



# YMCA of Pictou County — June Schedule (Interim)

YMCA of Pictou County — June 1—July 1

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			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday	
Gymnasium	Studio/Conf	Youth Rooms	Gymnasium	Studio/Conf	Youth	Gymnasium	Studio/Conf	Youth Rooms	Gymnasium	Studio/Conf	Youth Rooms	Gymnasium	Studio/Conf	Youth Room	Gymnasium	Studio/Conf	Childminding	Gymnasium	Studio/Conf
Open Gym 5-8:30			Open Gym 5-8:30	6 AM Circuit 6-6:45 Book on App (Studio)		Open Gym 5-8:30			Open Gym 5-8:30			Open Gym 5-8:30			Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App		Adult Basketball 7-9:30	
Group Power 9-10 Book on App		Childminding 8:30-11 (Childminding room) 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	Cardio Kickboxing 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit Express 9-9:30	Childminding 8:30-11 (Childminding room) Book on App	Barre, Balls & Bands 9-9:45 Book on App	Fit For Life - Barre, Balls & Bands 10-10:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Group Power 8:45-10 Book on App	Cardio Kickboxing (studio) 8:30-9 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Pickleball Open (All Levels) 10-12 Book on App	Tri-Club Cyclefit 8:15-9 Book on App
Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App			Flow Yoga 10-11 Book on App		Balance 10-10:45 Book on App	Tai Chi 10-11 Book on App		Chair Yoga 11:15-12 Book on App	Open Gym 11-11:55					Stretch & Relaxation 10—10:45 Book on App	Pickleball Open (All Levels) 11-1 Book on App			Muscle Express 12:10-12:50 Book on App
Pickleball Open Play 11:10-1 Book on App			Tai Chi 10-11 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Pickleball (3.0+) 11-1 Book on App	Muscle Express 12:10-12:50		Tai Chi 10-11 Book on App	Stretch & Relaxation 10—10:45 Book on App	Partner Rental 10-11	Pickleball Open (All Levels) 11-1 Book on App		Pickleball Practice (All Levels) 12-1:30 Book on App					
Excel 1:15-2:15			Livewell 12-1			Excel 1:15-2:15			Indoor Walking Fitness 1— 1:45 Book on App			Partnership Rental 1-1:45		Open Basketball 1:30-6		Rental 1-2	Open Basketball 12-3	Rental 1-2	
Private Childcare 2:15-3			Balance 1—1:45 Book on App			Private Childcare 2:15-3			Private Childcare 2—3			Private Childcare 2-3							
Open Basketball 3— 5:20	Cycle Express 4:30-5 Book on App (Studio)		Private Childcare 2—3			Open Basketball 3-5:15			Private Childcare 2—3			Open Basketball 3:30-6							
	Women on Weights 5-5:45 Book on app		Youth Open Gym 3-4:45			Cycle Express 4:30-5 Book on App (Studio)			Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)		Open Basketball 1:30-6							
Beginner Pickleball (2.0) 5:30-7	Cyclefit 5:30-6:15 Book on App (Studio)		Beginner Karate 5-5:40						Beginner Karate 5-5:40			Teen Night Open Gym 3-5 Book on App							
	Women on Weights 6-6:45 Book on App (Fitness Floor)	Childminding 4-7:30 (Childminding room) Book on App	Intermediate/Advanced Karate 5:45-6:25	Cyclefit 5-5:45 Book on App (Studio)		Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 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	Teen Night 1/2 Open Gym 5-7:45 Book on App							
	PIYo 6:30-7:15 Book on App		Pickleball Comp (3.0+) 6:30-8:55 Book on App	Kettlebell Class 6-6:45 Book on App (Studio)		Open Basketball 6:15-8:55	Cyclefit 5:30-6:15 Book on App		Pickleball (3.0+) 6:30-8:55 Book on App			1/2 Kids Night Out 5-8PM							
Open Basketball 7-8:55				Yoga 7-8 Book on App (Studio)					Slow Flow Yoga 7-8 Book on App			Open Gym 7:45-8:55							
							Pound (Studio) 6:30—7:30 Book on App												

**Missing the Pool?**

For The month of June the YMCA of Pictou County has teamed up with the Town of Pictou and the Pictou Fisheries pool. YMCA members can Drop in to Pictou Fisheries Pool programming. Please bring your YMCA membership card. See schedule on the back of this page.

We've added some new classes for Aquafit lovers in June! Any class coloured blue or yellow would be great options for someone who is missing aquafit.

The Aquatic centre will re-open the first week of July.

**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**



**Spring Luncheon**  
 Join us June 12th 12:00 pm—1:30 pm for a Spring Luncheon !  
 (\$6.00 per person, Registration Required). Join us for a  
 lunchtime of comradery, conversation and music at the Pictou  
 County Wellness Centre Conference Room (Located upstairs).  
 Please register at the YMCA Front-desk before attending.

