



# YMCA of Pictou County

Fall Session: September 11—December 17, 2023

Registration begins: Tuesday, August 8, 2023

Swimming Lesson Session Sept 11, 2023—June 23, 2024





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# Mark your Calendar!

## 2023

Holiday	Date	Notice
Fall Registration	Opens Tuesday August 8th 2023	
Fall 2023 Session	Sept 11, 2023—Dec 17, 2023	
Truth & Reconciliation Day	Sept 30, 2023	7AM—5PM (All Programs cancelled)
Thanksgiving Day	Oct 9, 2023	7AM—5PM (All Programs cancelled)
Halloween	Oct 31, 2023	5AM - 5PM (Regular programs—no swimming lessons)
Pinty's Curling Event	Nov 6-13	Gymnasium closed (My Y App will be updated during event)
Remembrance Day	Nov 11, 2023	CLOSED
Winter Registration	Opens Tuesday December 5th 2023	
Winter Break	Dec 18, 2023—Jan 7, 2024 (No Swimming Lessons)	
Christmas Eve	Dec 24, 2023	7AM—2PM (All programs cancelled)
Christmas Day	Dec 25, 2023	CLOSED
Boxing Day	Dec 26, 2023	CLOSED
New Years Eve	Dec 31, 2023	7AM-2PM (All Programs Cancelled)
New Years Day	Jan 1, 2024	CLOSED

## 2024

Holiday	Date	Notice
Winter Session	January 8, 2024—June 23, 2024	
Heritage Day	Feb 19, 2024	7AM—5 PM (all programs cancelled)
March Break	March 11-17	March Break Schedule (No Swimming Lessons)
Good Friday	March 29, 2024	CLOSED
Victoria Day	May 20, 2024	7 AM—5 PM (all programs cancelled)
Canada Day	July 1, 2024	CLOSED
Summer Session	January 24, 2024—September 8, 2024	
Natal Day	Aug 5, 2024	CLOSED
Labour Day	Sept 2, 2024	CLOSED
Fall 2024 Session	Sept 9, 2024—December 22, 2024	
Remembrance Day	Nov 11, 2023	CLOSED
Christmas Eve	Dec 24, 2024	7 AM—2PM (all programs cancelled)
Christmas Day	Dec 25, 2024	CLOSED
Boxing Day	Dec 26, 2024	CLOSED
New Years Eve	Dec 31, 2024	7 AM—2 PM (all programs cancelled)



### Program Registration

#### Register online

<https://ca.apm.activecommunities.com/pcymca>



**In-person** Visit Member Services at the 2756 Westville Rd.  
Location

All Y memberships & program registrations are  
**non-refundable**

All Membership Holds & Cancellations must be  
completed 7 business days prior to the end of the month  
in person or by email only (not by phone)

**pic-front.desk@pcymca.ca**



## Aquatic Centre

Few things are more inviting than a bright blue, sparkling pool. At the YMCA, we have two pools ready for year-round swim lessons, water aerobics, and family fun. Surrounded by natural light with floor to ceiling windows, you can enjoy a splash in the centre's 25 meter lane pool or the leisure pool. The leisure pool is equipped with a lazy river that can be used for rehabilitation, to mix up your walking routine, or for fun. On the deck, you will find a steam room and a hot tub. The YMCA is welcoming to all ages and abilities.

## Fitness Centre

Our YMCA Fitness Centre offers many resources and supports to improve your overall health and fitness. Our friendly and approachable staff and volunteers are here to support you on your journey to better health. The YMCA has a state-of-the art Fitness Centre. In a space surrounded with natural light, enjoy cardio equipment, circuit equipment, plate-loaded equipment and free weights. There is also a cycle fit studio and a studio available for individual workouts.

## Child Care Centres

The YMCA of Pictou County boasts two childcare centres. One at 2756 Westville Road, the other at 52 High Street, both in New Glasgow.

As Canada's largest childcare provider, we know childhood is a special time when the seeds of future success are planted. Our programs are based on a curriculum that encourages the physical, mental, and social development of your child.

*Opening soon! New Child care Centre and Boutique gym on Water Street, Pictou!*



# Welcome to your Community

As a member, you're part of a community and a charitable organization with a shared commitment to build healthy

Your experience includes:

- Friendly and welcoming environment
- Swimming lessons (Membership +)
- Group fitness classes (Membership +)
- Open swims and open gym times
- Free child minding services
- Free membership hold options
- Access to Canadian YMCAs when travelling
- Access to a 25m pool, leisure pool, hot tub and steam room
- Access to a fitness centre
- Access to a cycle fit studio
- Discounts on personal training and courses
- Discounts on day camps
- Accessible hours
- Actively supporting your community

## YMCA Child Minding Service

See page 8 for details. This service offers parents the opportunity to enjoy programs and activities while their children are in a safe, interactive, and fun environment for up to 1.5 hours. Child Minding is included in all memberships. This service is only available while parents remain at the YMCA. Book on My Y App. Ages 3 weeks to 12 years. See page 8 for more information.



## Membership Information

### Continuous Membership Rates

Type	General	Plus
Youth (0-14)	\$33	\$43
Student (15+)	\$42 + tax	\$52 + tax
Adult (18-59)	\$60 + tax	\$70 + tax
Adult Couple (18-59)	\$99 + tax	\$109 + tax
Family (2 adults & dependents under 18 or still in school)	\$114 + tax	\$124 + tax
Senior (60+)	\$51 + tax	\$61 + tax
Senior Couple (60+)	\$82 + tax	\$92 + tax

### Joiner Fee

\$50.00 YMCA adult, senior, family members pay a one-time, once per household joining fee. Members who have left the YMCA of Pictou County for longer than one year will be considered new members and are subject to this fee. Three-month commitment is required.

### Holds and Cancellations

All Membership Holds & Cancellations must be completed 7 business days prior to the end of the month in person or by email only (not by phone) : [pic-front.desk@pcymca.ca](mailto:pic-front.desk@pcymca.ca)

### Welcome Orientation

Are you a new health and fitness member? Our welcome orientation will help you get acquainted and comfortable with our facility, programs, and equipment so you can start enjoying the benefits of your new YMCA membership right away. Ages 12+

### My Y App

All YMCA members have access to the My Y app—a hub designed to allow members to reserve class & swim times. For more app information please visit Page 7.

**All Y memberships & program registrations are non-refundable**





# Health & Safety

Masks are currently a personal choice at our YMCA. Masking and physical distancing is still encourage in small spaces such as our locker rooms. Please respect each others personal choice and follow gym & pool etiquette while visiting the YMCA.

## We will continue our disinfecting protocols:

We will continue to disinfect and sanitize all high touch areas and equipment before and after each program, using our Victoria Electrostatic Mister. All hard surfaces are sanitized using EP66 (disinfectant/cleaner) which is dispensed by a machine. In addition, all areas that are accessible to members and staff will be sanitized using the victory Electrostatic Sprayer (fine mist setting) continuously throughout operating hours. After hours, deep cleaning will be done daily, using Victory Electrostatic Sprayer on top of our regular nightly cleaning routine. We also use EP66 for disinfecting only.



## Public Health Etiquette Reminders

- Stay Informed and follow current public Health Advice
- Wash hands often, avoid touching face
- Practice cough and sneezing etiquette
- Disinfect high touch surfaces often
- Stay home and away from others when feeling unwell

# Financial Assistance

The Y is for everyone. If you need financial support for YMCA membership, childcare, programs, or day camp, we can help. Through the generosity of our donors, we provide financial help when you need it. Call 902-752-0202 or email [pic-front.desk@pcymca.ca](mailto:pic-front.desk@pcymca.ca) to make an appointment. See Page 36 for more information.

