Summer 2024 Facility Schedule

YMCA of Pictou County | July 2—Sept 8 2024

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

Hours of Operation:
Fitness Centre 5 AM—9 PM Monday to Friday,
Aquatic Centre 6 AM –2 PM / 4 PM—8:45 PM
Saturday & Sunday 7 AM—6 PM

Monday				
Gymnasium	**Studio/Conf**	**Childminding Room**	**Leisure Pool**	**25m Pool**
Open Gym 5-7:15				
1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45			Open Swim 6-9	Lane Swim 6-9 Book on App
		Childminding 8:30-11 (Book on App)		
Group Power 9-10 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App
Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App		Day Camp 10-11	Lane Swim 10-2 Book on App
Pickleball (Recreation) 11:10-12:30 Book on App			Warm Water Aquafit 11-11:45 Book on App	
			HCRS Rental 12—1	
1/2 Open Gym 1/2Day Camp 12:30-2	Excel 1:15-2:15		Day Camp 1-2	
Private Child-care & Day Camp 2-3			Closed 2-4	
1/2 Gym Open Basketball 3-5:30 1/2 Gym Day Camp 3-5:30	Women on Weights 5-5:45 Book on App (Fitness Floor)		Family Swim 4-8:45 Book on App	Lane Swim 4– 6:30 Book on App
	Cyclefit 5:30-6:15 Book on App (Studio)			Deep Water Aquafit 6:30-7:15 Book on App
Open Basketball 5:30-8:55		Childminding 4-7:30 Book on App		Lane Swim 7:15-8:45 Book on App

Tuesday				
Gymnasium	**Studio/Conf**	**Childminding Room**	**Leisure Pool**	**25m Pool**
Open Gym 5-7:15				
1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45	6 AM Circuit 6-6:45 Book on App		Open Swim 6-9	Lane Swim 6-9 Book on App
Day Camp 8:30—9:55		Childminding 8:30-11 (Drop in, Book on App)		
Parent & Tot Open Gym 10-11 Book on app	Flow Yoga 10-11 Book on App (Conference rooms)		Parent & Tot 9-10 Book on App	Aquafit Bootcamp 9—9:45 Book on App
Pound 11:15-12 Book on app	Chair Yoga 11:15-11:55 Book on App (Conference room)		Baby n Me Aquafit 10:15-11 Book on App	Lane Swim 10-2 Book on App
Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)		Day Camp 10-11	
			Warm Water Aquafit 11-11:45 Book on App	
			Open Swim 11:45-1:30	
1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2	
1/2 Private Childcare & 1/2 Day Camp 2-3			Closed 2-4	
1/2 Gym Open Basketball 3-5 :55 1/2 Gym Day Camp 3-5:30	Cyclefit 5-5:45 Book on App (Studio)	Childminding 4-7:30 Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30 *Lane swim 2 lanes available book on app
	Kettlebell Class 6-6:45 Book on App (Studio)		Adult Beginner Swim Lessons 7-7:30	Adult Int/Advanced Swim Lessons 7—8
Pickleball (Recreation) 6-7:30 Book on App	Yoga 7-8 Book on App (Studio)		Family Swim 7:30—8:45 Book on App	Lane Swim 8-8:45 Book on App
Open Basketball 8-8:55				

Wednesday				
Gymnasium	**Studio/Conf**	**Childminding Room**	**Leisure Pool**	**25m Pool**
Open Gym 5-7:15				
1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45			Open Swim 6-9	Lane Swim 6-9 Book on App
		Childminding 8:30-11 (Drop in, Book on App)		
Cardio Kickbox 9-9:45 Book on App			Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App
Balance 10-10:45 Book on App			Day Camp 10-11	Lane Swim 10--2 Book on App
Pickleball 11-12:30 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45 Book on App	
			Inclusion Swim 12—1	
1/2 Open Gym & 1/2 Camp 1-2	Excel 1:15-2:15		Day Camp 1:30-2	
Private Childcare & Day Camp 2-3			Closed 2-4	
1/2 Gym Open Basketball 3-5:30 1/2 Gym Day Camp 3-5:30	Women on Weights 5-5:45 Book on App (Fitness Floor)		Family Swim 4-8:45 Book on App	Lane Swim 4-6:30 Book on App
Group Power 5:30-6:30 Book on App	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 Book on App		Deep Water Aquafit 6:30-7:15 Book on App
Open Gym 6:45-8:55	Pound 6:30-7:15 Book on App			Lane Swim 7:15-8:45 Book on App
	Mindful Meditation 6:30-7:15 Book on App (Board Room)			

Thursday				
Gymnasium	**Studio/Conf**	**Childminding Room**	**Leisure Pool**	**25m Pool**
Open Gym 5-7:15				
1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45	6 AM Circuit 6-6:45 Book on App		Open Swim 6-9	Lane Swim 6-9 Book on App
Day Camp 8:30-9:55	Cycle Fit 9-9:45 Book on App	Childminding 8:30-11 (Drop in, Book on App)		
Parent & Tot 10—11	Stretch & Relax-ation 10-10:45 Book on App		Parent & Tot 9-10 Book on App	Aquafit Bootcamp 9-9:45 Book on App
1/2 Open Gym & 1/2 Camp 11-11:55			Day Camp 10-11	Lane Swim 10-2 Book on app
Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)		Warm Water Aquafit 11-11:45 Book on app	
			Open Swim 11:45—1:30	
1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2	
1/2 Private Childcare & 1/2 Day Camp 2-3			Closed 2-4	
1/2 Gym Open Basketball 3- 5:30 1/2 Gym Day Camp 3-5:30		Childminding 4-7:30 Book on App		
Family Swim 4-8:45 Book on App	Balance 6-6:45 Book on App		Family Swim 4-8:45 Book on App	Lane Swim 4-8:45 Book on App
Karate 5—5:45 (Aug 1-29)	Slow Flow Yoga 7-8 Book on App (Conference)			
Pickleball 6-7:30 Book on App				
Open Basketball 8-8:55				

