



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

Gymnasium 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	
Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2
8:30-9:45 Open Gym	8:30-6:45 Open Gym	7:30-11:45 Open Gym	8:00-5:00 Day Camps	7:30-11:45 Open Gym	8:00-5:00 Day Camps	7:30-11:45 Open Gym	8:00-5:00 Day Camps	7:30-9:00 Open Gym	8:00-5:00 Day Camps	7:30-8:45 Open Gym	8:00-5:00 Day Camps	8:30-11:45 Open Gym	8:30-5:45 Open Gym
10:00-11:00 Indoor Playground 1-8		12:00-1:00 Pickleball / Badminton 16+		12:00-1:00 Pickleball / Badminton 16+		12:00-1:00 Pickleball / Badminton 16+		9:00-10:15 Rock Climbing 6+		9:00-10:00 Indoor Playground 1-8		10:00-11:00 Rock Climbing 6+	
11:00-12:00 Birthday Rental		1:15-4:30 Open Gym		1:15-2:30 Indoor Playground 1-8		1:15-4:30 Open Gym		10:15-11:45 Open Gym		10:15-11:45 Open Gym		11:00-12:00 Birthday Rental	
12:15-1:30 Open Gym		1:15-2:30 Rock Climbing 6+		2:45-4:30 Open Gym		2:45-4:30 Open Gym		12:00-1:00 Pickleball / Badminton 16+		12:00-1:00 Pickleball / Badminton 16+		12:00-1:00 Indoor Playground 1-8	
1:45-2:45 Birthday Rental		2:45-4:15 Open Gym		2:45-4:00 Table Tennis 12+		2:45-4:00 Table Tennis 12+		1:15-4:30 Open Gym		1:15-2:45 Open Gym		1:45-2:45 Birthday Rental	
2:45-4:00 Table Tennis 12+		4:30-5:00 Soccer 3-5		4:30-5:00 Basketball 3-5		4:30-5:00 Basketball 3-5				3:00-3:30 Archery 12+		3:00-4:45 Open Gym	
4:15-4:45 Open Gym		5:15-7:00 Open Gym	5:00-5:30 Soccer 6-8	5:15-8:45 Open Gym	5:00-5:30 Basketball 6-8	4:45-5:45 Volleyball 6-8	5:15-6:45 Open Gym	4:45-5:45 Volleyball 6-8	5:15-6:45 Open Gym	3:45-5:00 Open Gym	5:15-6:45 Open Gym	5:00-6:00 Birthday Rental	
5:00-6:00 Birthday Rental			5:30-6:00 Soccer 9-11		5:30-6:00 Basketball 9-11	6:15-7:15 Rock Climbing 6+		6:00-7:15 Indoor Playground 1-8		5:15-6:45 Indoor Playground 1-8		6:15-8:45 Open Gym	
6:15-8:45 Open Gym	7:00-8:45 Volleyball 16+		6:00-7:00 Children Dodge Ball 7-10		6:00-6:45 Basketball 12+	7:15-8:45 Open Gym	7:00-8:45 Volleyball 16+	7:30-8:45 Badminton 16+	7:00-8:45 Volleyball 16+	7:00-8:45 Open Gym	7:00-8:45 Volleyball 16+		6:00-8:45 Volleyball 16+
		7:15-8:45 Table Tennis 12+			7:00-8:45 Volleyball 16+			7:45-8:45 Rock Climbing 6+		7:15-8:15 Rock Climbing 6+			