- Notice of Assessment
- Void cheque, VISA or MasterCard to set up your account for billing

Complete this online link:

<https://www.surveymonkey.com/r/YFund>



*Stay in touch by following us on social media and keeping an eye on your My Y app!*

Program Dates	
Program Registration	Tuesday August 8th
	Register online <a href="https://ca.apm.activecommunities.com/pcymca">https://ca.apm.activecommunities.com/pcymca</a> <i>All Y memberships &amp; program registrations</i>
In-person	Visit Member Services at the Health, Fitness, & Aquatics location. 2756 Westville Rd.
There are no swimming lessons during the Winter Break	No Swimming Lessons Dec 18—Jan 7 Lessons resume January 8th
Any questions or inquiries can be sent to: <a href="mailto:pic-front.desk@pcymca.ca">pic-front.desk@pcymca.ca</a>	



YMCAofPictouCounty



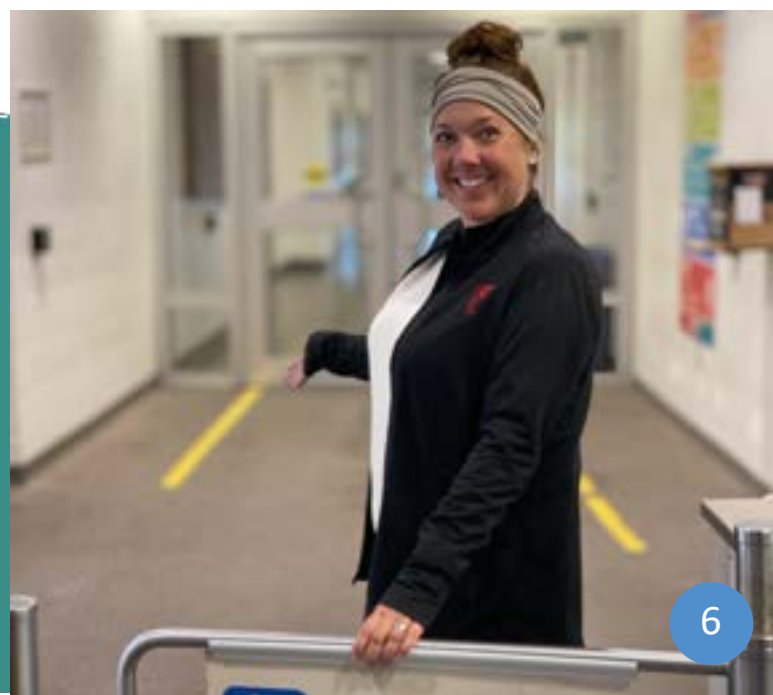
ymcaofpictoucounty



@YMCApictouCo



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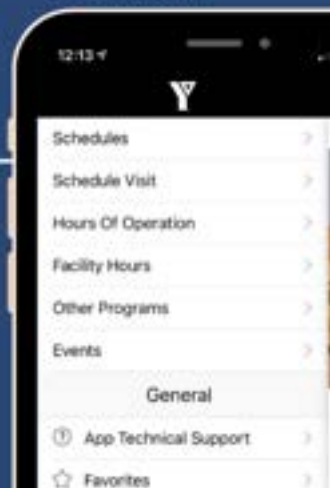
# My App Information

## Joining Your Virtual Class



YMCA of Pictou County

## My Y app Instructions



# Children's Programming

## Lego Play (Ages 3+) (Membership +)

Create your LEGO masterpiece in a fun-filled group setting. LEGO provides a creative opportunity for everyone to use their imagination. It promotes problem solving, improves fine motor skills and helps to develop planning and patience through play.

Book on the My Y app under Classes:

Tuesdays	3:30 —4:00 PM
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## Tumbletots (Ages 3-5) (Membership +)

At Tumbletots, children participate in basic movements and modified gymnastics.

Book on the My Y app under classes:

Thursdays	11 —11:45 AM
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## Parent & Tot Open Gym (Ages 3-5)

Children participate in basic movements using age appropriate gym equipment in a family friendly environment. Self led.

Book on the My Y app under schedule a visit:

Tuesday & Thursday	1-2 PM
Saturday	10-11 AM

## Creative Movements (Ages 4-6)

Learn basic foundation of dance skills through creative motion, play and music. Book on My Y App

Book on My Y App

Wednesdays	3:30 —4:00 PM
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## Kick & Play

Kids move their whole body through creative gym games, soccer based games and activities that will lead to physical literacy.

Register at the Front-Desk

Tuesdays	4:30 —5PM
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## Childminding

(Ages 3 weeks-12 years)

Childminding offers parents the opportunity to enjoy YMCA programming and activities while their children are in a safe, interactive and fun environment. This service is free and only available while parents remain at the YMCA. Activities in childminding will depend on the number and age of children present.

Maximum time: 1.5 hours

Book on the My Y app in Schedule a visit.

### Hours of Operation:

Monday—Friday 8:30 AM—11 AM

Saturday 8:30 AM—12:00 PM

Monday—Thursday 4:00 PM—7:30 PM

All Y memberships & programs registrations are non-refundable



Remember to book all drop-in programming and childminding visits in the My Y app!

Childrens Programming (18 months—5 years)



# Children's Special Events

## Kids Night Out ! (Ages 5-12) **NEW**

From 5– 8PM, your children will have a blast with swimming, games, crafts, movies, board games and more!

### Pre-Registration Required

Sept 22	Register online or at the YMCA Front
Oct 6, 20,	desk
Nov 3, 17,	
Dec 1	
5 —8 PM	Members \$15.00 per event
	Non-Members \$30.00 per event

## Pizza, Pool and a Movie (Ages 5-12)

Ages 5-12! Enjoy Pool, Pizza and a movie on Friday nights with a YMCA camp counsellor! Type of pizza and movie will vary each session

### Pre-Registration Required

Sept 15, 29	Register online or at the YMCA Front desk
Oct 13, 27	
Nov 10, 24	
Dec 8 ,15, 22	
5-8 PM	Members \$20 per person, per event
	Non-Members \$40 per person, per event

## Little Scientists

Ages 7-12! Complete a weekly science experiment in a group setting! STEM (science, technology, engineering, math) groups help children with their social skills and science skills. Children work together on scientific investigations and experiments. Register at the YMCA front desk or online.

### Pre-Registration Required

Thursdays	Register online or at the YMCA front desk,
4—5 PM	Cost to cover supplies.
Oct 5—Nov 9	
Members	\$30 per person for session
Non-Members	\$60 per person for session

## Karate (Ages 5+)

At Karate, participants will learn important life skills like discipline, self-defense and respect for self and others. This program starts at age 5 and includes one structured karate lesson each week. Class activities help build strength, power and speed, plus its fun!

*Registration is through the front desk only.*

### Registration Required:

Tue or Thu (Beginner)	5-5:40 PM
Tue or Thu (intermediate/Advanced)	5:45—6:25PM

## Basketball Skills Clinics **NEW**

Ages 7-12 Work on a broad range of basketball skills including ball handling, shooting, and more! 1 hour-long session led by YMCA camp counsellors with extensive basketball experience.

### Dates & Times Registration

Sundays	Online or at the YMCA Front
12-1PM	desk
Sept 24	
Oct 8, 22,	
Nov 5, 19	
Members:	\$10.00 / person
Non-Members:	\$20.00 / person



**Find Registration Here**

<https://ca.apm.activecommunities.com/pcymca>

# Youth Programming

## Y Mind Teen (Ages 13-18)

Y Mind is a free, 7-week group program based on Acceptance and Commitment Therapy (ACT) and mindfulness, supporting teens.

Teens can sign up for Y Mind through self-referral by contacting our YMCA Mental Wellness Team at: [Elyse.Dinsmore@pcymca.ca](mailto:Elyse.Dinsmore@pcymca.ca)

- No diagnosis required to participate
- Program participants connect with others who are having similar experiences
- Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.

