



Wellness Centre Location — Winter Schedule

YMCA of Pictou County —January 5—March 15, 2026
2756 Westville Road. New Glasgow | www.pcymca.ca| 902-752-0202

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		Childminding 8:30-11 (Childminding room) 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		Lane Swim 10-2 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	Strengthen & Lengthen 10-10:45 Book on App				Parent & Tot/ Adult Lessons Intermediate 9-10 Book on App	Swim to Survive 10-11	Somatic Stretch 10-11		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Zumbini Starting Feb 5 11:10—11:50 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								
Pickleball Open Play 11:10-1 Book on App		Warm Water Aquafit 11-11:45 Book on App	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	Muscle Express 12:10-12:50 Book on App (Studio)	Warm Water Aquafit 11-11:45 Book on App	Open Swim 12-1	Inclusion Open Swim 1-2 Book on App	Walking Fit 1:15-2 Book on App		Livewell Starts Jan 6 12-1		Aquafit Mobility 1-1:45 Book on App																		
Open Gym 1:10-2:10			Open Swim 12-1 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		Aquafit Mobility Book on App 1-1:45	Partnership Rental/Open Gym 1-2																							
Private Childcare 2:15-3	Open Basketball 3— 4:50		HCRS Rental 1-2 Book on App	Closed 2-4	Private Childcare 2:15-3	Youth Open Gym 3-4:45		Closed 2-4		Private Childcare 2:15-3		Closed 2-4			Private Childcare 2:15-3		Closed 2-4																		
					Grow 4-5 Starts Feb					Women on Weights 5-5:45 Book on app																Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)								
Beginner Pickleball (2.0) 5—6:20 Book on App		Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Beginner Karate 5-5:40	Flow Yoga 5-6 Book on App	Lego Play (ages 3+) 4:15-5 Book on App	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)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	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																
	Cyclefit 5:30-6:15 Book on App (Studio)		Women on Weights 6-6:45 Book on app		Intermediate/ Advanced Karate 5:45-6:25	Cyclefit Express 5:30-6 Book on App (Studio)				NHL Street Hockey 6:45—7:45	Cyclefit 5:30-6:15 Book on App																								
Barre x Strength 6:30-7:30 Book on App	Pound 6:30-7:30 Book on App	Book on App into Childminding	Family Swim 7:30-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App	Book on App	Muscle Express 6:15-6:55 Book on App (Studio)		Adult Beginner Swim Lessons 6:20 - 6:50	Tri-Club Training 7:30-8:45 Book on app	Open Basketball 7:45-8:55	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	Pickleball (3.0 +) 6:30-8:55 Book on App	Slow Flow Yoga 7-8 Book on App			Tri-Club 7-8 Book on app																
Open Basketball 7:30-8:55											Adult Intermediate Swim Lessons 6:55—7:25		Family Swim 7:30:-8:45 Book on App	Women on Weights 6-6:45 (Fitness Floor)	Pictou County Athletics 7:30—8:30												Lane Swim 8-8:45 Book on App								

What do the Colours

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

* One Lane available during swimming lessons & classes
Please book on My Y App



Friday					Saturday					Sunday			
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Studio	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 7-9:45		Open Swim 7-9 Book on App	Lane Swim 7-8 Triclub Swim 8-9 Starting Oct 19
											Triclub Cycle (Studio) 9:15-10:15		
Boot Camp 9-9:45 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	Women on Weights 9:15-10						Parent & Tot 9-10 Book on App	
Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App		Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons 9-12				Rental 10-11	
			Warm Water Aquafit 11-11:45 Book on App		HCRS Partnership Rental 11-12	Women on Weights 11-11:45				Pickleball Open (All Levels) 9:50—11:50 Book on App		Inclusion Swim 11-12	
Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App			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 Book on App		Somatic Stretch 12-1	Family Swim 12-1	Lane Swim 9—4
Partnership Rental 1-2:15			Open Swim 12-2 Book on App										
Private Childcare 2:15-3					Open Basketball 1:30-6		Rental 1-2	Family Swim 1-3 Book on App				Rental 1-2	
												Family Swim 2-3	
Open Basketball 3-6								Rental 3-4				Sunday Funday Partnership Rental 3-4	
			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim 4-5:45 Book on App		Open Basketball 12-6		Rental 4-5	Special Olympics Rental 4-5PM
			Aquafit Cardio Box 5—5:45 Book on App									Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App
Teen Night Open Gym 3-5 Book on App													
Teen Night 1/2 Open Gym 5-7:45 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App									
1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App										
Open Gym 7:45-8:55									Pool closes at 5:45 pm				Pool closes at 5:45 pm

My Y app Instructions



Stay Connected:



YMCA of Pictou County



ymcaofPictouCounty



@YMCAPictouCo



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 1_14