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

(September 16 to December 16, 2024)

Hours: Mon.-Thurs. 6:00am-9:30pm | Fri. 6:00am-8:30pm | Sat.-Sun. 7:15am-7:30pm
Whirlpool: Closed during Female Only Swim, and routine maintenance (Mon. & Wed. 2-3pm, and last Wed. of every month)
Closed: Sept. 30 (National Day for Truth and Reconciliation), Oct. 14 (Thanksgiving Day), Nov. 11 (Remembrance 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**
7:15-8:55 **4-Lane**	7:15-11:55 **Open**	6:00-7:55 **4-Lane**	6:00-7:55 **Open**	6:00-7:55 **4-Lane**	6:00-7:55 **Open**	6:00-7:55 **4-Lane**	6:00-7:55 **Open**	6:00-7:55 **4-Lane**	6:00-7:55 **Open**	6:00-7:55 **4-Lane**	6:00-7:55 **Open**	7:15-8:55 **4-Lane**	7:15-8:55 **Open**
		8:00-8:15 Closed											
9:00-12:00 **2-Lane +Swim Lessons**		8:30-9:00 **Deep Water Fitness**	8:15-10:10 **Open**	8:15-9:05 **4-Lane**	8:15-10:10 **Open**	8:15-9:05 **4-Lane**	8:30-9:00 **Aqua Strength**	8:30-9:00 **Deep Water Fitness**	8:15-10:10 **Open**	8:15-9:05 **4-Lane**	8:30-9:00 **Osteo Aqua**	9:00-12:00 **Swim Lessons**	9:00-12:00 **Swim Lessons**
		9:15-10:00 **Aqua Fit**		9:15-10:00 **Aqua Zumba**		9:15-10:00 **Aqua Fit**	9:05-10:10 **Open**	9:15-10:00 **Aqua Jog**		9:15-10:00 **Aqua Fit**	9:05-10:10 **Open**		
		10:15-10:30 Closed											
12:00-1:00 **2-Lane /Rental**	12:00-1:00 **B-day Rental**	10:30-11:55 **2-Lane /Open**	10:30-1:55 **Open**	11:15-12:55 **2-Lane /Open**	10:30-11:00 **Parent & Tot Swim Lesson**	10:30-11:55 **2-Lane /Open**	10:30-1:55 **Open**	10:30-11:55 **2-Lane /Open**	10:30-11:00 **Parent & Tot Swim Lesson**	10:30-11:55 **2-Lane /Open**	10:30-1:55 **Open**	12:00-1:00 **2-Lane /Rental**	12:00-1:00 **B-day Rental**
1:05-1:55 Female Only		12:00-12:55 **4-Lane**		12:00-12:55 **4-Lane**		12:00-12:55 **4-Lane**		12:00-12:55 **4-Lane**		12:00-12:55 **4-Lane**		1:05-2:45 **Swim Lessons**	1:05-2:45 **Swim Lessons**
		1:00-1:55 **2-Lane /Open**		1:00-1:55 **2-Lane /Open**	11:00-1:55 **Open**	1:00-1:55 **2-Lane /Open**		1:00-1:55 **2-Lane /Open**	11:00-1:55 **Open**	1:00-1:55 **2-Lane /Open**			
2:00-6:00 **Swim Lessons**	2:00-6:00 **Swim Lessons**	**2:00-3:00 Closed**										2:50-7:30 **2-Lane /open**	2:50-7:30 **Open**
		3:00-5:05 **2-Lane +Swim Lessons**	3:00-7:30 **Swim Lessons**	3:00-3:55 **Calm Water Swim**	3:00-3:55 **Calm Water Swim**	3:00-3:55 **2-Lane /Open**	3:00-3:55 **Open**	3:00-3:55 **2-Lane /Open**	3:00-3:55 **Open**	3:00-3:55 **2-Lane /Open**	3:00-3:55 **Open**		
6:05-7:30 **2-Lane /Open**	6:05-7:30 **Open**	5:10-6:15 **Swim Lessons**		4:00-7:25 **Swim Lessons**	4:00-6:50 **Swim Lessons**	4:00-7:25 **Swim Lessons**	4:00-6:50 **Swim Lessons**	4:00-7:25 **Swim Lessons**	4:00-6:50 **Swim Lessons**	4:00-7:25 **Swim Lessons**	4:00-6:50 **Swim Lessons**		
		6:20-7:30 **2-Lane +Swim Lessons**		7:35-8:20 **Aqua Fit**	6:55-9:30 **Open**	7:35-8:20 **Aqua Fit**	6:55-9:30 **Open**	7:35-8:20 **Aqua Fit**	6:55-9:30 **Open**	7:30-8:30 **2-Lane /Open**	7:00-7:30 **Dash & Splash**		
		7:35-8:20 **Aqua Fit**	7:35-9:30 **Open**	8:25-9:30 **2-Lane /Open**		8:25-9:30 **2-Lane /Open**		8:25-9:30 **2-Lane /Open**			7:30-8:30 **Open**		
		8:25-9:30 **Open**											

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