



Shine On

YMCA of Newfoundland and Labrador  
 Avalon Peninsula Region  
 P.O. Box 21291  
 St. John's, NL A1A 5G6  
 www.ymcanl.com  
 CRA#108225533RR0001

## Gymnasium Schedule – Ches Penney Family YMCA (June 21 to September 15, 2024)

**Hours:** Mon.-Thurs. 5:00am-10:00pm | Fri. 5:00am-9:00pm | Sat.-Sun. 7:00am-8:00pm  
**Closed:** June 24 (June Holiday), July 1 (Canada Day), August 7 (Regatta Day), September 2 (Labour Day)

\*Schedule is subject to change without notice. View "Notices" tab on [ymcanl.com](http://ymcanl.com) for all the latest details.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>Early Morning</b>													
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
7:00-8:45 Open Gym		5:00-7:45 Open Gym								7:00-8:45 Open Gym			
9:00-11:30 Indoor Playground		8:00-4:45 Day Camps								9:00-11:30 Indoor Playground			
<b>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 <a href="https://ymcanl.com/online-portals/">https://ymcanl.com/online-portals/</a>.</b>													
<b>Late Morning &amp; Early Afternoon</b>													
12:00-1:00 Birthday Rental		8:00-4:45 Day Camps								12:00-1:00 Birthday Rental			
1:15-2:25 Open Gym										1:15-2:30 Pickleball Intermediate			
2:30-4:00 Pickleball Intermediate										2:35-4:50 Open			
<b>Evening</b>													
4:05-7:45 Open Gym		5:00-6:50 EENS: Adult Sports	5:00-5:50 Soccer 6-8	5:00-7:00 Youth Basketball all 12-18	5:00-6:00 NHL Street 6-8	5:00-7:00 Family Boccia Ball & Pickleball		5:00-6:00 Volleyball	5:00-6:00 Youth Basketball Scrimmage 12-18		4:50-7:45 Open		
			6:00-6:50 Soccer 9-11		6:00-7:00 NHL Street 9-12			6:00-7:00 Open Gym	6:00-6:45 Dash & Splash 6-12				
		7:00-8:30 Pickleball Intermediate		7:05-9:45 Open Gym		7:00-8:30 Pickleball Intermediate		7:00-9:00 EENS: Adult Sports		6:50-8:45 Open Gym			
		8:35-9:45 Open Gym				8:35-9:45 Open Gym		9:05-9:45 Open Gym					