



Shine On

YMCA of Newfoundland and Labrador
 Avalon Peninsula Region
 P.O. Box 21291
 St. John's, NL A1A 5G6
 www.ymcanl.com
 CRA#108225533RR0001

Aquatics Schedule – Ches Penney Family YMCA (September 16 2024 to June 26 2025)

Hours: Mon.-Thurs. 6:00am-9:30pm | Fri. 6:00am-8:30pm | Sat.-Sun. 7:15am-7:30pm
Whirlpool: Closed during Female Only Swim, and routine maintenance (last Wed. of every month)
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)

| 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 |
| 7:15-8:55 4-Lane | 7:15-11:55 Open | 6:00-7:55 4-Lane | 6:00-7:55 Open | 6:00-7:55 4-Lane | 6:00-7:55 Open | 6:00-7:55 4-Lane | 6:00-7:55 Open | 6:00-7:55 4-Lane | 6:00-7:55 Open | 6:00-7:55 4-Lane | 6:00-7:55 Open | 7:15-8:55 4-Lane | 7:15-8:55 Open |
| 8:00-8:15 Closed | | | | | | | | | | | | | |
| 9:00-12:00 2-Lane +Swim Lessons | | 8:30-9:00 Deep WaterFitness | 8:15-10:10 Open | 8:15-9:05 4-Lane | 8:15-10:10 Open | 8:15-9:05 4-Lane | 8:30-9:00 Aqua Strength | 8:30-9:00 Deep WaterFitness | 8:15-10:10 Open | 8:15-9:05 4-Lane | 8:30-9:00 Osteo Aqua | 9:00-12:00 Swim Lessons | 9:00-12:00 Swim Lessons |
| | | 9:15-10:00 Aqua Fit | | 9:15-10:00 Aqua Zumba | | 9:15-10:00 Aqua Fit | | 9:05-10:10 Open | | 9:15-10:00 Aqua Jog | | | |
| 10:15-10:30 Closed | | | | | | | | | | | | | |
| 12:00-1:00 2-Lane /Rental | 12:00-1:00 B-day Rental | 10:30-11:55 2-Lane /Open | 10:30-1:55 Open | 10:30-12:55 2-Lane /Open | 10:30-11:00 Parent & Tot Swim Lesson | 10:30-11:55 2-Lane /Open | 10:30-1:55 Open | 10:30-11:55 2-Lane /Open | 10:30-11:00 Parent & Tot Swim Lesson | 10:30-11:55 2-Lane /Open | 10:30-1:55 Open | 12:00-1:00 2-Lane /Rental | 12:00-1:00 B-day Rental |
| 1:05-1:55 Female Only | | 12:00-12:55 4-Lane | 1:00-1:55 2-Lane /Open | 12:00-12:55 4-Lane | 11:00-1:55 Open | 12:00-12:55 4-Lane | 1:00-1:55 2-Lane /Open | 12:00-12:55 4-Lane | 11:00-1:55 Open | 12:00-12:55 4-Lane | 1:00-1:55 2-Lane /Open | 1:05-2:45 Swim Lessons | 1:05-2:45 Swim Lessons |
| | | 1:00-1:55 2-Lane /Open | | 1:00-1:55 2-Lane /Open | | 1:00-1:55 2-Lane /Open | | 1:00-1:55 2-Lane /Open | | 1:00-1:55 2-Lane /Open | | | |
| 2:00-3:00 Closed | | | | | | | | | | | | | |
| 2:00-6:00 Swim Lessons | 2:00-6:00 Swim Lessons | 3:00-5:05 2-Lane +Swim Lessons | 3:00-7:30 Swim Lessons | 3:00-3:55 Calm Water Swim | 3:00-3:55 Calm Water Swim | 3:00-3:55 2-Lane /Open | 3:00-3:55 Open | 3:00-3:55 2-Lane /Open | 3:00-3:55 Open | 3:00-3:55 2-Lane /Open | 3:00-3:55 Open | 2:50-7:30 2-Lane /open | 2:50-7:30 Open |
| 6:05-7:30 2-Lane /Open | 6:05-7:30 Open | 5:10-6:15 Swim Lessons | | 4:00-7:25 Swim Lessons | 4:00-7:25 Swim Lessons | 4:00-7:25 Swim Lessons | 4:00-7:25 Swim Lessons | 4:00-7:25 Swim Lessons | 4:00-7:25 Swim Lessons | 4:00-7:25 Swim Lessons | 4:00-7:25 Swim Lessons | | |
| | | 6:20-7:30 2-Lane +Swim Lessons | 7:35-8:20 Aqua Fit | 7:30-9:30 Open | 7:35-8:20 Aqua Fit | 7:30-9:30 Open | 7:35-8:20 Aqua Fit | 7:30-9:30 Open | 7:35-8:20 Aqua Fit | 7:30-9:30 Open | 7:30-8:30 2-Lane /Open | 7:00-7:30 Dash & Splash | |
| | | 7:35-8:20 Aqua Fit | 7:35-9:30 Open | 8:25-9:30 2-Lane /Open | 8:25-9:30 2-Lane /Open | 8:25-9:30 2-Lane /Open | 8:25-9:30 2-Lane /Open | 8:25-9:30 2-Lane /Open | 8:25-9:30 2-Lane /Open | 8:25-9:30 2-Lane /Open | 7:30-8:30 Open | | |