

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Preschool 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Drop in Play - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Adult Drop in 3:00 pm After School Program 7:00 pm Badminton en Français 7:00 pm Body Conditioning 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	2 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am 6 Lane Swim 11:00 am 3 Lane & Leisure 11:00 am Adults in Motion 2:00 pm Pop in Tot 3:00 pm After School Program 7:00 pm Free - Everyone Welcome Swim 7:00 pm Everyone Welcome Swim	3 7:00 am Leisure Swim 7:30 am 6 Lane Swim 10:00 am Playgroup (Drop in) 2:30 pm Everyone Welcome Swim 3:00 pm Free - Everyone Welcome Swim 4:00 pm OUI BY! POUTINE AVEC PORT-AUX-POUTINES 5:30 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 6:30 pm Everyone Welcome Swim 6:30 pm Family Open Gym Drop in 7:00 pm 3 Lane & Leisure 7:00 pm OUI BY! POUTINE AVEC PORT-AUX-POUTINES 8:00 pm NSO Sinfonia 4: Postcards from Spain
4 7:00 am 6 Lane & Leisure 7:00 am Lane & Leisure	5 7:00 am Leisure Swim 7:00 am Lane & Leisure	6 7:00 am Lane & Leisure 7:00 am Leisure Swim	7 7:00 am Leisure Swim 7:30 am Lane & Leisure	8 7:00 am Leisure Swim 7:30 am Lane & Leisure	9 7:00 am Leisure Swim 7:00 am Lane & Leisure	10 7:00 am Lane & Leisure 7:00 am 6 Lane Swim

	10:00 am Municipal Open House	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:00 am Leisure Swim
	10:00 am Firehouse Subs Touch-the-Truck Event	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am St. Thomas' Church Spring Market and Cafe
	11:00 am BMO Walk so Kids Can Talk	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	
	11:00 am Lane & Leisure	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Development of the Psychic Intuition Workshop with UK Medium Penny Francis
	1:00 pm Free - Everyone Welcome Swim	9:30 am Playgroup Active drop in - KFFRC	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Aquatic Fitness	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Adults in Motion	
	1:00 pm Walk & Talk	10:00 am Playgroup (Drop in)	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am 6 Lane Swim	
	2:30 pm Free - Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am Core Balance	10:00 am Playgroup (Drop in)	10:00 am Core Balance	11:00 am 3 Lane & Leisure	10:00 am Playgroup (Drop in)
	3:00 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am 6 Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	11:00 am Adults in Motion	1:00 pm Mother's Day - Teaparty & Craft
	4:00 pm Lane & Leisure	10:00 am Lane & Leisure	10:00 am Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	12:00 pm 92-96 Forest Pond Road - Local Board of Appeal Board Hearing	2:30 pm Everyone Welcome Swim
	5:30 pm Everyone Welcome Swim	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	11:45 am Walk and Wheel	11:00 am Adult Drop in		
	6:00 pm Lane & Leisure	11:00 am Adults in Motion	2:00 pm Therapeutic Adult Swim	11:45 am Walk and Wheel	3:00 pm After School Program	1:00 pm 11 Barrows Road - Local Board of Appeal Hearing	2:30 pm Workshop: Wild Edibles - Spring Shoots
	6:30 pm May the Fourth Movie at Geo: Rogue One	11:45 am Walk and Wheel	3:00 pm After School Program	2:00 pm Pop in Tot	5:00 pm University Area Open House - In-Person	2:00 pm Pop in Tot	
	7:30 pm 6 Lane & Leisure	2:00 pm Pop in Tot	6:00 pm Youth Drop in - Sport	5:00 pm Cowan Heights Open House - In-Person	6:00 pm The 7th Annual St. John's International Fly Fishing Film Festival & Fundraiser	3:00 pm After School Program	3:00 pm Everyone Welcome Swim
		3:00 pm After School Program	7:00 pm 6 Lane & Leisure	6:00 pm Drop in - Youth	7:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Oddity, Curiosity,and Antique Bizarre	5:30 pm Lane & Leisure
		6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Drop in - Youth	7:00 pm Behind the Curtain with Artistic Director, Yukichi Hattori		5:30 pm Everyone Welcome Swim
		6:30 pm Body Conditioning	8:00 pm Adult Drop in	6:00 pm Youth Drop in	7:00 pm Badminton en Français	7:00 pm An Evening with Spirit with Internationally Renowned UK Medium Penny Francis	6:30 pm Everyone Welcome Swim
		7:00 pm Body Conditioning		6:30 pm Body Conditioning	7:00 pm Body Conditioning		
		7:00 pm Aquatic Fitness		7:00 pm Lane & Leisure	7:00 pm Body Conditioning		6:30 pm Everyone Welcome Swim
		7:00 pm Lane & Leisure		7:00 pm Free - Everyone Welcome Swim	7:00 pm 6 Lane & Leisure		6:30 pm Family Open Gym Drop in
		7:00 pm Leisure Swim		7:30 pm 2025 ECMA Kickoff Party	8:00 pm There's Nothing You Can Do by Cole Hayley	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
		7:00 pm Main Road and Shoal Bay Road, Goulds - Public Hearing		8:00 pm Open Gym Drop in -Adult	8:00 pm The 37th East Coast Music Awards Gala	8:00 pm There's Nothing You Can Do by Cole Hayley	7:00 pm NSO Au Revoir
		7:00 pm Rejoignez la chorale La Rose des Vents		8:00 pm There's Nothing You Can Do by Cole Hayley			8:00 pm There's Nothing You Can Do by Cole Hayley
		7:30 pm Open Gym Drop in					
11	7:00 am 6 Lane & Leisure	7:00 am Leisure Swim	7:00 am Lane & Leisure	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim
	7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:00 am Leisure Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am 6 Lane Swim
	9:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	10:00 am Playgroup (Drop in)
	11:00 am Paint a	9:00 am Leisure	9:00 am Leisure	9:00 am Leisure	9:00 am Leisure	9:00 am Leisure	

