



Shine On

YMCA of Newfoundland and Labrador
 Labrador Region
 2 Corporal O'Quinn Blvd.
 P.O. Box 659, Station C
 Happy Valley-Goose Bay, NL AOP 1C0
 www.ymcanl.com
 CRA#108225533RR0001

Aquatics Schedule – Central Labrador YMCA (June 21 to September 15, 2024)

Hours: Mon.-Fri. 7:30am-9:00pm | Sat.-Sun. 8:30am-9:00pm
Closed: June 24 (June Holiday), July 1 (Canada Day), August 5 (Civic Holiday), September 2 (Labour Day)
 *Schedule is subject to change without notice. View "Notices" tab on ymcanl.com for all the latest details.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool
10:00-11:45 Lanes /Open	10:00-11:45 Open	8:00-9:45 Lanes /Open	8:00-9:45 Open	8:00-9:45 Lanes /Open	8:00-9:45 Open	8:00-9:45 Lanes /Open	8:00-9:45 Open	8:00-9:45 Lanes /Open	8:00-9:45 Open	8:00-9:45 Lanes /Open	8:00-9:45 Open	10:00-11:45 Lanes /Open	10:00-11:45 Open
12:00-1:30 Lanes /Open	12:00-1:30 Open	10:00-11:00 Rental										12:00-1:30 Lanes /Open	12:00-1:30 Open
1:45-2:45 Lanes /Rental	1:45-2:45 B-day Rental	11:15-12:45 Lanes /Open	11:15-12:45 Open	11:15-12:45 Lanes /Open	11:15-12:45 Open	11:15-12:45 Lanes /Open	11:15-12:45 Open	11:15-12:45 Lanes /Open	11:15-12:45 Open	11:15-12:45 Lanes /Open	11:15-12:45 Open	12:15-1:00 Deep Water Aquafit	
		12:15-12:45 Shallow Water Aquafit		12:15-12:45 Shallow Water Aquafit				12:15-12:45 Shallow Water Aquafit				1:45-2:45 Lanes /Rental	1:45-2:45 B-day Rental
2:45-3:45 Lanes /Open	2:45-3:45 Open	12:45-1:15 Closed										2:45-3:45 Lanes /Open	2:45-3:45 Open
		1:15-2:15 Summer Day Camp Swimmers Only											
4:00-5:00 Lanes /Open	4:00-5:00 Open	2:15-3:45 Lanes /Open	2:15-3:45 Open	2:15-3:45 Lanes /Open	2:15-3:45 Open	2:15-3:45 Lanes /Open	2:15-3:45 Open	2:15-3:45 Lanes /Open	2:15-3:45 Open	2:15-3:45 Lanes /Open	2:15-3:45 Open	4:00-5:00 Lanes /Open	4:00-5:00 Open
5:00-6:00 Lanes /Rental	5:00-6:00 B-day Rental	4:00-6:00 Lanes /Open	4:00-6:00 Open	4:30-6:10 Swim Lessons /Lanes	4:30-6:10 Swim Lessons	4:00-6:00 Lanes /Open	4:00-6:00 Open	4:30-6:10 Swim Lessons /Lanes	4:30-6:10 Swim Lessons	4:00-6:00 Lanes /Open	4:00-6:00 Open	5:00-6:00 Lanes /Rental	5:00-6:00 B-day Rental
6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-6:45 Junior Lifeguard Club	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open
								6:45-8:15 Lanes /Open					