

Sunday, April 13, 2025

Lane & Leisure

Date and Time: Sunday, April 13 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane & Leisure

Date and Time: Sunday, April 13 7:00 am - 8:20 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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Lane & Leisure

Date and Time: Sunday, April 13 9:00 am - 10:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Lane & Leisure

Date and Time: Sunday, April 13 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

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6 Lane & Leisure

Date and Time: Sunday, April 13 11:30 am - 12:30 pm

Address: 35 Carrick Drive

Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, April 13 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, April 13 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, April 13 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, April 13 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, April 13 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, April 13 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, April 13 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, April 13 6:30 pm - 7:20 pm

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6 Lane & Leisure

Date and Time: Sunday, April 13 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

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Bothered and Bewildered

Date and Time: Sunday, April 13 7:30 pm - 9:30 pm

Address: 95 Allandale Road, St. John's

Bothered and Bewildered by Gail Young

St. John's Players is proud to produce this relatively new piece of theatre concerning the topic of Alzheimer's. Alzheimer's is a disease which has touched most of us and thus one we can relate to. This play is a touching and humorous peek into the world of a family struggling to deal with the realities of the disease. 'Bothered & Bewildered' is a comedy drama about one woman's struggle with Alzheimer's.

The play follows Irene and her two daughters Louise and Beth as the girls lose their mother in spirit but not in body. As her family struggle to come to terms with her Alzheimer's, Irene's past passion for romantic literature blurs with reality. She spends hours discussing how best to write her 'memory book' with her imaginary friend and favourite author Barbara Cartland (the deceased world famous romantic novelist), disclosing long kept family secrets that she would never divulge to her daughters.

This tragi-comedy is about memory, loss, secrets and above all, love.

Performing with an all star cast and directed by Louise Kearley, April 10-13 at the Barbara Barrett Theatre.

Don't miss this beautiful, touching show before it goes to the Provincial Drama Festival in Corner Brook!

* This play contains mature content

Monday, April 14, 2025

Lane & Leisure

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6 Lane Swim

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Aquatic Fitness

Date and Time: Monday, April 14 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Date and Time: Monday, April 14 9:00 am - 11:30 am

Address: Centre des Grands Vents, 65 Ridge Road, St. John's (NL) A1B 4P5

Les p'tits poussins : enfants de 0 à 4 ans, accompagnés d'un parent ou d'un tuteur.

📅 Tous les lundis, à partir de 9 h jusqu'à 11 h 45.

📖 Activité proposée : Heure du conte, café et thé.

👪 Participants : Enfants de 0 à 5 ans accompagnés de leurs parents ou tuteurs.

💰 Coût : Gratuit.

🍌 Collation : Une collation saine sera offerte aux enfants.

👕 Vêtements : Pour les rassemblements en plein air, apportez des vêtements adaptés à la météo.

🎉 Come have fun with us! 🎉

👪 Les p'tits poussins: children from 0 to 4 years old, accompanied by a parent or guardian.

📅 Every Monday, from 9 am to 11:45 am.

📖 Activity: Storytime, coffee, and tea.

👪 Participants: Children aged 0 to 5 accompanied by their parents or guardians.

💰 Cost: Free.

🍌 Snack: A healthy snack will be provided for the children.

👕 Clothing: For outdoor gatherings, please bring weather-appropriate clothing.

Aquatic Fitness

Date and Time: Monday, April 14 9:00 am - 9:50 am

Address: 35 Carrick Drive

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Aquatic Fitness

Date and Time: Monday, April 14 10:00 am - 10:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Adults in Motion

Date and Time: Monday, April 14 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Playgroup (Drop in)

Date and Time: Monday, April 14 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Cost: \$2 per child

3 Lane & Leisure - Lane Pool Only

Date and Time: Monday, April 14 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

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Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Adults in Motion

Date and Time: Monday, April 14 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Youth Lunch in

Date and Time: Monday, April 14 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

Pop in Tot - Lane Pool Only

Date and Time: Monday, April 14 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

After school program

Date and Time: Monday, April 14 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Monday, April 14 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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unities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

After School Program

Date and Time: Monday, April 14 3:00 pm - 5:30 pm

Address: 34 Fahey Street

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

SPACE IS LIMITED - Currently Full, there is a waiting list.

Tuesday, April 15, 2025

Lane & Leisure

Date and Time: Tuesday, April 15 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

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+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

3 Lane & Leisure - Lane Pool Only

Date and Time: Tuesday, April 15 7:30 am - 8:50 am

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Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Aquatic Fitness

Date and Time: Tuesday, April 15 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Preschool

Date and Time: Tuesday, April 15 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

Active Preschool is a part time preschool program that focuses on socialization, early educational concepts, physical literacy with a focus on fundamentals, basic movement and skills taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

Registration is required

To register click here [Preschool Registration](#) or call 576-8499

Space is limited

Ages: 3-5

Cost: \$510.00

Aquatic Fitness

Date and Time: Tuesday, April 15 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Core Balance

Date and Time: Tuesday, April 15 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

6 Lane Swim

Date and Time: Tuesday, April 15 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Playgroup (Drop in)

Date and Time: Tuesday, April 15 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Cost: \$2 per child

Food on the Move + Library @ Shea Heights Community Centre

Date and Time: Tuesday, April 15 11:00 am - 1:00 pm

Address: 130 Linegar Ave

Shop for tasty fruits and vegetables at awesome prices - everyone welcome!

