

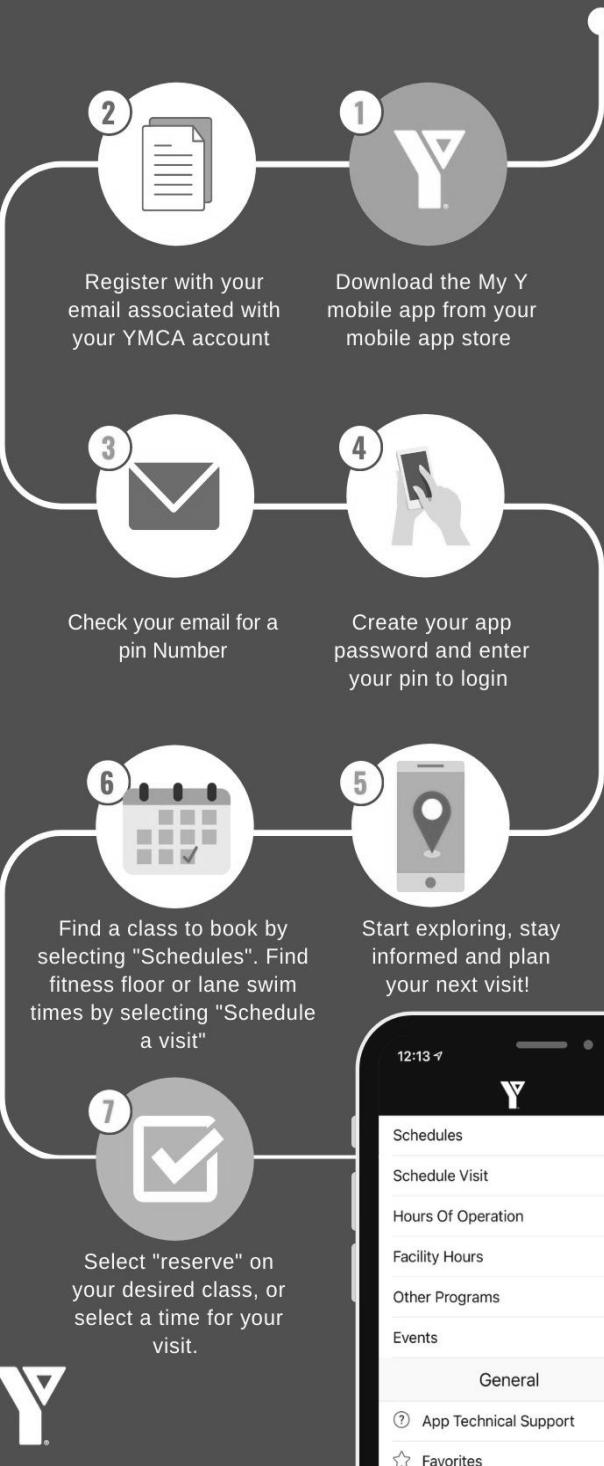
Wellness Centre Location — Winter Schedule

YMCA of Pictou County —January 5—March 15, 2026
2756 Westville Road, New Glasgow | www.pcyymca.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	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		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	Lego Play 9:15-10 (Childminding) Book on App into Childminding	Swim to Survive 10-11	Lane Swim	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	Lane Swim	Somatic Stretch 10-11	Swim to Survive 10-11		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 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	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	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	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	Lane Swim 10-2 Book on App	
Open Gym 1:10-2:10				Open Swim 12-1 Book on App	Livewell Starting Jan 6 12-1		Aquafit Mobility Book on App 1-1:45	Partnership Rental/Open Gym 1-2			Inclusion Open Swim 1-2 Book on App	Private Childcare 2:15-3		Private Childcare 2:15-3		Private Childcare 2:15-3		Private Childcare 2:15-3		
Private Childcare 2:15-3				HCRS Rental 1-2 Book on App	Walking Fit 1:15-2 Book on App															
Open Basketball 3-4:50	Grow 4-5 Starts Feb			Closed 2-4	Private Childcare 2:15-3			Closed 2-4												Closed 2-4
	Women on Weights 5-5:45 Book on app				Youth Open Gym 3-4:45															
Beginner Pickleball (2.0) 5—6:20 Book on App	Cyclefit 5:30-6:15 Book on App (Studio)	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	Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)											Lane Swim 4-7 Book on App
	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)		Swimming Lessons 4-7:30	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 (Fitness Floor)										
Barre x Strength 6:30-7:30 Book on App	Pound 6:30-7:30 Book on App	Childminding 4-7:30 (Childminding room) Book on App into Childminding	Book on App	Lane Swim 7:30-8:45 Book on App	Pickleball Comp (3.0+) 6:30-8:55 Book on App	Muscle Express 6:15-6:55 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Adult Beginner Swim Lessons 6:20 - 6:50	Tri-Club Training 7:30-8:45 Book on app	Piyo (Studio) 6:30—7:30 Book on App (Begins Oct 1)									Tri-Club 7-8 Book on app	
Open Basketball 7:30-8:55				Book on App				Adult Intermediate Swim Lessons 6:55—7:25	Open Basketball 7:45-8:55 Book on app	Women on Weights 6-6:45 (Fitness Floor)										Lane Swim 8-8:45 Book on App

My Y app Instructions



- 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				Lane Swim 7-8		
			Boot Camp 9-9:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Group Power 8:45-9:45 Book on App	Women on Weights 9:15-10				Adult Basketball 7-9:45	Tricloud Cycle (Studio) 9:15-10:15 Book on App	Open Swim 7-9 Book on App	Tricloud Swim 8-9 Starting Oct 19	
Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 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			Parent & Tot 9-10 Book on App	Rental 10-11		
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		Rental 1-2	Family Swim 1-3 Book on App				Rental 1-2	Family Swim 2-3		
Private Childcare 2:15-3				Closed 2-4	Open Basketball 1:30-6		Rental 3-4				Sunday Funday Partnership Rental 3-4			
Open Basketball 3-6			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			
Teen Night Open Gym 3-5 Book on App			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 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														

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



Y

Schedules >
Schedule Visit >
Hours Of Operation >
Facility Hours >
Other Programs >
Events >
General >
App Technical Support >
Favorites >

?

App Technical Support >

☆

Favorites >

1_14