

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

(Holiday Schedule - December 20 2024 to January 5 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: 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
7:15- 8:55 4-Lane 9:00- 11:55 2-Lane /Open	7:15- 11:55 Open	6:00- 8:20 4-Lane 8:30- 9:00 Deep WaterFi tness	6:00- 10:10 Open	6:00- 9:05 4-Lane	6:00- 10:10 Open	Closed	Closed	6:00- 8:20 4-Lane 8:30- 9:00 Deep WaterFi tness	6:00- 10:10 Open	6:00- 9:05 4-Lane	6:00- 8:20 Open 8:30- 9:00 Osteo Aqua	7:15- 8:55 4-Lane 9:00- 11:55 2-Lane /Open	7:15- 11:55 Open
		9:15- 10:00 Aqua Fit	10:15 10:	9:15- 10:00 Aqua Zumba				9:15- 10:00 Aqua Jog	10:15 10:	9:15- 10:00 Aqua Fit	9:05- 10:10 Open		
12:00-	12:00-	10:30-	10:15-10:	30 Closed 10:30-	10:30-			10:30-	10:15-10: 10:30-	10:30-	10:30-	12:00-	12:00-
1:00 2-Lane /Rental	1:00 B-day Rental	11:55 2-Lane /Open	1:55 Open	12:55 2-Lane /Open	11:00 Parent & Tot			11:55 2-Lane /Open	11:00 Parent & Tot	11:55 2-Lane /Open	1:55 Open	1:00 2-Lane /Rental	1:00 B-day Rental
1:05-1:55 Female Only		12:00- 12:55 4-Lane		12:00- 12:55 4-Lane	Swim Lesson			12:00- 12:55 4-Lane	Swim Lesson	12:00- 12:55 4-Lane		1:05- 7:30 2-Lane	1:05- 7:30 Open
		1:00- 1:55 2-Lane /Open		1:00- 1:30 2-Lane /Open	11:00- 1:30 Open			1:00- 1:55 2-Lane /Open	11:00- 1:55 Open	1:00- 1:55 2-Lane /Open		/open	
2:00-	2:00-			Closed	Closed					0 Closed			
7:30 2-Lane /open	7:30 Open	3:00- 7:30 2- Lane / O pen	3:00- 9:30 Open					3:00- 7:30 2-Lane /Open	3:00- 9:30 Open	3:00- 8:30 2-Lane /Open	3:00- 7:00 Open		
								7:35- 8:20 Aqua Fit			7:00- 7:30 Dash & Splash		
		7:35- 8:20 Aqua Fit 8:25-						8:25- 9:30 2-Lane /Open			7:30- 8:30 Open		
		9:30 Open											