



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

## Child, Youth & Family Schedule – Placentia Regional YMCA (March 9 2025 to June 26 2025)

**Hours:** Mon.-Thurs. 9:00am-10:00pm | Fri. 7:00am-7:00pm | Sat.-Sun. 8:00am-6:00pm  
**Facility:** Multipurpose Room (MPR) | Main Pool (MP) | Play Pool (PP) | Conditioning centre (CC)  
**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>  |   |   |   |   |   |          |
|   | 10:30-12:00<br><b>Child Minding</b><br>0-9<br>MPR |   | 10:45-11:30<br><b>Fit Families</b><br>All ages<br>MPR |   | 10:30-12:00<br><b>Child Minding</b><br>0-9<br>MPR         |          |
| <b>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 <a href="#">My Y Canada</a> App.</b> |   |   |   |   |   |          |
| <b>Afternoon</b>  |   |   |   |   |   |          |
|   | 1:00-2:00<br><b>Open Play</b><br>0-5<br>MPR       | 1:00-2:00<br><b>Open Play</b><br>0-5<br>MPR | 1:00-2:00<br><b>Open Play</b><br>0-5<br>MPR           | 1:00-2:00<br><b>Open Play</b><br>0-5<br>MPR | 1:00-2:00<br><b>Open Play</b><br>0-5<br>MPR               |          |
| 4:00-5:00<br><b>Tween Rule the Pool</b><br>11-14<br>MP & PP   |   |   |   |   | 3:30-4:15<br><b>Teen Learn to Lift</b><br>12-18<br>CC     |          |
| <b>Evening</b>  |   |   |   |   |   |          |
|   |   |   | 5:45-7:15<br><b>Child Minding</b><br>0-9<br>MPR       |   | 5:00-6:30<br><b>Dash &amp; Splash</b><br>6-10<br>MPR & PP |          |