



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

Aquatics 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 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	
8:30-11:45 Lanes /Open	8:30-11:45 Open	6:15-10:00 Lanes /Open	6:15-10:00 Open	6:15-10:00 Lanes /Open	6:15-10:00 Open	6:15-10:00 Lanes /Open	6:15-10:00 Open	6:15-10:00 Lanes /Open	6:15-10:00 Open	6:15-10:00 Lanes /Open	6:15-10:00 Open	8:30-10:00 Lanes /Open	8:30-10:00 Open	
10:00-11:00 Rental											10:00-11:45 Swim Lessons /Lanes	10:00-11:45 Swim Lessons		
11:45-12:00 Closed		11:00-11:15 Closed										11:45-12:00 Closed		
12:00-1:45 Lanes /Open	12:00-1:45 Open	11:15-6:00 Lanes /Open	11:15-6:00 Open	11:15-12:45 Lanes /Open	11:15-4:00 Open	11:15-6:00 Lanes /Open	11:15-6:00 Open	11:15-12:45 Lanes /Open	11:15-6:00 Open	11:15-6:00 Lanes /Open	11:15-6:00 Open	12:00-1:45 Lanes /Open	12:00-1:45 Open	
1:45-2:45 Lanes /Rental	1:45-2:45 B-day Rental			12:15-12:45 Shallow Water Aqua Fit					12:15-12:45 Shallow Water Aqua Fit			1:45-2:45 Lanes /Rental	1:45-2:45 B-day Rental	
2:45-4:45 Lanes /Open	2:45-4:45 Open			12:45-4:00 Lanes /Open					12:45-6:00 Lanes /Open			2:45-4:45 Lanes /Open	2:45-4:45 Open	
4:45-5:00 Closed				4:00-4:30 Closed								4:45-5:00 Closed		
5:00-6:00 Lanes /Rental	5:00-6:00 B-day Rental	6:00-6:15 Closed		6:10-6:25 Closed		6:00-6:15 Closed						5:00-6:00 Lanes /Rental	5:00-6:00 B-day Rental	
6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:25-7:00 Lanes /Open	6:25-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	6:15-8:15 Lanes /Open	6:15-8:15 Open	
				7:00-8:15 Masters Swim /Lanes									6:15-8:15 Lanes /Open	6:15-8:15 Open