 Book on App		Inclusion Swim 10-11 Book on App		Open Swim 11-12	
Pickleball Open (All Levels) 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball Practice 1/2 Gym 12-1:30 Book on App				Rental 12-1	Lane Swim 7-5:45 Book on App		Y Thrive Grow (Age 10-15) 1-1:45 Book on App	Rental 12-1		Family Swim 1-2 Book on App
Partnership Rental 1-3:15		Closed 2-4	Open Swim 12-2		Open Gym 1:30-3			Family Swim 1-3 Book on App		Open Gym 12-6		Family Swim 2-3 Book on App			
Open Basketball 3:30-6			Family Swim 4-6 Book on App		Open Basketball 3-6		Rental 3-4		Family Swim 4-5:45 Book on App			Rental 3-4			
Teen Night Open Gym 3-7:45 Book on App	Cyclefit 6-6:45 (Studio) Book on App	Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 4-8:45 Book on App		Rental 4-5					Rental 4-5	Family Swim 4-5:45 Book on App	Special Olympics Rental 4-5PM Lane Swim 5-5:45PM Book on App		
Open Gym 7:45-8:55		Dungeons & Dragons (Childminding Room) 6-9	Family Swim 7-8:45 Book on App				Pool closes at 5:45 pm					Pool closes at 5:45 pm			

Stay Connected!

-  YMCA of Pictou County
-  ymcaofpictoucounty
-  @YMCAPictouCo
-  On the My Y app
And www.pcyymca.ca

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) and 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App

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