

Summer Program Guide



Shine On

YMCA Pictou County

Summer Session: July 2 - Sept 8

Registration Opens: May 28



Table of Contents

I. GENERAL INFORMATION

Mark your calendar	3
Facility Information	4
Membership Information	5
Member Etiquette	6
YMCA Child Safeguarding Policy	7
The My Y App	8

II. CHILD & YOUTH

Childrens Programming	9
Youth Programming	10

III. HEALTH, FITNESS & RECREATION

Introduction	11
Cardio and Strength classes	12
Cyclefit Classes and Mind & Body	13
Sports & Recreation	14
Aquafitness Classes	15
Personal Training Information	16
Registered Fitness Workshops	17
YMCA and Johnny Miles Events	17

IV. AQUATICS

Explore the pool	18
Swim Clubs and Triathlon	19
Swimming Lesson Schedule	20
YMCA Preschool and Learn to Swim levels	21
YMCA Star and Star Leadership Levels	22
Aquatic Leadership Courses	23
First Aid Courses	24
Rentals and Birthday Parties	25

COMMUNITY

Volunteering	26
Y on the Move	
Community Outreach Opportunities	
Philanthropy	27

CHILD CARE

Child Care Information	28
Afterschool Care Information	

SUMMER DAY CAMPS

29



Shine On



Mark your Calendar

Holiday	Date	Notice
Canada Day	July 1, 2024	CLOSED
Summer Session	July 2, 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	
Truth and Reconciliation Day	Sept 30, 2024	7 AM - 5PM
Thanksgiving	Oct 14, 2024	7 AM - 5 PM
Remembrance Day	Nov 11, 2024	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 Details

Online Registration Portal:
<https://ca.apm.activecommunities.com/pcymca>

In-person Registration Available by Visitng Membership Services at 2756 Westville Rd.

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) **Email Contact:** pic-front.desk@pcymca.ca

All Y memberships & program registrations are non-refundable

Age 16+ Visiting the YMCA
 Any non-members 16 years or older accessing our facility require government issued photo ID upon entering each visit.



About the YMCA of Pictou County

At the heart of Pictou County lies a beacon of community and wellness: the YMCA. This cherished charity stands as a testament to inspiring healthy minds and bodies, offering a vibrant tapestry of programs and activities designed for all ages. From fostering physical fitness to nurturing mental well-being, the YMCA of Pictou County is more than a facility—it's a family dedicated to the growth and support of its community. Join us, and discover the warmth and knowledge that fuel our mission to build a healthier tomorrow for everyone.

Aquatic Centre

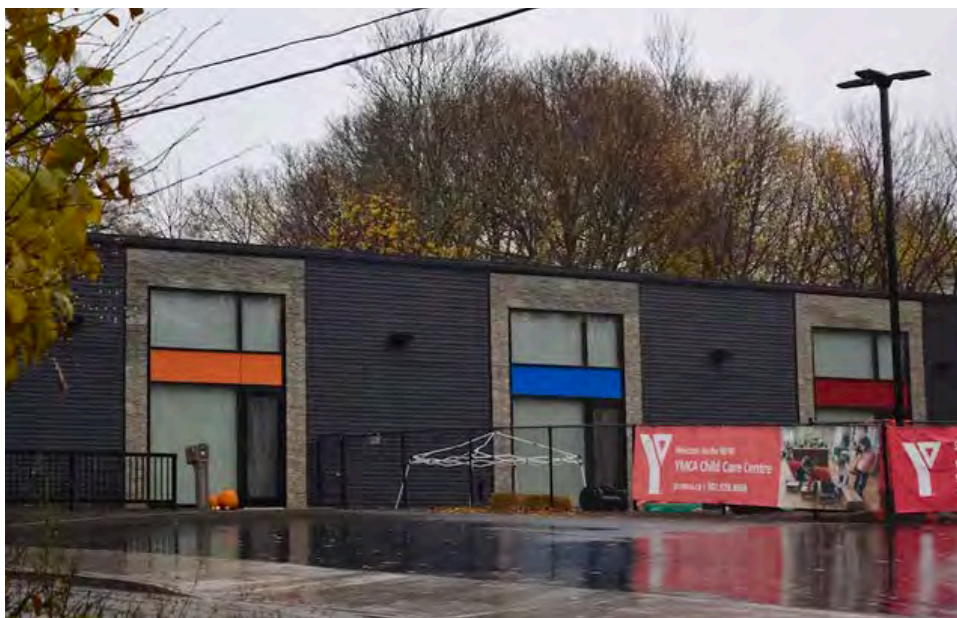
Few things are more inviting than a bright blue, sparkling pool. At the YMCA, we have two pools ready for year-round swim lessons, water aerobics, and family fun. Surrounded by natural light with floor to ceiling windows, you can enjoy a splash in the centres' 25 meter lane pool or the leisure pool. 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.

