



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

## Child, Youth & Family 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
10:00-11:00 Indoor Playground 0-8 Gym 1	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-10:00 Rock Climbing 6+ Gym 1
12:00-1:00 Basketball 16+ Gym 2	10:00-11:30 Basketball 16+ Gym 2	12:00-1:00 Child Minding 0-6 Child Minding Room	10:00-11:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	10:00-11:00 Child Minding 0-6 Child Minding Room
1:00-4:00 Open Play 0-5 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Pickleball / Badminton / Racquetball 16+ Gym 1 & 2	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Pickleball / Badminton / Racquetball 16+ Gym 1 & 2	12:00-1:00 Pickleball / Badminton / Racquetball 16+ Gym 1 & 2	11:15-12:30 Soccer 16+ Gym 2
2:45-3:45 Rock Climbing 6+ Gym 1	12:00-1:00 Pickleball / Badminton / Racquetball 16+ Gym 1 & 2	5:00-5:30 Racquetball Badge Program (6-week) 6-8 Gym 2	12:00-1:00 Pickleball / Badminton / Racquetball 16+ Gym 1 & 2	5:00-5:30 Volleyball (6-week) 6-8 Gym 2	5:00-6:00 Rock Climbing 6+ Gym 1	1:00-4:00 Open Play 0-5 Child Minding Room
6:15-7:15 Pickleball / Badminton 16+ Gym 1 & 2	5:00-6:00 Rock Climbing 6+ Gym 1	5:35-6:05 Racquetball Badge Program (6-week) 9-11 Gym 2	5:00-6:00 Rock Climbing 6+ Gym 1	5:35-6:05 Volleyball (6-week) 9-11 Gym 2	5:15-6:15 Table Tennis 6+ Gym 2	3:00-4:00 Indoor Playground 0-8 Gym 1
7:30-8:45 Volleyball 16+ Gym 1	6:30-7:30 Child Minding 0-6 Child Minding Room	6:10-6:45 Racquetball Badge Program (6-week) 12+ Gym 2	6:30-7:30 Child Minding 0-6 Child Minding Room	6:10-6:45 Volleyball (6-week) 12+ Gym 2	6:30-7:30 Archery 6+ Gym 2	6:15-7:15 Table Tennis 6+ Gym 2
	7:45-8:45 Table Tennis 6+ Gym 2	7:00-7:45 Northern Games 6+ Gym 2	7:30-8:45 Volleyball 16+ Gym 1	7:00-8:00 Child Minding 0-6 Child Minding Room	7:30-8:30 Child Minding 0-6 Child Minding Room	7:30-8:45 Volleyball 16+ Gym 1

All classes require registration (except for Open Play). To participate, you must have a YMCA membership or short-term pass. Register in person or online through the [My Y Canada App](#).