



Shine On

YMCA of Newfoundland and Labrador
 Rural Avalon Peninsula Region
 81 Blockhouse Road,
 P.O. Box 204
 Placentia, NL A0B 2Y0
 www.ymcanl.com
 CRA#108225533RR0001

Aquatics Schedule – Placentia Regional YMCA (Holiday Schedule - December 20 2024 to January 5 2025)

Hours:	Mon.-Wed. 9:30am-8:00pm Thurs. 9:30am-7:15pm Fri. 7:30am-6:30pm Sat.-Sun. 8:30am-3:45pm
Facility:	Main Pool (MP) Play Pool (PP)
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
Closed		Closed		Closed		Closed		Closed		Closed		Closed	
8:30-9:30 2-Lane /Open	8:30-9:30 Open									8:30-9:30 2-Lane /Open	8:30-9:30 Open	8:30-9:30 2-Lane /Open	8:30-9:30 Open
9:45-10:45 2-Lane /Open	9:45-10:45 Open	9:30-10:30 2-Lane /Open	9:30-10:30 Open	9:30-10:30 2-Lane /Open	9:30-10:30 Open			9:30-10:30 2-Lane /Open	9:30-10:30 Open	9:45-10:45 2-Lane /Open	9:45-10:45 Open	9:45-10:45 2-Lane /Open	9:45-10:45 Open
11:00-11:55 2-Lane /Open	11:00-11:55 Open	10:45-11:45 2-Lane /Open	10:45-11:45 Open	10:45-11:30 Aqua Fit / 1-Lane	Closed			10:45-11:30 Aqua Fit / 1-Lane	Closed	11:00-11:55 2-Lane /Open	11:00-11:55 Open	11:00-11:45 Aqua Fit / 1-Lane	Closed
11:55-1:00 Closed		11:45-2:00 Closed		11:45-1:15 Open	11:45-1:15 Open			11:45-1:15 Closed		11:55-1:15 Closed		11:55-1:00 Closed	
1:00-2:00 Birthday Party Rental		2:00-3:00 2-Lane /Open	2:00-3:00 Open					1:15-2:15 Calm Waters Swim		1:15-2:15 2-Lane /Open	1:15-2:15 Open	1:00-2:00 Birthday Party Rental	
2:15-3:30 2-Lane /Open	2:15-3:30 Open	3:15-4:15 2-Lane /Open	3:15-4:15 Open	Closed				2:30-3:30 2-Lane /Open	2:30-3:30 Open	3:45-4:45 2-Lane /Open	3:45-4:45 Open	2:15-3:30 Open	2:15-3:30 Open
3:45-5:00 Open	3:45-5:00 Open	4:30-5:30 2-Lane /Open	4:30-5:30 Open					3:45-4:45 2-Lane /Open	3:45-4:45 Open	5:00-6:00 Open	5:00-6:00 Dash & Splash	3:45-5:00 Open	3:45-5:00 Open
Closed		5:45-6:45 2-Lane /Open	5:45-6:45 Open					5:00-6:00 2-Lane /Open	5:00-6:00 Open	Closed		Closed	
		7:00-8:00 Open	7:00-8:00 Open					6:15-7:15 Open	6:15-7:15 Open				

All classes and lane swim require registration.
 To participate, you must have a YMCA membership or short-term pass.
 Register in person or online through the [My Y Canada App](#).