Please contact Elyse for more information [Elyse.Dinsmore@pcymca.ca](mailto:Elyse.Dinsmore@pcymca.ca)

## Youth Leaders in Training (Ages 12—15)

Youth leaders in training are a youth group that meets once a week to make friends, build connections, play games, and tackle building skills like: resume writing, building self-confidence & self-esteem and working as a team. Youth leaders in Training will learn about volunteerism, create fundraising opportunities and will work towards helping others.

Starting Wednesday Oct 4th

Wednesdays	Membership+ Required
4:30 —5:30 PM	Register at the front-desk

## Y Thrive GROW program (Ages 10-14)

This is a FREE 45 minute strength program for members aged 10-14 led by a YMCA certified personal trainer! Learn more about working out safely, having fun while working out and make friends along the way.

## YMCA Teen Night (Ages 12-18)

YMCA Teen Night provides an opportunity for youth ages 12-18 to participate in various activities at the Y. Activities may include recreational sports, swimming, fitness centre and leadership activities. Appropriate workout attire and footwear required.

### Days & Times

Fridays 3 —7:45PM	General Membership OR Day pass (\$10)
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Ages 12-18

## Dungeons & Dragons (Ages 12-18)

DnD (Dungeons & Dragons) is a roleplaying game played by millions of people around the world. Led by YMCA Volunteer Dungeon Master, create characters and go on adventures in a fantasy world.

### Book in the My Y app

Friday	
6-9PM	Membership+ Required

Register here:



<https://ca.apm.activecommunities.com/pcymca>







# Health, Fitness & Recreation

## Find a Supportive Community at the Y.

Our YMCA Health, Fitness & Recreation team members are always here to help. Whether it be through instructor led classes, drop-in recreational programming or personal training, we want to help you reach your goals. The YMCA boasts a state-of-the art Fitness Centre which has cardio equipment, circuit equipment, plate-loaded equipment and free weights. A quiet space is available in our studio for those wanting a more quiet workout experience.

### Welcome Orientation to the YMCA

Are you a new health and fitness member? Our welcome orientation will help you get acquainted and comfortable with our facilities, programs, and equipment so you can start enjoying the benefits of your new YMCA membership right away. Ages 12+

For a Fitness Floor orientation please contact Marla Sim at [marla.sim@pcymca.ca](mailto:marla.sim@pcymca.ca)



**Find our Schedule here:**

<http://pcymca.ca/schedules/>

**All Y memberships & program registrations are non-refundable**



# Cardio & Strength

Member Plus Ages 12+



## Balance

This fun friendly class will work on balance strength and coordination using light weights and resistance bands.

## Barres, Balls & Bands **NEW**

This low impact and high intensity technique is inspired by ballet, yoga and pilates.

## Cardio Kickboxing

A group fitness class that combines martial arts techniques with strength movements & fast-paced cardio. Build stamina, improve coordination, flexibility and burn calories while building lean muscle in this fun and challenging workout.

## Circuit **NEW**

High volume, low resistance, go from station to station in this full body workout. Build strength and cardiovascular endurance, push your own pace and see how many reps you can do before the time is up!

## Core Blast **NEW**

Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and tone your abs with this 30 minute core focused class!

## Dance Fitness **NEW**

Cardio/dance style, low to moderate intensity workout offering a mix of HIIT and easy to learn choreography designed to get fit while having fun. All fitness levels welcome. Coordination not required.

## Fit for Life Strength

Class participants will focus on strength & conditioning using a variety of equipment. This is a low-impact focused yet multi-level class where alternatives are provided.

## Group Power®

MOSSA Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

## Kettlebell Class

A full body workout using kettlebells. Strength, cardio, core & balance conditioning in a small class environment.

## Muscle Express

This express class will focus on a different muscle group each day to build strength and tone. The class will end with a 5 minute core component.

## PiYO

This low impact workout blends Pilates and Yoga to strengthen & sculpt the body and enhance flexibility.



<http://pcymca.ca/schedules/>



## Cycle Fit Classes

**Member Plus** Ages 12+

### Cycle Fit

A high-intensity class which utilizes various drills on the bike to challenge your cardio fitness. Instructors will lead you through hills, drills, intervals, and sprints. The tension on the bike is controlled by each participant, all fitness levels are accommodated. Member + program or day pass.

### Cycle Fit Express

This 30 minute express HIIT Cycle Fit gets your legs pumping with a high-powered indoor bike class set to energetic music. Working those major muscles in your legs also strengthens your most important muscle - your heart. You control the intensity of the workout by adjusting your own bike. A great workout for ages 12+ and experiences. Member +program or day pass.

### Cycle Fit & Sculpt **NEW**

This class consists of 30mins of express spin followed by, 15 mins resistance training and 15 mins of core.



## Mind & Body

### Chair Yoga

This class focuses on stretching while sitting on a chair or standing using a chair for support. The poses are adaptations of those performed on the mat. Member + program or day pass.

### Deep Stretch & Relaxation **NEW**

All levels will enjoy this class for mind & body. The first half of the class, enjoy gentle stretches seated or standing. For the second half, practice mindfulness tapping into your inner-strength and letting go of the daily stress and chaos. Zero in on inner-peace, health & wellbeing in this 45 minute class.

### Flow Yoga

This yoga class incorporates breath and energetic movement through a series of asanas (yoga postures), by which the student experiences a sense of fluid physical motion. Working in a circular fashion, moving from the floor to standing postures and then back down again. Suitable for beginners and practitioners.

### Slow Flow Yoga

Taking time to slow down and move through a series of Asanas (yoga postures). Incorporate breath and movement, choosing to challenge yourself as you need. Beginning on the mat and slowly making your way up to standing postures and back down again. Suitable for beginners and practitioners.

### Tai Chi

This class concludes the practice of the Simplified 24-form Yang Style and explores additional Tai Chi routines, including the 48-form and the Standard (full) 108-form. Participants will discover they can move with greater power, breathe more efficiently, discover new joint and muscle strength and improve memory as they practice the longer forms. Introductory or prior exposure to Tai Chi is not required to enjoy this class..



# Sports & Recreation

## *General Membership*

### **Open Basketball**

Non-instructed gymnasium time slot for basketball.  
Ages 12+.

### **Open Gym**

Non-instructed gymnasium time slot.  
Ages 8+ or accompanied by a guardian

### **Adult Open Basketball**

Non-instructed gymnasium time slot. Ages 18+

### **Open Badminton**

Non-instructed gymnasium timeslot for badminton.  
Ages 8+ or accompanied by a guardian.

## *Membership Plus or Day Pass*

### **Pickleball 2.0-2.75 (Recreation)**

These players do a good job of serving the ball, returning the ball deep, advancing to the kitchen line, dinking a little, and then finishing the point.

### **Pickleball 3.0+ (Competitive)**

For players who can do all of the skills outlined in recreational play and are actively working on more advanced skills like third shot drop, resetting the ball, controlled lobs, purposeful spinning, and are at a higher level of court strategy.

### **Pickleball 2.0-5.0 (Open Play)**

For players of all skill levels.

### **Pickleball Practice Session (Self Guided)**

Use this time with a partner to practice your pickleball technique and skills together. This gym time is self guided. All levels.

### **Youth Pickleball (Age 12-16) *NEW***

Pickleball volunteer guided play. Learn the rules, how to score and techniques needed to play the game of pickleball.

### **Beginner Pickleball *NEW***

This session is for beginners only who have already taken the YMCA Intro to Pickleball workshop and want to play with other beginners before moving on to the recreation or open play sessions.

***\*If you have never played Pickleball it is highly recommended to register for one of our Intro to Pickleball Workshops found on page 17.***



# Aqua Fitness Classes

**Ages 12+ Member Plus**

## **AquaFit**

Aqua Fit is a workout that strengthens the entire body using water resistance and various equipment. Allows you to use the resistance of the water in a full range of motion to maximize your strength and cardio workout.

