



 Pictou
County

Shine On

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

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	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			
Private Childcare 2:15-3				Closed 2-4	Open Basketball 1:30-6		Rental 3-4				Family Swim 2-3			
Open Basketball 3-6				Family Swim 4-5 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				Family Swim 4-6 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



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