Every month, we pop up at six spots around St. John's. It's a fun way to grab groceries, meet new friends, and find services in your neighbourhood.

Library on the Go brings books and materials to borrow for free! You can sign up for a public library card and find out more about their programs.

Each market has a wide selection of root vegetables, greens, herbs, and fruits; each item is \$2 each or try 3 for \$5. We will be indoors during winter and inclement weather - come on in!

Follow us on Facebook (<https://www.facebook.com/FoodOnTheMoveSJ>), Instagram (<https://www.instagram.com/foodonthemoveSJ/>), and visit our website for full details and schedule: <https://foodstjohns.ca/move>

Food on the Move is a social enterprise operated by Food First NL with support of community hosts: Good Food, Good Prices, Great Community

Youth Lunch in

Date and Time: Tuesday, April 15 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynolds Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

Therapeutic Adult Swim - Lane Pool Only

Date and Time: Tuesday, April 15 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an attendant pass. Standard swim admissions apply.

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After school program

Date and Time: Tuesday, April 15 2:30 pm - 5:30 pm

Address: 140 Linegar

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You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

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You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

After School Program

Date and Time: Tuesday, April 15 3:00 pm - 5:30 pm

Address: 34 Fahey Street

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Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

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Lane & Leisure

Date and Time: Tuesday, April 15 5:00 pm - 5:50 pm

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Wednesday, April 16, 2025

Lane & Leisure

Date and Time: Wednesday, April 16 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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6 Lane Swim

Date and Time: Wednesday, April 16 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Aquatic Fitness

Date and Time: Wednesday, April 16 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Wednesday, April 16 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Wednesday, April 16 10:00 am - 10:50 am

Address: 35 Carrick Drive

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Adults in Motion

Date and Time: Wednesday, April 16 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends.

nds and others with common wellness goals.

Playgroup (Drop in)

Date and Time: Wednesday, April 16 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Cost: \$2 per child

3 Lane & Leisure - Lane Pool Only

Date and Time: Wednesday, April 16 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Core Balance

Date and Time: Wednesday, April 16 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Food on the Move + Library @ Froude Avenue Community Centre

Date and Time: Wednesday, April 16 11:00 am - 1:00 pm

Address: 89 Froude Avenue

Shop for tasty fruits and vegetables at awesome prices - everyone welcome!

Every month, we pop up at six spots around St. John's. It's a fun way to grab groceries, meet new friends, and find services in your neighbourhood.

Library on the Go brings books and materials to borrow for free! You can sign up for a public library card and find out more about their programs.

Each market has a wide selection of root vegetables, greens, herbs, and fruits; each item is \$2 each or try 3 for \$5. We will be indoors at the community centre during winter and inclement weather - come on in!

Follow us on Facebook (<https://www.facebook.com/FoodOnTheMoveSJ>), Instagram (<https://www.instagram.com/foodonthemoveSJ/>), and visit our website for full details and schedule: <https://foodstjohns.ca/move>

Food on the Move is a social enterprise operated by Food First NL with support of community hosts: Good Food, Good Prices, Great Community

Youth Lunch in

Date and Time: Wednesday, April 16 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

Pop in Tot - Lane Pool Only

Date and Time: Wednesday, April 16 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

After school program

Date and Time: Wednesday, April 16 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Wednesday, April 16 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

After School Program

Date and Time: Wednesday, April 16 3:00 pm - 5:30 pm

Address: 34 Fahey Street

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

SPACE IS LIMITED - Currently Full, there is a waiting list.

Thursday, April 17, 2025

Lane & Leisure

Date and Time: Thursday, April 17 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

3 Lane & Leisure - Lane Pool Only

Date and Time: Thursday, April 17 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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Aquatic Fitness

Date and Time: Thursday, April 17 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Preschool

Date and Time: Thursday, April 17 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

Active Preschool is a part time preschool program that focuses on socialization, early educational concepts, physical literacy with a focus on fundamentals, basic movement and skills taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

Registration is required

To register click here [Preschool Registration](#) or call 576-8499

Space is limited

Ages: 3-5

Cost: \$510.00

Aquatic Fitness

Date and Time: Thursday, April 17 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Core Balance

Date and Time: Thursday, April 17 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Preschool Drop in

Date and Time: Thursday, April 17 10:00 am - 11:30 am

Address: 130 Linegar Avenue

Create, Sing and play preschool drop in- join us at our NEW drop-in playgroup program where parents/guardians can attend with children to participate in staff led activities such as story time, art activities, and active play according to a theme each week.

