



PCYMCA of Pictou County —September 14—December 20, 2026
2756 Westville Road, New Glasgow | www.pcymca.ca | 902-752-0202

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday	
Leisure Pool	Lanes 1 & 2	Lanes 3—6	Leisure Pool	Lanes 1 & 2	Lanes 3—6	Leisure Pool	Lanes 1 & 2	Lanes 3—6	Leisure Pool	Lanes 1 & 2	Lanes 3—6	Leisure Pool	Lanes 1 & 2	Lanes 3—6	Leisure Pool	25m Pool	Leisure Pool	25m Pool
Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:30	Lane Swim 6-8:30 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:30 Book on App	Lane Swim 6-8:30 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:30 Book on App	Lane Swim 6-8:30 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:30 Book on App	Lane Swim 6-8:30 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:30 Book on App	Lane Swim 6-8:30 Book on App				
Parent & Tot Open Swim 9-10 Book on App	Aquafit 9-9:45 Book on App		Parent & Tot Open Swim 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App		Parent & Tot/Adult Lessons 9-10 Book on App	Aquafit 9-9:45 Book on App		Parent & Tot Open Swim 9-10 Book On App	Aquafit Bootcamp 9-9:45 Book on App		Parent & Tot Open Swim 9-10 Book On App	Aquafit 9-9:45 Book on App		Swimming Lessons 9-12	Swimming Lessons 9-12	Open Swim 7-9 Book on App	Lane Swim 7-8 Tri Club Swim 8-9
Swim to Survive 10-11	Swim to Survive 10-11	Lane Swim 10-2 Book on App	Baby & Me Aquafit 10—10:45 Book on App	Open Exercise (Wide Lane) 10-2 Book on App	Lane Swim 10-2 Book on App	Swim to Survive 10-11	Swim to Survive 10-11	Lane Swim 10-2 Book on App	Swim to Survive 10-11	Swim to Survive 10-11	Lane Swim 10-2 Book on app	Swim to Survive 10-11	Swim to Survive 10-11	Lane Swim 10-2 Book on App			Parent & Tot Swim 9-10 Book on App	Lane Swim 9-10 Book on App
Warm Water Aquafit 11-11:45 Book on App	Open Exercise (Wide Lane) 11-2		Warm Water Aquafit 11-11:45 Book on App			Warm Water Aquafit 11-11:45 Book on App	Warm Water Aquafit 11-11:45 Book on App		Warm Water Aquafit 11-11:45 Book on App	Warm Water Aquafit 11-11:45 Book on App		Warm Water Aquafit 11-11:45 Book on App	Rental 10-11				APC Lessons 10-11	
Open Swim 12-1 Book on App			Open Swim 12-1 Book on App			Open Swim 12-1 Book on App	Open Exercise (Wide Lane) 11-2		Open Swim 12-1 Book on App	Open Exercise (Wide Lane) 10-2 Book on App		Open Swim 12-1 Book on App	Open Exercise (Wide Lane) 10-2				APC Lessons 11-1	Lane Swim 11—2 Book on App
HCRS Rental 1-2 Book on App			Aquafit Mobility 1-1:45 Book on App			Inclusion Swim 1-2	Aquafit Mobility 1-1:45 Book on App		Open Swim 1-2 Book on App	Open Swim 1-2 Book on App		Open Swim 1-2 Book on App	Rental 12-1				Lane Swim 12-1 Book on App	
Aquatic Centre Closed 2-4			Aquatic Centre Closed 2-4			Aquatic Centre Closed 2-4			Aquatic Centre Closed 2-4			Aquatic Centre Closed 2-4			Family Swim 1-2 Book on App		Rental 1-2	
Swimming Lessons 4-7:30	Swim Lessons 4-6:30	Swimming Lessons 4-7:30	Parent & Tot Swim Lessons 4-4:30	Teen Swim Lessons Level 2 4-4:30	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Swim Lessons 4-6:30	Swimming Lessons 4-7:30	Parent & Tot Swim Lessons 4-4:30	Open Exercise (Wide Lane) 4-7 Book on App	Lane Swim 4-7 Book on App	Family Swim 4-5 Book on App	Private Swim Lessons 4-5	Lane Swim 4-5 Book on App	Family Swim 2-3		Family Swim 2-3 Book on App	
	Swimming Lessons 4-7:30		Jr. Swim Club 4:35-5:20	Swimming Lessons 4-7:30					Swim Lessons 4-6			Family Swim 5-6 Book on App	Aquafit Cardio Box 5-5:45	Private Swim Lessons 5-6	Rental 3-4	Lane Swim 3-4 Book on App	Sunday Funday Partnership Rental 3-4	Lane Swim 3-4 Book on App
	Aquafit Bootcamp 6:30-7:15 Book on App	Adult Lessons Level 1 6:20-6:50	Teen Swim Lessons Level 1 6:30-6:50	Aquafit Bootcamp 6:30-7:15 Book on App								Rental 6-7	Private Swim Lessons 6-7	Family Swim 4-5 Book on App		Rental 4-5	Special Olympics 4-5	
Family Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App	Lane Swim 7:30 -8:45 Book on App	Adult Lessons Level 2 6:55—7:25	Adult Lessons Level 3 7:05-7:25	Tri-Club Training 7:30-8:45 Book on app	Family Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App	Family Swim 7-8:45 Book on App	Tri-Club 7-8 Book on app		Family Swim 7-8:45 Book on App	Private Swim Lessons 7-7:30	Lane Swim 6-8:45 Book on App	Family Swim 5-5:45 Book on App		Family Swim 5-5:45 Book on App	Lane Swim 5-5:45 Book on App
		Family Swim 7:45:-8:45 Book on App	Family Swim 7:45-8:45 Book on App				Lane Swim 8-8:45 Book on App		Lane Swim 7:30-8:45 Book on App									



1:6

- Children 11 and under must have a parent/guardian who is at least 16 years old on the pool deck, or must qualify for the YMCA Junior Swim Club.



ymcaofPictouCounty

X

@YMCA Pictou Co

Wellness Centre Location — Fall Schedule

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What do the Colours Mean?