## **AquaFit Warm Water**

This is a AquaFit class that is taught in the leisure pool where the water is kept at a warmer temperature. This class is medium intensity

## **AquaFit Bootcamp**

A great HIIT cardiovascular workout using floatation belts and tethers in the deep water. HIIT is high intensity interval training. This is a 45 minute class that is suitable for intermediate to advanced participants. Confidence in the deep water is required.

## **AquaFit Deep Water**

A great cardiovascular workout using a floatation belt in the deep water. There is less impact on the joints. Confidence in deep water is required.

## **AquaFit Mobility**

An aquafit class for individuals looking to Increase their mobility by gentle movement. Stretching and exercise in the warm water, using the resistance of water and various equipment.

**Find our Schedule here:**



<http://pcymca.ca/schedules/>



## **Become an Instructor!**

Our YMCA offers National YMCA certifications in AquaFit, Cyclefit, Personal Training, Group Strength and Group Cardio in partnership with YMCA Canada.

We use a blend of on-line, small group and in-class apprenticeship. Prerequisite is 50 hours in the last 2 years of the fitness type you wish to be certified in.

Contact Marla at [Marla.Sim@pcymca.ca](mailto:Marla.Sim@pcymca.ca) or call 902-600-9773 if you are interested in getting certified. Volunteer commitment required in exchange of certification.

## Personal Training

The YMCA is committed to providing the fitness resources you need to realize your goals. Personal trainers offer valuable services that help keep you on track with your fitness goals.

Here are the Top 5 reasons why YMCA members choose our personal training services:

1. Improve overall fitness
2. Reach or maintain a healthy weight
3. Motivation to stick to your fitness plan
4. Focus on your unique health concerns
5. Find the right way to work out for you and your goal

### Independent Personal Training Fees

YMCA members,	5 Sessions	\$218 + tax
YMCA Staff &	10 Sessions	\$381 + tax
YMCA Volunteers	20 Sessions	\$707 + tax

### Small Group Personal Training (12+yrs)

Get a personalized workout program and train with a small group of people like you. You'll still enjoy close attention from an exercise expert and a plan, but you'll also get to spend quality time with your partner, gym buddy, or a whole group of friends. Specific programs include customized sport-specific training, dry-land training, functional-fitness circuit, and customized boot camp.

Contact [marla.sim@pcymca.ca](mailto:marla.sim@pcymca.ca) to book a time that works for your group

### Small Group Personal Training Fees

4 week sessions, twice a week (ages 12+)

Group of 2	\$160 + tax per person
Group of 3	\$120 + tax per person
Group of 4-6	\$80 + tax per person

# Personal Training

## Looking to become a Personal Trainer?

Our YMCA offers the YMCA Personal training course to those with a strong understanding of health, fitness & recreation. Interested individuals email Marla at [marla.sim@pcymca.ca](mailto:marla.sim@pcymca.ca)

Our dynamic team thrives to help make our community a better place by providing top notch training to our members to our members.



## Top 5 Reasons why YMCA members Choose our Personal Training

1. Improve overall fitness
2. Reach or maintain a healthy weight
3. Motivation to stick to your fitness plan
4. Focus on your unique health concerns
5. Find the right way to work out for you and your goal



# Registered Fitness Workshop ages 12+

## Kickboxing—Small Group Training

This 1.5 hour session combines strength exercises, cardio conditioning and real kickboxing techniques. Complete a full body strength circuit before learning techniques to practice with a partner or the instructor and focus pads. Learn proper movement and footwork on equipment like the agility ladder, then improve flexibility with a stretching cooldown. Relieve stress and build confidence by striking pads and hitting the heavy bag.

Dates, Times & Fees	
Sat Oct 21	11:30 – 1 PM
Sat Oct 28	11:30—1 PM
Sat Nov 18	11:30 – 1 PM
Sat Dec 2	11:30—1 PM
Member:	\$10 +tax per person
Non-Member:	\$20 + tax per person

## Intro to Play Pickleball Workshop

Learn how to play the game everyone is talking about! Instructors will teach: game overview, how to keep score, serving, returning the ball, basic court skills and basic shot techniques.

Dates, Times & Fees	
Saturdays	12—1:30 PM
Session 1: Sept 23	
Session 2: Oct 14	
Session 3: Nov 4	
Member:	\$10+tax
Non-Member:	\$20+ tax

## Intro to Cyclefit **NEW**

In this 45 min session learn proper bike set up, posture and participate in a 30 minute sample class.

Dates, Times & Fees	
	Wed, Sept 20 @ 10 AM
	Sat, Sept 23 @ 11 AM
	Wed, Sep 27 @ 10 AM
	Sat, Sept 30 @ 11 AM
Member:	Free
Non-Member:	\$10 + tax

## Intro to Yoga Workshop **NEW**

Learn the fundamentals of the yoga practice in this 3 hour workshop. Learn proper postures & techniques to build strength, balance & flexibility. Develop confidence to practice on your own or in a class setting.

### Dates, Times & Fees

Thurs, Oct 5	6-9 PM
Wed, Oct 18	9-12 PM
Member:	\$30+ tax
Non-Member:	\$60+ tax

## Pranayama (Breathwork) Workshop **NEW**

Explore conscious breathing in this pranayama workshop. Students will learn how to manipulate their breath and incorporate breath with their asana or physical yoga practice.

### Dates, Times & Fees

Tues, Oct 17	7-9PM
Member:	\$25+ tax
Non-Member:	\$50+ tax



Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>

## Johnny Miles Events

### Miss Miles 5 K

Join us for a new Mother's Day tradition at the annual Miss Miles 5 K Fun Run. You can celebrate the strength and beauty of women by running in this all-female event. Women of all ages and abilities come together to run, walk, or roll to celebrate the day.

May 12th, 2024

5 K Fun Run 9 AM Start

### Johnny Miles

The Johnny Miles Running Event has something for everyone. Offering a mainly flat, scenic loop course with lots of support along the way. An experience you will never forget.

June 16, 2024

5 K 9 AM Start  
Youth Challenge 5 KM 9 AM Start  
Half Marathon 9:05 Start  
10 K 9:05 Start

### Run for the Lobster

Come for the race, stay for the carnival! The annual Run for the Lobster is organized in conjunction with the Pictou Lobster Carnival. This is a 5 K timed event. Fun for the whole family!

July 7, 2024

5 K 9 AM Start

### Melmerby Triathlon

The Melmerby Triathlon offers an event for everyone, whether you're an elite athlete or a first timer. Teams welcome in all events.

July 21, 2024

Sprint 8:30 AM Start  
Olympic 9 AM Start  
Try- A-Tri 9:15 AM Start  
Super Sprint 9:15 AM Start



Registration opens Nov 1, 2023  
[johnnymilesevents.com](http://johnnymilesevents.com)

## YMCA Holiday Events

### YMCA Ugly Christmas Sweater Run

Join us for our annual Ugly Christmas Sweater FUN-draiser! Jingle your way through this 5 KM. December 9th 2023, pets, strollers, everyone is welcome to show off their holiday spirit.

#### Registration Required

December 9th 2023 \$10.00 + tax

### Dink the Halls Pickleball Tournament

The 2nd annual Dink the halls pickleball Tournament is back! December 16th, register as an individual and compete for the top in your category. Festive attire encouraged.

Saturday, Dec 16, 2023 \$20.00 + tax



# EatPlantJoy

Learn how to make delicious recipes that will bring joy back to your table!

The YMCA is excited to introduce **EatPlantJoy**; a healthy eating meal plan **FREE** for all current YMCA members! With EatPlantJoy, our goal is to help you combine your active lifestyle with healthier meals that make your life more JOYFUL!

## What's included in EatPlantJoy?

- Easy-to-follow 32-week meal plan available on the My Y app under Classes tab each Sunday.
- Recipes using nutritious, seasonal ingredients and Meal Prep instructions making dinner time a breeze.



