



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

Gymnasium 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 for all the latest details.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday				
Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2			
10:00-11:00 Indoor Playground 0-8	8:30-12:00 Open Gym	6:00-11:45 Open Gym	6:00-10:00 Open Gym	6:00-11:45 Open Gym				6:00-10:00 Open Gym				8:30-9:00 Open Gym	8:30-11:00 Open Gym			
11:00-12:00 Birthday Rental											10:00-11:00 Ecole Boreal	10:00-11:45 Open Gym	10:00-11:00 Ecole Boreal	10:00-11:45 Open Gym	9:00-10:00 Rock Climbing 6+	
			10:00-11:30 Basketball 16+								11:00-11:45 Open Gym		11:00-11:45 Open Gym		10:00-10:45 Open Gym	11:15-12:30 Soccer 16+
12:15-1:30 Open Gym	12:00-1:00 Basketball 16+	12:00-1:00 Pickleball / Badminton / Racquetball 16+										11:00-12:00 Birthday Rental				
1:45-2:45 Birthday Rental	1:00-6:00 Open Gym	2:30-5:00 ADP	1:15-7:45 Open Gym	1:15-8:45 Open Gym	2:30-5:00 ADP	1:15-5:00 Open Gym	2:30-5:00 ADP	1:15-8:45 Open Gym	2:30-5:00 ADP	1:15-5:00 Open Gym	2:30-5:00 ADP	12:15-1:30 Open Gym	12:30-6:15 Open Gym			
2:45-3:45 Rock Climbing 6+												1:45-2:45 Birthday Rental				
4:00-4:45 Open Gym		5:00-6:00 Rock Climbing 6+			5:00-5:30 Racquetball Badge Program 6-8	5:00-6:00 Rock Climbing 6+	5:00-8:45 Open Gym		5:00-5:30 Volleyball 6-8	5:00-6:00 Rock Climbing 6+	5:15-6:15 Table Tennis 6+	3:00-4:00 Indoor Playground 0-8				
5:00-6:00 Birthday Rental		6:00-8:45 Open Gym			5:35-6:05 Racquetball Badge Program 9-11	6:00-7:15 Open Gym		5:35-6:05 Volleyball 9-11	6:00-8:45 Open Gym	6:30-7:30 Archery 6+		5:00-6:00 Birthday Rental				
6:15-7:15 Pickleball / Badminton / Racquetball 16+					6:10-6:45 Racquetball Badge Program 12+	7:30-8:45 Volleyball 16+		6:10-6:45 Volleyball 12+		7:45-8:45 Open Gym		6:15-7:15 Open Gym	6:15-7:15 Table Tennis 6+			
7:30-8:45 Volleyball 16+	7:30-8:45 Open Gym		7:45-8:45 Table Tennis 6+		7:00-7:45 Northern Games 6+			7:00-8:45 Open Gym				7:30-8:45 Volleyball 16+	7:15-8:45 Open Gym			