Newfoundland and Labrador

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

Aquatics Schedule – Ches Penney Family YMCA

(August 5 to September 15, 2024)

Hours: Mon.-Thurs. 6:00am-9:30pm | Fri. 6:00am-8:30pm | Sat.-Sun. 7:15am-7:30pm
Whirlpool: Closed during Camp Swims, Female Only Swim, and routine maintenance (Mon. & Wed. 2-3pm, and last Wed. of every month)
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 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**
7:15-9:00 **4-Lane**	7:15-11:55 **Open**	6:00-8:15 **4-Lane**	6:00-9:10 **Open**	6:00-9:05 **4-Lane**	6:00-10:00 **Open**	6:00-9:05 **4-Lane**	6:00-8:25 **Open**	6:00-9:05 **4-Lane**	6:00-10:00 **Open**	6:00-9:05 **4-Lane**	6:00-8:25 **Open**	7:15-9:00 **4-Lane**	7:15-11:55 **Open**
9:05-11:55 **1-Lane /Open**		8:30-9:00 **Deep Water Fitness**	9:15-9:45 **Parent & Tot Swim Lesson**	9:15-10:00 **Aqua Zumba**		9:15-10:00 **Aqua Fit**	8:30-9:00 **Aqua Strength**	9:15-10:00 **Aqua Jog**		9:15-10:00 **Aqua Fit**	8:30-9:00 **Osteo Aqua**	9:05-11:55 **Open**	
		9:15-10:00 **Aqua Fit**					9:15-9:45 **Parent & Tot Swim Lesson**				9:05-10:00 **Open**		
		10:05-11:05 Summer Day Camp Swimmers Only											
12:00-1:00 **2-Lane /Rental**	12:00-1:00 **B-day Rental**	11:15-12:55 **2-Lane /Open**	11:15-12:55 **Open**	11:15-12:55 **2-Lane /Open**	11:15-12:55 **Open**	11:15-12:55 **2-Lane /Open**	11:15-12:55 **Open**	11:15-12:55 **2-Lane /Open**	11:15-12:55 **Open**	11:15-12:55 **2-Lane /Open**	11:15-12:55 **Open**	12:00-1:00 **2-Lane /Rental**	12:00-1:00 **B-day Rental**
1:05-2:00 Female Only												1:05-2:45 **2-Lane /Open**	1:05-2:45 **Swim Lessons**
2:05-4:00 **Open**	2:05-4:00 **Open**	**1:00-2:00 Summer Day Camp Swimmers Only**										2:50-4:00 **Open**	2:50-4:00 Open
		2:00-3:00 Closed		2:05-3:55 **2-Lane /Open**	2:05-3:55 **Open**	**2:00-3:00 Closed**		2:05-3:55 **2-Lane /Open**	2:05-3:55 **Open**	2:05-3:55 **2-Lane /Open**	2:05-6:45 **Open**		
		3:00-4:30 **2-Lane +Swim Lessons**	3:00-7:30 **Swim Lessons**			3:00-3:55 **2-Lane /Open**	3:00-3:55 **Open**						
4:05-7:30 **1-Lane /Open**	4:00-7:30 **Open**	4:35-5:40 **Swim Lessons**	7:35-9:30 **Open**	4:00-7:25 **Swim Lessons**	4:00-6:50 **Swim Lessons**	4:00-6:55 **Swim Lessons**	4:00-6:50 **Swim Lessons**	4:00-7:25 **Swim Lessons**	4:00-6:50 **Swim Lessons**	4:00-6:55 **Swim Lessons**	6:45-7:30 **Dash & Splash**	4:05-5:00 **2-Lane /open**	4:00-7:30 **Open**
		5:45-7:30 **2-Lane +Swim Lessons**		7:30-8:15 **Aqua Fit**	6:55-9:30 **Open**	6:55-7:25 **Adult Lesson**	6:55-9:30 **Open**	7:30-8:15 **Aqua Fit**	6:55-9:30 **Open**		7:30-8:30 **Open**		
		7:35-8:20 **Aqua Fit**		8:20-9:30 **1-Lane /Open**		7:30-9:30 **1-Lane /Open**		8:20-9:30 **1-Lane /Open**		7:00-8:30 **Open**		5:05-7:30 **Open**	
		8:25-9:30 **Open**											

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