Please note:
This weekly schedule does not include Statutory Holidays and schedule changes;
Please view the schedule in the My Y App for Holidays and changes

Friday

Gymnasium	Studio/Conf	Childminding room	Leisure Pool	25m Pool
Open Gym 5-7:15			Open swim 6-9	Lane Swim 6—9 Book on App
1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45		Childminding 8:30-11 Book on App		Aquafit 9—9:45 Book on App
Barre 9—9:45 Book on App			Parent & Tot 9-10 Book on App	Lane Swim 10-2 Book on App
Barre Fit for Life 10—10:45 Book on App			Private Childcare 10-11	
Day Camp 11—1	Muscle Express 12:10—12:50 Book on App		Warm Water Aquafit 11-11:45 Book on App	
Open Basket-ball 1-2			Open Swim 11:45-1	
Private Child-care & Day Camp 2-3			Day Camp 1-2	
1/2 gym Open Basket-ball 3-6 1/2 gym Day Camp 3-5:30			Closed 2-4	
Teen Night Open Gym or Registered Programming 6-8 Book on App		Rental 7-8	Family Swim 4-6 Book on App Rental 6-7 Family Swim 7-8:45 Book on App	Lane Swim 4-8:45 Book on App
Open Basket-ball 8-8:55				

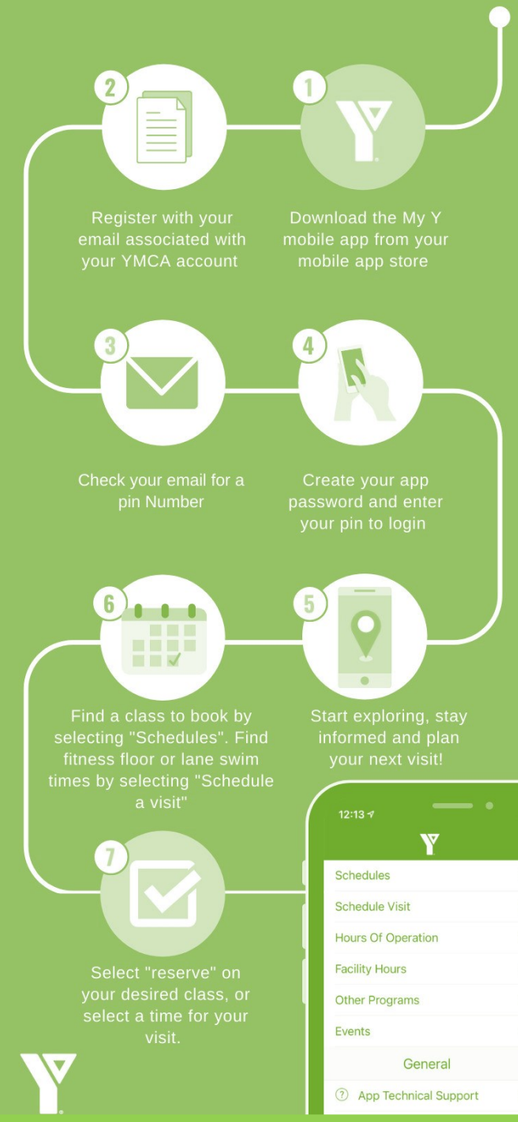
Saturday

Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool
Open Gym 7-8:30	Cyclefit 7:30– 8:15 Book on App		Open Swim 7-9	Lane Swim 7-12 Book on App
Group Power 8:45—9:45 Book on App	Core Blast 8:30-9 Book on App	Childminding 8:30-12 Book on App	Parent & Tot 9-10 Book on App	
Parent & Tot Open Gym 10-11	Cardio Kickbox 9-9:45 Book on App		Inclusion Swim 10-11 Book on App	
HCRS Partnership Rental 11-12	Flow Yoga 10-11 Book on App		Family Swim 11-12 Book on App	
Open Gym or Registered Programming 12-3			Rental 12-1	Inclusion Lane Swim 12-1 Book on App
Open Basketball 3-5:55		Rental 1-2	Family Swim 1-3 Book on App	Lane Swim 1-5:45 Book on App
			Rental 3-4	
		Rental 4-5	Family Swim 4-5:45 Book on App	

Sunday

Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool
Adult Basketball 7-9 :50 Book on App			Open swim 7-10 Book on App	Tri Club Swim 7-8 Book on App
Pickleball (Recreation) 10-11:30 Book on App			Parent & Tot Swim 10-11 Book on App	Lane Swim 8-5:45 Book on App
Registered Programming or Open Basketball 11:30--1:30			Open Swim 11-12	
Open Gym 1:30-5:55		Rental 1-2	Rental 12-1	
			Family Swim 1-3 Book on App	
		Rental 4-5	Sunday Funday 2-3	
			Rental 3-4	
			Sunday Funday 4-5	
			Family Swim 4-5 :45 Book on App	

My Y app Instructions



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) 8:30AM-12PM (SAT) and 4:00PM-7:30PM (MON-THUR).
- Visits must be reserved in the My Y app

Stay Connected!

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