Plant Pot	Swim	Swim	Swim	Swim	Swim	Swim	12:00 pm Walk & Talk
11:00 am Lane & Leisure	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	2:30 pm Everyone Welcome Swim
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	3:00 pm Everyone Welcome Swim
1:00 pm ECMA Fan Fest	9:30 am Playgroup Active drop in - KFFRC	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Aquatic Fitness	10:00 am Adults in Motion	9:30 am Playgroup Drop in Play - KFFRC	10:00 am Adults in Motion	5:30 pm Lane & Leisure
2:30 pm Everyone Welcome Swim	10:00 am Private Psychic & Mediumistic Readings with UK Medium Penny Francis	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am Private Psychic & Mediumistic Readings with UK Medium Penny Francis	10:00 am 6 Lane Swim	5:30 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	10:00 am Playgroup (Drop in)	10:00 am 6 Lane & Leisure	10:00 am Private Psychic & Mediumistic Readings with UK Medium Penny Francis	10:00 am Private Psychic & Mediumistic Readings with UK Medium Penny Francis	10:00 am Playgroup (Drop in)	11:00 am 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Adults in Motion	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am Adults in Motion	6:30 pm Family Open Gym Drop in
4:00 pm There's Nothing You Can Do by Cole Hayley	10:00 am Aquatic Fitness	11:00 am Food on the Move + Library @ Shea Heights Community Centre	11:00 am Core Balance	10:00 am 6 Lane & Leisure	10:00 am Core Balance	2:00 pm Pop in Tot	7:00 pm 3 Lane & Leisure
5:30 pm Everyone Welcome Swim	10:00 am Lane & Leisure	11:30 am Lunch des Débrouillards	11:00 am Food on the Move + Library @ Froude Avenue Community Centre	10:00 am Lane & Leisure	10:00 am Lane & Leisure	3:00 pm After School Program	
6:00 pm Lane & Leisure	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	11:45 am Walk and Wheel	10:00 am 6 Lane & Leisure	10:00 am 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	
7:30 pm 6 Lane & Leisure	11:00 am Adults in Motion	2:00 pm Therapeutic Adult Swim	11:45 am Walk and Wheel	11:00 am Adult Drop in	11:00 am Adult Drop in	7:00 pm Everyone Welcome Swim	
	11:45 am Walk and Wheel	3:00 pm After School Program	11:45 am Walk and Wheel	3:00 pm After School Program	3:00 pm After School Program		
	2:00 pm Pop in Tot	6:00 pm Youth Drop in - Sport	12:00 pm Climate Café	6:00 pm Youth Drop in	6:00 pm Drop in - Youth		
	3:00 pm After School Program	6:00 pm Charis Cotter Book Launch Party	2:00 pm Pop in Tot	6:00 pm Youth Drop in	7:00 pm Green Conversations - Promoting Personal and Environmental Resilience		
	6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome Swim	3:00 pm After School Program	6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome Swim		
	6:30 pm Body Conditioning	7:00 pm An Evening with Spirit with Internationally Renowned UK Medium Penny Francis	6:00 pm Succulent Terrarium Workshop	6:00 pm Succulent Terrarium Workshop	7:00 pm Badminton en Français		
	7:00 pm Body Conditioning	7:00 pm 6 Lane & Leisure	6:30 pm Body Conditioning	6:00 pm Youth Drop in	7:00 pm Body Conditioning		
	7:00 pm Aquatic Fitness	8:00 pm Adult Drop in	7:00 pm Lane & Leisure	7:00 pm Lane & Leisure	7:00 pm 6 Lane & Leisure		
	7:00 pm Lane & Leisure		7:00 pm Mental Health & Climate Change Film Festival	7:00 pm Mental Health & Climate Change Film Festival			
	7:00 pm Leisure Swim		7:00 pm Everyone Welcome Swim	7:00 pm Everyone Welcome Swim			
	7:00 pm Rejoignez la chorale La Rose des Vents		8:00 pm Open Gym Drop in -Adult	8:00 pm Open Gym Drop in -Adult			
	7:30 pm Open Gym Drop in						
18	19	20	21	22	23	24	
7:00 am 6 Lane & Leisure	7:00 pm Rejoignez la chorale La Rose des Vents	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim	
7:00 am Lane & Leisure		7:00 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am 6 Lane Swim	
11:00 am Lane & Leisure		7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	10:00 am Playgroup (Drop in)	
1:00 pm Everyone Welcome Swim		9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	2:30 pm	

