



Pictou Fisheries Training Pool YMCA

YMCA of Pictou County — March Interim (March 16-20)

73 Harbour Drive, Pictou, NS B0K 1H0

www.pcyymca.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	9-10 Open Swim & Parent and tot * 2 lanes available	Closed
10-11 Open Swim	10-11 Open Exercise & Parent and tot	Rental 10-11				
11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	Family Swim 11-12:30 *2 lanes available	
12-1 Lane Swim	12-1 Lane Swim	12-1 Lane Swim	12-1 Lane Swim	12-1 Lane Swim	Rental 12:30-1:30	
Closed 1–4					Closed	
Open Swim 4-5	Open Swim 4-5	Open Swim 4-5	Open Swim 4-5	Open Swim 4-5		
Open Swim 5-6	Open Swim 5-6	Open Swim 5-6	Open Swim 5-6	Open Swim 5-6	Activity	
Open Swim 6-7	Open Swim 6-7	Open Swim 6-7	Open Swim 6-7	Rental 6–7	Open Swim	
Lanes 7-8	Lanes 7-8	Lanes 7-8	Lanes 7-8	Open Swim 7-8	Family Swim	
					Parent and Tot	
					Lane Swim	
					Aquafit	
					Swim Lessons	
					Rental Space	





Pictou Fitness Centre

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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 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!](#)