## IT'S YOUR TIME TO THRIVE

### What is Y Thrive?

YThrive is a Free exercise program for YMCA members that will help you improve your health and physical performance. It provides you with the support to get started, the flexibility to do it on your own, results to stay motivated, and the opportunities to connect with others just like you.

### What to expect?

Each YThrive workout is designed to be 50 minutes in length. Every 30 days you get a new routine and a new set of results to move forward.

### How do I get started?

Book your personalized session by emailing Marla—marla.sim@pcymca.ca

## YMCA LiveWell

Create smooth transitions for patients between hospital care and community health.

Deliver care in the most appropriate setting for promoting and sustaining health and wellness.

Improve health outcomes of individuals with a focus on secondary prevention and chronic disease self-management.

Reduce health disparities through the elimination of both real and perceived barriers to participation.

YMCA LiveWell supports both physician and self-referrals and offers a comprehensive intake process, supervision, and progression within a socially supportive environment. It embraces a person-centric approach that focuses on secondary prevention and chronic disease self-management. LiveWell encourages participants to take control of their own health.

Get started by emailing Joy at [livewell@halifax.ymca.ca](mailto:livewell@halifax.ymca.ca)

### Meet Joy

Joy Chikowa, MSc (she/her)  
CSEP-Clinical Exercise Physiologist  
LiveWell Provincial Lead  
Phone: 902-222-5889  
Email: [livewell@halifax.ymca.ca](mailto:livewell@halifax.ymca.ca)



IT'S YOUR TIME TO THRIVE 



# Aquatics

## Explore the Pool



### Lane Swims

This is a designated time to swim lengths and work on your endurance. General membership or drop-in fee.

### Open Swim

Everyone is welcome at open swim. Use this time to do your own workout or have a social outing. All ages are welcome. Children 7 and under must be accompanied by a responsible person 16 years or older who will remain at arms length during the swim. General membership or drop-in fee.

### Parent and Tot

Introduce your child to the water. The leisure pool is set at a warm temperature that your baby will enjoy. This swim is also great for meeting other parents and tots. General membership or drop-in fee.

### Family Swims

Children 7 years and under must have a responsible person 16 years or older with them during this swim, who will remain at arms length.

*General Membership:* book on the My Y app

*Non-Members:* please call the day of to book family swims

*Members:* Please book family swims in the My Y app under a single family member.

### Inclusion Swim

This swim provides a sensory friendly and welcoming environment to those who require extra assistance. Those who are assisting (Aids) attend at no cost to support and must be in the water within arms reach.



Find our Schedule here:

<http://pcymca.ca/schedules/>



# Swim Clubs and Social

## Membership + Required

### YMCA Junior Swim Club

Registration required. A swim club for young swimmers looking to continue improving their endurance, swim strokes , speed and have fun along the way!

*Recommend completion of Star 2+.*

*Ages 10 + Recommended*

### Junior Water Polo Club

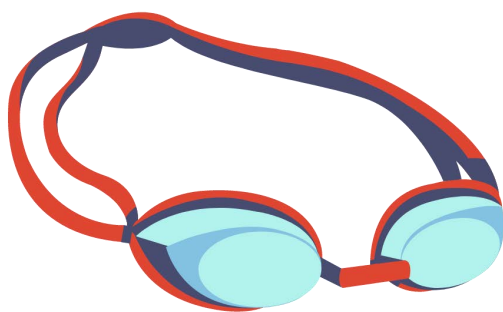
Ages 10-14 recommended, learn about water polo as a sport through drills, lessons

### Junior Lifeguard Club

Registration required. Are you interested in being a future lifeguard or looking to improve your lifesaving skills? This club is for you! Work on rescue skills, improving endurance, rescue drills and swim skills as a team. Ages 10+ and star 2+ recommended.



Find our  
<http://pcymca.ca/schedules/>



# Aquatics



## Swimming Lesson Schedule

### Monday Evenings

<b>4:00 PM</b>	Floater 6933	Glider 5036	Otter 5243	Star 1 6116	Seal 6930	Star 2/3 4-4:45 5198
<b>4:35 PM</b>	Otter 5173	Glider 5040	Seal 4224	Dolphin 6784	Swimmer/ Star 1 5584	Star 3/4 4:50—5:35 6783
<b>5:10 PM</b>	Floater 6118	Otter 6786	Glider 5170	Star 1 5220	Dolphin 5680	
<b>5:45 PM</b>	Dolphin 5221	Seal 5245	Seal 5187	Star 1 5199	Otter 6787	Star 5/6 5:45-6:30 5210
<b>6:20 PM</b>	Otter 5246	Seal 6401	Swimmer 5222	Floater 5061	Swimmer / Star 1 7003	
<b>6:55 pm</b>	Otter 6934	Seal 4247	Swimmer/ Star 1 6307	Floater 7004	Dolphin 5223	Glider/Diver 5059

### Tuesday Evenings

<b>4:00 PM</b>	Floater 6947	Glider 5056	Otter 5248	Parent & Tot 5184	Seal 6968	Star 2/3 4-4:45pm
<b>4:35 PM</b>	Floater 5678	Otter 6969	Seal 5218	Swimmer 5230	Swimmer 6790	Star 4/5/6 4:50-5:35 pm 5211
<b>5:10 PM</b>	Floater 5065	Otter 5066	Dolphin 6015	Dolphin/ Swimmer 7209	Star 1 5249	
<b>5:45 PM</b>	Floater 6970	Glider / Diver 6017	Seal 6791	Dolphin 5250	Swimmer/Star 1 5227	Star 2/3 5:45 PM - 6:30 6795
<b>6:20 PM</b>	Floater 6971	Otter 6948	Seal 5251	Diver 6018	Dolphin 6228	
<b>6:55 pm</b>	Bobber <b>NEW!</b>	Otter <b>NEW!</b>	Swimmer <b>NEW!</b>	Glider/Diver/ Surfer <b>NEW!</b>	Star 1 <b>NEW!</b>	Star 2/3/4 6:30—7:15 5201

### How to Register for Group Lessons:

Please visit the YMCA front desk in-person to set up a membership prior to registration. *There are no individual fees or online registration for Group swim lessons as membership+ is required.*



Wednesday Evenings						
<b>4:00 PM</b>	Floater 6806	Floater 7333	Seal 6993	Dolphin 6994	Otter 6183	Star 2/3 4pm-4:45 6816
<b>4:35 PM</b>	Floater 8809	Glider/Diver 6995	Bobber <b>NEW!</b>	Swimmer / Star 1 6812	Seal <b>NEW!</b>	
<b>5:10 PM</b>	Floater 6997	Floater 7331	Floater 6807	Swimmer 6881	Otter 7001	Star 4 / 5 4:50—5:35 7196 <b>New time!</b>
<b>5:45 PM</b>	Floater 6998	Floater 6808	Otter 7000	Swimmer / Star 1 6815	Dolphin <b>NEW!</b>	
<b>6:20 PM</b>	Floater 5093	Floater 6999	Otter 7277	Seal 6811	Bobber <b>NEW!</b>	Star 2/3 5:45—6:30 pm <b>NEW!</b>
<b>6:55 pm</b>	Floater <b>NEW!</b>	Otter <b>NEW!</b>	Glider/Diver <b>NEW!</b>	Dolphin <b>NEW!</b>	Seal <b>NEW!</b>	

Friday Evenings (Register Monthly) ALL AGES		
<b>4:00</b>	Private Lesson Available <b>NEW!</b>	Private Lesson Available <b>NEW!</b>
<b>4:30</b>	Private Lesson Available <b>NEW!</b>	Private Lesson Available <b>NEW!</b>
<b>5:00</b>	Private Lesson Available <b>NEW!</b>	Private Lesson Available <b>NEW!</b>
<b>5:30</b>	Private Lesson Available <b>NEW!</b>	Private Lesson Available <b>NEW!</b>

Saturday Mornings			
<b>9:00</b>	Floater <b>NEW!</b>	Bobber <b>NEW!</b>	Otter <b>NEW!</b>
<b>9:30</b>	Floater 6951	Otter 6309	Swimmer/Star 1 5087
<b>10:00</b>	Floater 6952	Floater 5102	Glider/Diver 6308
<b>10:30</b>	Floater 5103	Otter 6954	Dolphin 5075
<b>11:00</b>	Floater 5104	Glider/Diver 6953	Seal 5079
<b>11:30</b>	Floater 5105	Otter 5575	Swimmer / Star 1 <b>NEW!</b>

### Private Swimming Lessons:

Private lessons are \$20.00 per 30 minute session. Current lessons available for registration on August 8th to start September 14th are included above. To request a personalized time please contact Emma at [Emma.Dwyer@pcymca.ca](mailto:Emma.Dwyer@pcymca.ca)

# Swimming Lessons: Level Information

## Parent & Tot Swim Lessons (0-2)

Learn how to be safe and have fun in the water with your child. Children grow their comfort and confidence, preparing for independent swim lessons. In the Parent & Tot program you will learn how to hold and assist your child, entering and exiting the water safely, splashing and kicking, getting face wet, blowing bubbles and bobbing, assisted front & back floats and towing. Member + Programs required to register.

