



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 (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		
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		Closed	Closed	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+						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	1:15-5:00 Open Gym	1:15-7:45 Open Gym	1:15-1:45 Open Gym	1:15-1:45 Open Gym			1:15-8:45 Open Gym	1:15-5:00 Open Gym	1:15-5:00 Open Gym	1:15-5:00 Open Gym	12:15-1:30 Open Gym	12:30-6:15 Open Gym	
2:45-3:45 Rock Climbing 6+				Closed	Closed							1:45-2:45 Birthday Rental		
4:00-4:45 Open Gym		5:00-6:00 Rock Climbing 6+						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 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 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+					7:00-8:45 Open Gym				7:30-8:45 Volleyball 16+	7:15-8:45 Open Gym	