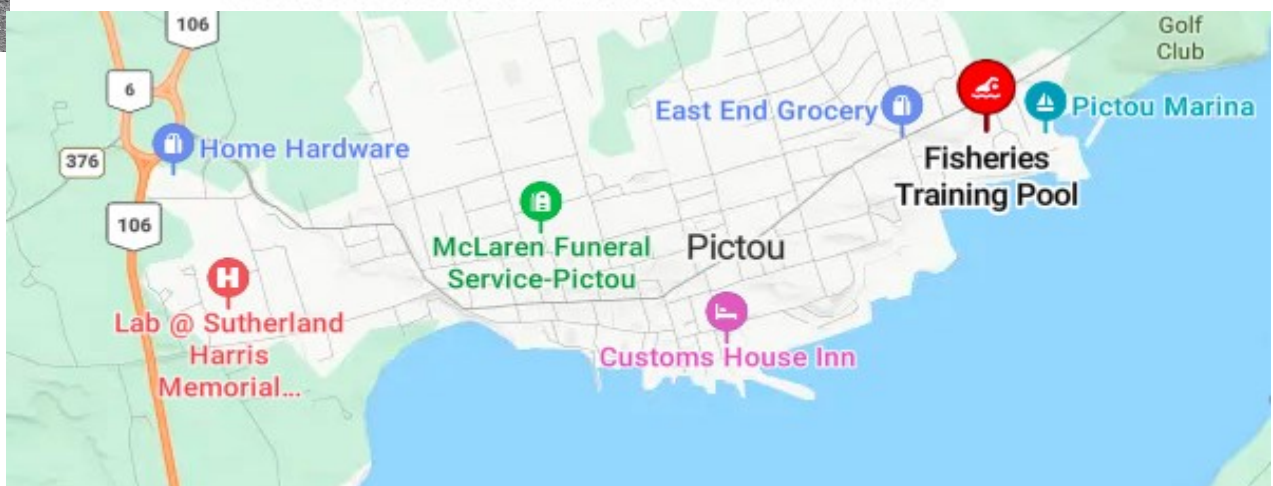
**Pictou Fisheries Training Pool Schedule**

73 Harbour Drive, Pictou (902-485-5301)



SUN	MON	TUES	WED	THURS	FRI	SAT
	Aquafit 9:30-10:30	Aquafit 9:30-10:30	Aquafit 9:30-10:30	Aquafit 9:30-10:30	Aquafit 9:30-10:30	Swim Lessons 9:30-12
	Adult Lane 12-1	Adult Lane 12:15-1:15	Adult Lane 12-1	Adult Lane 12:15-1:15	Adult Lane 12-1	
Open for Rental 11:30- 1:00						Open for Rental 12-1:30
Family Swim 1-2:30		Adult Lane 2:00-3:00		Adult Lane 2:00-3:00		Open for Rental 1:30-3:00
Open for Rental 2:30-4:00	Swim Team 4-6:30	Swim Team 4-6:30	Swim Team 4-5:30	Swim Team 4-5:30	Swim Team 4-6:00	Open for Rental 3-4:30
Family Swim 4:00-5:30			Swim Lessons 5:30-7:30	Swim Lessons 5:30-7:30		Open for Rental 4:30-6:00
	Family Swim 6:30-7:30	Adult Swim &Adult Lessons 6:30-7:30			Open for Rental 6-7:30pm	Open for Rental 6:00-7:30
	Aqua Turbo 7:30-8:30			Lane Swim/ Aqua Turbo 7:30-8:30	Open Swim 7:30pm- 9pm	Open Swim 7:30pm- 9pm

**Pool Schedule in effect from May 12-June 30, 2024**  
**For more information Please call 902-485-5301.**



**YMCA of Pictou County**  
 2756 Westville Road  
 New Glasgow, NS  
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 902-752-0202  
[pcymca.ca](http://pcymca.ca)

**Member NOTICE Subject: Important Aquatic Centre Update: June Closure for Enhancements**

Dear YMCA Members,

We are reaching out to share some important news regarding our Aquatic Centre. After careful evaluation with pool maintenance experts, we have decided to dedicate June to make some needed maintenance improvements to the Aquatic Centre. **During this time the entire Aquatic Centre will be closed end of day Friday May 31<sup>st</sup> to Tuesday July 2nd:**

**The scope of the maintenance includes:**

- Retiling and re-grouting
- Replacing outlet grates along the bottom of the pool
- Rejuvenation of wood surfaces using teak oil, general painting touch ups and deep cleaning

We understand that the Aquatic Centre is a vital part of your wellness routine, and we want to assure you that these improvements are part of our commitment to providing you with the best possible environment to swim, play, and relax. We recognize the temporary closure may cause some inconvenience, which is why we have partnered with the Town of Pictou for the Month of June.

**During the month of June:**

- YMCA members will have access to the **Pictou Fisheries Training Pool** Schedule free of charge with their YMCA membership.
- Increased fitness classes have been added to the YMCA schedule
- The last day for swimming lessons will be Wednesday May 29th. Report Cards will be available on Swim Gen June 7<sup>th</sup>. Participants who have active YMCA membership through the summer months will be rolled into fall swimming lessons where they left off.

During this closure, we encourage you to also explore other programs the YMCA offers. Please find an enhanced June schedule attached to this message which includes additional land-based fitness classes and the Pictou Fisheries Training Pool Schedule. Should you have any questions or need assistance finding alternative activities in June, please do not hesitate to reach out to our member services team.

All questions are welcome, sincerely

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**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

Published: June 17, 2024