



Shine On

**YMCA of Newfoundland and Labrador**  
 Rural Avalon Peninsula Region  
 81 Blockhouse Road,  
 P.O. Box 204  
 Placentia, NL A0B 2Y0  
 www.ymcanl.com  
 CRA#108225533RR0001

Aquatics Schedule- Placentia Regional YMCA																
(October 15-December 16)																
Hours: Mon-Wed 9:30am-8:00pm/Thurs 9:30am-7:15pm/Fri 7:30am-6:30pm/Sat-Sun 8:30am-3:45pm																
Note: Schedule is subject to change without notice. Please check the "NOTICES" page on the website www.ymcanl.com.																
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			
CLOSED										7:30-8:30 2 Lane/Open Swim	7:30-8:30 Open Swim	CLOSED				
8:30-9:30 2 Lane/Open Swim	8:30-9:30 Open Swim	CLOSED										8:45-9:45 2 Lane/Open Swim	8:45-9:45 Open Swim	8:30-9:30 2 Lane/Open Swim	8:30-9:30 Open Swim	
9:45-10:45 Calm Waters Swim		9:30-10:30 2 Lane/Open Swim	9:30-10:30 Open Swim	9:30-10:30 2 Lane/Open Swim	9:30-10:30 Open Swim	9:30-10:30 2 Lane/Open Swim	9:30-10:30 Open Swim	9:30-10:30 2 Lane/Open Swim	9:30-10:30 Open Swim	9:30-10:30 2 Lane/Open Swim	9:30-10:30 Open Swim	10:00-11:00 2 Lane/Open Swim	10:00-11:00 Open Swim	9:45-10:30 Aqua Fit/1 Lane Swim	CLOSED	
11:00-11:55 2 Lane/Open Swim	11:00-11:55 Open Swim	10:45-11:45 2 Lane/Open Swim	10:45-11:45 Open Swim	10:45-11:30 Aqua Fit/1 Lane Swim	CLOSED	10:45-11:45 2 Lane/Open Swim	10:45-11:45 Open Swim	10:45-11:30 Aqua Fit/1 Lane Swim	CLOSED	11:00-4:10 CLOSED			11:00-11:55 Open Swim			
12:00-12:55 CLOSED		11:45-4:25 CLOSED		11:45-4:25 CLOSED		11:45-4:25 CLOSED		1:45-1:10 CLOSED					12:00-12:55 CLOSED			
1:00-2:00 Birthday Party Rental		4:30-5:30 2 Lane/Open Swim	4:30-5:30 Open Swim	4:30-5:30 Calm Waters Swim		4:30-5:30 2 Lane/Open Swim	4:30-5:30 Open Swim	1:15-2:15 2 Lane/Open Swim	1:15-2:15 Open Swim				1:00-2:00 Birthday Party Rental			
2:15-3:45 1 Lane/Open Swim	2:15-3:45 Open Swim	5:45-6:45 2 Lane/Open Swim	5:45-6:45 Open Swim	5:45-6:45 2 Lane/Open Swim	5:45-6:45 Open Swim	5:45-6:45 2 Lane/Open Swim	5:45-6:45 Open Swim	2:30-3:30 2 Lane/Open Swim	2:30-3:30 Open Swim				2:15-3:45 Open Swim			
CLOSED		7:00-8:00 Aqua Fit/1 Lane Swim	CLOSED	7:00-8:00 Open Swim		7:00-8:00 Aqua Fit/1 Lane Swim	CLOSED	3:45-4:45 2 Lane/Open Swim	3:45-4:45 Open Swim	4:15-5:15 2 Lane/Open Swim	4:15-5:15 Open Swim	CLOSED				
		CLOSED													5:00-6:00 2 Lane/Open Swim	5:00-6:00 Open Swim
		CLOSED													6:15-7:15 Open Swim	5:30-6:30 Dash & Splash
		CLOSED													CLOSED	