



Shine On

Pictou Fisheries Training Pool YMCA

YMCA of Pictou County —January 5—March 15, 2026

73 Harbour Drive, Pictou, NS B0K 1H0

www.pcymca.ca | 902-600-2077 | pic-Pictou.pool@pcymca.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9–10 Open Exercise & Parent & tot	9–9:45 Aquafit	9–9:45 Aquafit	9–9:45 Aquafit	9–10 Open Exercise & Parent & tot	PC Mariners Swim Team 7:30-9	
10-11 Open Swim & Parent and tot	10-11 Open Swim & Parent and tot	10-11 Open Swim & Parent and tot	10-11 Open Swim & Parent and tot	10-11 Open Swim & Parent and tot	9-10 Open Swim & Parent and tot * 2 lanes available	
11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	Rental 10-11	
12-1 Lane Swim	12-1 Lane Swim	12-1 Lane Swim	12-1 Lane Swim	12-1 Lane Swim	Family Swim 11-12:30 *2 lanes available	
Closed 1—4					Rental 12:30-1:30	Closed
PC Mariners Swim Team 4-6:30	PC Mariners Swim Team 4-6:30	PC Mariners Swim Team 4-5:30	Swimming Lessons 4-5 PC Mariners Swim Team 5:30—6:30	PC Mariners Swim Team 4-5:30	Closed	
Family Swim *2 lanes available 6:30—8	Family Swim *2 lanes available 6:30—8	5:30—6:30 Lane Swim	Family Swim *2 Lanes available 7-8	Rental 6—7	Activity	Colour
	Adult Swim Lessons 7-8	6:30—8 Family Swim		7-8 Family Swim *2 lanes available	Open Swim	
					Family Swim	
					Parent and Tot	
					Lane Swim	
					Aquafit	
					Swim Lessons	
					Rental Space	





Shine On

Pictou Fitness Centre

YMCA of Pictou County —January 5—March 15, 2026

Pictou, NS B0K 1H0

www.pcymca.ca | 902-600-9490 | Pic-Pictou.desk@pcymca.ca

Fitness Centre Schedule: 50 Water Street, Pictou

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM—8 PM	7 am—6 PM	7 AM—6 PM				

Class Schedule: 40 Water Street, Pictou

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Flow Yoga 9 AM—10 AM	Flow Yoga 9 AM—10 AM	Flow Yoga 5:30 PM—6:30 PM			
	Muscle Express 12:10—12:50		Muscle Express 12:10—12:50			

- Classes take place at 40 Water St on the third floor next door to the Pictou YMCA Fitness Center.
- Use door on far left of the building to enter (stairs and elevator available)
- Book into app and yoga instructors can scan you in.
- Day Pass or punch pass users: must visit 50 water street to purchase a day pass and use punch passes before class.



Find us on Facebook:
YMCA of Pictou County



Find our website
at this QR code or at
www.pcymca.ca

Looking to share your talents?

The YMCA is actively looking for volunteers for a variety of programming including:

- Adult fitness programs
- Aquafitness instructors with morning or evening availability (training provided)
- Parent and tot programs
- [Ask us how to get started!](#)