



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 4-7 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 | Adult Lessons 5:30-6:30 Book On App! | Rental 6—7 | Activity | Colour |
| | | 6:30—8 Family Swim | Family Swim *2 Lanes available 7-8 | 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 |
|--------|-------------------------------|-------------------------|-------------------------------|--------|----------|--------|
| | 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

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!](#)