## YMCA Preschool Swim Lessons (3-5 years)



### Preschool 1 / Bobbers

Introduces fun activities in the water. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported.



### Preschool 2 / Floaters

Introduces floating and gliding while continuing to practice other movements through structured activities and play.



### Preschool 3 / Glider

Children will combine kicking with gliding to learn how to propel themselves through the water.



### Preschool 4 / Diver

Combines all of the skills learned to swim on their front and back unassisted for a distance of 10m. Children learn to float in deep water unassisted.



### Preschool 5 / Surfer

Develops front and back swimming to build up to a distance of 15m and work on surface support above water.



### Preschool 6 / Jumper

Learns front and back crawl as well as underwater swimming. At this level, the child has learned foundational swimming skills and is working towards swimming on the front for 25m.

## YMCA Learn to Swim Program (6-12 Years)



### Learn to Swim 1 / Otter

An introductory level for beginner swimmers ages 6-12. Otter teaches basic pool safety, going underwater and gliding on front and back.



### Learn to Swim 2 / Seal

Seal classes work on roll-over glides and gliding for longer distances in preparation for more complex swim skills. Participants practice kicking, gliding, and submerging.



### Learn to Swim 3 / Dolphin

Dolphin teaches kids how to stay safe in the water while developing their swim skills. Participants work towards a 15m side glide, and continue working on roll over glides preparing for front and back crawl.



### Learn to Swim 4 / Swimmer

At the end of swimmer, participants will be able to glide 25m on their side, back, and perform rollover glides for 25m in preparation to learning front and back crawl.

## Star Program (6+ Years)

The YMCA Star Program helps swimmers become leaders! Children who completed the YMCA Learn to Swim Program or equivalent can develop more advanced skills in this program. The star program introduces swim strokes and lifesaving skills.



### Star 1

Participants in Star 1 learn front crawl and back crawl at the initial standard Star 1 participants also learn basic lifesaving skills and will work on a 75m endurance swim.



### Star 2

Learn whip kick and work on carrying a 5lb object 10m and learning breast stroke and elementary backstroke. Participants continue to gain proficiency in front and back crawl leading to intermediate standard.



### Star 3

Learn eggbeater and work towards performing eggbeater forwards and backwards. Participants continue proficiency in breast stroke, front crawl, back crawl, and elementary back stroke. Endurance and lifesaving skills are a focus in this level.



### Star 4

Participants learn side stroke, dolphin kick and work towards achieving an advanced standard elementary back stroke and intermediate standard breast stroke. Lifesaving skills like the ready position, head up front crawl and breast stroke, self-rescue techniques and head & foot first surface dives.

## Star Leadership (Ages 6+)

The YMCA Star Leadership program encourages swimmers to work together to reach their goals. Swimmers develop first aid, lifesaving and advanced swim skills to prepare for success in Lifesaving Society Bronze Courses.



### Star 5

Participants continue working on lifesaving techniques and begin learning first aid skills which include primary assessment, treatment of shock, and treatment of a choking victim. Participants perform a 500m endurance swim and a 100m lifesaving kick medley.



### Star 6

Participants learn butterfly and work towards advanced standard sidestroke. Star 6 involves lifesaving techniques preparing the individual for Lifesaving Society's Bronze cross: Defense methods, learning first aid skills and a timed swim of 300m





# Adult Lessons

## Member Plus Required

Regardless of your age or ability, you can learn! Adult swim lessons can be a great way for adults to gain confidence in the water, stay active and learn a new skill. Adult lessons are available at a variety of skill levels, so if you are a beginning or advanced swimmer, there is a lesson right for you!

1

### Level 1. Learn To Float

The perfect place for anyone to get started on their swimming journey. Participants must first learn to float on their back, their front, and learn breathing techniques in the water. Book on My Y App

2

### Level 2. Learn To Glide

Participants that have successfully learned to float begin to learn to glide. Book on My Y App

3

### Level 3. Learn Swim Strokes

Participants work on stroke improvement in learn to swim class. Strokes include front crawl, back crawl, elementary back stroke and breast stroke. Book on My Y App

4

### Level 4. Swim for Fitness

Improve your endurance in this swim workout class. Participants should have a good understanding of front crawl, back crawl, and breast stroke. Book on My Y App

### Private Swimming Lessons:

*Private lessons are \$20.00 per 30 minute session.*

*To request a personalized time please contact*

*Emma at [Emma.Dwyer@pcymca.ca](mailto:Emma.Dwyer@pcymca.ca)*

### Give back on deck!

The YMCA is looking for adult lifeguards to join our team—and we will provide the training! If you are interested in learning more and receiving further certification, please contact Emma at [emma.dwyer@pcymca.ca](mailto:emma.dwyer@pcymca.ca).



# Aquatic Leadership

## How to Become a Swim Instructor or Lifeguard

### Lifeguard Track

#### Step 1A : Bronze Star

If between 10-13 years of age. Recommended Star 6 swim level experience.

#### Step 1B: Bronze Medallion & Basic First Aid

If older than 13 years of age. Recommended Star 6 Experience.

#### Step 2: Bronze Cross & Intermediate First Aid

Prerequisite: Bronze Medallion

#### Step 3: National Lifeguard

Prerequisite: Bronze Cross and Intermediate First aid. Must be at least 15 years old



### Swim Instructor Track

#### Optional Step 1:

**Volunteer with Aquatics**  
Our volunteers are minimum 12 years of age. Please pick up a volunteer application package at our YMCA

#### Step 2: Intermediate First Aid

All YMCA employees must be certified in first aid before work can begin!

#### Step 3: YMCA Swim Instructor Certification

Prerequisite: At least 15 years of age. Recommended Bronze medallion and Bronze cross certification.



# Aquatic Leadership Scholarship Program

Are you looking to join our team of enthusiastic lifeguards and swim instructors?

Scholarships are available for those who are interested in started their YMCA journey.

Please email [emma.dwyer@pcymca.ca](mailto:emma.dwyer@pcymca.ca)

- Your Resume with relevant swim experience
- Answer these 3 questions in a cover letter
  1. What brings you to the YMCA and aquatics ?
  2. How will this scholarship help you to reach your goals?
  3. Why do you think you will be a great swim instructor and lifeguard?



Aquatics— Career Paths

## The YMCA is Hiring!

Check out our current job postings at  
<http://pcymca.ca/job-posting-and-volunteering-opportunities/>





# Leadership Courses

## Bronze Medallion & Basic First Aid (20 hours)

**Prerequisites:** Age 13+ or Bronze Star

Challenges the candidate mentally and physically, learning judgement, knowledge, skills and increased fitness (the four components of water rescue).

Candidates acquire the problem solving skills needed to make good decisions in, on, or around the water.

