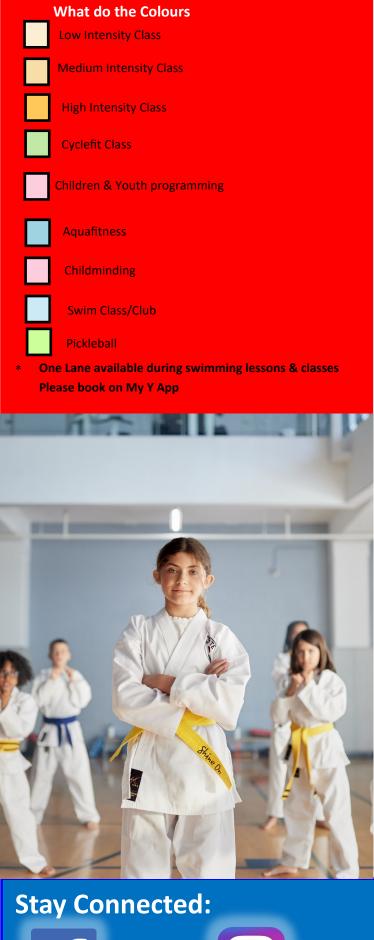


YMCA of Pictou County— Fall Schedule
YMCA of Pictou County—September 8—December 21 2025
2756 Westville Road. New Glasgow | www.pcymca.ca| 902-752-0202

Monday			Tuesday					Wednesday					Thursday							
Gymnasi- um	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			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-8 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	
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 (Studio)		Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Barre x Strength 9-9:45 Book on App			Adult Lessons Beginner 8-9 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open	Cyclefit		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	Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11 Book on App				Pickleball Open Play 8:30-9:50 Book on App	Flow Yoga 10-11	Childminding 8:30-11 (Childminding	Baby & Me Aquafit 10—10:45 Book on App		Strengthen & Lengthen		Childminding 8:30-11	Parent & Tot 9-10 Book on App	Adult Lessons Intermediate 10-11 Book on App	9-9:45 Book on App	Childminding 8:30-11 (Childminding	Open Swim	
Pickleball Open Play		Lego Play 9:15-10 (Childminding) Book on App into Childminding		Lane Swim		Book on App	room) Book on App	Parent & Tot 10-11	Lane Swim	10-10:45 Book on App		(Childminding room) – Book on App	Open Swim 10-11 Book on App	Lane Swim (3 Lanes Available) 10-11 Book on App		Somatic Stretch 10—11 Book on App	room) Book on App	10-11 Book on App	Lane Swim	
11:10-1 Book on App			Warm Water Aquafit 11-11:45 Book on App	Book on App	Parent & Tot Open Gym 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App	uafit 11:45 on App 1 Swim 2-1 on App uafit bility	Pickleball 3.0+			Warm Water Aquafit 11-11:45 Book on App					Warm Water Aquafit 11-11:45 Book on App	10-2 Book on App	
			Open Swim 12-1 Book on App			Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App	Open Swim 12-1 Book on App		11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Open Swim	Lane Swim 11-2 Book on App	Livewell 12-1 (starting sept 8)	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App		
Partnership Rental/					Livewell Starting Sept 8 12-1		Mobili	Aquafit Mobility		Partnership Rent- al/Open Gym	(Studio)		12-1 Inclusion Open		Walking Fit 1:15-2			Aquafit Mobility 1-1:45		
Open Gym 1-2pn			HCRS Rental 1-2 Book on App		Walking Fit 1:15-2 Book on App			Book on App 1-1:45		1-2			Swim 1-2 Book on App		Book on App			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– 4:50	Women on Weights 5-5:45 Book on app	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30  Addidminding 4-7:30  Addidminding room) book on App  Lego Play 4:30-5:10  Addidminding) k on App into a mildminding Family Swim 7:30-8:45 Book on App  Lane 7:30	Swimming Lessons 4-7:30		Voga	Lego Play (ages 3+) 4:15-5 Book on App  Swimming Lessons 4-7:30			Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)			Swimming Lessons	Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)				
Beginner Pickleball	Cyclefit				Beginner Karate 5-5:40	Yoga 5-6 Book on App (Wellness Centre) Cyclefit Express		Swimming Lessons - 4-7:30		Women on		Swimming	4-7:30	Beginner Karate 5-5:40			Autism Lessons 4-7 Starts	Autism Lessons		
(2.0) 5—6:20 Book on App	5:30-6:15 Book on App (Studio)				Intermediate/ Advanced Karate 5:45-6:25	5:30-6 Book on App (Studio)			Group Power 5:30-6:30 Book on App	Weights 5-5:45 (Fitness Floor)		Lessons 4-7:30		Intermediate/	Balance			4-7 Starts		
	Women on Weights 6-6:45 Book on app			Bootcamp 6:30-7:15 Book on App	Bootcamp 6:30-7:15	Muscle Express 6:15-6:55	Childminding 4-7:30 (Childminding room) Book on App				Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App		Aquafit Bootcamp 6:30-7:15 Book on App	Advanced Karate 5:45-6:25	6-6:45 Book on App	Childminding 4-7:30 (Childminding			
Barre x Strength 6:30-7:30 Book on App	Pound 6:30-7:30 Book on App	(Childminding) Book on App into Childminding		on App into ildminding Family Swim		Book on App	Book on App (Studio)		Adult Beginner Swim Lessons 7:30 8:00	Tri-Club	Open Basketball 8-8:55	Piyo (Studio) 6:30—7:30		Family Swim 7:30-8:45	Lane Swim 7:15-8:45	Pickleball (3.0+)		room) Book on App	Family Swim 7-8:45 Book on App	Tri-Club / Au- tism Lessons 7-8 Book on app
Open Basketball				Lane Swim 7:30 -8:45 Book on App				Adult Intermediate Swim Lessons 8-8:30	m Lessons Book on app		Book on App (Begins Oct 1)		Book on App	Book on App	6:30-8:55 Book on App	Slow Flow Yoga 7-8			Lane Swim 8-8:45	
7:30-8:55								Family Swim 8:-8:45			Women on Weights 6-6:45 (Fitness Floor)					Book on App			Book on App	



