



Shine On

**YMCA of Newfoundland and Labrador**  
 Burin Peninsula Region  
 2B Harris Drive, P.O. Box 1308  
 Marystown, NL A0E 2M0  
[www.ymcanl.com](http://www.ymcanl.com)  
 CRA#108225533RR0001

## Gymnasium Schedule – Marystown YMCA (March 1 to June 26 2025) - Last Revised February 2025

**Hours:** Mon.-Thurs. 6:00am-8:30pm | Fri. 6:00am-7:00pm | Sat.-Sun. 7:00am-7:00pm  
**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
<b>Morning</b>						
7:00-8:45 Open Gym		6:00-7:30 Open Gym			6:00-7:00 Open Gym	7:00-8:45 Open Gym
9:00-10:30 Indoor Playground		7:30-9:30 Pickleball 12+			7:00-8:45 Pickleball 12+	9:00-10:30 Active Play
11:00-4:30 Birthday Rental	9:30-10:00 Open Gym				9:00-9:45 Cycle Fit	11:00-4:30 Birthday Rental
	10:00-10:45 Body Blast 12+	10:00-10:45 Total Body 12+	10:00-10:45 Strength & Cardio 12+	10:00-10:45 Ball Fit 12+	10:00-10:45 Body Blast 12+	
<b>Late Morning &amp; Afternoon</b>						
11:00-4:30 Birthday Rental	10:45-4:45 Open Gym	10:45-1:15 Open Gym	10:45-5:00 Open Gym	10:45-1:15 Open Gym	10:45-4:30 Open Gym	11:00-4:30 Birthday Rental
		1:15-2:00 Functional Fitness 12+		1:15-2:00 Forever Fit 12+		
		2:00-3:30 Open Gym		2:00-3:30 Open Gym		
		3:30-4:30 Ball Hockey 5-11		3:30-5:00 Youth Basketball 12-18		
<b>Evening</b>						
4:30-6:45 Open Gym	5:00-5:45 Cycle Fit	5:00-5:30 HIIT 12+	5:00-5:45 Body Blast 12+	5:00-5:45 Total Body 12+	4:30-5:15 Dash & Splash 6-11	4:30-6:45 Open Gym
		5:30-6:30 Open Gym	6:00-7:00 Family Pickleball All ages	5:45-6:30 Open Gym		
	6:30-7:30 Family Sports All ages	6:30-7:30 Youth Basketball 12-18	7:00-8:00 Youth Pickleball 12-18	6:30-7:30 Youth Basketball 12-18		
	7:30-8:15 Open Gym	7:30-8:15 Open Gym		7:30-8:15 Open Gym		

All classes 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](#).