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

Gymnasium	Studio	Cycle Studio	Childminding	Youth Room
Open Gym 5-8:30	Strength & Stability 6-6:45			
Group Power 9-10			Childminding 8:30-11 Reserve on the Y App	
Fit for Life Group Power 10:10-11	Balance 10-10:45			
Pickleball Open Play 11:10-1	Strength & Stability 12:10-12:50			
Open Gym 1:10-2:10				
Private Childcare 2:15-3				
Total Strength 4:30-5:15				
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	
	Women on Weights 6-6:45			
Open Basketball 7:00-8:55	Pound 6:30-7:30			

Tuesday

Gymnasium	Studio	Cycle Studio	Childminding	Youth
Open Gym 5-8:30	6 AM Circuit 6-6:45			
Pickleball Open Play 8:00-9:50		Cyclefit 9-9:45	Childminding 8:30-11 Reserve on the Y App	
Fitness Kickboxing 10-10:45	Flow Yoga 10-11			
Parent & Tot Open Gym 11-11:45	Chair Yoga 11:15-12			
Livewell 12-1 *Registered Program*		Cyclefit 12:10-12:50		
Walking Fit 1:15-2				
Private Childcare 2:15-3				
Open Basketball 3-4:45	Mat Pilates 4:30-5:15 *Registered Program*			
Beginner Karate 5-5:40 *Registered Program*		Cyclefit Express 5:30-6	Childminding 4-7:30 Reserve on the Y app	
Int/Adv Karate 5:45-6:25 *Registered Program*	Muscle Express 6:15-6:55			
Pickleball Comp. (3.0+) 6:30-8:55				

Wednesday

Gymnasium	Studio	Cycle Studio	Childminding	Youth
Open Gym 5-8:30				
Barre x Strength 9-9:45			Childminding 8:30-11 Reserve on the Y App	
Fit for Life Strengthen & Length 10-10:45				
Pickleball 3.0+ 11-1	Corefit 12:30-1:10			
Open Gym 1-2				
Private Childcare 2:15-3				
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	
Open Basketball 6:45—8:55	Women on Weights 6-6:45			
	Piyo 6:30-7:15			

Thursday

Gymnasium	Studio	Cycle Studio	Childminding	Youth
Open Gym 5-8:30	6AM Circuit 6-6:45			
Pickleball Open (All levels) 8:00-9:50		Cyclefit 9-9:45	Childminding 8:30-11 Reserve on the Y App	
Zumba 10-10:45	Flow Yoga 10-11 (Starts Oct 1)			
Parent & Tot Open Gym 11-11:50				
Livewell 12-1 *Registered Program*		Cyclefit 12:10-12:50		
Walking Fit 1:15-2				
Private Childcare 2:15-3				
Open Basketball 3-4:45				
Beginner Karate 5-5:40 *Registered Program*			Childminding 4-7:30 Reserve on the Y App	
Int/Adv Karate 5:45-6:25 *Registered Program*	Balance 6-6:45			
Pickleball Comp. (3.0+) 6:30-8:55	Yin Yoga 7-8			

Friday

Gymnasium	Studio	Cycle Studio	Childminding	Youth
Open Gym 5-8:30				
Total Strength 9-9:45			Childminding 8:30-11 Reserve on the Y App	
Fit for Life: Total Strength 10-10:45	Modern Movement Yoga 10-11 (Starts Oct 2)			
Pickleball Open Play 11-1	Kettlebell 12:10-12:50			
Open Gym 1-2:15				
Private Childcare 2:15-3				
Total Strength 4:30-5:15				
Teen Night Open Gym 5:30-8:45				

Saturday

Gymnasium	Studio	Cycle Studio	Childminding	Youth
Open Gym 7-8:30		Cyclefit 7:30-8:15		
Group Power 8:45—9:45	Women on Weights 9:15-10		Childminding 8:30-12 Reserve on the Y App	
Parent & tot Open Gym 10-11	Flow Yoga 10-11			
HCRS Rental 11-12	Corefit 11:15-12	Women on Weights 11-11:45 (Fitness floor)		
Pickleball Practice (Court 1&2 Level 2.5-3.0 Court 3&4 Level 3.5+) 12-1:30				
Open Basketball 1:30-5:45				Rental 12-2
				Rental 3-5
				Rental 6-8

Sunday

Gymnasium	Youth
Adult Basketball 7-9:50	
Pickleball Open (All Levels) 10-11:50	Rental 10-12
Parent & Tot Open Gym 12-1	
Open Basketball 1—5:45	Rental 1-3
	Rental 4-6

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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