



**For the safety and comfort of
all members, users must
BOOK VISITS AHEAD ON THE MY Y APP.**

MEMBERS:
Book your visit ahead
on the My Y app.

- Children 11 and under must have completed **Star 3 or equivalent** and must be under the direct supervision of a parent/guardian at least 16 years old.
- Lane swims are not suitable for young children or learning swimmers. Swimmers must be able to swim **1 continuous length**.

- **Adults Required in Water:** Children 0–7 must be within arm’s reach of a parent/guardian at all times in the water.
- **Adults Required on Deck:** Children 8–11 must have a parent/guardian at least 16 years old on the pool deck.

1:4 1 Adult for every 4 children under the age of 4

1:6 1 Adult for every 6 children between the ages of 5–8

- 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.

Stay Connected!

 YMCA of Pictou County

 My Y App

 ymcaofPictouCounty

 @YMCApictouCo

Wellness Centre Location — Fall Schedule

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

What do the Colours Mean?	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday																						
	Gymnasi-um	Studio	Cycle Studio	Childmind-ing	Youth Room	Gymnasium	Studio	Cycle Studio	Childmin-ding	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																										
	Open Gym 5-8:30	Strength & Stability 6-6:45				Open Gym 5-8:30	6 AM Circuit 6-6:45				Open Gym 5-8:30					Open Gym 5-8:30	6AM Circuit 6-6:45				Open Gym 5-8:30					Open Gym 7-8:30		Cyclefit 7:30-8:15		Adult Basketball 7-9:50																							
	Group Power 9-10					Childmind-ing 8:30-11		Pickleball Open Play 8:30-9:50			Cyclefit 9-9:45			Childmind-ing 8:30-11 Reserve on the Y App			Pickleball Open (All levels) 8:30-9:50		Cyclefit 9-9:45		Childmind-ing 8:30-11 Reserve on the Y App					Total Strength 9-9:45		Childmind-ing 8:30-11 Reserve on the Y App			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				Reserve on the Y App		Fitness Kickboxing 10-10:45	Flow Yoga 10-11							Fit for Life Strengthen & Length 10-10:45		Zumba 10-11	Flow Yoga 10-11 (Starts Oct 1)					Fit for Life: Total Strength 10-10:45		Modern Movement Yoga 10-11 (Starts Oct 2)		Parent & tot Open Gym 10-11	Flow Yoga 10-11							Pickleball Open (All Levels) 10-11:50																	
	Pickleball Open Play 11:10-1	Strength & Stability 12:10-12:50				Zumbini 11-11:45	Parent & Tot Open Gym 11-11:45	Chair Yoga 11:15-12						Pickleball 3.0+ 11-1			Parent & Tot Open Gym 11-11:50				Zumbini 11:10-11:50 Ward One Drop-In			Pickleball Open Play 11-1			HCRS 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					Walking Fit 1:15-2				Open Gym 1-2					Walking Fit 1:15-2					Open Gym 1-2:15																																	
	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	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	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	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	Private Childcare 2:15-3	Private Childcare 2:15-3	Private Childcare 2:15-3
Total Strength 4:30-5:15	Open Bas-ketball 3-4:45					Mat Pilates 4:30-5:15 Registered Program				Open Bas-ketball 3-4:45					Mat Pilates 4:30-5:15 Registered Program					Open Bas-ketball 3-4:45												Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45	Mat Pilates 4:30-5:15 Registered Program	Open Bas-ketball 3-4:45
Beginner Pickleball (2.0) 5:30-7:00	Women on Weights 5-5:45	Cyclefit 5:30-6:15	Childmind-ing 4-7:30 Reserve on the Y app		Beginner Karate 5-5:40 Registered Program		Cyclefit Express 5:30-6	Childmind-ing 4-7:30 Reserve on the Y app		Group Power 5:30-6:30	Women On Weights 5-5:45	Cyclefit 5:30-6:15	Childmind-ing 4-7:30 Reserve on the Y app		Beginner Karate 5-5:40 Registered Program			Childmind-ing 4-7:30 Reserve on the Y app																																			
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	Women on Weights 6-6:45				Int/Adv Karate 5:45-6:25 Registered Program	Muscle Express 6:15-6:55				Teen Night Open Gym 5:30-8:45																																	

Centre Location — Fall Schedule

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d. New Glasgow | www.pcymca.ca| 902-752-0202

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.

