



Pictou County

Shine On

YMCA of Pictou County — Fall Schedule

YMCA of Pictou County —September 9—December 22 2024

2756 Westville Road, New Glasgow | www.pcymca.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	6 AM Circuit 6-6:45 Book on App (Studio)		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		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	Barre Fitness 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	Pickleball Open Play 8:30-9:50 Book on App	Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10—10:45 Book on App	Balance 10-10:45 Book on App	Mindfulness Meditation 10-10:45 Book on App	Open Swim 10-11 Book on App		Lane Swim 10-2 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		Lane Swim 10-2 Book on App				
Pickleball Open Play 11:10-1 Book on App			Warm Water Aquafit 11-11:45		Tai Chi 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45	Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App	Open Swim 12-1 Book on App			Livewell 12-1	Yoga Techniques 11—11:45 Book on App	Partner Rental 10-11			Open Swim 12-1 Book on App			
Excel 1:15-2:15			HCRS Rental 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	Cyclefit 12:10-12:50 Book on App (Studio)			Aquafit Mobility 1-1:45 Book on App			
Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3	Closed 2-4			Private Childcare 2:15-3		Closed 2-4						
Open Basketball 3— 5	Cycle Express 4:30-5 Book on App (Studio)		Swimming Lessons * 4-7				Lego Play (ages 3+) 4:15-5 Book on App		Swimming Lessons * 4-7 Book on App		Cycle Express 4:30-5 Book on App (Studio)				Swimming Lessons * 4-7:30	Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)					
Beginner Pickleball 5—6:20 Book on App				Swimming Lessons * 4-7:30	Beginner Karate 5-5:40					Open Basketball 3-5:15						Beginner Karate 5-5:40		Autism Lessons STARTS October 2024		Autism Lessons 4-7 Starts October 2024		
	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) 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	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons * 4-7:30		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	Autism Lessons 4-7 Starts October 2024			
Pound 6:30-7:30 Book on App			Aquafit Bootcamp 6:30-7:15 Book on App																			
		Childminding 4-7:30 (Childminding room) Book on App			Pickleball (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			Open Basketball 6:45-8:55		Childminding 4-7:30 (Childminding room) 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	Autism Lessons 4-7 Starts October 2024			
Open Basketball 7:30-8:55			Family Swim 7:30-8:45 Book on App					Adult Beginner Swim Lessons 7:30- - 8:00	Tri-Club Training 7:30-8:30 Book on app				Family Swim 7:30-8:45 Book on App									
								Adult Intermediate Swim Lessons 8-8:30														
						Yoga 7-8 Book on App (Studio)		Family Swim 8-:8:45 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	Youth Room	Leisure Pool	25m Pool						
Open Gym 5-8:30	Muscle Express 12:10-12:50 Book on App	Childminding 8:30-11 (Childminding room) Book on App	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 Core Blast (studio) 8:30-9 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Open Swim 7-9 Book on App	Lane Swim 7-5:45 Book on App	Adult Basketball 7-9:30	Rental 11-12	Open Swim 7-9 Book on App	Tri Club Swim 7-8 Book on App						
Boot Camp 9-9:45 Book on App			Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-10 Book on App	Cardio Kick-boxing 9-9:45 Book on App		Swimming Lessons* 9-12				Parent & Tot 9-10 Book on App							
Fit For Life - Boot Camp 10-10:45 Book on App			Private Daycare 10-11	Open Swim 12-2 Book on App	Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App				Pickleball Open Play 10-12 Book on App		Rental 10-11							
Pickleball Open Play 11-1 Book on App			Warm Water Aquafit 11-11:45		HCRS Partnership Rental 11-12	Mindfulness Meditation 10-10:45 (Board Room) Book on App						Inclusion Swim 11-12							
Partnership Rental 1-2:15			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30		Rental 1-2	Rental 12-1		Open Basketball 12-3	Rental 2-3	Family Swim 12-1	Lane Swim 8-4PM Book on App						
Private Childcare 2:15-3					Family Swim 1-3 Book on App					Rental 1-2									
Open Basketball 3:30-6												Family Swim 2-3							
Closed 2-4			Open Basketball 1:30-6		Rental 3-4			Open Gym 3-6		Sunday Funday Partnership Rental									
Teen Night Open Gym 3-5 Book on App		Rental (Youth Room) 7-8	Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45 Book on App			Rental 5-6	Rental 4-5	Special Olympics Rental 4-5PM						
Teen Night 1/2 Open Gym 5-7:45 Book on App			Aquafit Abs and Jabs 5—5:45 Book on App	Lane Swim 6—8:45 Book On App								Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App						
1/2 Kids Night Out 5-8PM												Pool closes at 5:45 pm							
Open Gym 7:45-8:55			Family Swim 7-8:45 Book on App																

My Y app Instructions

1

Y

Download the My Y mobile app from your mobile app store

2

Register with your email associated with your YMCA account

3

Check your email for a pin Number

4

Create your app password and enter your pin to login

5

Start exploring, stay informed and plan your next visit!

6

Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit"

7

Select "reserve" on your desired class, or select a time for your visit.

12:13

Y

Schedules

Schedule Visit

Hours Of Operation

Facility Hours

Other Programs

Events

General

App Technical Support

Favorites

Stay Connected:

f

YMCA of Pictou County

Instagram icon

ymcaofPictouCounty

Twitter icon

@YMCAPictouCo

Y

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

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