



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

Gymnasium 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 | | | | |
|--------------------------------------|---|--|------------------------|------------------------|--------------------------------|-------------------------------|-----------------------|------------------------------|-----------------------------|-------------------------------|------------------------------|------------------------------------|------------------------|--|---------------------------|--|
| Gym 1 | Gym 2 | Gym 1 | Gym 2 | Gym 1 | Gym 2 | Gym 1 | Gym 2 | Gym 1 | Gym 2 | Gym 1 | Gym 2 | Gym 1 | Gym 2 | | | |
| 8:30-9:45 Open Gym | 8:30-12:00 Open Gym | 6:00-11:45 Open Gym | 6:00-10:00 Open Gym | 6:00-11:45 Open Gym | | | | 6:00-10:00 Open Gym | | | | 8:30-9:00 Open Gym | 8:30-11:00 Open Gym | | | |
| 10:00-11:00 Indoor Playground 0-8 | | | | | | | | 10:00-11:00 Ecole Boreal | 10:00-11:45 Open Gym | 10:00-11:00 Ecole Boreal | 10:00-11:45 Open Gym | 9:00-10:00 Rock Climbing 6+ | | | | |
| 11:00-12:00 Birthday Rental | | 10:00-11:30 Basketball 16+ | | | | | | 11:00-11:45 Open Gym | | 11:00-11:45 Open Gym | | 10:00-10:45 Open Gym | | | 11:15-12:30 Soccer 16+ | |
| 12:15-1:30 Open Gym | 12:00-1:00 Basketball 16+ | 12:00-1:00 Pickleball / Badminton 16+ | | | | | | | | | | 11:00-12:00 Birthday Rental | | | | |
| 1:45-2:45 Birthday Rental | 1:00-6:00 Open Gym | 2:30-5:00 ADP | 1:15-7:45 Open Gym | 1:15-8:45 Open Gym | 2:30-5:00 ADP | 1:15-5:00 Open Gym | 2:30-5:00 ADP | 1:15-8:45 Open Gym | 2:30-5:00 ADP | 1:15-5:00 Open Gym | 2:30-5:00 ADP | 12:15-1:30 Open Gym | 12:30-6:15 Open Gym | | | |
| 2:45-3:45 Rock Climbing 6+ | | | | | | | | | | | | 1:45-2:45 Birthday Rental | | | | |
| 4:00-4:45 Open Gym | | 5:00-6:00 Rock Climbing 6+ | | | 5:00-6:45 Open Gym | 5:00-6:00 Rock Climbing 6+ | 5:00-8:45 Open Gym | | 5:00-5:30 Volleyball 6-8 | 5:00-6:00 Rock Climbing 6+ | 5:15-6:15 Table Tennis 6+ | 3:00-4:00 Indoor Playground 0-8 | | | | |
| 5:00-6:00 Birthday Rental | | 6:00-8:45 Open Gym | | | 6:00-7:15 Open Gym | 7:30-8:45 Volleyball 16+ | | 5:35-6:05 Volleyball 9-11 | 6:00-8:45 Open Gym | 6:30-7:30 Archery 6+ | 5:00-6:00 Birthday Rental | | | | | |
| 6:15-7:30 Women's Volleyball 16+ | 6:15-7:15 Pickleball / Badminton 16+ | | | | | | | 6:10-6:45 Volleyball 12+ | | 7:45-8:45 Open Gym | 6:15-7:15 Open Gym | 6:15-7:15 Table Tennis 6+ | | | | |
| 7:30-8:45 Volleyball 16+ | 7:30-8:45 Open Gym | 7:45-8:45 Table Tennis 6+ | | | 7:00-7:45 Northern Games 6+ | | | 7:00-8:45 Open Gym | | | 7:30-8:45 Volleyball 16+ | 7:15-8:45 Open Gym | | | | |