



# YMCA of Pictou County — MEGathon March Schedule

YMCA of Pictou County — March 3 — March 17, 2024

2756 Westville Road, New Glasgow | www.pcymca.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

Sunday March 3rd				Monday March 4th					Tuesday March 5th					Wednesday March 6th					
Gymnasium	Studio/Conf	Leisure Pool	25m Pool	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	
Adult Basketball 7-9:30		Open Swim 7-9 Book on App	Tri Club Swim 7-8 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	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 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	
	Tri-Club Cyclefit 8:15-9 Book on App			Group Power 9-10 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	MEGathon Pilates 9-10		Parent & Tot 9-10 Book on App	AquaFit 9-9:45 Book on App			
Pickleball Open (All Levels) 10-12 Book on App		Parent & Tot 9-10 Book on App	Lane Swim 8-4:45 Book on App	Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App	Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App	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	Lane Swim 10-2 Book on App	Balance 10-10:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App	Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	
	Open Basketball 12-2	Rental 12-1		Pickleball Open Play 11:10-1 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 (3.0+) 11-1 Book on App
MEGathon Cornhole Tournament 2-4	Rental 1-2	Family Swim 1-2 Book on App		Excel 1:15-2:15	Open Swim 12-1 Book on App	HCRS Rental 1-2 Book on App	Closed 2-4	Open Swim 12-1 Book on App	Closed 2-4	Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)	Closed 2-4	Open Swim 12-1 Book on App	Private Childcare 2:15-3	Excel 1:15-2:15	Closed 2-4	Adult Learn to Swim 12-1:30 Adult Swimming for Beginners 12:30-1	Inclusion Open Swim 1-2 Book on App	Lane Swim 10-2 Book on App
		Sunday Funday Partnership Rental 2-3								Private Childcare 2:15-3	Para Pickleball 2-3:30 Book on App		Youth Open Gym 3:30-4:45		AquaFit Mobility 1-1:45 Book on App				
Open Gym 4:30-6	Rental 4-5	Sunday Funday Partnership Rental 4-5		Special Olympics Rental 4-5PM	Open Basketball 3-5:20	Cycle Express 4:30-5 Book on App (Studio)	Closed 2-4	Swimming Lessons 4-7:30	Swimming Lessons 4-7	Beginner Karate 5-5:40	Grow 4-4:45 Book on App	Lego Play (ages 3+ ) 4:15-5 Book on App	Swimming Lessons 4-7 Book on App	Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30
		Family Swim 5-5:45 Book on App								Lane Swim 5-5:45PM Book on App	MEGathon Fitness Medley 6-7:30 PM								
		Family Swim 5-5:45 Book on App		Lane Swim 5-5:45PM Book on App	MEGathon Fitness Medley 6-7:30 PM	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7	Pickleball Comp (3.0+) 6:30-8:55 Book on App	Kettlebell Class 6-6:45 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Jr Guard 5:30-6:15	Pictou County Athletics 6:45-8	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30
		Pool closes at 5:45 pm		Open Basketball 7:30-8:55															
					Open Basketball 7:30-8:55			Family Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App	Yoga 7-8 Book on App (Studio)		Adult Learn to Swim 7:30-8 Book on App	Family Swim 8-8:45 Book on App	Lane Swim 8-8:45 Book on App	Open Basketball 8-8:55	Mindfulness Meditation (Board Room) 6:30-7:15 Book on App	Rental 7:30-9	Rental 7:15-9	



