



Shine On

Wellness Centre Location — Summer Schedule

YMCA of Pictou County —June 22—September 13

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

Monday					Tuesday					Wednesday					Thursday																											
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 5-7:30 Camp 7:30-9			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-7:30 Camp 7:30-9	6AM Circuit 6-6:45 Book on App		Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-7:30 Camp 7:30-9			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-7:30 Camp 7:30-9	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 9-10:30 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	Parent & Tot/ Adult Lessons 9-10 Book on App	Aquafit 9-9:45 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	Lane Swim 10-2 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	Strengthen & Lengthen 10-10:45 Book on App				Pickleball Open (All Levels) 9-10:50 Book on App				Camp 10-11	Lane Swim 10-2 Book on App																							
Pickleball Open Play 11:10-12:30 Book on App			Warm Water Aquafit 11-11:45 Book on App			Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App		Pickleball 3.0+			Camp 10-11	Zumba 11-11:45				Warm Water Aquafit 11-11:45 Book on App																								
Camp 12:30-3			Open Swim 12-1 Book on App	Livewell 12-1 (Starts July 21)	Cyclefit 12:10-12:50 Book on App (Studio)		Teen Learn to Swim Lessons 12-12:45	11-12:30 Book on App		Muscle Express 12:10-12:50 Book on App (Studio)		Warm Water Aquafit 11-11:45 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)	Partner Rental 10-11	Open Swim 12-1 Book on App																											
			HCRS Rental 1-2 Book on App		Aquafit Mobility Book on App 1-1:45		Camp 1-2:15	Open Swim 12-1				Aquafit Mobility 1-1:45 Book on App																														
			Closed 2-4					Closed 2-4				1/2 Private Child-care 1/2 Camp 2:15-3			Closed 2-4					Closed 2-4																						
1/2 Open Basketball 1/2 Camp 3—4:50	Women on Weights 5-5:45 Book on app	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 4-5	Lane Swim 4-5	1/2 Youth Open Gym	Cyclefit Express 5:30-6 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	1/2 Open Basketball 1/2 Camp 3-5:30	Women on Weights 5-5:45 (Fitness Floor)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	1/2 Youth Open Gym			Teen Learn to Swim Lessons 4-5	Lane Swim 4-5																							
Beginner Pickleball (2.0) 5:30—7 Book on App			Family Swim 5-6	Lane Swim 5-6																																						
Open Gym 7-8:55	Women on Weights 6-6:45 Book on app		Family Swim 6-7	Lane Swim 6-6:30	Youth Open Gym 5:30-6					Group Power 5:30-6:30 Book on App	Cyclefit 5:30-6:15 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Aquafit Bootcamp 6:30-7:15 Book on App	Youth Open Gym 5:30-6		Childminding 4-7:30 (Childminding room) Book on App	Beginner Adult Swim Lessons 5-6	Lane Swim 5-6																							
			Family Swim 7-8	Aquafit Bootcamp 6:30-7:15	Pickleball Comp (3.0+) 6-7:30 Book on App	Muscle Express 6:15-6:55 Book on App (Studio)		Adult Beginner Swim Lessons 7:30-8	Tri-Club Training 7:30-8:45 Book on app									Family Swim 6-7																								
			Family Swim 8-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App	Open Basketball 7:30-8:55					Open Basketball 6:45-8:55				Family Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App	Pickleball (3.0 +) 6-7:30 Book on App	Balance 6-6:45 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					Saturday					Sunday				
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 5-7:30 Camp 7:30-9			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 7-10 Book on App		Adult Basketball 7-9:50		Open Swim 7-9 Book on App	Lane Swim 7-8	
						Triclub Swim 8-9								
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		Parent & Tot 10-11 Book on App				Parent & Tot 9-10 Book on App	Lane Swim 9—12 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		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App	Family Swim 11-12 Book on App	Open Swim 10-11						
			Warm Water Aquafit 11-11:45 Book on App		HCRS Partner- ship Rental 11-12	Women on Weights 11-11:45		Inclusion Swim 11-12						
Camp 10:45-2:15	Muscle Express 12:10-12:50 Book on App		Camp 12-1	Lane Swim 10-2 Book on App	Open Gym 12-2			Rental 12-1		Parent & Tot Open Gym 12-1 Book on App		Family Swim Both Pools 12-1 Book on App		
			Camp 1-2		Open Basketball 2-5:55			Rental 1-2		Family Swim Both Pools 1-2 Book on App		Rental 1-2	Lane Swim 1-2 Book on App	
1/2 Private Childcare			Closed 2-4					Family Swim Both Pools 2-3 Book on App		Family Swim Both Pools 2-3 Book on App				
1/2 Camp 2:15-3									Rental 3-4	Lane Swim 3-4 Book on App	Sunday/Funday Partnership Rental 3-4	Lane Swim 3-4 Book on App		
1/2 Open Basketball 1/2 Camp 3-5:30			Family Swim 4-5 Book on App	Lane Swim 4-5 Book on App			Rental 4-5	Family Swim Both Pools 4-5 Book on App				Rental 4-5	Special Olympics Rental 4-5PM	
			Family Swim 5-6 Book on App	Aquafit Cardio Box 5—5:45 Book on App				Family Swim 5-5:45 Book on App	Lane Swim 5-5:45 Book on App			Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App	
Teen Night Open Gym 5:30-7:30 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6—8:45 Book On App			Pool closes at 5:45 pm					Pool closes at 5:45 pm		
Open Gym 7:45-8:55			Teen Swim 7-8:45 Book on App											

My Y app
Instructions



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 1_14