Pictou © County	
Shine Or	•

Book on app

Cyclefit

5:30-6:15

Book on App (Studio)

Women on Weights

6-6:45

Book on app

Pound

Book on App

Beginner

Pickleball (2.0)

5-6:20

Book on App

Open

6:30 -8:55

4-6:15

Book on App

Aquafit Bootcamp

6:30-7:15

Book on App

Lane Swim

7:30 -8:45

Book on App

Family Swim

5-6

Book on app

Family Swim 6-7

Book on app

Family Swim

7-8:45

Book on app

Childminding

4-7:30 (Childminding

room)

Book on App

Lego Play

4:30-5:10

(Childminding)

Book on App into

Childminding

Camp 4:45—5:30

Pickleball

Comp (3.0+)

6:30-8:55

Book on App

MON DEC 22/ DEC 29					TUE DEC 23 / DEC 30					WED DEC 24 / 31					
Gymna- sium		Youth Rooms		25m Pool	Gymnasium	Studio/Conf	Youth	Leisure Pool	25m Pool	Gym- nasium	Studio/	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 Swim 6-9 Book on App		
Group Power 9-10 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		
Fit for Life- Strength 10:10-11 Book on App	Balance 10-10:45 (Dec 22 only) Book on App	Childminding 8:30-11 (Childminding room) Book on App	Open Swim 10-11		Pickleball Open Play 8:30-9:50 Book on App	Flow Yoga 10-11	Childminding 8:30-11 (Childminding room)	Baby & Me Aquafit 10—10:45 Book on App (Dec 23 only)		Open Gym 5-11		Childminding 8:30-11	Book on App	-	
Pickleball Open Play		Lego Play 9:15-10 (Childminding) Book on App into Childminding	Book on App	Lane Swim		Book on App	Book on App	Parent & Tot 10-11	Lane Swim			(Childminding room) Book on App Lego Play	Open Swim 10-11 Book on App	Lane Swim 6-2	
11:10-1 Book on App			Warm Water Aquafit (Dec 22 only) 11-11:45	10-2 Book on App	Parent & Tot Open Gym / Camp 10-11	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45	10-2 Book on App			9:15-10 (Childminding) Book on App into Childmind-		Book on App	
			Open Swim 12-1		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		Pickleball Open Play 11:10-1		ing			
Partnership Rental / Camp 1-2pm			Book on App HCRS Rental		Camp 12-1 Walking Fit			Aquafit Mobility Book on App		Book on App			Open Swim 11-12 Book on App	-	
Private			1-2 Book on App		1:15-2 Book on App (Dec 23 only)			1-1:45					Open Swim		
Childcare / Camp 2:15-3			Closed 2-4		Private Childcare / Camp 2:15-3			Closed 2-4		Open Gym 1-2			Book on App Inclusion Swim 1-2		
Open Basketball /					Youth Open Gym / Camp 3-4:45								Book on		
Camp 3– 4:50	Women on Weights 5-5:45		Family Swim 4-5 Book on app	Lane Swim			Lego Play	Family Swim 4-5 Book on app							

(ages 3+)

4:15-5

Book on App

Childminding

4-7:30 (Childminding

room)

Book on App

Family Swim

Book on app

Family Swim

Book on app

Family Swim

7-8:45

Book on app

Lane Swim

4-8:45 PM

Book on App

Yoga (Dec 30 only)

Book on App (Wellness

Cyclefit Express

5:30-6

Book on App (Studio)

Muscle Express

6:15-6:55

Book on App (Studio)

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

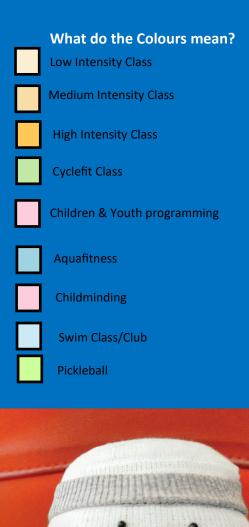
Wednesday December 24: 5 AM—2 PM

Thursday December 25: Closed

Friday December 26: Closed

Wednesday December 31: 5 AM—2 PM

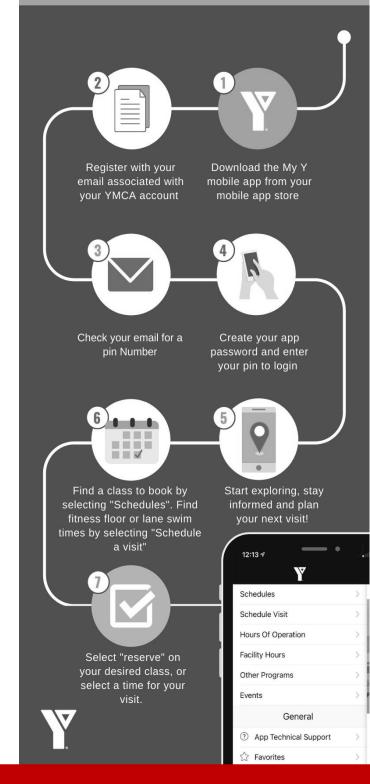
Thursday January 1: Closed





		FRI JAN 2	2			SAT	DEC 27 /	JAN 3	SUN DEC 28 / JAN 4					
Gymna- sium	Studio/ Conf	Youth Room	Leisure Pool	25m Pool	Gymna- sium		Childmin ding		25m Pool	Gymna- sium		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)	Open Swim 7-9 Book on App	Lane Swim 7-9	
Boot Camp 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	Group Power 8:45-9:45 Book on App		Childminding	Parent & Tot 9-10			9:15-10:15 Starting Oct 19	Parent & Tot 9-10 Book on App	
Camp 10-11	Flow Yoga 10-11 Book on App		Private Daycare 10-11 Warm Water	Oper 10 Book HCRS F ship 11	Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App	8:30-12 (Childminding room) Book on App	Book on App		Pickleball Open (All Levels)	Rental 11-12	Rental 10-11		
Pickleball Open Play			Aquafit 11-11:45 Book on App		HCRS Partner- ship Rental 11-12	Women on Weights 11-11:45		Inclusion Swim 11-12		10-12 Book on App		Inclusion Swim 11-12		
Book on App			Open Swim	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30 Book on App			Rental 12-1	Lane Swim 7-5:45			Family Swim 12-1	Lane Swim 9—4	
Partnership Rental / Camp 1-2:15			12-2 Book on App				Rental 1-2	Family Swim 1-3 Book on App	Book on App	Open Basketball 12-3	Rental 1-2	Rental 1-2		
Private Childcare / Camp 2:15-3			- Cl								Somatic Stretch 2-3 Book on app (Studio)	Family Swim		
Open Basketball /			Closed	1 2-4	Open Basketball 1:30-6			Rental 3-4		Open Gym 3-6		Sunday Funday Partnership Rental 3-4		
Camp (half gym) 3-6		Rental (Youth Room) 7-8	Family Swim 4-6 Book on App				Rental 4-5	Family Swim 4-5:45 (Dec 27 Only)				Rental 4-5	Special Olympics Rental 4-5PM	
				воок оп Арр	Laura Soviera				(Private Rental Rental 4-5 January 3)			Rental 5-6	Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM
Teen Night Open Gym 3-5 Book on App Teen Night Open Gym 5-7:45 Book on App			Rental 6-7	Lane Swim 4-8:45 Book On App							3-0		Book on App	
Open Gym 7·45-8·55			Family Swim 7-8:45 Book on App					Pool closes	at 5:45 pm			Pool closes	at 5:45 pm	

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