# YMCA of Pictou County — MEGathon March Schedule

YMCA of Pictou County — March 3 — March 17, 2024

2756 Westville Road, New Glasgow | www.pcymca.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

Thursday March 7th					Friday March 8th					Saturday March 9th					Sunday March 10th			
Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	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 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		Cyclefit 7:30-8:15 (Studio) Book on App		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
Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit Express 9-9:30 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	Barre, Balls & Bands 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent + Tot 9-10 Book on App	MEGathon: Mardi Gras Aquafit	MEGathon: Pancake Breakfast 8-11	Core Blast (studio) 8:30-9 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons 9-12	Lane Swim 7-5:45 Book on App		Tri-Club Cyclefit 8:15-9 Book on App	Parent & Tot 9-10 Book on App	Lane Swim 8-4:45 Book on App
Tai Chi 10-11 Book on App	Stretch & Relaxation 10—10:45 Book on App		Open Swim 10—11 Book on App	Warm Water Aquafit 11-11:45 Book on App	Pickleball Open (All Levels) 11-1 Book on App	Fit For Life - Barre, Balls & Bands 10-10:45		Private Daycare 10-11	Warm Water Aquafit 11-11:45 Book on App		Flow Yoga 10-11 Book on App				Pickleball Open (All Levels) 10-12 Book on App	MEGathon: U14 Basketball Skills 12:30-2	Rental 12-1	
Open Gym 11-11:55		Partner Rental 10-11	Open Swim 12-1 Book on App	Lane Swim 10-2 Book on App	Muscle Express 12:10-12:50 Book on App			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App	Open Basketball 1:30-6		Rental 1-2	Family Swim 1-3 Book on App				Family Swim 1-2 Book on App	
Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)		Aquafit Mobility 1-1:45 Book on App		Partnership Rental 1-2:15			Private Childcare 2:15-3					Family Swim 1-3 Book on App					Sunday Funday Partnership Rental 2-3
Parent & Tot Open Gym 1-2 Book on App					Private Childcare 2:15-3							Rental 3-4					Rental 3-4	
Para Pickleball 2-3:30 Book on App					Open Basketball 3:30-6							Rental 4-5	Family Swim 4-5:45 Book on App		Open Gym 3-6	Rental 4-5	Sunday Funday Partnership Rental 4-5	Special Olympics Rental 4-5PM
Youth Open Gym 3:30-4:45	Grow 4-4:45 Book on App																Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM
Beginner Karate 5-5:40	Cyclefit 5-5:45 Book on App (Studio)		Autism Lessons 4-7		Teen Night Open Gym 3-5 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 4-8:45 Book on App									
Intermediate/Advanced Karate 5:45-6:25			Autism Lessons 4-7 Book on App		Teen Night 1/2 Open Gym 5-7:45 Book on App			Family Swim 7-8:45 Book on App										
MEGathon Children's Dance 7-8:30 PM	MEGathon: Paint Night with Helen Boucher 6:30-9:00	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 7-8:45 Book on App		1/2 Kids Night Out 5-8PM													
	Slow Flow Yoga 7-8 Book on App				Open Gym 7:45-8:55													

## 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

# YMCA of Pictou County — MEGathon March Schedule

YMCA of Pictou County — March 3 - March 17, 2024

2756 Westville Road, New Glasgow | www.pymca.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 March 11					Tuesday March 12					Wednesday March 13					Thursday March 14					
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	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 5-8:30			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	
MEGA Group Power Conf Room 9-11 Book on App	Balance 10-10:45 (Studio) 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)	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	AquaFit Boot Camp 9-9:45 Book on App	Cardio Kickboxing 9-9:45 Book on App	Balance 10-10:45 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	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit Express 9-9:30 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	
			Open Swim 10-11 Book on App																	
Pickleball Open Play 11:10-1 Book on App	MEGathon Hockey Skills U9 9-10:15 U 11 10:15—11:30		Warm Water AquaFit 11-11:45	Lane Swim 10-2 Book on App	Tai Chi 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water AquaFit 11-11:45	Lane Swim 10-2 Book on App	Pickleball (3.0+) 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Open Swim 11-12	Lane Swim 11-2	Tai Chi 10-11 Book on App	Stretch & Relaxation 10—10:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Warm Water AquaFit 11-11:45	Lane Swim 10-2 Book on App	
				Open Swim 12-1 Book on App	Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App		Adult Learn to Swim 12-1:30 Adult Swimming for Beginners 12:30-1					Livewell 12-1			Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App
Excel 1:15-2:15	That 70's Show Luncheon and Gameshow 12—2 pm		HCRS Rental 1-2 Book on App		Parent & Tot Open Gym / Camp 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 1/2 Camp 1-2 Book on App	MEGathon Little Scientist 2-4 Conf. Room		AquaFit Mobility 1-1:45 Book on App		
Private Childcare 2:15-3			CLOSED Private Rental: YMCA Camps 2-3		Para Pickleball 2-3:30 Book on App		CLOSED Private Rental: YMCA Camps 2-3			Private Childcare 2:15-3			CLOSED Private Rental: YMCA Camps 2-3		Para Pickleball 2-3:30 Book on App		CLOSED Private Rental: YMCA Camps 2-3			
1/2 Day Camp 3-5:30	Cycle Express 4:30-5 Book on App (Studio)		Private Rental: NSTU 3-4				CLOSED 3-4						CLOSED 3-4					CLOSED 3-4		
1/2 Open Basketball 3-5:30	Women on Weights 5-5:45 Book on app		MEGathon Family Swim 4-5		Day Camp 3:30-5:30		Lego Play (ages 3+) 4:15-5 Book on App	MEGathon Family Swim 4-5		1/2 Day Camp 3-5:15 1/2 Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)		MEGathon Family Swim 4-5		1/2 Day Camp 3:30-5:00 1/2 Open Basketball 3:30-5:00			MEGathon Family Swim 4-5		
Beginner Pickleball (2.0) 5:30-7	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App		Lane Swim 5-6	Open Basketball 5:30-6:30	Grow 4-4:45 Book on App			Lane Swim 5-7	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on app			Lane Swim 5-6:30 Book on app	Beginner Karate 5-5:40					
	Women on Weights 6-6:45 Book on App (Fitness Floor)		Family Swim 5—8:45 Book on App	AquaFit Bootcamp 6:30-7:15 Book on App	Pickleball Comp (3.0+) 6:30-8:55 Book on App	MEGathon: Cyclefit Showdown 6-7	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 5—8:45 Book on App			Pictou County Athletics 6:45-8	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 5-8:45 Book on App	AquaFit Bootcamp 6:30-7:15 Book on App	Intermediate/Advanced Karate 5:45-6:25	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 5-8:45 Book on App	Lane Swim 5-7
	PIYo 6:30-7:15 Book on App										Open Basketball 8-8:55				Lane Swim 7:15-8:45 Book on App	Pickleball (3.0+) 6:30-8:55 Book on App				MEGathon: Breaststroke Clinic 7-8
Open Basketball 7-8:55				Lane Swim 7:30-8:45 Book on App		Yoga 7-8 Book on App (Studio)			Lane Swim 8-8:45 Book on App		Raise the Bar Bench Press Challenge 6-8				Pickleball (3.0+) 6:30-8:55 Book on App				Lane Swim 8-8:45 Book on App	
															Slow Flow Yoga 7-8 Book on App				Lane Swim 8-8:45 Book on App	