Childcare Centres

The YMCA of Pictou County boasts two childcare centres in New Glasgow. One at 2756 Westville Road, the other at 53 High Street. As Canada's largest childcare provider, the YMCA knows 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.





Membership Information

Welcome to your Community

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

Continuous Membership Rates:

Type	General	Plus
Youth (0-14)	\$34	\$44
Student (15+)	\$44 + tax	\$54 + tax
Adult (18-59)	\$64 + tax	\$74 + tax
Adult Couple (18-59)	\$106 + tax	\$116 + tax
Family (2 adults & dependents under 18 or still in school)	\$120 + tax	\$130 + tax
Senior (60+)	\$53 + tax	\$63 + tax
Senior Couple (60+)	\$86 + tax	\$96 + tax

Your Membership Includes:

- Open swims and open gymnasium 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, courses and day camps
- Swimming Lessons (Included in Membership +)
- Group Fitness Classes (Included in Membership+)
- Actively supporting your community

YMCA Child Minding Service

See page 9 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.

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

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 8.

All Y memberships & program registrations are non-refundable



Membership Information

Welcome to your Community

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

Membership Etiquette Statement

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate to others. YMCA members, staff and volunteers pledge to treat one another with respect and dignity. The YMCA reserves the right to suspend or cancel a membership at its sole discretion for inappropriate behavior.

The following behaviors will not be tolerated within the facility:

- Physical assault, threats, or intimidation
- Criminal or disruptive behavior
- Sexual, ethno-cultural, racial abuse, slurs or harassment
- Abuse to facility or equipment
- Fraud, which includes the misuse of membership cards and/or facilities
- The use, possession or sale of alcohol or drugs

Photo, Video and Recording

When taking photos, videos or recordings of any kind please ensure you are not capturing any non-consenting individuals. Photos, videos, or recordings of any kind are prohibited in locker room and washroom areas.

Members are encouraged to immediately report to YMCA staff any individuals using a cell phone, camera, or another recording device.

Attire and Safety

We are here to help you achieve your goals and enjoy a respectful, safe and fun visit. For your safety and the safety of others, proper attire must be worn while in program areas at all times.

Footwear: Clean, dry, non-marking indoor fully closed sneaker-type footwear is permitted.

Gym attire must be worn in exercise spaces/ Examples of acceptable gym attire include: Shirts, tank tops, sports bras, shorts, leggings

Swimwear must be worn in aquatic spaces. One or two piece bathing suits must be worn and must be family friendly in nature. Only indoor footwear is permitted while on the pool deck.

Please use a locker to lock up your belongings. The YMCA is not responsible for lost or stolen items.

Program Registration Details

Online Registration Portal:

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

In-person Registration Available by visiting Membership Services at 2756 Westville Rd.

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)

Email Contact: pic-front.desk@pcymca.ca

All Y memberships & program registrations are non-refundable



Membership Information

Child Safeguarding Policy



Supervision of Children and Youth at the YMCA

Proper supervision of children and youth while in the YMCA is essential to ensure safety and security.

