



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

Aquatics Schedule – Placentia Regional YMCA (March 9 2025 to June 26 2025)

Hours: Mon.-Thurs. 9:30am-8:00pm | Fri. 7:30am-6:30pm | Sat.-Sun. 8:30am-5:00pm
Facility: Main Pool (MP) | Play Pool (PP)
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		
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	
Closed		Closed		Closed		Closed		Closed		Closed		Closed		
8:30-9:40 2-Lane /Open	8:30-9:40 Open											8:30-10:00 2-Lane /Open	8:30-10:45 Open	
9:45-10:55 2-Lane /Open	9:45-10:55 Open	9:30-10:30 2-Lane /Open	9:30-10:30 Open	9:30-10:30 2-Lane /Open	9:30-10:30 Open	9:30-10:30 2-Lane /Open	9:30-10:30 Open	9:30-10:45 2-Lane /Open	9:30-10:45 Open	9:30-10:30 2-Lane /Open	9:30-10:30 Open	10:15-11:55 Swim Lessons		
11:00-11:55 2-Lane /Open	11:00-11:55 Open	10:45-11:30 Aqua Fit	Closed	10:45-11:45 2-Lane /Open	10:45-11:45 Open	10:45-11:45 2-Lane /Open	10:45-11:45 Open	11:00-12:55 2-Lane /Open	11:00-12:55 Open	10:45-11:30 Aqua Fit	Closed		10:50-11:55 Swim Lessons	
12:00-1:00 Closed		11:55-12:55 2-Lane /Open	11:55-12:55 Open	11:55-12:55 2-Lane /Open	11:55-12:55 Open	11:55-12:55 2-Lane /Open	11:55-12:55 Open	1:00-3:25 2-Lane /Open	1:00-3:25 Open	11:45-3:00 Closed		12:00-1:00 Closed		
1:00-2:00 Birthday Party Rental		1:00-4:30 Closed		1:00-4:40 Closed		1:00-4:30 Closed		3:30-4:40 Closed		3:00-4:10 2-Lane /Open	3:00-4:10 Open	1:00-2:00 Birthday Party Rental		
2:15-3:55 1-Lane /Open	2:15-3:55 Open	4:30-5:40 2-Lane /Open	4:30-5:40 Open	4:45-7:00 Swim Lessons	4:45-5:50 Swim Lessons	4:30-5:45 2-Lane /Open	4:30-5:45 Open	4:45-7:00 Swim Lessons	4:45-5:50 Swim Lessons	4:15-5:25 2-Lane /Open	4:15-5:25 Open	2:15-3:55 1-Lane /Open	2:15-3:55 Open	
4:00-5:00 Tween Rule the Pool		5:45-6:55 2-Lane /Open	5:45-6:55 Open			6:00-8:30 Open	6:00-6:45 Aqua Fit	Closed		6:00-8:30 Open	5:30-6:30 1-Lane /Open	5:30-6:30 Dash & Splash	4:00-5:00 1-Lane /Open	4:00-5:00 Open
Closed		7:00-8:30 1-Lane /Open	7:00-8:30 Open	7:15-8:30 1-Lane /Open		7:00-8:30 1-Lane /Open	7:00-8:30 Open	7:15-8:30 1-Lane /Open		Closed		Closed		
		Closed		Closed		Closed		Closed						

All classes and lane swim 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](#).