Pictou Fisheries Training Pool YMCA

YMCA of Pictou County —September 3—December 20, 2026

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	
12:30-1 Lane Swim	Lane Swim 12-1	12:30-1 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 4-6:30	PC Mariners Swim Team 4-6:30	PC Mariners Swim Team 4-5:30 Lane Swim 5:30-6:30	Swimming Lessons 4-7 PC Mariners Swim Team 5:30-6:30	PC Mariners Swim Team 4-5:30 Rental 6-7	Closed at 2	
Family Swim 6:30-8	Family Swim 6:30-8	Family Swim 6:30-8	Family Swim 7-8	Family Swim 7-8		

Activity	Colour
Open Swim	
Family Swim	
Parent and Tot	
Lane Swim	
Aquafit	
Swim Lessons	
Rental Space	

Pictou Fitness Centre

YMCA of Pictou County —September 3—December 20, 2026

Pictou, NS B0K 1H0

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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**
		Flow Yoga 9AM—10AM				Flow Yoga 9AM-10AM

- 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!*