



Shine On

YMCA of Newfoundland and Labrador
 Burin Peninsula Region
 2B Harris Drive, P.O. Box 1308
 Marystown, NL A0E 2M0
www.ymcanl.com
 CRA#108225533RR0001

Gymnasium Schedule – Marystown YMCA (September 16 to December 16, 2024)

Hours: Mon.-Thurs. 6:00am-8:30pm | Fri. 6:00am-7:00pm | Sat.-Sun. 7:00am-7:00pm
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
Morning						
7:00-8:45 Open Gym			6:00-7:30 Open Gym			7:00-8:45 Open Gym
9:00-10:30 Indoor Playground			7:30-9:30 Pickleball 12+			9:00-10:30 Active Play
11:00-4:30 Birthday Rental	9:30-10:00 Open Gym					11:00-4:30 Birthday Rental
	10:00-10:45 Body Blast 12+	10:00-10:45 Total Body 12+	10:00-10:45 Strength & Cardio 12+	10:00-10:45 Ball Fit 12+	10:00-10:45 Body Blast 12+	
Late Morning & Afternoon						
11:00-4:30 Birthday Rental	10:45-3:30 Open Gym	10:45-1:15 Open Gym	10:45-5:00 Open Gym	10:45-1:15 Open Gym	10:45-5:00 Open Gym	11:00-4:30 Birthday Rental
		1:15-2:00 Functional Fitness 12+		1:15-2:00 Forever Fit 12+		
		2:00-3:30 Open Gym		2:00-3:30 Open Gym		
	3:30-4:30 Try It Sports: Soccer 6-12	3:30-5:00 Youth Basketball 12-18	3:30-5:00 Youth Basketball 12-18			
Evening						
4:30-6:45 Open Gym	4:30-6:30 Open Gym	5:00-5:30 HIIT 12+	5:00-5:45 Body Blast 12+	5:00-5:45 Total Body 12+	5:00-6:45 Open Gym	4:30-6:45 Open Gym
		5:30-6:30 Open Gym	6:00-7:00 Family Pickleball All ages	5:45-6:30 Open Gym		
	6:30-7:30 Family Sports All ages	6:30-7:30 Youth Basketball 12-18	7:00-8:00 Youth Pickleball 12-18	6:30-7:30 Youth Basketball 12-18		
	7:30-8:15 Open Gym	7:30-8:15 Open Gym		7:30-8:15 Open Gym		