- Pickleball
- Childminding Services
- Cyclefit
- Low Intensity
- Medium Intensity
- High Intensity
- Private Rental

Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday																							
Gymnasi-um	Studio	Cycle Studio	Childmind-ing	Youth Room	Gymnasium	Studio	Cycle Studio	Childmind-ing	Youth	Gymnasi-um	Studio	Cycle Stu-dio	Childmind-ing	Youth	Gymnasium	Studio	Cycle Studio	Childmind-ing	Youth	Gymnasi-um	Studio	Cycle Studio	Childmind-ing	Youth	Gymnasi-um	Studio	Cycle Studio	Childmind-ing	Youth	Gymnasi-um	Studio																						
Open Gym 5-8:30			Childmind-ing 8:30-11 Reserve on the Y App		Open Gym 5-8:30	6 AM Circuit 6-6:45	Cyclefit 9-9:45	Childmind-ing 8:30-11 Reserve on the Y App		Open Gym 5-8:30			Childmind-ing 8:30-11 Reserve on the Y App		Open Gym 5-8:30	6AM Circuit 6-6:45	Cyclefit 9-9:45	Childmind-ing 8:30-11 Reserve on the Y App		Open Gym 5-8:30			Childmind-ing 8:30-11 Reserve on the Y App		Open Gym 7-8:30		Cyclefit 7:30-8:15		Adult Basketball 7-9:50																								
Group Power 9-10					Pickleball Open Play 8:30-9:50										Barre x Strength 9-9:45					Pickleball Open (All levels) 8:30-9:50						Total Strength 9-9:45				Group Power 8:45—9:45	Women on Weights 9:15-10	Childmind-ing 8:30-12 Reserve on the Y App	Somatic Stretch 10:30-11:30																				
Fit for Life Group Power 10:10-11					Balance 10-10:45										Zumba 10-11	Flow Yoga 10-11									Fit for Life Strengthen & Length 10-10:45		Fitness Kickboxing 10-10:45			Flow Yoga 10-11				Fit for Life: Total Strength 10-10:45	Modern Movement Yoga 10-11	Parent & tot Open Gym 10-11	Flow Yoga 10-11		Pickleball Open (All Levels) 10-11:50														
Pickleball Open Play 11:10-1	Power & Balance 12:10-12:50			Zumbini 11-11:45	Parent & Tot Open Gym 11-11:45	Chair Yoga 11:15-12	Cyclefit 12:10-12:50			Pickleball 3.0+ 11-1					Parent & Tot Open Gym 11-11:50		Cyclefit 12:10-12:50		Zumbini 11:10-11:50 Ward One Drop-In	Pickleball Open Play 11-1				HCRC Rental 11-12	Corefit 11:15-12	Women on Weights 11-11:45 (Fitness floor)			Parent & Tot Open Gym 12-1																								
Open Gym 1:10-2:10						Livewell 12-1 Registered Program													Open Gym 1-2		Walking Fit 1:15-2				Open Gym 1-2:15				Pickleball Practice (all levels) 12-1:30			Rental 12-2																					
Private Childcare 2:15-3						Private Childcare 2:15-3													Private Childcare 2:15-3		Private Childcare 2:15-3				Private Childcare 2:15-3				Private Childcare 2:15-3																								
Group Power Express 4:30-5:15		Cyclefit 5:30-6:15	Childmind-ing 4-7:30 Reserve on the Y app		Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Regis-tered Program		Childmind-ing 4-7:30 Reserve on the Y app		Zumba 4:30-5:15		Cyclefit 5:30-6:15	Childmind-ing 4-7:30 Reserve on the Y app		Open Basketball 3-4:45	HIIT 4:30-5:15		Childmind-ing 4-7:30 Reserve on the Y app		Total Strength 4:30-5:15										Open Basketball 1—5:45																							
Beginner Pickleball (2.0) 5:30-7:00					Women on Weights 5-5:45					Beginner Karate 5-5:40 Registered Program						Cyclefit Express 5:30-6				Group Power 5:30-6:30											Women On Weights 5-5:45	Beginner Karate 5-5:40 Registered Program																					
					Women on Weights 6-6:45					Int/Adv Karate 5:45-6:25 Registered Program					Muscle Express 6:15-6:55																Women on Weights 6-6:45		Int/Adv Karate 5:45-6:25 Registered Program	Balance 6-6:45																			
Open Basketball 7:00-8:55	Pound 6:30-7:30				Pickleball Comp. (3.0+) 6:30-8:55					Open Basketball 6:45—8:55	Piyo 6:30-7:30				Pickleball Comp. (3.0+) 6:30-8:55	Yin Yoga 7-8																																					

When you visit:

- Everyone 16+ must sign in with a Photo ID
- 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!
- Visits must be reserved in the My Y App
- Children 11 and under are not permitted in the Fitness Centre. A fitness orientation is required for participants ages 12-15 and strongly recommended for participants 16+.
- Those ages 12-15 are not permitted to use plate-loaded exercise machines. Use of pin-loaded, free weights, and cardio equipment is permitted.