						2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 4:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 7:30 pm 6 Lane & Leisure
		9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Drop in Play - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 12:00 pm Adult Drop in 2:00 pm Therapeutic Adult Swim 3:00 pm After School Program 6:00 pm Youth Drop in - Sport 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim 8:00 pm Adult Drop in	9:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 10:00 am Playgroup (Drop in) 11:00 am 3 Lane & Leisure 11:00 am Core Balance 11:45 am Walk and Wheel 11:45 am Walk and Wheel 2:00 pm Pop in Tot 3:00 pm After School Program 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Open Gym Drop in -Adult	9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Drop in Play - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Adult Drop in 3:00 pm After School Program 7:00 pm Badminton en Français 7:00 pm Body Conditioning 7:00 pm 6 Lane & Leisure 7:00 pm Spark After Dark: TRIVIA Night at Geo 7:00 pm Shallow End Only - Everyone Welcome Swim	9:00 am Navigating the Journey Together: The Role of Peer Support in Chronic Pain 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am 6 Lane Swim 11:00 am 3 Lane & Leisure 11:00 am Adults in Motion 2:00 pm Pop in Tot 3:00 pm After School Program 7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim	Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 6:30 pm Everyone Welcome Swim 6:30 pm Family Open Gym Drop in 7:00 pm 3 Lane & Leisure
25 7:00 am Lane & Leisure 7:00 am 6 Lane & Leisure 11:00 am Lane & Leisure 1:00 pm Everyone Welcome Swim 1:00 pm What's Up in the Night Sky? 2:30 pm Everyone Welcome Swim 3:00 pm Free - Everyone Welcome Swim 4:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 7:30 pm 6 Lane & Leisure 8:00 pm NSO Recital 4	26 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Active drop in - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Adults in Motion 10:00 am Aquatic Fitness 10:00 am Lane & Leisure 11:00 am 3 Lane & Leisure	27 7:00 am Lane & Leisure 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Drop in Play - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Core Balance 10:00 am 6 Lane & Leisure 10:00 am Lane & Leisure 12:00 pm Adult Drop in	28 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am Playgroup (Drop in) 11:00 am 3 Lane & Leisure 11:00 am Core Balance 11:45 am Walk and	29 7:00 am Leisure Swim 7:30 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:30 am Playgroup Drop in Play - KFFRC 10:00 am Playgroup (Drop in) 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 11:00 am Adult Drop in	30 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am Leisure Swim 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:00 am 6 Lane Swim 11:00 am 3 Lane & Leisure 11:00 am Adults in Motion 2:00 pm Pop in Tot 3:00 pm After School Program	

	11:00 am Adults in Motion 11:45 am Walk and Wheel 11:45 am Walk and Wheel 2:00 pm Pop in Tot 3:00 pm After School Program 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Body Conditioning 7:00 pm Aquatic Fitness 7:00 pm Lane & Leisure 7:00 pm Leisure Swim 7:00 pm Rejoignez la chorale La Rose des Vents 7:30 pm Open Gym Drop in	2:00 pm Free-Therapeutic Adult Swim 3:00 pm After School Program 6:00 pm Youth Drop in - Sport 6:00 pm Gardner's Gathering 7:00 pm Shallow End Only - Everyone Welcome Swim 7:00 pm 6 Lane & Leisure 8:00 pm Adult Drop in	Wheel 11:45 am Walk and Wheel 2:00 pm Pop in Tot 3:00 pm After School Program 6:00 pm Youth Drop in 6:30 pm Body Conditioning 7:00 pm Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Open Gym Drop in -Adult	3:00 pm After School Program 7:00 pm Badminton en Français 7:00 pm Body Conditioning 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Everyone Welcome Swim 7:00 pm Everyone Welcome Swim
--	---	--	--	--	--

<https://calendar.stjohns.ca>