


<div>  <div> <div>YMCA of Pictou County</div> <div>Shine On</div> </div> </div> <div> <div>Wellness Centre Location — Winter Schedule</div> <div> <div>YMCA of Pictou County —January 5—March 15, 2026</div> <div>2756 Westville Road. New Glasgow www.pcymca.ca 902-752-0202</div> </div> </div>	Monday					Tuesday					Wednesday					Thursday				
	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	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)		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			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		Swim to Survive 10-11			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		Strengthen & Lengthen 10-10:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot/ Adult Lessons Intermediate 9-10 Book on App				Swim to Survive 10-11		
	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	Lane Swim	Parent & Tot Open Gym 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App		Pickleball 3.0+ 11-1 Book on App			Swim to Survive 10-11		Somatic Stretch 10-11			Warm Water Aquafit 11-11:45 Book on App	
	Open Gym 1:10-2:10			Open Swim 12-1 Book on App	10-2 Book on App	Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App	Lane Swim 10-2 Book on App		Muscle Express 12:10-12:50 Book on App (Studio)		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Open Gym 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App	Lane Swim 10-2 Book on App
	Private Childcare 2:15-3			HCRS Rental 1-2 Book on App		Livewell Starting Jan 6 12-1			Aquafit Mobility Book on App 1-1:45		Partnership Rent-al/Open Gym 1-2			Open Swim 12-1		Livewell Starts Jan 6 12-1			Aquafit Mobility 1-1:45 Book on App	
						Walking Fit 1:15-2 Book on App								Inclusion Open Swim 1-2 Book on App		Walking Fit 1:15-2 Book on App				
						Private Childcare 2:15-3					Private Childcare 2:15-3					Private Childcare 2:15-3				
	Open Basketball 3– 4:50	Grow 4-5 Starts Feb				Youth Open Gym 3-4:45										Youth Open Gym 3-4:45				
		Women on Weights 5-5:45 Book on app			Swimming Lessons 4-7:30			Lego Play (ages 3+) 4:15-5 Book on App		Swimming Lessons 4-7:30		Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)		Swimming Lessons 4-7:30		Cyclefit 5-5:45 Book on App (Studio)			
	Beginner Pickleball (2.0) 5—6:20 Book on App			Swimming Lessons 4-7:30		Beginner Karate 5-5:40	Flow Yoga 5-6 Book on App (Wellness Centre)							Swimming Lessons 4-7:30						
		Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App			Intermediate/ Advanced Karate 5:45-6:25	Cyclefit Express 5:30-6 Book on App (Studio)		Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 (Fitness Floor)		Swimming Lessons 4-7:30						
		Women on Weights 6-6:45 Book on app		Aquafit Bootcamp 6:30-7:15 Book on App				Childminding 4-7:30 (Childminding room) Book on App					Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Aquafit Bootcamp 6:30-7:15 Book on App	Intermediate/ Advanced Karate 5:45-6:25	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 4-8:45 Book on App	Lane Swim 4-7 Book on App
	Barre x Strength 6:30-7:30 Book on App	Pound 6:30-7:30 Book on App				Pickleball Comp (3.0+) 6:30-8:55 Book on App	Muscle Express 6:15-6:55 Book on App (Studio)		Adult Beginner Swim Lessons 6:20 - 6:50		Open Basketball 6:45-8:55	Piyo (Studio) 6:30—7:30 Book on App (Begins Oct 1)		Family Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App					Tri-Club 7-8 Book on app
	Open Basketball 7:30-8:55			Family Swim 7:30-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App				Adult Intermediate Swim Lessons 6:55—7:25	Tri-Club Training 7:30-8:45 Book on app		Women on Weights 6-6:45 (Fitness Floor)				Pickleball (3.0 +) 6:30-8:55 Book on App				Lane Swim 8-8:45 Book on App
									Family Swim 7:30-8:45			Pictou County Athletics					Slow Flow Yoga 7-8 Book on App			