All youth ages 11 and under must be in a supervised program area with a parent or guardian (who is at least 16 years old) at all times, with the exception of open gym (ages 8+).

The YMCA reserves the right to determine if more parental supervision is required. Parents and guardians must remain in the building at all times when children are in YMCA programs, with the exception of YMCA Camps, Kids Night Out, Pizza, Pool & Movie events, and other programming indicated parents not required (PNR), where a parent/guardian sign in/out is required.

Fitness Centre Use

- Children 11 and under are not permitted in the Fitness Centre upstairs.
- A fitness orientation is required for participants ages 12-15 and strongly recommended for participants 16+.
- For their safety, those ages 12-15 are not permitted to use plate loaded exercise machines. Pin loaded, free weights, and cardio equipment use is permitted.

Gymnasium Use

- Open gym/ Open Basketball: Children must be ages 8+ to attend. Children 7 and under must be accompanied by a parent/guardian.

Aquatic Centre & Pool Use

- **Lane swimming:** Children 11 and under must have completed star 3 or equivalent and must be under the direct supervision of a parent/guardian at least 16 years old, or must qualify for the YMCA Junior Swim Club.
- **Family Swims/Open Swim:** Children 0-7 Must be within arms reach of a parent/guardian at all times in the water. Children 8-11 must have a parent/guardian at least 16 years old on the pool deck.
- **Swimming Lessons:** Children 11 and under must have a parent/guardian who is at least 16 years old on the pool deck, or must qualify for the YMCA Junior Swim Club.

Age 16+ Visiting the YMCA

Any non-members 16 years or older accessing our facility require government issued photo ID upon entering each visit.

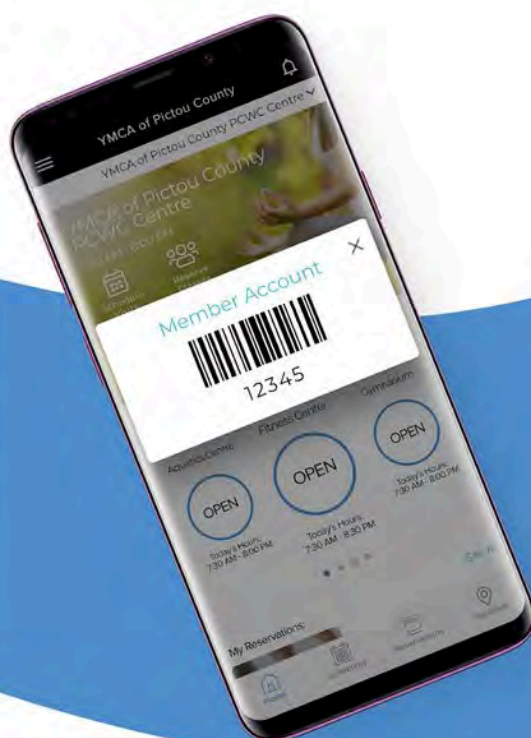
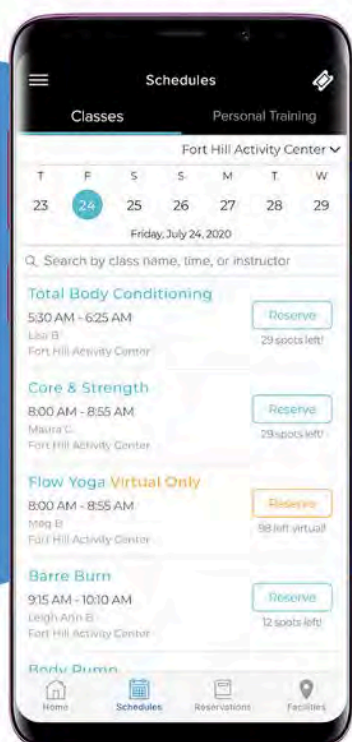


My Y app Information

Staying Connected and Reservations

YMCA members have access to the My Y app. Please use this app to reserve your classes and visits. Your My Y app can also be used to scan into the facility!

