



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 (January 6 to June 26 2025)

**Hours:** Mon.-Fri. 6:00am-9:00pm | Sat.-Sun. 8:30am-9:00pm  
**Closed:** 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](http://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			
8:30-9:45 Open Gym	8:30-12:00 Open Gym	6:00-11:45 Open Gym	6:00-10:00 Open Gym	6:00-11:45 Open Gym				6:00-10:00 Open Gym				8:30-9:00 Open Gym	8:30-11:00 Open Gym			
10:00-11:00 Indoor Playground 0-8								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+				
11:00-12:00 Birthday Rental		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 16+										11:00-12:00 Birthday Rental				
1:45-2:45 Birthday Rental	1:00-6:00 Open Gym	2:30-5:00 ADP	1:15-7:45 Open Gym	1:15-8:45 Open Gym	2:30-5:00 ADP	1:15-5:00 Open Gym	2:30-5:00 ADP	1:15-8:45 Open Gym	2:30-5:00 ADP	1:15-5:00 Open Gym	2:30-5:00 ADP	12:15-1:30 Open Gym	12:30-6:15 Open Gym			
2:45-3:45 Rock Climbing 6+												1:45-2:45 Birthday Rental				
4:00-4:45 Open Gym		5:00-6:00 Rock Climbing 6+			5:00-6:45 Open Gym	5:00-6:00 Rock Climbing 6+	5:00-8:45 Open Gym		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				6:00-7:15 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 16+						7:30-8:45 Volleyball 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+		7:00-7:45 Northern Games 6+				7:00-8:45 Open Gym			7:30-8:45 Volleyball 16+	7:15-8:45 Open Gym			