



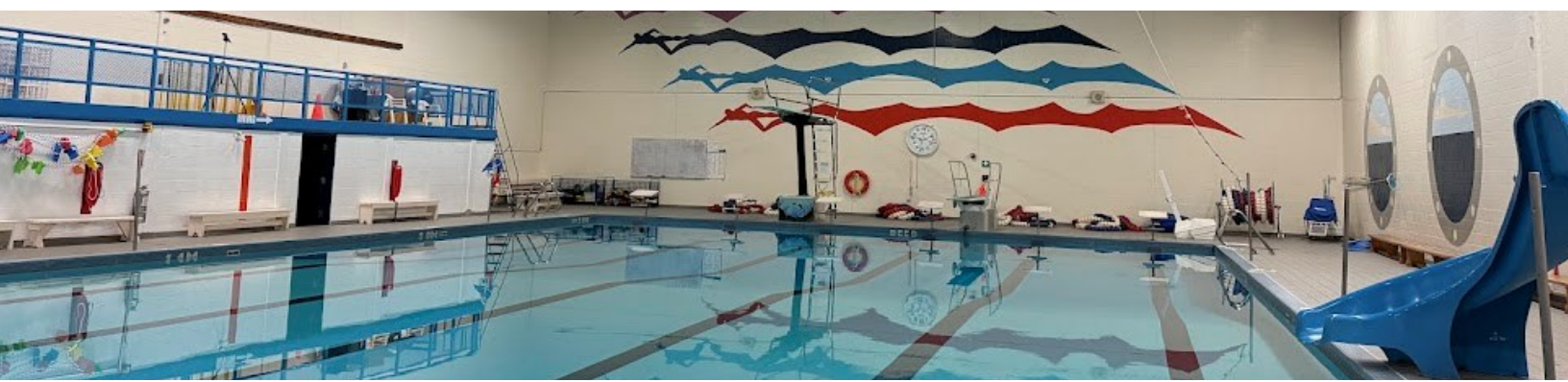
Pictou Fisheries Training Pool YMCA

YMCA of Pictou County —June 22—September 13

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	Building Opens at 9:30	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		
11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim	11-12 Lane Swim		
12:30-1 Lane Swim	Rental 12-1 (July 11-Aug 4)	12:30-1 Lane Swim	12-1 Lane Swim	12-1 Lane Swim	Family Swim 11-12:30 *2 lanes available	
Family Swim 1-2	Family Swim 1-2	Family Swim 1-2	Closed 1—4	Family Swim 1-2	Rental 12:30-1:30	
Open Swim 2-3	Open Swim 2-3	Open Swim 2-3		Open Swim 2-3	Closed at 2	
Open Swim 3-4	Open Swim 3-4	Open Swim 3-4		Open Swim 3-4		
Family Swim 4-5	Family Swim 4-5	Family Swim 4-5	Swimming Lessons 4-7	Family Swim 4-5		
Open Swim 5-6	Open Swim 5-6	Open Swim 5-6		Open Swim 5-6	Activity	Colour
					Open Swim	
				Family Swim		
				Parent and Tot		
				Lane Swim		
				Aquafit		
				Swim Lessons		
				Rental Space		
*Note, 1 lane is available during open and family swims for lane swimmers	*Note, 1 lane is available during open and family swims for lane swimmers	*Note, 1 lane is available during open and family swims for lane swimmers	Family Swim *2 Lanes available 7-8	*Note, 1 lane is available during open and family swims for lane swimmers		





Pictou Fitness Centre

YMCA of Pictou County — June 22-September 13

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—1 PM	7 AM—1 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!](#)