Pictou County

Shine On

Wellness Centre Location — Spring Schedule

YMCA of Pictou County —March 21—June 27

2756 Westville Road. New Glasgow | www.pcymca.ca| 902-752-0202

Monday

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
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
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 10-2 Book on App
Pickleball Open Play 11:10-1 Book on App			Warm Water Aquafit 11-11:45 Book on App	
Open Gym 1:10-2:10			Open Swim 12-1 Book on App	
			HCRS Rental 1-2 Book on App	
Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3– 4:50				
	Women on Weights 5-5:45 Book on app		Swimming Lessons 4-7:30	Swimming Lessons 4-7:30
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		Aquafit Bootcamp 6:30-7:15 Book on App
	Women on Weights 6-6:45 Book on app			
Barre x Strength 6:30-7:30 Book on App	Pound 6:30-7:30 Book on App	Lego Play 4:30-5:10 (Childminding) Book on App into Childminding		
Open Basketball 7:30-8:55			Family Swim 7:30-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App

Tuesday

Gymnasium	Studio/Conf	Youth	Leisure Pool	25m Pool
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
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
	Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10—10:45 Book on App	Lane Swim 10-2 Book on App
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	
Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App	
Livewell 12-1			Aquafit Mobility Book on App 1-1:45	
Walking Fit 1:15-2 Book on App				
Private Childcare 2:15-3			Closed 2-4	
Youth Open Gym 3-4:45				
			Swimming Lessons 4-7:30	Swimming Lessons 4-7:30
Beginner Karate 5-5:40	Flow Yoga 5-6 Book on App (Wellness Centre)	Lego Play (ages 3+) 4:15-5 Book on App		
Intermediate/ Advanced Karate 5:45-6:25	Cyclefit Express 5:30-6 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App		
Pickleball Comp (3.0+) 6:30-8:55 Book on App	Muscle Express 6:15-6:55 Book on App (Studio)			
			Adult Beginner Swim Lessons 6:20 - 6:50	Tri-Club Training 7:30-8:45 Book on app
			Adult Intermediate Swim Lessons 6:55—7:25	
			Family Swim 7:30:-8:45 Book on App	

Wednesday

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
Barre x Strength 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot/ Adult Lessons 9-10 Book on App	Aquafit 9-9:45 Book on App
Strengthen & Lengthen 10-10:45 Book on App				Lane Swim 10-2 Book on App
Pickleball 3.0+ 11-1 Book on App	Muscle Express 12:10-12:50 Book on App (Studio)		Swim to Survive 10-11	
			Warm Water Aquafit 11-11:45 Book on App	
Partnership Rent-al/Open Gym 1-2			Open Swim 12-1	
			Inclusion Open Swim 1-2 Book on App	
Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3-5:15				
		Y Minds 4-5:30 Apr 1– May 6	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30
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		
NHL Street Hockey 6:45—7:45	Cyclefit 5:30-6:15 Book on App			Aquafit Bootcamp 6:30-7:15 Book on App
Open Basketball 7:45-8:55	Piyo (Studio) 6:30—7:30 Book on App		Family Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App
	Women on Weights 6-6:45 (Fitness Floor)			
	Pictou County Athletics 7:30—8:30			

Thursday

Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool
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
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
			Swim to Survive 10-11	Lane Swim 10-2 Book on App
			Warm Water Aquafit 11-11:45 Book on App	
Zumbini 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	
Livewell 12-1			Aquafit Mobility 1-1:45 Book on App	
Walking Fit 1:15-2 Book on App				
Private Childcare 2:15-3			Closed 2-4	
Youth Open Gym 3-4:45				
	Cyclefit 5-5:45 Book on App (Studio)		Autism Lessons 4-7	Autism Lessons 4-7
Beginner Karate 5-5:40				
Intermediate/ Advanced Karate 5:45-6:25	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App		
Pickleball (3.0 +) 6:30-8:55 Book on App			Family Swim 7-8:45 Book on App	Tri-Club 7-8 Book on app
	Slow Flow Yoga 7-8 Book on App			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

Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
		Childminding 8:30-11 (Childminding room) Book on App		
Boot Camp 9-9:45 Book on App			Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App
Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App		Private Daycare 10-11	Lane Swim 10-2 Book on App
Pickleball Open Play 11-1 Book on App			Warm Water Aquafit 11-11:45 Book on App	
	Muscle Express 12:10-12:50 Book on App		Open Swim 12-2 Book on App	
Partnership Rental 1-2:15				
Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3-6			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App
				Aquafit Cardio Box 5—5:45 Book on App
Teen Night Open Gym 3-5 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App
Teen Night 1/2 Open Gym 5-7:45 Book on App				
1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App	
Open Gym 7:45-8:55				

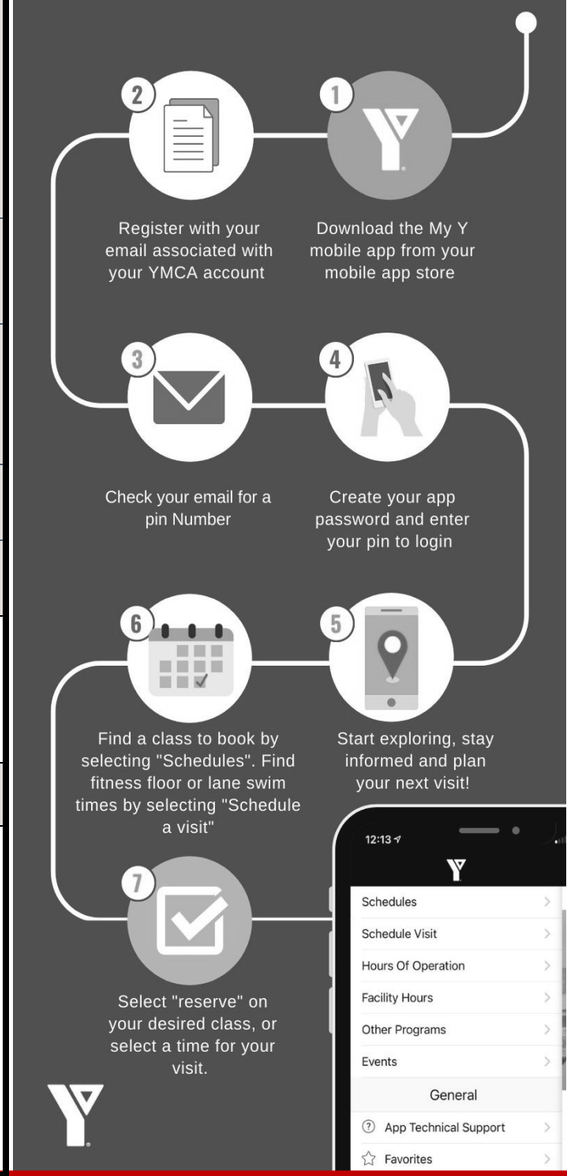
Saturday

Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool
Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App		Open Swim 7-9 Book on App	Lane Swim 7-1 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	Swimming Lessons 9-12	
Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App			
HCRS Partner-ship Rental 11-12	Women on Weights 11-11:45			
Pickleball Practice (All Levels) 12-1:30 Book on App			Rental 12-1	
Open Basketball 1:30-6		Rental 1-2	Family Swim Both Pools 1-2 Book on App	
			Family Swim Both Pools 2-3 Book on App	
			Rental 3-4	Lane Swim 3-4 Book on App
		Rental 4-5	Family Swim Both Pools 4-5 Book on App	
			Family Swim 5-5:45 Book on App	Lane Swim 5-5:45 Book on App
			Pool closes at 5:45 pm	

Sunday

Gymnasium	Studio	Leisure Pool	25m Pool
Adult Basketball 7-9:45		Open Swim 7-9 Book on App	Lane Swim 7-8
	Triclub Cycle (Studio) 9:15-10:15		Triclub Swim 8-9 Starting Oct 19
		Parent & Tot 9-10 Book on App	Lane Swim 9—12 Book on App
Pickleball Open (All Levels) 9:50—11:50 Book on App		Rental 10-11	
		Inclusion Swim 11-12	
Parent & Tot Open Gym 12-1 Book on App		Family Swim Both Pools 12-1 Book on App	
		Rental 1-2	Lane Swim 1-2 Book on App
		Family Swim Both Pools 2-3 Book on App	
		Sunday Funday Partnership Rental 3-4	Lane Swim 3-4 Book on App
Open Basketball 1-6		Rental 4-5	Special Olympics Rental 4-5PM
		Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App
		Pool closes at 5:45 pm	

My Y app Instructions



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

1_14