Reserve classes and schedule your visit



Check in with your barcode

My Y app Instructions





Children’s Programming

Childminding Service (Age 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.

Childminding Hours of Operation	
Monday - Friday	8:30 AM - 11 :00 AM
Saturday	8:30 AM - 12:00 PM
Monday - Thursday	4:00 PM -7:30 PM

Parent & Tot Open Gym (Ages 3-5)

Children participate in basic movements using age appropriate gym equipment in a family friendly environment. Self led.
See weekly schedule for days/times

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

Ages 5-12! Enjoy Pool, Pizza and a movie on Friday nights with a YMCA Swim Instructor or Camp Counsellor! Type of pizza and movie will vary each session

Days & Times	Price per Event
Fri Jul 12 5pm-8pm	Members \$20.00
Fri Jul 26 5pm-8pm	Non-Members \$40.00
Fri Aug 9 5pm-8pm	
Fri Aug 23 5pm-8pm	



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



Youth Programming



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



Intermediate / Advanced Karate Workshop Series

A 5 week program for participants who have a minimum Red-Belt.

- Week 1: Tekki-Shodan Kata and Application
- Week 2: Tekki-Shodan - Con't Kata and Application
- Week 3: Bassai-Dai - Kata and Application
- Week 4 - Con't Bassai- Dai - Kata and Application
- Week 5 - Con't Bassai- Dai - Kata and Application

Days & Times	Registration Fee
5 Week Workshop Series Thursdays 5:00 PM - 5:45 PM August 1 - 29	Membership + Required

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	Price per Event
Fridays 6pm-8:30pm	General Membership or Day Pass



Health, Fitness and 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

Fitness Centre Use

- Children 11 and under are not permitted in the Fitness Centre upstairs.
- A fitness orientation is required for participants ages 12-15 and strongly recommended for participants 16+.
- For their safety, those ages 12-15 are not permitted to use plate loaded exercise machines. Pin loaded, free weights, and cardio equipment use is permitted.

Find our Schedule here:

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





Health, Fitness, and Recreation Cardio & Strength Classes

Find our Schedule here:

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



Balance

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

Barres, Balls & Bands

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

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

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!

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.

Pound

Pound is a full body workout combining the fun of drumming and different types of exercises. It includes ripstix to create light resistance and combine strength training, cardio with pilates and yoga movements.



Health, Fitness, and Recreation

Cyclefit Classes

Member +program or day pass.

Cyclefit

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.



Mind & Body

Member +program or day pass.

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.

Deep Stretch & Relaxation

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.

Find our Schedule here:

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





Health, Fitness, and Recreation Sports

Included in a General Membership (or day pass)

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.

Included in a Plus Programs Membership (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.

Beginner Pickleball

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 19.



Find our Schedule here:

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



Health, Fitness, and Recreation Aquafit Classes

Included in a Plus Programs Membership (or day pass)

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.

Aquafit Baby & Me

This Aquafit class for parents in the warm water leisure pool and baby participates in a boat. Boat and baby are integrated into the fitness routine.

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 or call 902-600-9773 if you are interested in getting certified. Volunteer commitment required in exchange of certification.





Health, Fitness, and Recreation

Personal Training

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.

Independent Personal Training Fees		
YMCA Member, Staff, and Volunteer Pricing	1 session	\$60 + tax
	3 Session	\$157 + tax
	5 Sessions	\$228 + tax
	10 Sessions	\$400 + tax
	20 Sessions	\$742 + tax

Small Group Training (12+yrs)

Get a personalized workout program and train with a small group of people like you. You'll still get close attention from a trainer. Specific programs include customized sport-specific training, dry-land training, functional-fitness circuit, and customized boot camp. Create your own group and time with a trainer or register during specific times below. Contact Marla at marla.sim@pcymca.ca to book a time that works for your group.

