

Pictou County

Shine On

YMCA of Pictou County — Interim Schedule

YMCA of Pictou County — December 22—Jan 4

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

MON DEC 22/ DEC 29					TUE DEC 23 / DEC 30					WED DEC 24 / 31				
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
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 5-11			Open 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 (Dec 22 only) 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					Parent & Tot 9-10 Book on App	
Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Dec 22 only) 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	Childminding 8:30-11 (Childminding room) Book on App	Baby & Me Aquafit 10—10:45 Book on App (Dec 23 only)		Lane Swim 10-2 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Lego Play 9:15-10 (Childminding room) Book on App into Childminding	
Pickleball Open Play 11:10-1 Book on App		Lego Play 9:15-10 (Childminding) Book on App into Childminding	Warm Water Aquafit (Dec 22 only) 11-11:45	Parent & Tot Open Gym / Camp 10-11					Chair Yoga 11:15-12 Book on App					
	Partnership Rental / Camp 1-2pm		Open Swim 12-1 Book on App	Pound 11-12 Book on App (Dec 23 Only)	Cyclefit 12:10-12:50 Book on App (Studio)	Open Swim 12-1 Book on App	Closed 2-4							
		Private Childcare / Camp 2:15-3		HCRS Rental 1-2 Book on App	Camp 12-1									
										Open Gym 1-2			Open Swim 12-1 Book on App	Lane Swim 6-2 Book on App
													Open Swim 11-12 Book on App	
													Open Swim 1-2 Book on	
Open Basketball / Camp 3— 4:50	Women on Weights 5-5:45 Book on app		Family Swim 4-5 Book on app	Lane Swim 4-6:15 Book on App	Camp 4:45—5:30		Lego Play (ages 3+) 4:15-5 Book on App	Family Swim 4-5 Book on app	Lane Swim 4-8:45 PM Book on App					
Beginner Pickleball (2.0) 5—6:20 Book on App			Family Swim 5-6 Book on app	Aquafit Bootcamp 6:30-7:15 Book on App		Yoga (Dec 30 only) 5-6 Book on App (Wellness)		Family Swim 5-6 Book on app						
	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 6-7 Book on app		Cyclefit Express 5:30-6 Book on App (Studio)	Family Swim 6-7 Book on app								
	Women on Weights 6-6:45 Book on app		Family Swim 7-8:45 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	Family Swim 7-8:45 Book on app						
Open Basketball 6:30 -8:55	Pound 6:30-7:30 Book on App (Dec 22 Only)	Lego Play 4:30-5:10 (Childminding) Book on App into Childminding		Lane Swim 7:30 -8:45 Book on App										

What do the Colours mean?

Low Intensity Class

Medium Intensity Class

High Intensity Class

Cyclefit Class

Children & Youth programming

Aquafitness

Childminding

Swim Class/Club

Pickleball

Holiday Hours and Closures

Wednesday December 24: 5 AM—2 PM

Thursday December 25: Closed

Friday December 26: Closed

Wednesday December 31: 5 AM—2 PM

Thursday January 1: Closed

What do the Colours mean?

- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Aquafitness
- Childminding
- Swim Class/Club
- Pickleball



Jingle all the way to the YMCA.

FRI JAN 2					SAT DEC 27 / JAN 3					SUN DEC 28 / JAN 4					
Gymnasium	Studio/ Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/ Conf	Childmin ding	Leisure Pool	25m Pool	Gymna- sium	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	Lane Swim 7-5:45 Book on App	Adult Basketball 7-9:30	Triclub Cycle (Studio) 9:15-10:15 Starting Oct 19	Open Swim 7-9 Book on App	Lane Swim 7-9		
		Childminding 8:30-11 (Childminding 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	Parent & Tot 9-10 Book on App				Parent & Tot 9-10 Book on App			
Boot Camp 9-9:45 Book on App			Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App						Pickleball Open (All Levels) 10-12 Book on App	Rental 10-11		
Camp 10-11			Warm Water Aquafit 11-11:45 Book on App		HCRS Partner- ship Rental 11-12	Women on Weights 11-11:45				Inclusion Swim 11-12		Rental 11-12	Inclusion Swim 11-12		
Pickleball Open Play 11-1 Book on App				Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30 Book on App					Rental 12-1		Family Swim 12-1	Lane Swim 9—4		
Partnership Rental / Camp 1-2:15			Open Swim 12-2 Book on App		Open Basketball 1:30-6			Rental 1-2		Family Swim 1-3 Book on App	Open Basketball 12-3	Rental 1-2	Rental 1-2		
Private Childcare / Camp 2:15-3														Family Swim 2-3	
Open Basketball / Camp (half gym) 3-6				Closed 2-4							Rental 3-4			Sunday Funday Partnership Rental 3-4	Rental 4-5
Teen Night Open Gym 3-5 Book on App				Family Swim 4-6 Book on App	Lane Swim 4-8:45 Book On App					Family Swim 4-5:45 (Dec 27 Only) (Private Rental Rental 4-5 January 3)		Open Gym 3-6		Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App
Teen Night Open Gym 5-7:45 Book on App			Rental (Youth Room) 7-8	Rental 6-7						Rental 4-5				Rental 5-6	
Open Gym 7-8:45			Family Swim 7-8:45 Book on App												

My Y app Instructions



Stay Connected:



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