



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

Child, Youth & Family Schedule – Placentia Regional YMCA (January 6 to June 26 2025)

Hours: Mon.-Thurs. 9:00am-10:00pm | Fri. 7:00am-7:00pm | Sat.-Sun. 8:00am-6:00pm
Facility: Multipurpose Room (MPR) | Main Pool (MP) | Play Pool (PP) | Conditioning centre (CC)
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
Morning						
	10:30-12:00 Child Minding 0-9 MPR		10:45-11:30 Fit Families All ages MPR		10:30-12:00 Child Minding 0-9 MPR	
All classes require registration (except for Open Play). To participate, you must have a YMCA membership or short-term pass. Register in person or online through the My Y Canada App.						
Afternoon						
4:00-5:00 Tween Rule the Pool 11-14 MP & PP	1:00-2:00 Open Play 0-5 MPR	1:00-2:00 Open Play 0-5 MPR	1:00-2:00 Open Play 0-5 MPR	1:00-2:00 Open Play 0-5 MPR	1:00-2:00 Open Play 0-5 MPR	
					3:30-4:15 Teen Learn to Lift 12-18 CC	
Evening						
			5:45-7:15 Child Minding 0-9 MPR		5:00-6:30 Dash & Splash 6-12 MPR & PP	