Independent Personal Training Fees		
YMCA Member, Staff, and Volunteer Pricing	Group of 2	\$176 + tax per person
	Group of 3	\$132 + tax per person
	Group of 4-6	\$88 + tax per person

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

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



Reasons why Members choose YMCA 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



Health, Fitness, and Recreation

Johnny Miles Events

Johnny Miles Running Events

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	
5k	9 am start
Youth Challenge 5k	9 am start
Half Marathon	9:05 start
10k	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	
5k Fun Run	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 - Try	9:15 am start
Super Sprint	9:15 am start



Registration opened
Nov 1, 2023 johnnymilesevents.com

Fitness Workshops

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 & Fees	
4 Different Sessions: July 6, 20 August 17, 31 11:30 - 12:30	Members \$11 + tax person Non Members: \$21 + tax per person

Intro to 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 & Fees	
July 13th 12 pm - 1:30 pm	Members \$11 + tax person
August 10th 12 pm -1:30 pm	Non Members: \$21 + tax per person



Find Registration Here

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

pcymca



Aquatics - Explore the Pool

General membership or drop-in fee.

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 in the Leisure pool. 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.

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

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/>





Aquatics

Swim Clubs and Social

YMCA TRI-Club (Membership + Required)

Challenge yourself and be part of a supportive team. Triathlon is an endurance multisport race that consists of swimming, cycling and running over various distances. As a club, the Tri Club attends weekly practices that work on improving swim skills, endurance and stamina.

Newcomers are always welcome!

Ages 16+ recommended.

YMCA Junior Swim Club (Membership + Required)

Ever wonder what competitive swimming looks like? Want to take your swimming skills to another level or build your endurance? Try creative and fun drills in the water with others? The Jr Swim Club sounds just right for you. Completion of Star 2 or being able to swim 2 lengths (50m) of the pool with a recognizable stroke is recommended. *Ages 8+, Star 2+ recommended*



Find our Schedule here:

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

Sunday-Funday Free Swims for Communities

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

Please ensure to reserve the amount of individuals you are bringing. Reminder: anyone over the age of 16 require a government issued Photo ID for YMCA entrance.

Dates & Times

Month of July	Town of New Glasgow Residents	2pm-3pm 4pm-5pm
	Municipality of Pictou County Residents	2pm-3pm 4pm-5pm
Month of August	Municipality of Pictou County Residents	2pm-3pm 4pm-5pm





Aquatics

Swimming Lesson Schedule

Registration for Swimming Lessons

Please visit the YMCA front desk in-person to set up a YMCA membership prior to registration. There are no individual fees or online registration for Group swim lessons as membership+ is required. For information on membership+ pricing please see Page 4.

Participants can join swimming lessons at the YMCA at anytime throughout the session.

Tuesday Evenings - Weekly 4 PM - 7:30 PM

4:00 pm	Floater	Glider	Otter	Parent & Tot	Seal	Star 2/3 4-4:45
4:35 pm	Floater	Otter	Seal	Swimmer/ Star 1	Bobber	
5:10 pm	Floater	Otter	Dolphin	Swimmer / Star 1	Bobber	Star 3/4 4:50-5:35
5:45 pm	Floater	Glider/Diver	Seal	Dolphin	Swimmer / Star 1	
6:20 pm	Floater	Otter	Seal	Glider/Diver	Dolphin	Star 5/6 5:45-6:30
6:55 pm	Floater	Otter	Swimmer	Bobber	Swimmer / Star 1	

Private Swimming Lessons:

Private lessons are \$25.00 per 30 minute session. Sessions are sold Monthly.

Private lessons will be available during July and August on Thursdays in **30 minute increments Thursdays between 4pm - 7pm**, and **Wednesdays between 9 AM - 11AM**

Registration for private lessons available online here:

<https://tinyurl.com/2p9kehek>



Private Swim Lesson Packages - Member, Staff & Volunteer pricing

Thursdays PM	July 4, 11, 18, 25 August 1, 8, 15, 22, 29	\$100.00 \$125.00
Wednesdays AM	July 3, 10, 17, 24, 31 August 7, 14, 21, 28	\$125.00 \$100.00

Aquatics

YMCA Swim Program Levels

YMCA Parent and Tot Swimming Lessons)



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.

