



Shine On

**YMCA of Newfoundland and Labrador**  
 Labrador Region  
 2 Corporal O'Quinn Blvd.  
 P.O. Box 659, Station C  
 Happy Valley-Goose Bay, NL AOP 1C0  
 www.ymcanl.com  
 CRA#108225533RR0001

## Aquatics Schedule – Central Labrador YMCA (September 16 2024 to June 26 2025)

**Hours:** Mon.-Fri. 6:00am-9:00pm | Sat.-Sun. 8:30am-9:00pm  
**Closed:** Nov. 11 (Remembrance Day), Dec. 25 (Christmas Day), Dec. 26 (Boxing Day), Jan. 1 (New Year's Day), Apr. 18 (Good Friday), May. 19 (Victoria Day), Jun. 23 (June Holiday)  
 \*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	
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
10:00-11:45 Lanes /Open	10:00-11:45 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	10:00-11:45 Swim Lessons /Lanes	10:00-11:45 Swim Lessons
		8:15-8:30 Closed										12:00-1:30 Lanes /Open	12:00-1:30 Open
		Closed	Closed	Closed	Closed	8:30-9:45 Lanes /Open	8:30-9:45 Open	8:30-9:45 Lanes /Open	8:30-9:45 Open	8:30-9:45 Lanes /Open	8:30-9:45 Open		
12:00-1:30 Lanes /Open	12:00-1:30 Open	10:00-11:00 Rental											
		Closed	Closed	11:15-12:45 Lanes /Open	11:15-12:45 Open	11:15-12:45 Lanes /Open	11:15-12:45 Open	11:15-12:45 Lanes /Open	11:15-12:45 Open	11:15-12:45 Lanes /Open	11:15-12:45 Open		
1:45-2:45 Lanes /Rental	1:45-2:45 B-day Rental			12:15-12:45 Shallow Water Aquafit				12:15-12:45 Shallow Water Aquafit				1:45-2:45 Lanes /Rental	1:45-2:45 B-day Rental
2:45-3:45 Lanes /Open	2:45-3:45 Open	12:45-1:45 Closed											
		Closed	Closed	1:45-3:45 Lanes /Open	1:45-3:45 Open	1:45-3:45 Lanes /Open	1:45-3:45 Open	1:45-3:45 Lanes /Open	1:45-3:45 Open	1:45-3:45 Lanes /Open	1:45-3:45 Open	2:45-3:45 Lanes /Open	2:45-3:45 Open
4:00-5:00 Lanes /Open	4:00-5:00 Open	3:45-4:00 Closed		3:45-4:30 Closed		3:45-4:00 Closed						4:00-5:00 Lanes /Open	4:00-5:00 Open
		4:00-6:00 Lanes /Open	4:00-6:00 Open	4:30-6:10 Swim Lessons /Lanes	4:30-6:10 Swim Lessons	4:00-6:00 Lanes /Open	4:00-6:00 Open	4:00-6:00 Lanes /Open	4:00-6:00 Open	4:00-6:00 Lanes /Open	4:00-6:00 Open		
5:00-6:00 Lanes /Rental	5:00-6:00 B-day Rental	6:00-6:15 Closed		6:10-6:25 Closed		6:00-6:15 Closed						5:00-6:00 Lanes /Rental	5:00-6:00 B-day Rental
		6:15-8:15 Lanes /Open	6:15-8:15 Open	6:25-7:00 Lanes /Open	6:25-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-6:45 Junior Lifeguard Club /Lanes	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open
6:15-8:15 Lanes /Open	6:15-8:15 Open			7:00-8:15 Masters Swim /Lanes				7:00-8:05 Adult Swim Lessons /Lanes				6:15-8:15 Lanes /Open	6:15-8:15 Open