Included is the Lifesaving Society Emergency First Aid

## Bronze Cross & Intermediate First Aid (30 hours)

**Prerequisites:** Bronze Medallion

Begins the transition from lifesaving to lifeguard and prepares candidates for responsibility as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply principles and techniques to active surveillance in aquatic facilities. Intermediate First Aid is included in this course.

## National Lifeguard

National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment.

Candidates develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50m sprint challenge, 50m rescue

**Prerequisites:** *Intermediate First Aid, Bronze Cross, 15 years old*

### Bronze Medallion Dates & Fees

Oct 21/22/28/29	12pm-5 pm
Member	\$130.00 + Tax
Non-Member	\$150.00 + Tax

### Bronze Cross Dates & Fees

Nov 18/19/25/26	Nov 18 & 19 9AM-5PM Nov 25/26 10AM—5PM
Member	\$130.00 + tax
Non-Member	\$150.00 + Tax

### National Lifeguard Dates & Fees

Dec 2 & 3 ( 9 AM—5 PM), Dec 9 & 10 ( 9 AM—5 PM), Dec 16 (9am-5pm)	
Member	\$280.00+tax
Non-Member	\$335.00 + tax



Find Registration Here

[https://ca.apm.activecommunities.com/  
pcymca](https://ca.apm.activecommunities.com/pcymca)

*All Y memberships & program registrations  
are non-refundable*



# First Aid Training



Find Registration Here  
<https://ca.apm.activecommunities.com/pcymca>

## YMCA Babysitting Course + Basic First Aid + CPR B

The YMCA babysitting course provides Basic First Aid + CPR certification to those interested in pursuing babysitting.

Topics covered include:

- Internet and Social Media Safety
- Household & Community Safety
- Basic First Aid Certification from the Lifesaving Society of Canada
- Caring for children of different ages
- Healthy childhood development
- Managing difficult behaviours
- Core components of leadership and problem-solving

Dates & Times	
Dec 2 & 3	10—3

Fees	
Member	\$70 + Tax
Non-Member	\$85 + tax



## Intermediate First Aid + CPR C + AED

Intermediate First Aid provides comprehensive training covering all aspects of first aid, CPR C & AED. Intermediate First Aid incorporates all of Basic First Aid and is designed for those who require a more in depth understanding of first aid including:

- Medical/legal aspects of first aid treatment
- Spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies.
- Includes CPR-C certification.

*(Formerly named Standard First Aid)*

Dates & Times	
Sept 23 & 24	9 AM—5PM
Oct 14 & 15	9 AM—5 PM
Nov 18 & 19	9 AM — 5PM
Dec 2 & 3	9 AM—5 PM

Fees	
Member	\$125 + Tax
Non-Member	\$150 + tax



# School Bookings Swim to Survive

Swim to survive is a lifesaving society survival training program aimed at local schools. Swim to Survive teaches just the essentials needed to survive an unexpected fall into the water.

Contact Emma to book fall sessions at [emma.dwyer@pcymca.ca](mailto:emma.dwyer@pcymca.ca).

The Program is divided into 3 sections:

- 3 In-water lessons (1 hour long) led by YMCA Staff
- 3 classroom water safety lessons led by the school Teacher
- A handout to parents with children participating.

## Program Goals:

1. Roll into Deep water
2. Tread water (1 minute)
3. Swim 50 m



## Pricing

\$35.00 Per Student

Maximum 25 students per booking.

Minimum of 3 weeks notice is required for booking.  
Contact Emma at [emma.dwyer@pcymca.ca](mailto:emma.dwyer@pcymca.ca)



## Group & School Rentals

Reward your students or staff with a YMCA pool outing.

Please see Pool & Party room rental for Adult Supervision Information.

Please contact Emma at [Emma.Dwyer@pcymca.ca](mailto:Emma.Dwyer@pcymca.ca) for availability.

## Pricing

<b>Group Rate</b>	<b>\$154 + Tax</b>
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# Celebrate at the YMCA!

## Pool Birthday Party Rental

Host your child’s special fun-filled celebration at the YMCA. Please feel free to bring your own cake, goodie bags, creative fun and non-adhesive decorations.

Your 2 Hour Party Booking includes an hour in the pool and an hour in our Youth Room.

**Adult supervision in the pool is required.**

- 1 Adult for every 4 children under the age of 4
- 1 Adult for every 6 children between the ages of 5-8
- Adults must be in the pool, within arm’s reach of the children.
- All adults over the age of 16 require a government issued photo ID to access the centre.
- Recommended 20 participants total.

Birthday Party Pricing	
Members	\$170 + tax
Non-Members	\$210 + tax

Birthday Party Dates & Times	
Pool Date time	Room date time
Friday 6-7PM	7-8PM
Saturday 12—1PM	1-2PM
Saturday 3-4PM	4-5PM
Sunday 12-1PM	1-2PM
Sunday 3-4PM	4-5PM

## Pool Party Reminders:

- All participants over the age of 16 require a photo ID for admission in the YMCA Facility due to our Child Protection Policy.
- The use of tape on YMCA Walls and equipment is not permitted
- Please feel free to decorate your space with non-adhesive decorations prior to your rental.
- The first hour of your rental is in the YMCA Leisure Pool. The second hour is in our

*All Y memberships & program registrations are non-refundable*



Find Registration Here  
<https://ca.apm.activecommunities.com/pcymca>



## Volunteering at the YMCA

The YMCA of Pictou County was started by volunteers more than 50 years ago. Currently, the YMCA has more than 100 volunteers that support building a healthy community here in Pictou County. YMCA volunteers contribute hundreds of hours helping to improve overall community health, supporting families and creating a legacy of giving. The YMCA has a wide variety of volunteer opportunities to match your passion, skills and schedule.

Get started today!



Check out our current Volunteer job postings at <http://pcymca.ca/job-posting-and-volunteering-opportunities/>



## Strong Community Campaign

At the YMCA, we believe that all kids should have the chance to be active, healthy and have the same opportunities as other kids. The YMCA provides financial assistance for kids to participate in day camp, swimming lessons, after school programming, karate and so much more.

Your gift will ensure that kids have access to active and healthy programming at the Y, regardless of their financial circumstance. Every dollar donated to the Strong Community Campaign directly supports kids and families in our community.

### Give a monthly or one-time gift to the YMCA.

- \$37.00/month helps a child to build confidence and experience the lasting benefits of summer day camp.
- \$15.00/month teaches a child to learn to swim.
- \$157.00/month gives a child a safe and fun place to go after school.
- \$60.00/month helps a family to have healthy, active and "unplugged" time together.

### *Did you know that the YMCA of Pictou County is a Charity?*

#### **Our Mission**

The YMCA of Pictou County inspires healthy spirits, minds and bodies to thrive.

#### **Our Vision**

To create a healthy and connected Pictou County

#### **Our Values**

Our values drive our decision making and behaviours: Caring, Honesty, Respect, Responsibility, Diversity & Inclusion

Visit our 2022-2025 strategic plan here: <http://pcymca.ca/about-us/governance/>



## Y on the Move Hikes

### What is Y on the Move?

Outdoor, community minded pop-up activities that happen both through the school year and during the summer months.

Registration is required—see YMCA front desk

### Family Friendly Hikes

Date	Location	Notes
Sept 30 1 PM	Roy Island	About 4 KM
Nov 4 1 PM	Trenton Park Short trail	About 2 KM

### Y on the Move Fall Hikes (all 10 AM)

Pre-registration is required

Date	Location	Notes
Sept 22	Fitzpatrick Mountain	7 KM
Sept 29	Pomquet Beach	7 KM
Oct 6	Beaver Mountain	6 KM
Oct 13	Wentworth Valley	12 KM
Oct 27	West River & Taylor Head Park	9 KM
Nov 3	Six Mile Brook	6 KM
Nov 10	Rogart Mountain	11 KM
Nov 17	Victoria Park	11 KM
Nov 24	Trenton Park	5 KM
Nov 25	Trenton Park	5 KM



For more information about hike locations, please email Alasdair at NWTrunner@gmail.com



Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>

# Community Outreach for Partners of Pictou County Wellness Centre

## Sunday-Funday Free Swim For the Community

The YMCA of Pictou County is offering a free swim each Sunday to members of the following communities who have a partnership with Pictou County's Wellness Centre.

