



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 (Holiday Schedule - December 20 2024 to January 5 2025)

Hours: Mon.-Fri. 6:00am-9:00pm | Sat.-Sun. 8:30am-9:00pm
Closed: Dec. 25 (Christmas Day), Dec. 26 (Boxing Day), Jan. 1 (New Year's Day)
 *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	
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	Closed	Closed	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 Lanes /Open	10:00-11:45 Open
		8:15-8:30 Closed						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		
12:00-1:30 Lanes /Open	12:00-1:30 Open	10:00-11:00 Rental						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		
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			Closed	Closed			12:45-1:45 Closed				2:45-3:45 Lanes /Open	2:45-3:45 Open
		3:45-4:00 Closed						1:45-3:45 Lanes /Open	1:45-3:45 Open	1:45-3:45 Lanes /Open	1:45-3:45 Open		
4:00-5:00 Lanes /Open	4:00-5:00 Open	4:00-6:00 Lanes /Open	4:00-6:00 Open					3:45-4:00 Closed				4:00-5:00 Lanes /Open	4:00-5:00 Open
		6:00-6:15 Closed						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	6:15-8:15 Lanes /Open	6:15-8:15 Open					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	6:15-8:15 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