



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 (September 16 2024 to June 26 2025)

<b>Hours:</b>	Mon.-Thurs. 6:00am-8:30pm   Fri. 6:00am-7:00pm   Sat.-Sun. 7:00am-7:00pm
<b>Closed:</b>	Nov. 11 (Remembrance Day), Dec. 25 (Christmas Day), Dec. 26 (Boxing Day), Jan. 1 (New Year’s Day), Apr. 18 (Good Friday), May. 19 (Victoria Day), Jun. 23 (June Holiday)
*Schedule is subject to change without notice. View “Notices” tab on <a href="http://ymcanl.com">ymcanl.com</a> for all the latest details.	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>						
7:00-8:45 <b>Open Gym</b>	6:00-7:30 <b>Open Gym</b>			7:00-8:45 <b>Open Gym</b>		
9:00-10:30 <b>Indoor Playground</b>	7:30-9:30 <b>Pickleball</b> 12+			9:00-10:30 <b>Active Play</b>		
11:00-4:30 <b>Birthday Rental</b>	9:30-10:00 <b>Open Gym</b>					11:00-4:30 <b>Birthday Rental</b>
	10:00-10:45 <b>Body Blast</b> 12+	10:00-10:45 <b>Total Body</b> 12+	10:00-10:45 <b>Strength &amp; Cardio</b> 12+	10:00-10:45 <b>Ball Fit</b> 12+	10:00-10:45 <b>Body Blast</b> 12+	
<b>Late Morning &amp; Afternoon</b>						
11:00-4:30 <b>Birthday Rental</b>	10:45-3:30 <b>Open Gym</b>	10:45-1:15 <b>Open Gym</b>	10:45-5:00 <b>Open Gym</b>	10:45-1:15 <b>Open Gym</b>	10:45-5:00 <b>Open Gym</b>	11:00-4:30 <b>Birthday Rental</b>
		1:15-2:00 <b>Functional Fitness</b> 12+		1:15-2:00 <b>Forever Fit</b> 12+		
		2:00-3:30 <b>Open Gym</b>		2:00-3:30 <b>Open Gym</b>		
	3:30-4:30 <b>Try It Sports: Soccer</b> 6-12	3:30-5:00 <b>Youth Basketball</b> 12-18	3:30-5:00 <b>Youth Basketball</b> 12-18			
<b>Evening</b>						
4:30-6:45 <b>Open Gym</b>	4:30-6:30 <b>Open Gym</b>	5:00-5:30 <b>HIIT</b> 12+	5:00-5:45 <b>Body Blast</b> 12+	5:00-5:45 <b>Total Body</b> 12+	5:00-6:45 <b>Open Gym</b>	4:30-6:45 <b>Open Gym</b>
		5:30-6:30 <b>Open Gym</b>	6:00-7:00 <b>Family Pickleball</b> All ages	5:45-6:30 <b>Open Gym</b>		
	6:30-7:30 <b>Family Sports</b> All ages	6:30-7:30 <b>Youth Basketball</b> 12-18	7:00-8:00 <b>Youth Pickleball</b> 12-18	6:30-7:30 <b>Youth Basketball</b> 12-18		
	7:30-8:15 <b>Open Gym</b>	7:30-8:15 <b>Open Gym</b>		7:30-8:15 <b>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 [My Y Canada App](#).**