Pictou County

Shine On

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

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) 6-8:45	Lane Swim 6-8:45 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:45 Book on App	Lane Swim 6-8:30 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:45 Book on App	Lane Swim 6-8:45 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:45 Book on App	Lane Swim 6-8:45 Book on App	Open Swim 6-9 Book on App	Open Exercise (Wide Lane) 6-8:45	Lane Swim 6-8:45 Book on App	Open Swim 7-9 Book on App	Lane Swim 7-9 Book on App	Open Swim 7-9 Book on App	Lane Swim 7-8 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		Tri Club Swim 8-9
Swim to Survive 10-11			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			Swim to Survive 10-11					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	Lane Swim 11-2 Book on App	Warm Water Aquafit 11-11:45 Book on App			Warm Water Aquafit 11-11:45 Book on App	Open Exercise (Wide Lane) 11-2	Lane Swim 11-2 Book on App	Warm Water Aquafit 11-11:45 Book on App	Open Exercise (Wide Lane) 10-2 Book on App	Lane Swim 11-2 Book on App	Warm Water Aquafit 11-11:45 Book on App	Open Exercise (Wide Lane) 10-2	Lane Swim 11-2 Book on App			Rental 10-11	Autism Society Swim Lesson Rental 10-11
Open Swim 12-1 Book on App			Open Swim 12-1 Book on App			Open Swim 12-1 Book on App			Open Swim 12-1 Book on App			Open Swim 12-1 Book on App					Autism Socie-ty Swim Lesson Rental 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 Book on App 1-1:45			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	
	Aquafit Bootcamp 6:30-7:15 Book on App		Swimming Lessons 4-7:30	Jr. Swim Club 4:35-5:20			Aquafit Bootcamp 6:30-7:15 Book on App		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
			Adult Lessons Level 1 6:20-6:50	Teen Swim Lessons Level 1 6:30-6:50								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					

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.

NON-MEMBERS:

Call our Membership Services Desk to make a reservation.

902-752-0202

LANE SWIMS

- 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.**

VISITING THE POOL WITH CHILDREN

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.

RATIOS OF ADULTS PER CHILDREN IN THE WATER:

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

SWIMMING LESSONS

- 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

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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	
Gymnasium	Studio	Cycle Studio	Childminding	Youth Room	Gymnasium	Studio	Cycle Studio	Childminding	Youth	Gymnasium	Studio	Cycle Studio	Childminding	Youth	Gymnasium	Studio	Cycle Studio	Childminding	Youth	Gymnasium	Studio	Cycle Studio	Childminding	Youth	Gymnasium	Studio	Cycle Studio	Childminding	Youth	Gymnasium	Youth
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			Childminding 8:30-11 Reserve on the Y App		Pickleball Open Play 8:00-9:50		Cyclefit 9-9:45	Childminding 8:30-11 Reserve on the Y App		Barre x Strength 9-9:45			Childminding 8:30-11 Reserve on the Y App		Pickleball Open (All levels) 8:00-9:50		Cyclefit 9-9:45	Childminding 8:30-11 Reserve on the Y App		Total Strength 9-9:45			Childminding 8:30-11 Reserve on the Y App		Group Power 8:45—9:45	Women on Weights 9:15-10		Childminding 8:30-12 Reserve on the Y App			
Fit for Life Group Power 10:10-11	Balance 10-10:45				Fitness Kickboxing 10-10:45	Flow Yoga 10-11				Fit for Life Strengthen & Length 10-10:45					Zumba 10-10:45	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	Rental 10-12
Pickleball Open Play 11:10-1					Parent & Tot Open Gym 11-11:45	Chair Yoga 11:15-12				Pickleball 3.0+ 11-1	Corefit 12:30-1:10				Parent & Tot Open Gym 11-11:50					Pickleball Open Play 11-1	Kettlebell 12:10-12:50				HCRS Rental 11-12	Corefit 11:15-12	Women on Weights 11-11:45 (Fitness floor)			Parent & Tot Open Gym 12-1	
	Strength & Stability 12:10-12:50				Livewell 12-1 *Registered Program*		Cyclefit 12:10-12:50								Livewell 12-1 *Registered Program*		Cyclefit 12:10-12:50								Pickleball Practice (Court 1&2 Level 2.5-3.0 Court 3&4 Level 3.5+) 12-1:30						
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									Rental 12-2		Rental 1-3
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 Basketball 3-4:45	Mat Pilates 4:30-5:15 *Registered Program*				Zumba 4:30-5:15					Open Basketball 3-4:45	HIIT 4:30-5:15				Total Strength 4:30-5:15					Open Basketball 1:30-5:45				Rental 3-5	Open Basketball 1—5:45	
Beginner Pickleball (2.0) 5:30-7:00	Women on Weights 5-5:45	Cyclefit 5:30-6:15	Childminding 4-7:30 Reserve on the Y app		Beginner Karate 5-5:40 *Registered Program*		Cyclefit Express 5:30-6	Childminding 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	Childminding 4-7:30 Reserve on the Y app		Beginner Karate 5-5:40 *Registered Program*			Childminding 4-7:30 Reserve on the Y app											Rental 4-6
	Women on Weights 6-6:45				Int/Adv Karate 5:45-6:25 *Registered Program*	Muscle Express 6:15-6:55				Open Basketball 6:45—8:55	Women on Weights 6-6:45				Int/Adv Karate 5:45-6:25 *Registered Program*	Balance 6-6:45				Teen Night Open Gym 5:30-8:45										
Open Basketball 7:00-8:55	Pound 6:30-7:30				Pickleball Comp. (3.0+) 6:30-8:55						Piyo 6:30-7:15				Pickleball Comp. (3.0+) 6:30-8:55	Yin Yoga 7-8									Rental 6-8						

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.

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