



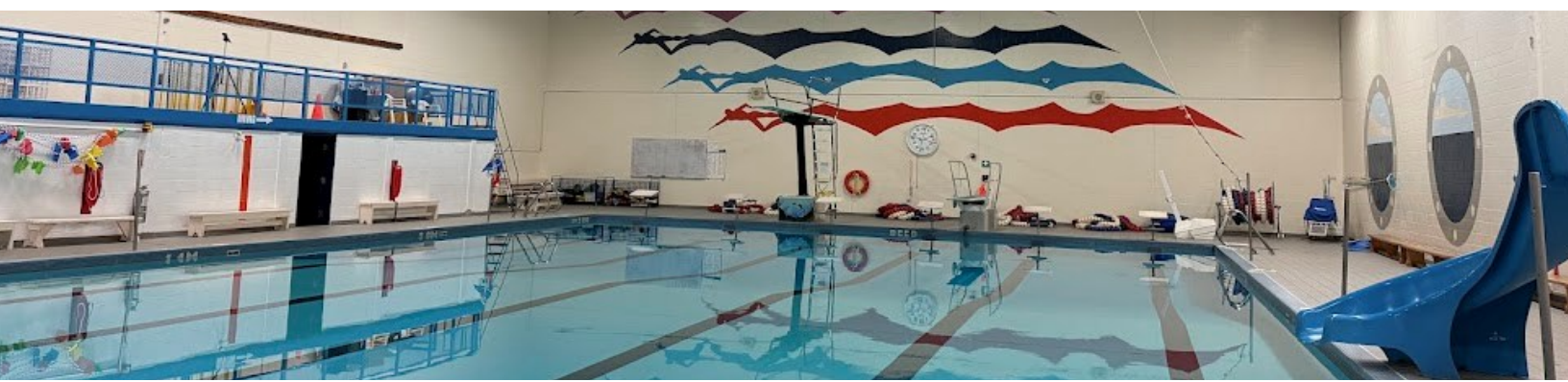
Pictou Fisheries Training Pool YMCA

YMCA of Pictou County — March 21—June 27

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	Closed	
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		
PC Mariners Swim Team 4-5:30	PC Mariners Swim Team 4-5:30	PC Mariners Swim Team 4-5:30	Swimming Lessons 4-7	PC Mariners Swim Team 4-5:30	Closed		
Family Swim *2 lanes available 5:30–8	Family Swim *2 lanes available 5:30–8	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		7-8 Family Swim *2 lanes available	Open Swim		
					Family Swim		
					Parent and Tot		
					Lane Swim		
					Aquafit		
					Swim Lessons		
					Rental Space		





Pictou Fitness Centre

YMCA of Pictou County — March 21—June 27

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	6 AM—8 PM	6 AM—8 PM	6 AM—8 PM	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
		Muscle Express 6:30-am7:10am				
	Yin Yoga 9 AM—10 AM	Flow Yoga 9AM—10AM	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!](#)