



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

Child, Youth & Family 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 for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
10:00-11:00 Indoor Playground 0-8 Gym 1	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-12:00 Open Play 0-5 Child Minding Room	9:00-10:00 Rock Climbing 6+ Gym 1
	10:00-11:30 Basketball 16+ Gym 2		10:00-11:00 Child Minding 0-6 Child Minding Room			10:00-11:00 Child Minding 0-6 Child Minding Room
Late Morning & Early Afternoon						
12:00-1:00 Basketball 16+ Gym 2	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	12:00-1:00 Child Minding 0-6 Child Minding Room	11:15-12:30 Soccer 16+ Gym 2
1:00-4:00 Open Play 0-5 Child Minding Room	12:00-1:00 Pickleball / Badminton 16+ Gym 1 & 2	12:00-1:00 Pickleball / Badminton 16+ Gym 1 & 2	12:00-1:00 Pickleball / Badminton 16+ Gym 1 & 2	12:00-1:00 Pickleball / Badminton 16+ Gym 1 & 2	12:00-1:00 Pickleball / Badminton 16+ Gym 1 & 2	1:00-4:00 Open Play 0-5 Child Minding Room
2:45-3:45 Rock Climbing 6+ Gym 1	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.					3:00-4:00 Indoor Playground 0-8 Gym 1
Evening						
6:15-7:15 Pickleball / Badminton 16+ Gym 1 & 2	5:00-6:00 Rock Climbing 6+ Gym 1	7:00-7:45 Northern Games 6+ Gym 2	5:00-6:00 Rock Climbing 6+ Gym 1	5:00-5:30 Volleyball (6-week) 6-8 Gym 2	5:00-6:00 Rock Climbing 6+ Gym 1	6:15-7:15 Table Tennis 6+ Gym 2
7:30-8:45 Volleyball 16+ Gym 1	6:30-7:30 Child Minding 0-6 Child Minding Room		6:30-7:30 Child Minding 0-6 Child Minding Room	5:35-6:05 Volleyball (6-week) 9-11 Gym 2	5:15-6:15 Table Tennis 6+ Gym 2	7:30-8:45 Volleyball 16+ Gym 1
	7:45-8:45 Table Tennis 6+ Gym 2		7:30-8:45 Volleyball 16+ Gym 1	6:10-6:45 Volleyball (6-week) 12+ Gym 2	6:30-7:30 Archery 6+ Gym 2	
				7:00-8:00 Child Minding 0-6 Child Minding Room	7:30-8:30 Child Minding 0-6 Child Minding Room	