



Shine On

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

## Aquatics Schedule – Placentia Regional YMCA (October 12 2024 to June 26 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:** 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 [ymcanl.com](http://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		7:30-8:30 2-Lane /Open	7:30-8:30 Open	Closed	
8:30-9:30 2-Lane /Open	8:30-9:30 Open									8:45-9:45 2-Lane /Open	8:45-9:45 Open	8:30-9:30 2-Lane /Open	8:30-9:30 Open
9:45-10:45 Calm Waters Swim		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	10:00-11:00 2-Lane /Open	10:00-11:00 Open	9:45-10:30 Aqua Fit / 1-Lane	Closed
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	10:45-11:45 2-Lane /Open	10:45-11:45 Open	10:45-11:30 Aqua Fit / 1-Lane	Closed			11:00-11:55 Open	11:00-11:55 Open
12:00-12:55 Closed		11:45-4:25 Closed		11:45-4:25 Closed		11:45-4:25 Closed		11:45-1:10 Closed		11:00-4:10 Closed		12:00-12:55 Closed	
1:00-2:00 Birthday Party Rental		4:30-5:30 2-Lane /Open	4:30-5:30 Open	4:30-5:30 Calm Waters Swim		4:30-5:30 2-Lane /Open	4:30-5:30 Open	1:15-2:15 2-Lane /Open	1:15-2:15 Open	4:15-5:15 2-Lane /Open	4:15-5:15 Open	1:00-2:00 Birthday Party Rental	
2:15-3:45 1-Lane /Open	2:15-3:45 Open	5:45-6:45 2-Lane /Open	5:45-6:45 Open	5:45-6:45 2-Lane /Open	5:45-6:45 Open	5:45-6:45 2-Lane /Open	5:45-6:45 Open	2:30-3:30 2-Lane /Open	2:30-3:30 Open	5:30-6:30 Open	5:30-6:30 Dash & Splash	2:15-3:45 Open	2:15-3:45 Open
Closed		7:00-8:00 Open	7:00-8:00 Open	7:00-8:00 Open	7:00-8:00 Open	7:00-8:00 Open	7:00-8:00 Open	3:45-4:45 2-Lane /Open	3:45-4:45 Open	Closed		Closed	
<b>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 <a href="#">My Y Canada App</a>.</b>								5:00-6:00 2-Lane /Open	5:00-6:00 Open				
								6:15-7:15 Open	6:15-7:15 Open				