



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

## Child, Youth & Family Schedule – Ches Penney Family YMCA (September 16 to December 16, 2024)

**Hours:** Mon.-Thurs. 5:00am-10:00pm | Fri. 5:00am-9:00pm | Sat.-Sun. 7:00am-8:00pm  
**Facility:** TD Room (TDR) | RE/MAX Main Pool (MP) | Pro-dive Marine Services Play Pool (PP)  
**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](http://ymcanl.com) for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>						
9:00-10:30 <b>Child Minding</b> 0-6 TDR	9:00-12:00 <b>Child Minding</b> 0-6 TDR	9:00-10:30 <b>Child Minding</b> 0-6 TDR	9:00-12:00 <b>Child Minding</b> 0-6 TDR	9:00-10:30 <b>Child Minding</b> 0-6 TDR	9:00-12:00 <b>Child Minding</b> 0-6 TDR	9:00-10:30 <b>Child Minding</b> 0-6 TDR
9:00-11:30 <b>Indoor Playground</b> 0-11 Gym 1 & 2		10:30-11:00 <b>Parent &amp; Tot Swim Lesson</b> 6mth-3yrs PP		10:30-11:00 <b>Parent &amp; Tot Swim Lesson</b> 6mth-3yrs PP		9:00-11:30 <b>Indoor Playground</b> 0-11 Gym 1 & 2
		10:45-12:00 <b>Active Kids</b> 0-6 Gym 1		10:45-12:00 <b>Indoor Playground</b> 0-11 Gym 1 & 2		9:00-1:00 <b>Junior Handball</b> 8-16 Hardwood Courts
<b>All programs (except Indoor Playground) require registration. To participate, you must have a YMCA membership or short-term pass.</b>						
<b>Afternoon &amp; Evening</b>						
1:00-1:45 <b>Junior Squash</b> 9-12 Hardwood Courts	5:00-6:30 <b>Child Minding</b> 0-6 TDR	4:00-5:00 <b>NHL Street</b> 6-8 Gym 2	5:05-5:50 <b>Boccia Ball</b> All ages Gym 2	4:00-4:55 <b>Soccer</b> 6-8 Gym 2	4:00-5:55 <b>Youth Basketball Scrimmage</b> 12-18 Gym 2	
2:00-2:45 <b>Junior Squash</b> 13+ Hardwood Courts	5:30-6:15 <b>Racquetball Badge Program</b> 12-16 Hardwood Courts	5:00-6:00 <b>NHL Street</b> 9-11 Gym 2	5:00-6:30 <b>Child Minding</b> 0-6 TDR	5:00-5:55 <b>Soccer</b> 9-11 Gym 2	6:00-6:45 <b>Dash &amp; Splash</b> 9-11 Gym 1	
	6:15-7:00 <b>Racquetball Badge Program</b> 17+ Hardwood Courts	5:00-6:30 <b>Child Minding</b> 0-6 TDR		5:00-6:30 <b>Child Minding</b> 0-6 TDR	7:00-7:30 <b>Dash &amp; Splash</b> 9-11 PP	
		6:05-6:55 <b>Youth Volleyball</b> 12-18 Gym 1 & 2				