



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 (January 6 to February 28 2025)

Hours:	Mon.-Thurs. 9:00am-10:00pm Fri. 7:00am-7:00pm Sat.-Sun. 8:00am-6:00pm
Facility:	Main Pool (MP) Play Pool (PP)
Closed:	February 3-23 (Warranty Closure), Apr. 18 (Good Friday), May. 19 (Victoria Day), Jun. 23 (June Holiday)

*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		7:30-9:00 2-Lane /Open	7:30-9:00 Open	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
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	9:30-10:30 2-Lane /Open	9:30-10:30 Open	9:15-10:30 2-Lane /Open	9:15-10:30 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	10:45-11:30 Aqua Fit / 1-Lane	Closed	10:45-11:45 2-Lane /Open	10:45-11:45 Open	10:45-11:45 2-Lane /Open	10:45-11:45 Open	10:45-11:45 2-Lane /Open	10:45-11:45 Open	10:45-11:30 Aqua Fit / 1-Lane	Closed	11:00-11:55 2-Lane /Open	11:00-11:55 Open
11:55-1:00 Closed		11:45-3:15 Closed		11:45-3:15 Closed		11:45-3:15 Closed		11:45-3:15 Closed		11:45-3:00 Closed		11:55-1:00 Closed	
1:00-2:00 Birthday Party Rental		3:15-4:15 2-Lane /Open	3:15-4:15 Open	3:15-4:15 2-Lane /Open	3:15-4:15 Open	3:15-4:15 2-Lane /Open	3:15-4:15 Open	3:15-4:15 Calm Waters Swim		3:00-4:00 2-Lane /Open	3:00-4:00 Open	1:00-2:00 Birthday Party Rental	
2:15-3:45 1-Lane /Open	2:15-3:45 Open	4:30-5:30 2-Lane /Open	4:30-5:30 Open	4:30-5:30 2-Lane /Open	4:30-5:30 Open	4:30-5:45 2-Lane /Open	4:30-5:45 Open	4:30-5:30 2-Lane /Open	4:30-5:30 Open	4:15-5:15 2-Lane /Open	4:15-5:15 Open	2:15-3:45 1-Lane /Open	2:15-3:45 Open
4:00-5:00 Tween Rule the Pool		5:45-6:45 2-Lane /Open	5:45-6:45 Open	5:45-6:45 2-Lane /Open	5:45-6:45 Open	6:00-6:45 Aqua Fit / 1-Lane	Closed	5:45-6:45 2-Lane /Open	5:45-6:45 Open	5:30-6:30 1-Lane /Open	5:30-6:30 Dash & Splash	Closed	
Closed		7:00-8:00 1-Lane /Open	7:00-8:00 Open	7:00-8:00 1-Lane /Open	7:00-8:00 Open	7:00-8:00 1-Lane /Open	7:00-8:00 Open	7:00-8:00 1-Lane /Open	7:00-8:00 Open	Closed			
		Closed		Closed		Closed		Closed					

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](#).