

Monday					Tuesday					Wednesday					Thursday							
Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool			
Open Gym 5-8:30					Open Gym 5-8:30					Open Gym 5-8:30					Open Gym 5-8:30							
	Cycle Express 6:15-6:45 Book on App (Studio)		Open Swim 6-9	Lane Swim 6-9 Book on App					Open Swim 6-9				Lane Swim 6-9 Book on App	HIIT 6-:15-6:45 Book on App (Studio)					Open Swim 6-9	Lane Swim 6-9 Book on App		Open Swim 6-9
Group Power 9-10 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App		Cyclefit 9-9:45 Book on app (Studio)	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-11 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Cardio Kickbox- ing 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit & Sculpt 9-10 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-11 Book On App	Aquafit Bootcamp 9-9:45 Book on App			
Fit for Life- Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App		Open Swim 10-11		Pickleball Open Play 8:30-9:50 Book on App	Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10:15—10:55 Book on app		Balance 10-10:45 Book on App					Floaters 9-9:30 Learn to Float 9:30-10 Book on app	Lane Swim 10-11 Book on App			Pickelball Open (All Levels) 8:30-9:50 Book on App	FFL Cyclefit & Core 10-10:45 Book on App	Baby & Me Aquafit 10:15—10:55 Book on app	
Pickleball Open Play 11:10-1 Book on App					Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App				Tai Chi 10-11 Book on App									Chair Yoga 11:15-12 Book on App	Warm Water Aquafit 11-11:45 Book on App		
				Open Swim 12-1				Parent & Tot Open Gym 12-1 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)				Open Swim 12-1			Open Swim 12-1		Lane Swim 12-2 Book on App	Parent & Tot Open Gym 12-1 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)	Open Swim	
Excel 1:15-2:15			HCRS Rental 1-2	Partnership Rental 1-2					Aquafit Mobility Book on App 1-1:45				Excel 1:15-2:15									
Private Childcare 2:15-3	Cycle Express 4:30-5 Book on App (Studio)	Closed 2-4		Private Childcare 2-3	Closed 2-4		Drop In Floor Curling Book on App 2:15-3					Closed 2-4		Private Childcare 2-3			Closed 2-4					
Open Basketball & Open Badminton 3-6:15				Full Court Open Basketball 3-4			Open Basketball 3-5:15	Open Gym 3-4:45						Cyclefit 5-5:45 Book on App (Studio)								
PIYo 6:30-7:15 Book on App			Swimming Lessons 4-7:25	Swimming Lessons 4-7	Kick & Play Soccer 4-4:45 ages 3-6 Book on App	Lego Play (ages 3+) 4:15-5 Book on App	Swimming Lessons 4-7	Swimming Lessons 4-7			Creative Movements 4-4:30 Book on App	Swimming Lessons 4-7	Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)		Autism Swimming Lessons in Partnership with Autism Pictou County 4-7						
		Cyclefit 5:30-6:15 Book on App (Studio)			Beginner Karate 5-5:40												Intermediate/ Advanced Karate 5:40-6:20	Cyclefit 5:30-6:15 Book on App (Studio)	Group Power 5:30-6:30 Book on App	Cyclefit 5:30-6:15 Book on App	Beginner Karate 5-5:40	
Open Basketball 7:30—8:55			Childminding 4-7:30 (Childminding room) Book on App	Aquafit Bootcamp 6:30-7:15 Book on App		Pickleball Comp (3.0+) 6:30-8:55 Book on App	Kettlebell Class 6:30-7:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App			PCA Rental 6:45-8		Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-6:50	Aquafit Bootcamp 6:30-7:15 Book on App	Step 5:45-6:30 Book on App	Intermediate/ Advanced Karate 5:45-6:25	Childminding 4-7:30 (Childminding room) Book on App				
		Family Swim 7:30-8:45 Book on App														Swim for Fitness 7:15-8 Book on App				Adult Learn to Float 7-7:30 Book on App	YMCA Swim Club 7-8 Book on App	Open Gym 7:45-8:55
								Adult Learn to Glide 7:30-8 Book on App					Family Swim 7-8:45 Book on App	Lane Swim 7:30-8:45 Book on App		Adult Learn to Swim 7:30-8 Book on App	Lane Swim 8-8:45 Book on App					
			Lane Swim 7:45-8:45 Book on App					Family Swim 7-8:45 Book on App	Lane Swim 8-8:45 Book on App													

What do the Colours mean?

Low Intensity Class

Medium Intensity Class

High Intensity Class

Cyclefit Class

Child & Youth program

Parented & Family

Childminding

Swim Class/Club



What do the Colours

- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Parented & Family
- Childminding
- Swim Class/Club

Stay Connected!

YMCA of Pictou County

ymcaofpictoucounty

@YMCAPictouCo

On the MyY app
And www.pcyymca.ca

Friday					Saturday					Sunday			
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9	Lane Swim 6-9 Book on App	Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App		Open Swim 7-9:30		Adult Basketball 7-9:30		Open Swim 7-9	Tri Club Swim 7-8 Book on App
Barre 9-9:45 Book on App			Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 9-10 Book on App	Cardio Kick-boxing (studio) 9-9:45 Book on App					Tri-Club Cyclefit 8:15-9 Book on App	Parent & Tot 9-10 Book on App	
Fit For Life - Barre 10-10:45 Book on App	Pickelball Strength & Agility 10:30-11 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons 9:30-12		Pickelball Open (All Levels) 9:30-12 Book on App		Inclusion Swim 10-11 Book on App	
Pickelball Open (All Levels) 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	HCRS Partnership Rental 11-12	Men's Strength 11-11:45 Book on App						Open Swim 11-12	
			Open Swim 12-2		Pickelball Practice 1/2 Gym 12-1:30 Book on App			Rental 12-1	Lane Swim 7-5:45 Book on App		Y Thrive Grow (Age 10-15) 1-1:45 Book on App	Rental 12-1	
Partnership Rental 1-3:15					Open Gym 1:30-3		Rental 1-2	Family Swim 1-3 Book on App		Open Gym 12-6		Family Swim 1-3	
			Closed 2-4										
Open Basketball 3:30-6			Family Swim 4-6 Book on App		Open Basketball 3-6		Rental 3-4					Rental 3-4	
				Lane Swim 4-8:45 Book on App			Rental 4-5	Family Swim 4-5:45 Book on App				Family Swim 4-5:45 Book on App	Special Olympics Rental 4-5PM
Teen Night Open Gym 3-7:45 Book on App	Cyclefit 6-6:45 (Studio) Book on App	Rental (Youth Room) 7-8	Rental 6-7										Lane Swim 5-5:45PM Book on App
		Dungeons & Dragons (Childminding Room) 6-9	Family Swim 7-8:45 Book on App										
Open Gym 7:45-8:55								Pool closes at 5:45 pm					Pool closes at 5:45 pm

My Y app Instructions

- Download the My Y mobile app from your mobile app store
- Register with your email associated with your YMCA account
- Check your email for a pin Number
- Create your app password and enter your pin to login
- Start exploring, stay informed and plan your next visit!
- Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit"
- Select "reserve" on your desired class, or select a time for your visit.



When you visit:

- Everyone 16+ must sign in with a Photo ID
- Swims: Children must be 8+ to swim without an adult.
- 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!
- Childminding services are available 8:30AM-11AM (MON-FRI) and 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App

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