



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

Summer 2024 Facility Schedule

YMCA of Pictou County | July 2—Sept 8 2024

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

Monday					Tuesday					Wednesday					Thursday					
Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	
Open Gym 5-7:15					Open Gym 5-7:15					Open Gym 5-7:15					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	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	1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45			Open Swim 6-9	Lane Swim 6-9 Book on App	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	
		Childminding 8:30-11 (Book on App)			Day Camp 8:30—9:55		Childminding 8:30-11 (Drop in, Book on App)					Childminding 8:30-11 (Drop in, Book on App)			Day Camp 8:30-9:55		Childminding 8:30-11 (Drop in, 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			Parent & Tot 9-10 Book on App	AquaFit 9-9:45 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			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		Parent & Tot Open Gym 10-11 Book on app	Flow Yoga 10-11 Book on App (Conference rooms)		Day Camp 10-11		Balance 10-10:45 Book on App			Day Camp 10-11		Parent & Tot 10—11	Stretch & Relaxation 10-10:45 Book on App		Day Camp 10-11		
			Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pound 11-12 Book on app	Chair Yoga 11:15-11:55 Book on App (Conference room)		Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball 11-12:30 Book on App			Warm Water AquaFit 11-11:45 Book on App	Lane Swim 10-2 Book on App	1/2 Open Gym & 1/2 Camp 11-11:55			Warm Water AquaFit 11-11:45 Book on app	Lane Swim 10-2 Book on app	
Pickleball (Recreation) 11:10-12:30 Book on App			HCRS Rental 12—1		Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 11:45-1:30			Muscle Express 12:10-12:50 Book on App		Inclusion Swim 12—1		Livewell 12-1	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 11:45—1:30		
1/2 Open Gym 1/2 Day Camp 12:30-2			Day Camp 1-2		1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2		1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2		1/2 Open Gym & 1/2 Camp 1-2			Day Camp 1:30-2		
	Excel 1:15-2:15																			
Private Child-care & Day Camp 2-3			Closed 2-4		1/2 Private Childcare & 1/2 Day Camp 2-3			Closed 2-4		Private Childcare & Day Camp 2-3			Closed 2-4		1/2 Private Childcare & 1/2 Day Camp 2-3			Closed 2-4		
1/2 Gym Open Basketball 3-5:30				Lane Swim 4—6:30 Book on App	1/2 Gym Open Basketball 3-5 :55			Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	1/2 Gym Day Camp 3-5:30				Lane Swim 4-6:30 Book on App	1/2 Gym Day Camp 3-5:30					
1/2 Gym Day Camp 3-5:30	Women on Weights 5-5:45 Book on App (Fitness Floor)				1/2 Gym Day Camp 3-5:30				*Lane swim 2 lanes available book on app		Women on Weights 5-5:45 Book on App (Fitness Floor)									
	Cyclefit 5:30-6:15 Book on App (Studio)		Family Swim 4-8:45 Book on App	Deep Water AquaFit 6:30-7:15 Book on App		Cyclefit 5-5:45 Book on App (Studio)	Childminding 4-7:30 Book on App			Group Power 5:30-6:30 Book on App		Childminding 4-7:30 Book on App		Family Swim 4-8:45 Book on App	Deep Water AquaFit 6:30-7:15 Book on App	Karate 5—5:45 (Aug 1-29)	Balance 6-6:45 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											
Open Basketball 5:30-8:55		Childminding 4-7:30 Book on App		Lane Swim 7:15-8:45 Book on App	Pickleball (Recreation) 6-7:30 Book on App	Yoga 7-8 Book on App (Studio)				Open Gym 6:45-8:55			Pound 6:30-7:15 Book on App	Lane Swim 7:15-8:45 Book on App	Pickleball 6-7:30 Book on App	Slow Flow Yoga 7-8 Book on App (Conference)				
					Open Basketball 8-8:55			Family Swim 7:30—8:45 Book on App	Lane Swim 8-8:45 Book on App				Mindful Meditation 6:30-7:15 Book on App (Board Room)		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					Saturday					Sunday					
Gymnasium	Studio/Conf	Childminding room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	
Open Gym 5-7:15															
			Open swim 6-9	Lane Swim 6-9 Book on App										Tri Club Swim 7-8 Book on App	
1/2 Open Gym 1/2 Camp Drop Off 7:30-8:45					Open Gym 7-8:30	Cyclefit 7:30-8:15 Book on App									
										Open Swim 7-9					
Barre 9-9:45 Book on App		Childminding 8:30-11 Book on App			Group Power 8:45-9:45 Book on App	Core Blast 8:30-9 Book on App								Open swim 7-10 Book on App	
Barre Fit for Life 10-10:45 Book on App			Parent & Tot 9-10 Book on App			Cardio Kickbox 9-9:45 Book on App	Childminding 8:30-12 Book on App			Parent & Tot 9-10 Book on App				Open swim 7-10 Book on App	
			Private Childcare 10-11			Parent & Tot Open Gym 10-11					Inclusion Swim 10-11 Book on App				Parent & Tot Swim 10-11 Book on App
			Warm Water Aquafit 11-11:45 Book on App				Flow Yoga 10-11 Book on App				Family Swim 11-12 Book on App				Open Swim 11-12
Day Camp 11-1	Muscle Express 12:10-12:50 Book on App				HCRS Partnership Rental 11-12									Lane Swim 8-5:45 Book on App	
			Open Swim 11:45-1							Inclusion Lane Swim 12-1 Book on App					
Open Basketball 1-2			Day Camp 1-2		Open Gym or Registered Programming 12-3					Rental 12-1				Rental 12-1	
Private Child-care & Day Camp 2-3															
1/2 gym Open Basketball 3-6															
1/2 gym Day Camp 3-5:30															
Teen Night Open Gym or Registered Programming 6-8 Book on App															
Open Basketball 8-8:55															

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
- Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit"
- Start exploring, stay informed and plan your next visit!
- Select "reserve" on your desired class, or select a time for your visit.



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

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Stay Connected!

