



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 (March 1 to June 26 2025) - Last Revised February 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](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
8:30-11:45 Lanes /Open	8:30-11:45 Open	6:15-10:00 Lanes /Open	6:15-10:00 Open	6:15-7:30 Swim Team /Lanes 7:30-10:00 Lanes /Open	6:15-10:00 Open	6:15-10:00 Lanes /Open	6:15-10:00 Open	6:15-7:30 Swim Team /Lanes 7:30-10:00 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
11:45-12:00 Closed		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	11:15-4:00 Lanes /Open	11:15-6:00 Open	11:15-12:45 Lanes /Open 12:15-12:45 Shallow Water Aqua Fit	11:15-4:00 Open	11:15-4:00 Lanes /Open	11:15-6:00 Open	11:15-12:45 Lanes /Open 12:15-12:45 Shallow Water Aqua Fit	11:15-6:00 Open	11:15-4:00 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			12:45-4:00 Lanes /Open 4:00-4:30 Closed			4:00-5:30 Swim Team /Lanes	12:45-4:30 Lanes /Open			4:00-5:30 Swim Team /Lanes	1:45-2:45 Lanes /Rental	1:45-2:45 B-day Rental
2:45-4:45 Lanes /Open	2:45-4:45 Open	4:00-5:30 Swim Team /Lanes			4:30-6:30 Swim Lessons / Swim Team	4:30-6:30 Swim Lessons	5:30-6:00 Lanes /Open	4:30-6:00 Swim Team /Lanes			5:30-6:00 Lanes /Open	2:45-4:45 Lanes /Open	2:45-4:45 Open
4:45-5:00 Closed												4:45-5:00 Closed	
5:00-6:00 Lanes /Rental	5:00-6:00 B-day Rental	6:00-6:15 Closed		6:30-6:45 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	6:45-7:00 Lanes /Open 7:00-8:15 Masters Swim /Lanes	6:45-8:15 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