	a. u. (a. 6	Friday		:		a. II (a. 6	Saturday				Sund		
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			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		Open Swim 7-9 Book on App		Adult Basketball 7-9:30	Triclub Cycle (Studio) 9:15-10:15	Open Swim 7-9 Book on App	Lane Swim 7-8 Triclub Swir 8-9
Boot Camp 9-9:45 Book on App		room) Book on App	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-9:45 Book on App		Childminding 8:30-12 (Childminding room) Book on App		Pickleball Open (All Levels) 10-12 Book on App  Lane Swim 7-5:45 Book on App  Open Basketball 12-3		Starting Oct 19	Parent & Tot 9-10 Book on App	Starting Oct
Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App		Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App		Swimming Lessons 9-12		Open (All		Rental 10-11	
Pickleball			Warm Water Aquafit 11-11:45		HCRS Partner- ship Rental 11-12	Women on Weights 11-11:45				10-12	Rental 11-12	Inclusion Swim 11-12	
Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App				Pickleball Practice (All Levels) 12-1:30			Rental 12-1			Family Swim 12-1	Lane Swim 9—4	
Partnership Rental 1-2:15					Open		Rental 1-2	Family Swim 1-3 Book on App		Basketball	Rental 1-2	Rental 1-2 Family Swim 2-3	
Private Childcare 2:15-3				1.2.4							Somatic Stretch 2-3 Book on app		
			Closed	1 2-4	Basketball 1:30-6			Rental 3-4				Sunday Funday Partnership Rental	
Open Basketball 3-6			Family Swim	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45 Book on App		Open Gym 3-6		Rental 4-5	Special Olympics Rental 4-5PM
			Book on App	Box 5—5:45 Book on App							Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swin 5-5:45PM Book on Ap
Teen Night Open Gym 3-5 Book on App  Teen Night 1/2 Open Gym 5-7:45 Book on App		Rental (Youth Room) 7-8	Rental 6-7 Family Swim	Lane Swim 6—8:45 Book On App				Pool closes	at 5:45 pm			Pool closes	
Night Out 5-8PM Open Gym 7:45-8:55			7-8:45 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) & 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App 10\_24