



YMCA of Pictou County — Winter Schedule

YMCA of Pictou County — January 8th — March 10, 2024

2756 Westville Road, New Glasgow | www.pycymca.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 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		
Group Power 9-10 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open Play 8:30-9:50 Book on App	Cyclefit 9-9:45 Book on App (Studio)	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		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		
Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App		Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App		Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10:15—10:55 Book on App	Balance 10-10:45 Book on App	Open Swim 10-11 Book on App	Open Swim 10-11 Book on App		Open Swim 10-11 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		
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	Lane Swim 10-2 Book on App	Pickleball (3.0+) 11-11 Book on App		Muscle Express 12:10-12:50 Book on App	Adult Learn to Swim 12-1:30 Adult Swimming for Beginners 12:30-1				Open Gym 11-11:55	Open Swim 12-1 Book on App	Partner Rental 10-11	Open Swim 12-1 Book on App
Excel 1:15-2:15			Open Swim 12-1 Book on App			Livewell 12-1		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	Aquafit Mobility Book on App 1-1:45				Para Pickleball 2-3:30 Book on App	Youth Open Gym 3:30-4:45	Swimming Lessons * 4-7	Swimming Lessons * 4-7:30
Private Childcare 2:15-3		Closed 2-4		Para Pickleball 2-3:30 Book on App	Youth Open Gym 3:30-4:45	Private Childcare 2:15-3	Closed 2-4		Private Childcare 2:15-3	Closed 2-4		Para Pickleball 2-3:30 Book on App	Para Pickleball 2-3:30 Book on App	Para Pickleball 2-3:30 Book on App	Para Pickleball 2-3:30 Book on App	Para Pickleball 2-3:30 Book on App	Para Pickleball 2-3:30 Book on App	Para Pickleball 2-3:30 Book on App	Para Pickleball 2-3:30 Book on App		
Open Basketball 3—5:20	Cycle Express 4:30-5 Book on App (Studio)	Women on Weights 5-5:45 Book on app		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	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	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	
Beginner Pickleball (2.0) 5:30-7	Cyclefit 5:30-6:15 Book on App (Studio)	Women on Weights 6-6:45 Book on App (Fitness Floor)	Childminding 4-7:30 (Childminding room) Book on App	Aquafit Bootcamp 6:30-7:15 Book on App	Intermediate/Advanced Karate 5:45-6:25	Cyclefit 5-5:45 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons * 4-7:30	Jr Guard 5:30-6:15	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on app	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	Swimming Lessons * 4-7:30	
		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	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	Adult Swimming for Beginners 7-7:30 Book on App	Tri-Club Training 7-8 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 7:30-8:45 Book on App	Lane Swim 7:15-8:45 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 7-8:45 Book on App	Tri-Club 7-8 Book on app		
Open Basketball 7-8:55				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	Lane Swim 8-8:45 Book on App	Open Basketball 8-8:55	Mindfulness Meditation (Board Room) 6:30-7:15 Book on App		Family Swim 7:30-8:45 Book on App	Lane Swim 7:15-8:45 Book on App	Pickleball (3.0+) 6:30-8:55 Book on App					Lane Swim 7-8 Book on app	
											Pound (Studio) 6:30—7:30 Book on App					Slow Flow Yoga 7-8 Book on App				Lane Swim 8-8:45 Book on App	