Ages: 2-4

Cost: \$2 per child

6 Lane Swim

Date and Time: Thursday, April 17 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Playgroup (Drop in)

Date and Time: Thursday, April 17 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Cost: \$2 per child

Youth Lunch in

Date and Time: Thursday, April 17 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynolds Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

After school program

Date and Time: Thursday, April 17 2:30 pm - 5:30 pm

Address: 140 Linegar

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You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Thursday, April 17 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

After School Program

Date and Time: Thursday, April 17 3:00 pm - 5:30 pm

Address: 34 Fahey Street

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

SPACE IS LIMITED - Currently Full, there is a waiting list.

Lane & Leisure

Date and Time: Thursday, April 17 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim - Shallow End Lane Pool Only

Date and Time: Thursday, April 17 5:15 pm - 6:45 pm

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Friday, April 18, 2025

NSO Recital 3

Date and Time: Friday, April 18 8:00 pm - 9:30 pm

Address: Anglican Cathedral, 16 Church Hill, St. John's

Join the [Atlantic String Quartet](#) for a profound and moving evening of music with Recital 3. On April 18, 2025, at the beautiful [Anglican Cathedral](#), experience the spiritual and emotional depth of Joseph Haydn's masterpiece, "*The Seven Last Words of Christ*."

This extraordinary work, originally composed for the Good Friday service, consists of seven meditative sonatas, each reflecting on the final words spoken by Christ on the cross. Haydn's music is both powerful and contemplative, offering a journey through sorrow, reflection, and ultimately, hope.

The Anglican Cathedral provides a stunning and acoustically rich setting, enhancing the intimate and reverent atmosphere of this performance. The [Atlantic String Quartet's](#) interpretation promises to bring out the intricate beauty and solemn grace of Haydn's compositions.

Don't miss this special opportunity to experience one of Haydn's most profound works in a setting that perfectly complements its spiritual significance. Secure your tickets now for Recital 3 and join us for an evening of reflective and moving music with the [Atlantic String Quartet](#) at the [Anglican Cathedral](#). Tickets are available at the ACC Box Office (729-3900), online at www.artsandculturecentre.com and at the door.

Saturday, April 19, 2025

Lane & Leisure

Date and Time: Saturday, April 19 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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6 Lane Swim

Date and Time: Saturday, April 19 7:00 am - 8:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Lane & Leisure

Date and Time: Saturday, April 19 9:00 am - 10:20 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

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Leisure Swim - Shallow End Lane Pool Only

Date and Time: Saturday, April 19 9:00 am - 10:30 am

Address: 35 Carrick Drive

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Seedy Saturday St. John's

Date and Time: Saturday, April 19 10:00 am - 4:30 pm

Address: Memorial University Botanical Garden, 306 Mount Scio Rd

The fourth annual Seedy Saturday St. John's is happening April 19, 2025, from 10:00am-4:30pm. Join fellow gardeners, homesteaders, and seed savers for a day filled with learning, networking, and seed sharing! Seedy Saturday will include information booths from a variety of groups and individuals active in the home gardening, homesteading, and food security communities, plus workshops, opportunities to share, trade, and discover seeds, and even a Kids' Zone with activities and learning for our youngest gardeners. Workshop topics include seed starting and composting. In addition to sharing of seeds, participants are encouraged to bring along any gently used garden tools, books, magazines, etc., they would like to pass along to a new home.

All activities are free of charge. All are welcome, with or without seeds to share! Please note that the Garden's cultivated areas and trails will not be open during the event.

Seedy Saturdays take place all over the country and have been supported by Seeds of Diversity for more than 30 years. The events are independent and locally organized, with a focus on promoting the continued use of heritage and open-pollinated seeds, education around seed saving and environmentally responsible growing, with an opportunity to participate in a seed exchange.

Playgroup (Drop in)

Date and Time: Saturday, April 19 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Cost: \$2 per child

Everyone Welcome Swim

Date and Time: Saturday, April 19 10:30 am - 11:50 am

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim - Lane Pool Only

Date and Time: Saturday, April 19 11:00 am - 12:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Lane & Leisure

Date and Time: Saturday, April 19 12:00 pm - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

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Backyard Composting Information Session (in-person)

Date and Time: Saturday, April 19 1:00 pm - 2:00 pm

Address: Memorial University Botanical Garden, 306 Mount Scio Road

Attend a free in-person backyard composting information session hosted by Botanical Garden during their fourth annual **Seedy Saturday** event. Once completed, receive a certificate that qualifies residents to purchase a backyard compost bin at a reduced cost from the City of St. John's. Everyone is welcome and pre-registration is not required.

Everyone Welcome Swim

Date and Time: Saturday, April 19 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim - Lane Pool Only

Date and Time: Saturday, April 19 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Everyone Welcome Swim

Date and Time: Saturday, April 19 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Saturday, April 19 4:00 pm - 5:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

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Everyone Welcome Swim - Lane Pool Only

Date and Time: Saturday, April 19 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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