Aquatics

YMCA Swim Program Levels

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 Program (6+ Years)

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.





Aquatics

Leadership Courses

Bronze Medallion & Cross Combo Course With Intermediate First Aid (42 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.

Course Dates & Times		Fees
August 10, 11 9 am - 5 pm	Members	\$180 + Tax \$143 + tax
August 12, 13, 14, 15, 16 10 am - 3 pm	Non-Member	\$200 + tax \$165 + tax

National Lifeguard

Prerequisites: Bronze Cross and Intermediate First Aid, 15+ years of age.

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.

Course Dates & Times		Fees
August 19, 20, 21, 22, 23 9 am - 5 pm	Members	\$308 + Tax
	Non-Member	\$369 + tax

YMCA Swim Instructor Course

Prerequisites: Age 15 +, Intermediate First Aid, Bronze Cross Recommended.

This course is the foundation for building strong leaders in YMCA aquatics. Content covers YMCA Healthy Child Development, planning effective lessons using progressions and activities, and an understanding of the YMCA E.G.G.S. (E - Explanation/ Demonstration, G - Group Practice, Group Feedback, S - Specific Practice and Feedback teaching method. Instructors will also review skills and strokes, different learning styles and temperaments, and how to react to emergency situations in a class setting.

Participants will also learn to deliver the Lifesaving Society Canadian Swim Patrol and Bronze Star.

Course Dates & Times		Fees
July 8-12 10 am - 2 pm	Members	\$220 + Tax
*practicum required	Non-Member	\$275 + tax



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



Aquatics First Aid Courses



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.

Course Dates & Times		Fees
July 18, 19, 9 am - 5 pm	Members	\$138 + tax
August 10, 11 9 am - 5 pm	Non-Member	\$165 + tax

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

Course Dates & Times		Fees
Wednesday August 7 9 am - 5 pm	Members	\$80 + tax
	Non-Member	\$100 + tax



Find Registration Here

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

[pcymca](#)

All YMCA course registration is non-refundable. 100% Attendance is required for course completion.





Aquatics

Rental Information

Swim to Survive School Bookings

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 sessions at 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

Swim to Survive Pricing	Fees
Maximum 25 Students per Booking	\$35.00 Per Student
Minimum 3 weeks notice required for booking.	

Group and 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 for availability.

Group Rental pricing	Fee
Maximum 30 participants.	\$170 + tax
Additional fee required for additional participants.	



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

Pool Birthday Party Rentals

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.
- Participants must adhere to room and pool booking times

Birthday Party Pricing	Fees
Members	\$187 + tax
Non-Member	\$220 + tax



Pool Party Reminders:

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

All YMCA Memberships and registrations are non-refundable



Community 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/>

Y on the Move

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

Y on the Move brings Free 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 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 Y on the Move Coordinator Victoria at Victoria.Dunn@pcymca.ca

What type of activities does Y on the Move do?

- Yard games in the park
- Pop-up Tye die events
- Yoga at the beach events
- Outdoor fitness classes
- And more!





Philanthropy

Monthly Round Up!

Supporting your YMCA by rounding up your monthly membership is a simple yet powerful way to make a significant impact on our community. By rounding up your membership, you contribute directly to removing barriers for those who need support. These regular donations accumulate to provide subsidy for families and individuals who need financial assistance to experience many of the same benefits you experience at the YMCA.

You can make a monthly donation three ways:

1. Email Maxine MacLean at Maxine.maclean@pcymca.ca and let you know you would like to round up your membership payment each month. Don't forget to let her know how much!
2. Drop by the front desk the next time you are at the Y and let them know you would like to add a monthly donation to your membership.
3. Visit www.pcymca.ca/MakeAnImpact or scan the QR Code below and set up your recurring donation.



Your monthly donations are eligible for a charitable tax receipt which will be issued in January.