What do the Colours

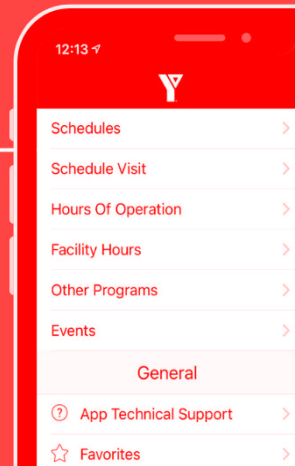
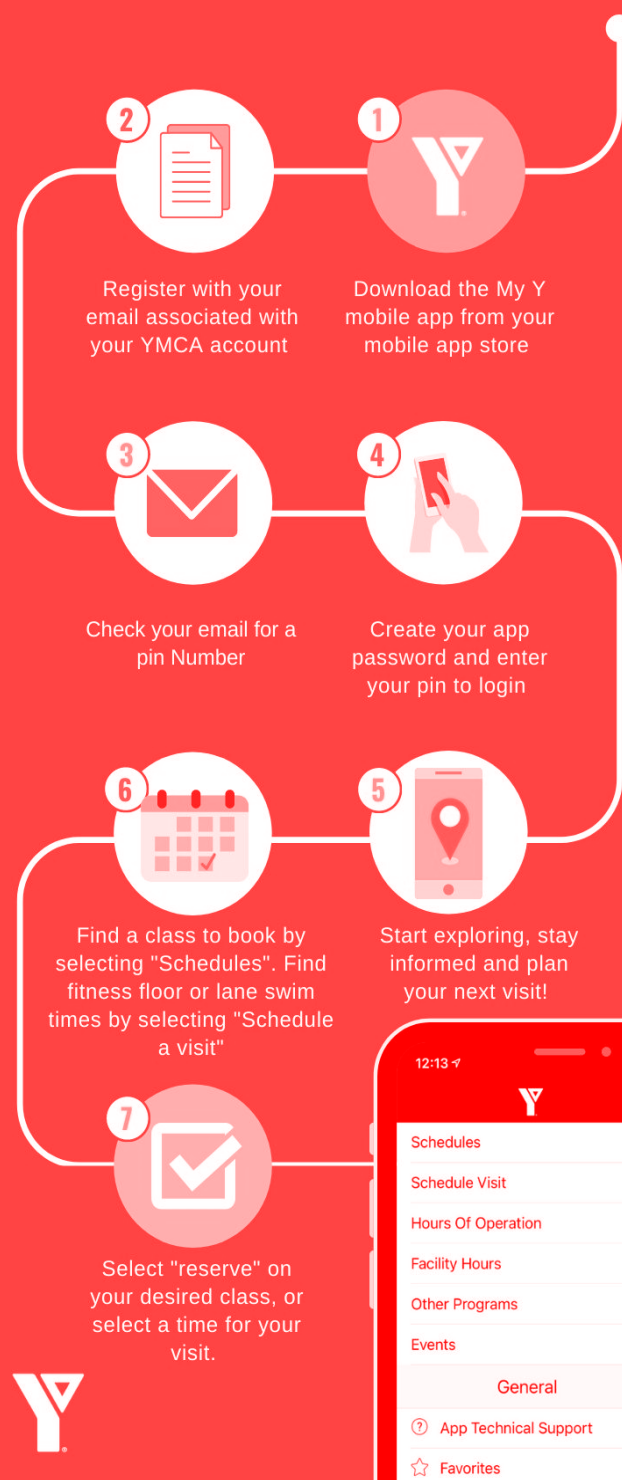
-  Low Intensity Class
-  Medium Intensity Class
-  High Intensity Class
-  Cyclefit Class
-  Children & Youth programming
-  Aquafitness
-  Childminding
-  Swim Class/Club
-  Pickleball

* **One Lane available during swimming lessons & classes**
Please book on My Y App



Friday				Saturday				Sunday					
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	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 7-8:30	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
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	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* 9-12	Lane Swim 7-5:45 Book on App			Parent & Tot 9-10 Book on App	Lane Swim 8-4:45 Book on App
Fit For Life - Barre, Balls & Bands 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					Inclusion Swim 10-11 Book on App		
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		HCRS Partnership Rental 11-12					Pickleball Practice (All Levels) 12-1:30		Open Swim 11-12 Book on App	
Partnership Rental 1-2:15			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App				Rental 12-1		Open Basketball 12-3	Rental 1-2	Family Swim 1-2 Book on App	
Private Childcare 2:15-3			Closed 2-4		Open Basketball 1:30-6			Rental 1-2				Sunday Funday Partnership Rental 2-3	
Open Basketball 3:30-6			Family Swim 4-6 Book on App					Rental 3-4				Rental 3-4	
Teen Night Open Gym 3-5 Book on App				Lane Swim 4-8:45 Book on App				Rental 4-5		Open Gym 3-6	Rental 4-5	Sunday Funday Partnership Rental 4-5	Special Olympics Rental 4-5PM
Teen Night 1/2 Open Gym 5-7:45 Book on App		Rental (Youth Room) 7-8	Rental 6-7									Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App
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



Stay Connected:



When you visit:

- Everyone 16+ must sign in with a Photo ID
- Swims: Children must be 8+ to swim without an adult.
- Youth ages 12-15 are recommended to book an orientation with our health, fitness & recreation team for fitness centre use. Anyone can book an orientation to get started!
- Childminding services are available 8:30AM-11AM (MON-FRI) and 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App