



# 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	Closed
10-11 Open Swim & Parent and tot	10-11 Open Swim & Parent and tot o	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	
PC Mariners Swim Team 4-6:30	PC Mariners Swim Team 4-6:30	PC Mariners Swim Team 4-5:30	Swimming Lessons 4-7  PC Mariners Swim Team 5:30—6:30	PC Mariners Swim Team 4-5:30	Closed	
Family Swim *2 lanes availa- ble 6:30—8	Family Swim *2 lanes availa- ble 6:30—8	5:30—6:30 Lane Swim	Family Swim *2 Lanes available 7-8	Rental 6—7	Activity	Colour
					Open Swim	
					Family Swim	
					Parent and Tot	
	Adult Swim Lessons 7-8	6:30—8 Family Swim		7-8 Family Swim *2 lanes available	Lane Swim	
					AquaFit	
					Swim Lessons	
					Rental Space	





# Pictou Fitness Centre

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

Pictou, NS B0K 1H0

[www.pcymca.ca](http://www.pcymca.ca) | 902-600-9490 | [Pic-Pictou.desk@pcymca.ca](mailto:Pic-Pictou.desk@pcymca.ca)

## Fitness Centre Schedule: 50 Water Street, Pictou

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM—8 PM	6 AM—8 PM	6 AM—8 PM	6 AM—8 PM	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
	Yin 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](http://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!](#)