Thank you for considering a monthly donation to the YMCA of Pictou County! You know firsthand the benefits of the YMCA of Pictou County, thank for you for helping others experience those benefits!



1 in 5

Members Receive Subsidy



1 683

Participants across
all 2023 Johnny Miles
Race series



20%

of Camp spots are subsidized each
summer, which is expected to
increase in 2024.



310 000+

Dollars given in financial
assistance in 2023

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/>





Child Care and Afterschool

Child Care Services

The YMCA is 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 have two beautiful child care centres and a third coming soon!

- 2756 Westville Road, New Glasgow
- 53 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 or tara.gallant@pcymca.ca



Afterschool Care

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.

For more information on afterschool care please contact Amanda Davidson at (902) 752-0207 or Amanda.davidson@pcymca.ca

Locations Monday - Friday 2:30 PM - 5:30 PM

A.G Baillie Memorial School
Trenton Elementary
Scotsburn Elementary
Walter Duggan
Dr. W.A MacLeod
Antigonish Education Centre



Day Camps

Registration Opens March 5th

Camp Drop-Off Hours : 7:30 AM - 9:00 AM

Camp Pick-Up Hours: 4:00 PM - 5:30 PM

There will be no Camp
Canada Day or Natal Day:
Mon Jul 1st and Mon Aug 5th

Camp Welcome Email

You will receive a welcome email for each camp with Important reminders the Thursday before your camp start date.

Camp Medical Form

Each camper must have a completed form before being dropped off at camp. If your camper requires additional support at camp, please notify our camp director prior to your camp start date at Kieshia.Desmond@pcymca.ca



Find our **FULL Summer Camp Program Guide** here:

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



Registration Check-list

Registration will take place online and in-person starting Tuesday March 5th. Payment is required with registration. All YMCA Camps are non-refundable.

- **If Financial Assistance is required** complete a Financial Assistance appointment prior to registration.
- **Complete a Test-Login for Registration** Log into your YMCA registration account as a test. YMCA members login with your email address on file and by clicking forget password.
- **Come to Registration with a Plan** If registering in person, please come prepared with which camps you would like to purchase by using this program guide.

How to Register

Registration will take place online and in-person starting Tuesday March 5th see the QR Code below or link here: <http://tinyurl.com/YMCACamps2024>
Payments required with registration.

All YMCA Camps are non-refundable.



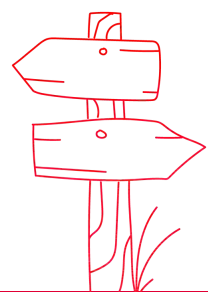
Camps are Non-Refundable



The YMCA of Pictou County does not issue refunds. If you cancel your camp spot at minimum 7 days before camp starts, the YMCA can do one of the following:

- Issue a credit to your account and apply membership payments to your credit; or,
- Transfer the payment to a monetary donation and issue a charitable tax receipt for the amount.

Any cancellations less than a week prior to the activity will have payment forfeited without. Exceptions such as medical reason apply.





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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:
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At the YMCA, we believe that everyone should have the chance to be active and live a healthy lifestyle. The YMCA provides financial assistance for kids to participate in day camp, swimming lessons, after school programming, childcare and so much more.

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



YMCA Pictou County

Located inside the Pictou County Wellness Centre

2756 Westville Road, New Glasgow,
T: 902-752-0202 | www.pcymca.ca

Fitness Centre Hours

Monday - Friday 5 AM - 9 PM
Saturday & Sunday 7 AM - 6 PM

Aquatic Centre Hours

Monday - Friday 6 AM - 8:45 PM
Saturday & Sunday 7 AM - 5:45 PM

YMCA Child Care Centre

located inside the Pictou County

Wellness Centre Hours:

Monday - Friday 7:30 AM - 5:30 PM

High Street Child Care Centre Hours:

Monday-Friday 7:00 AM - 5:30 PM

Day Camp Hours:

Monday - Friday 7:45 AM - 5:30 PM

Published: May 27, 2024