



Shine On

**YMCA of Newfoundland and Labrador**  
 Burin Peninsula Region  
 2B Harris Drive, P.O. Box 1308  
 Marystown, NL A0E 2M0  
[www.ymcanl.com](http://www.ymcanl.com)  
 CRA#108225533RR0001

## Gymnasium Schedule – Marystown YMCA (Holiday Schedule - December 20 2024 to January 5 2025)

**Hours:** Mon.-Thurs. 6:00am-8:30pm | Fri. 6:00am-7:00pm | Sat.-Sun. 7:00am-7:00pm  
**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](http://ymcanl.com) for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Morning</b>							
7:00-8:45 Open Gym	6:00-7:30 Open Gym			6:00-7:30 Open Gym	6:00-7:00 Open Gym	7:00-8:45 Open Gym	
9:00-10:30 Indoor Playground	7:30-9:00 Pickleball 12+			7:30-9:00 Pickleball 12+	7:00-8:45 Pickleball 12+	9:00-10:30 Active Play	
11:00-4:30 Birthday Rental	9:30-10:00 Open Gym			9:30-10:00 Open Gym	9:00-9:45 Cycle Fit 12+	11:00-4:30 Birthday Rental	
	10:00-10:45 Body Blast 12+	10:00-10:45 Total Body 12+		10:00-10:45 Ball Fit 12+	10:00-10:45 Body Blast 12+		
<b>Late Morning &amp; Afternoon</b>							
11:00-4:30 Birthday Rental	11:00-3:30 Open Gym	11:00-1:30 Open Gym		11:00-1:15 Open Gym	11:00-5:00 Open Gym	11:00-4:30 Birthday Rental	
				1:15-2:00 Forever Fit 12+			
				2:00-3:30 Open Gym	<b>All classes require registration. To participate, you must have a YMCA membership or short-term pass. Register in person or online through the <a href="#">My Y Canada App</a>.</b>		
	3:30-4:30 Try It Sports: Soccer 6-12			3:30-5:00 Youth Basketball 12-18			
<b>Evening</b>							
4:30-6:45 Open Gym	4:30-6:30 Open Gym			5:00-5:45 Total Body 12+	5:00-6:45 Open Gym	4:30-6:45 Open Gym	
				5:45-6:30 Open Gym			
	6:30-7:30 Family Sports All ages			6:30-7:30 Youth Basketball 12-18			
	7:30-8:15 Open Gym			7:30-8:15 Open Gym			