**Please make sure to register ahead to reserve your spot**

**\*\*Only register 1 adult from your household & bring your family for a swim\*\***

Dates, Times & Fees			
Municipality of Pictou County	October	Sundays	2PM—3PM
Town of New Glasgow	November	Sundays	2PM—3PM
Municipality of Pictou County	December	Sundays	2PM—3PM
Town of Stellarton	January	Sundays	2PM—3PM
Municipality of Pictou County	February	Sundays	2PM—3PM
Town of Pictou	March	Sundays	2PM—3PM
Municipality of Pictou County	April	Sundays	2PM—3PM
Town of Trenton	May	Sundays	2PM—3PM
Pictou Landing First Nations	June	Sundays	2PM—3PM



Find Registration Here

<https://ca.apm.activecommunities.com/pcymca>





## Y on the Move

*Did you know the YMCA of Pictou County offers programming throughout the community?*

**Y on the Move** brings community based programs and fun throughout Pictou County. In the summer, you may have spotted us at local festivals or attended one of our fitness classes. The Y is on the move all year and hosts hikes (falls dates can be found on page 33), yoga classes and more, all thanks to our volunteers.

If you are interested in having the Y on the Move at a local event or host a yoga class in your community hall, please reach out to Maxine MacLean, Philanthropy Manager at (902) 601-0448 or [maxine.macleam@pcymca.ca](mailto:maxine.macleam@pcymca.ca).



Are you interested in volunteering with Y on the Move? Reach out to Maxine.

## Membership Round Up

**Your donation of  
\$10 a month  
will provide  
swim lessons for a  
child for half a year**

More than 25% of families in Pictou County attempt to make ends meet while living on less than a living income. This inequity means that we have neighbours who need your support to find their potential.

In the YCMA of Pictou County's annual membership survey, members continually indicate that the YMCA contributes to their physical wellbeing while creating a social connections. In 2023, over 95% of members said they feel welcomed at the YMCA. This makes the YMCA of Pictou County a wonderful space for someone to ignite their

spark.

Please consider making a monthly contribution—any amount will help those who need it most here in Pictou County. All donations will be issued a charitable tax receipt.

Sign up or find out more at [www.pcymca.ca/MakeAnImpact](http://www.pcymca.ca/MakeAnImpact)

## Child Care Centres

As Canada's largest child care provider, we know childhood is a special time when the seeds of future success are planted. Our programs are based on a curriculum that encourages the physical, mental, and social development of your child.

The health and well-being of your child is at the heart of everything we do.

We now two beautiful child care centres and a third coming soon!

- 2756 Westville Road, New Glasgow
- 52 Highstreet , New Glasgow
- **Coming Soon: 50 Water Street Pictou!**

*For more information about our Child Care Centres, please call Tara Gallant at (902) 601-0458. [tara.gallant@pcymca.ca](mailto:tara.gallant@pcymca.ca)*



## After School Program

Our after school staff create stimulating spaces, use a variety of equipment, introduce new resources and will design appropriate educational activities. The after school program ensures an environment free from health and safety hazards.

The YMCA After School program is also beneficial for parents. It provides opportunities to meet parents and teachers who have common interests, and it provides a safe child care for working or active families.

### After School Programs and Hours

Monday – Friday 2:30 p.m. to 5:30 p.m.

- A.G Baillie Memorial School
- Trenton Elementary
- Scotsburn Elementary
- **NEW:** Walter Duggan
- Antigonish Education Centre

*For more information on afterschool care please contact Amanda Davidson at (902) 752-0207 [Amanda.Davidson@pcymca.ca](mailto:Amanda.Davidson@pcymca.ca)*



# In-Service Camps

Join us for camps when there is no school! Located at the YMCA inside the Pictou County Wellness Centre:

**Members : \$26.00 / day   Non-Members: \$30.00/day**

## Scheduled In-service Day Camps:

Mon Sep 25th	No school—all schools (Celtic)
Mon Oct 2nd	Observance of Sept 30
Fri Oct 27th	No school—all schools
Fri Nov 10th	No School—Elementary only
Fri Nov 24th	No School—all Schools
Dec 21st, Dec 22nd	Holiday Break Camp

## Medical Form

**Complete your Medical Form here :**

<https://tinyurl.com/3pjjhkr>



Each camper must have a completed form.

If your camper requires additional support at camp, please notify our camp director prior to your camp start date.

## Label Belongings

Campers' belongings should be labelled. The YMCA is not responsible for any lost or stolen items.

## Camp Recreational Swim

For safety of all campers they must complete a daily swim test to determine if mandatory life jacket use is required. Campers will swim everyday.

## Lunch and Snacks

Campers are required to bring a nutritious and allergen-aware lunch, two snacks, and plenty of cool drinks. Candy is not permitted at camp.

## Cancellation Policy

The YMCA of Pictou County camps are non-refundable. In case of medical or family emergency, please contact Emma Dwyer at [emma.dwyer@pcymca.ca](mailto:emma.dwyer@pcymca.ca) prior to the start of camp. When there is extenuating circumstances we will evaluate case by case.

*For more information on In-service camps please email Elyse at [Elyse.Dinsmore@pcymca.ca](mailto:Elyse.Dinsmore@pcymca.ca) (902) 600-9100*



## Financial Assistance Program

The Y is a Charity and here for everyone. If you need financial support for YMCA membership, childcare, programs or day camp, we can help.

The YMCA is able to offer financial assistance due to generous donations from people who believe in the values of the YMCA. Each year our YMCA provides more than \$250,000 in direct financial assistance to ensure that kids, youth, adults, seniors and families can access YMCA programming.

### Steps for the Financial Assistance Program:

1. Call (902-752-0202) or stop by the YMCA to make an appointment or complete this confidential online link: Online Link to YFund <https://www.surveymonkey.com/r/YFund> (or scan the QR code below)

2. Bring your Notice of Assessment for all adults in your household to the appointment.



## Camp Hours of Operation

Drop Off: 7:45—9 AM

Pick Up: 4-5:30 PM





# YMCA of Pictou County

## YMCA of Pictou County Building Strong Communities

At the YMCA, we believe that all kids should have the chance to be active, healthy and have the same opportunities as other kids. The YMCA provides financial assistance for kids to participate in day camp, swimming lessons, after school programming, karate and so much more.

Your gift will ensure that kids have access to active and healthy programming at the Y, regardless of their financial circumstance. Every dollar donated to the Strong Community Campaign directly supports kids and families in our community.

## Financial Assistance is made possible by donations from our community

As a charity, the YMCA ensures that no one is turned away because of inability to pay.

By making a donation or participating in the YMCA **MEGathon**, you are making an investment in the life of a child, a family and in our community.

Donate in person at the YMCA or online at [www.pcymca.ca](http://www.pcymca.ca)



### YMCA of Pictou County

2756 Westville Road, New Glasgow  
T: 902-752-0202 | [www.pcymca.ca](http://www.pcymca.ca)

### PCYMCA Child Care Centre Hours:

Monday—Friday 7:30am-5:30pm

### High Street Child Care Centre Hours:

Monday—Friday 7:00am-5:30pm

### Day Camp Hours

Monday—Friday 7:45am-5:30pm

### PCYMCA Centre Hours

Monday—Friday 5:00 am-9pm

Saturday- & Sunday 7am-6 pm

### PCYMCA Pool Hours

Monday—Friday 6:00am-8:45pm

Saturday & Sunday 7:00am-5:45pm

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