



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 June 26 2025)

<b>Hours:</b>	Mon.-Thurs. 9:00am-10:00pm   Fri. 7:00am-7:00pm   Sat.-Sun. 8:00am-6:00pm
<b>Facility:</b>	Main Pool (MP)   Play Pool (PP)
<b>Closed:</b>	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		7:30-9:00 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](#).