



# Wellness Centre Location — March Break Schedule

YMCA of Pictou County — March 16—22  
 2756 Westville Road, New Glasgow | www.pycymca.ca | 902-752-0202

Monday March 16					Tuesday March 17					Wednesday March 18					Thursday March 19				
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	6AM Circuit 6-6:45 Book on App		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	6AM Circuit 6-6:45 Book on App		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)	Childminding 8:30-11 (Childminding room) Book on App	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	Open Swim 6-9 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		Camp 10-11			Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10-10:45 Book on App	Strengthen & Lengthen 10-10:45 Book on App	Parent & Tot 9-10 Book on App									
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	Lane Swim	Pickleball 3.0+			Camp 10-11	Lane Swim 10-2 Book on App	Day Camp 10-12		Partner Rental 10-11	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App
			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)		Camp 12-1	10-2 Book on App	11-1 Book on App			Warm Water Aquafit 11-11:45 Book on App						Open Swim 12-1 Book on App
Day Camp 1:10-3			HCRS Rental 1-2 Book on App		Livewell 12-1			Aquafit Mobility Book on App 1-1:45		Day Camp 1-3			Open Swim 12-1		Livewell 12-1			Aquafit Mobility 1-1:45 Book on App	
			\$5 March Break Swims 2-3	\$5 March Break Swims 2-3	Day Camp 2:15-3			\$5 March Break Swims 2-3	\$5 March Break Swims 2-3				\$5 March Break Swims 2-3	\$5 March Break Swims 2-3	Day Camp 2:15-3			\$5 March Break Swims 2-3	\$5 March Break Swims 2-3
Open Basketball 3-4:50			\$5 March Break Swims 3-4	\$5 March Break Swims 3-4				\$5 March Break Swims 3-4	\$5 March Break Swims 3-4				\$5 March Break Swims 3-4	\$5 March Break Swims 3-4				\$5 March Break Swims 3-4	\$5 March Break Swims 3-4
	Women on Weights 5-5:45 Book on app		Family Swim 4-5 Book on App	Lane Swim 4-6:30 Book on App	Open Gym 3-6:30		Lego Play (ages 3+) 4:15-5 Book on App	Family Swim 4-5 Book on App		Open Basketball 3-5:15			Family Swim 4-5 Book on App	Lane Swim 4-6:30	Open Gym 3-6:25			Cyclefit 5-5:45 Book on App (Studio)	
Beginner Pickleball (2.0) 5-7:30 Book on App	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 5-6 Book on App			Flow Yoga 5-6 Book on App (Wellness Centre)		Family Swim 5-6 Book on App	Lane Swim 4-7:30 Book on App				Family Swim 5-6 Book on App						
	Women on Weights 6-6:45 Book on app		Lego Play 4:30-5:10 (Childminding) Book on App into Childminding	Family Swim 6-7 Book on App	Aquafit Bootcamp 6:30-7:15 Book on App	Pickleball Comp (3.0+) 6:30-8:55 Book on App	Cyclefit Express 5:30-6 Book on App (Studio)		Family Swim 6-7 Book on App		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	Family Swim 6-7 Book on App	Aquafit Bootcamp 6:30-7:15 Book on App			Balance 6-6:45 Book on App	
	Pound 6:30-7:30 Book on App		Family Swim 7-8 Book on App			Muscle Express 6:15-6:55 Book on App (Studio)		Family Swim 6-7 Book on App		NHL Street Hockey 6:45-7:45	Cyclefit 5:30-6:15 Book on App			Family Swim 7-8 Book on App			Childminding 4-7:30 (Childminding room) Book on App		
Open Basketball 7:30-8:55			Family Swim 8-8:45 Book on App	Lane Swim 7:30-8:45 Book on App				Family Swim 7-8 Book on App	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 8-8:45 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	Family Swim 7-8:45 Book on App
								Family Swim 8-8:45 Book on App			Women on Weights 6-6:45 (Fitness Floor)								Tri-Club 7-8 Book on app
											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 March 20					Saturday March 21					Sunday March 22				
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	Triclub Cycle (Studio) 9:15-10:15	Open Swim 7-9 Book on App	Lane Swim 7-8 Book on App Triclub Swim 8-9 Starting Oct 19	
Boot Camp 9-9:45 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	Group Power 8:45-9:45 Book on App	Women on Weights 9:15-10	Childminding 8:30-12 (Childminding room) Book on App	Parent & Tot 9-10 Book on App		Lane Swim 7am-1pm Book on App		Parent & Tot 9-10 Book on App		
Fit For Life - Boot Camp 10-10:45 Book on App			Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App		Open Swim 10-11 Book on App				Rental 10-11		Lane Swim 9-12 Book on App
Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water AquaFit 11-11:45 Book on App		HCRS Partnership Rental 11-12	Women on Weights 11-11:45		Open Swim 11-12 Book on App					Pickleball Open (All Levels) 9:50-11:50 Book on App	
Day Camp 1-3			Camp 12-1	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30 Book on App			Rental 12-1				Family Swim 12-1 Book on App	Family Swim 12-1 Book on App	
Open Basketball 3-6			Open Swim 1-2 Book on App		Open Basketball 1:30-6			Family Swim 1-2 Book on App	Family Swim 1-2 Book on App	Open Basketball 12-6		Rental 1-2	Lane Swim 1-2 Book on App	
			\$5 March Break Swims 2-3	\$5 March Break Swims 2-3				Family Swim 2-3 Book on App	Family Swim 2-3 Book on App				Rental 1-2	Lane Swim 1-2 Book on App
			\$5 March Break Swims 3-4	\$5 March Break Swims 3-4				Family Swim 3-4 Book on App	Family Swim 3-4 Book on App				Family Swim 2-3 Book on App	Family Swim 2-3 Book on App
			Family Swim 4-5 Book on App	Lane Swim 4-5 Book on App				Family Swim 3-4 Book on App	Family Swim 3-4 Book on App				Sunday Funday Partnership Rental 3-4	Lane Swim 3-4 Book on App
Teen Night Open Gym 3-5 Book on App			Family Swim 5-6 Book on App	AquaFit Cardio Box 5-5:45 Book on App				Rental 4-5			Rental 4-5	Special Olympics Rental 4-5PM		
Teen Night 1/2 Open Gym 5-7:45 Book on App		Rental (Youth Room) 7-8						Family Swim 4-5:45 Book on App	Lane Swim 4-5:45 Book on App			Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App	
1/2 Kids Night Out 5-8PM				Family Swim 6-7	Lane Swim 6-8:45 Book on App									
Open Gym 7:45-8:55			Family Swim 7-8:45 Book on App						Pool closes at 5:45 pm				Pool closes at 5:45 pm	

## My Y app Instructions

- 2

Register with your email associated with your YMCA account
- 1

Download the My Y mobile app from your mobile app store
- 3

Check your email for a pin Number
- 4

Create your app password and enter your pin to login
- 6

Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit"
- 5

Start exploring, stay informed and plan your next visit!
- 7

Select "reserve" on your desired class, or select a time for your visit.

### Stay Connected:



### 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