

Pictou County

Shine On

YMCA of Pictou County — Fall Schedule

YMCA of Pictou County —September 8—December 21 2025

2756 Westville Road. New Glasgow | www.pcmca.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		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 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	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		Childminding 8:30-11 (Childminding room) Book on App	Adult Lessons Beginner 8-9 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit 9-9:45 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		Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10—10:45 Book on App	Strengthen & Lengthen 10-10:45 Book on App	Open Swim 10-11 Book on App	Adult Lessons Intermediate 10-11 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	Open Swim 10-11 Book on App	Lane Swim 10-2 Book on App
Pickleball Open Play 11:10-1 Book on App	Lego Play 9:15-10 (Childminding) Book on App into Childminding					Warm Water Aquafit 11-11:45 Book on App		Parent & Tot 10-11			Warm Water Aquafit 11-11:45 Book on App									
		Open Swim 12-1 Book on App	Parent & Tot Open Gym 10-11 Book on App		Chair Yoga 11:15-12 Book on App	Open Swim 12-1 Book on App	Aquafit Mobility 1-1:45 Book on App	Partnership Rental/Open Gym 1-2	Muscle Express 12:10-12:50 Book on App (Studio)	Inclusion Open Swim 1-2 Book on App	Walking Fit 1:15-2 Book on App	Aquafit Mobility 1-1:45 Book on App								
Partnership Rental/ Open Gym 1-2pn		HCRS Rental 1-2 Book on App	Private Childcare 2:15-3	Private Childcare 2:15-3	Youth Open Gym 3-4:45	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	Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)	Autism Lessons 4-7 Starts	
Open Basketball 3—4:50	Women on Weights 5-5:45 Book on app	Swimming Lessons 4-7:30							Swimming Lessons 4-7:30	Beginner Karate 5-5:40	Yoga 5-6 Book on App (Wellness Centre)	Lego Play (ages 3+) 4:15-5 Book on App								
Beginner Pickleball (2.0) 5—6:20 Book on App	Cyclefit 5:30-6:15 Book on App (Studio)		Childminding 4-7:30 (Childminding room) Book on App	Aquafit Bootcamp 6:30-7:15 Book on App	Pickleball Comp (3.0+) 6:30-8:55 Book on App	Muscle Express 6:15-6:55 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30					Adult Beginner Swim Lessons 7:30- - 8:00	Open Basketball 8-8:55	Piyo (Studio) 6:30—7:30 Book on App (Begins Oct 1)	Family Swim 7:30-8:45 Book on App	Lane Swim 7:15-8:45 Book on App	Pickleball (3.0 +) 6:30-8:55 Book on App	Slow Flow Yoga 7-8 Book on App	
Barre x Strength 6:30-7:30 Book on App	Pound 6:30-7:30 Book on App	Lego Play 4:30-5:10 (Childminding) Book on App into Childminding	Family Swim 7:30-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App				Adult Intermediate Swim Lessons 8-8:30	Tri-Club Training 7:30-8:45 Book on app Coaching starts Oct 19			Family Swim 8--8:45 Book on App								
Open Basketball 7:30-8:55																				

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



