



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

Child, Youth & Family 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
Early Morning						
10:00-11:00 Indoor Playground 1-8 Gym 1	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	9:00-10:15 Rock Climbing 6+ Gym 1	9:00-10:00 Indoor Playground 1-8 Gym 1	10:00-11:00 Rock Climbing 6+ Gym 1
	12:00-1:00 Pickleball / Badminton 16+ Gym 1	12:00-1:00 Pickleball / Badminton 16+ Gym 1	12:00-1:00 Pickleball / Badminton 16+ Gym 1	12:00-1:00 Pickleball / Badminton 16+ Gym 1	12:00-1:00 Pickleball / Badminton 16+ Gym 1	
Early Afternoon & Evening						
12:30-1:30 Rock Climbing 6+ Gym 1	1:15-2:30 Rock Climbing 6+ Gym 1	1:15-2:30 Indoor Playground 1-8 Gym 1	4:45-5:45 Volleyball 6-8 Gym 1	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Indoor Playground 1-8 Gym 1
2:45-4:00 Table Tennis 12+ Gym 1	4:30-5:00 Soccer 3-5 Gym 1	2:45-4:00 Table Tennis 12+ Gym 1	6:15-7:15 Rock Climbing 6+ Gym 1	4:45-5:45 Volleyball 6-8 Gym 1	3:00-3:30 Archery 12+ Gym 1	6:00-8:45 Volleyball 16+ Gym 2
7:00-8:45 Volleyball 16+ Gym 2	5:00-5:30 Soccer 6-8 Gym 1	4:30-5:00 Basketball 3-5 Gym 1	7:00-8:45 Volleyball 16+ Gym 2	6:00-7:15 Indoor Playground 1-8 Gym 1	5:15-6:45 Indoor Playground 1-8 Gym 1	
	5:30-6:00 Soccer 9-11 Gym 1	5:00-5:30 Basketball 6-8 Gym 1		7:00-8:45 Volleyball 16+ Gym 2	7:00-8:45 Volleyball 16+ Gym 2	
	6:00-7:00 Children Dodge Ball 7-10 Gym 1	5:30-6:00 Basketball 9-11 Gym 1		7:30-8:45 Badminton 16+ Gym 1	7:15-8:15 Rock Climbing 6+ Gym 1	
	7:00-8:45 Volleyball 16+ Gym 2	6:00-6:45 Basketball 12+ Gym 1		7:45-8:45 Rock Climbing 6+ Gym 1		
	7:15-8:45 Table Tennis 12+ Gym 1	7:00-8:45 Volleyball 16+ Gym 2	All programs (except Indoor Playground) require registration. To participate, you must have a YMCA membership or short-term pass. Register in person or online at https://ymcanl.com/online-portals/.			