Mon Mar 11—Thu Mar 14

### What do the Colours Mean?

A Registered MEGathon Event	[Green]
High Intensity Class	[Yellow]
Medium Intensity Class	[Orange]
Low Intensity Class	[Light Yellow]
Family or Parent & Tot Sims	[Light Blue]
Pickleball	[Light Green]
Child & Youth Program	[Pink]
Cyclefit Class	[Light Green]
Swimming Lessons	[Light Blue]

## What is the MEGathon?

Join us for MEGathon and become a part of the movement that's bringing the community together. Our collection of fundraising events are designed to deliver financial support to Pictou County residents in need, helping them access childcare, camps, swimming lessons, and important fitness programming. At the YMCA, we believe that everyone deserves a chance to live their best life, and we're committed to making that a reality for our community. So come on out and participate in our collection of events that will leave you feeling empowered, active and proud to make a difference. *See all 34 Events by scanning the QR Code below:*



Friday March 15					Saturday March 16					Sunday March 17			
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 Book on App	Lane Swim 6-9 Book on App	MEGathon Children's Carnival 10-1 PM	Cyclefit 7:30-8:15 (Studio)		Open Swim 7-9 Book on App	Lane Swim 7-5:45 Book on App	Adult Basketball 7-9:30		Open Swim 7-9 Book on App	MEGathon Indoor Triathlon 8-10
						Core Blast (studio) 8:30-9 Book on App							
Barre, Balls & Bands 9-9:45		Childminding 8:30-11 (Childminding room) Book on App	Parent + Tot 9-10 Book on App	AquaFit 9-9:45 Book on App		Cardio Kick-boxing (studio) 9-9:45 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Parent & Tot 9-10			MEGathon Indoor Triathlon 8-10	Parent + Tot 9-10 Book on App	MEGathon Splash and Dash 10-12
Fit For Life - Barre, Balls & Bands 10-10:45			Private Daycare 10-11			Flow Yoga 10-11 Book on App			Family Swim 10-12			MEGathon: Splash and Dash 10-12	
Pickleball Open (All Levels) 11-1 Book on App	Muscle Express 12:10-12:50			Lane Swim 10-2 Book on App				Rental 12-1					Lane Swim 11-4:45 Book on App
Camp 1-2:15			Open Swim 12-2 Book on App				Rental 1-2	Family Swim 1-3 Book on App		Open Basketball 12-3	Rental 1-2	Family Swim 1-2 Book on App	
Private Childcare 2:15-3			CLOSED Private Rental: YMCA Camps 2-3		Open Basketball 2-6							Sunday Funday Partnership Rental	
				MEGathon Family Swim 3-4				Rental 3-4					Rental 3-4
Open Basketball 3:30-6			Family Swim 4-6 Book on App				Rental 4-5	Family Swim 4-5:45 Book on App		Open Gym 3-6	Rental 4-5	Sunday Funday Partnership Rental 4-5	Special Olympics Rental 4-5PM
Teen Night Open Gym 3-5 Book on App		Rental (Youth Room) 7-8		Lane Swim 4-8:45 Book on App								Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM
Teen Night 1/2 Open Gym 5-7:45 Book on App			Rental 6-7										
1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App										
Open Gym 7:45-8:55									Pool closes at 5:45 pm				Pool closes at 5:45 pm

## My Y app Instructions

- Download the My Y mobile app from your mobile app store
- Register with your email associated with your YMCA account
- Check your email for a pin Number
- Create your app password and enter your pin to login
- Start exploring, stay informed and plan your next visit!
- Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit"
- Select "reserve" on your desired class, or select a time for your visit.

- Schedules
- Schedule Visit
- Hours Of Operation
- Facility Hours
- Other Programs
- Events
- General
- App Technical Support
- Favorites

### Stay Connected:



YMCA of Pictou County



ymcaofPictouCounty



@YMCAPictouCo



### 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  
Published: 2024.27.5.2