## May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				7:00 am Leisure Swim	7:00 am Leisure Swim	7:00 am Leisure Swim
				7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am 6 Lane Swim
				7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	10:00 am Playgroup
				9:00 am Leisure Swim	9:00 am Leisure Swim	(Drop in) 2:30 pm
				9:00 am Preschool	9:00 am Aquatic Fitness	Everyone Welcome Swim
				9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	3:00 pm Free
				9:00 am Aquatic Fitness	10:00 am Adults in Motion	- Everyone Welcome Swim
				9:30 am Playgroup Drop in Play - KFFRC	10:00 am Lane & Leisure	4:00 pm OU B'Y!
				10:00 am Playgroup (Drop in)	10:00 am 6 Lane Swim	POUTINE AVEC PORT AUX-
				10:00 am Core Balance	11:00 am 3 Lane & Leisure	POUTINES 5:30 pm
				10:00 am Lane & Leisure	11:00 am Adults in Motion	Everyone Welcome Swim
				10:00 am 6 Lane & Leisure	2:00 pm Pop in Tot 3:00 pm After	5:30 pm Lan & Leisure
				11:00 am Adult Drop in	School Program 7:00 pm Free -	6:30 pm Everyone
				3:00 pm After School Program	Everyone Welcome Swim	Welcome Swim
				7:00 pm Badminton en Français	7:00 pm Everyone Welcome Swim	6:30 pm Family Oper
				7:00 pm Body Conditioning		Gym Drop in 7:00 pm 3
				7:00 pm 6 Lane & Leisure		Lane & Leisure
				7:00 pm Shallow End Only - Everyone Welcome Swim		7:00 pm OU B'Y! POUTINE AVEC PORT AUX- POUTINES
						8:00 pm NS0 Sinfonia 4: Postcards from Spain
ŀ	5	6	7	8	9	10
2:00 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 Lan & Leisure
2:00 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	7:00 am 6 Lane Swim

	0:00 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
S	0:00 am Firehouse ubs Touch-the- ruck 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
	1:00 am BMO	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	9:00 am Preschool	9:00 am Aquatic Fitness	Spring Market and Cafe
	Valk so Kids Can `alk	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
	1:00 am Lane & eisure	9:30 am Playgroup	9:00 am Aquatic Fitness	10:00 am Aquatic	9:00 am Aquatic Fitness	10:00 am Adults in	Development of the Psychic
E	:00 pm Free - veryone Welcome	Active drop in - KFFRC 10:00 am Playgroup	9:30 am Playgroup Drop in Play - KFFRC	Fitness 10:00 am Adults in Motion	9:30 am Playgroup Drop in Play - KFFRC	Motion 10:00 am Lane & Leisure	Intuition Workshop with UK
1	wim :00 pm Walk & `alk	(Drop in) 10:00 am Adults in	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	10:00 am Playgroup (Drop in)	10:00 am 6 Lane Swim	Medium Penny Francis
2	:30 pm Free - overyone Welcome	Motion 10:00 am Aquatic	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	wim :00 pm Everyone	Fitness 10:00 am Lane & Leisure	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
	Velcome Swim :00 pm Lane &	11:00 am 3 Lane &	10:00 am Lane & Leisure	11:00 am Core Balance	10:00 am 6 Lane & Leisure	12:00 pm 92-96 Forest Pond Road -	- Teaparty & Craft
5	eisure :30 pm Everyone	Leisure 11:00 am Adults in Motion	12:00 pm Adult Drop in	11:45 am Walk and Wheel	11:00 am Adult Drop in	Local Board of Appeal Board Hearing	2:30 pm Everyone Welcome
6	Velcome Swim :00 pm Lane &	11:45 am Walk and Wheel	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	Swim 2:30 pm
6	eisure :30 pm May the	11:45 am Walk and Wheel	3:00 pm After School Program	2:00 pm Pop in Tot 3:00 pm After	5:00 pm University Area Open House - In-Person	of Appeal Hearing 2:00 pm Pop in Tot	Workshop: Wild Edibles -
	ourth Movie at Jeo: Rogue One	2:00 pm Pop in Tot	6:00 pm Youth Drop in - Sport	School Program 5:00 pm Cowan	6:00 pm The 7th	3:00 pm After School Program	Spring Shoots 3:00 pm
	:30 pm 6 Lane & eisure	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	Heights Open House - In-Person	Annual St. John's International Fly Fishing Film Festival	5:00 pm Oddity, Curiousity,and	Everyone Welcome Swim
		6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome	6:00 pm Drop in - Youth	& Fundraiser 7:00 pm Shallow	Antique Bizarre 7:00 pm Behind the	5:30 pm Lane & Leisure
		6:30 pm Body Conditioning	Swim 8:00 pm Adult Drop	6:00 pm Youth Drop in	End Only - Everyone Welcome Swim	Curtain with Artistic Director, Yukichi Hattori	5:30 pm Everyone
		7:00 pm Body Conditioning	in	6:30 pm Body Conditioning	7:00 pm Badminton en Français	7:00 pm An Evening with Spirit with	Welcome Swim
		7:00 pm Aquatic Fitness		7:00 pm Lane & Leisure	7:00 pm Body Conditioning	Internationally Renowned UK	6:30 pm Everyone
		7:00 pm Lane & Leisure		7:00 pm Free - Everyone Welcome Swim	7:00 pm 6 Lane & Leisure	Medium Penny Francis	Welcome Swim
		7:00 pm Leisure Swim		7:30 pm 2025 ECMA Kickoff Party	8:00 pm There's Nothing You Can Do	7:00 pm Everyone Welcome Swim 7:00 pm Everyone	6:30 pm Family Open Gym Drop in
		7:00 pm Main Road and Shoal Bay Road, Goulds -		8:00 pm Open Gym Drop in -Adult	by Cole Hayley 8:00 pm The 37th	Welcome Swim 8:00 pm There's	7:00 pm 3 Lane &
		Public Hearing 7:00 pm Rejoignez		8:00 pm There's Nothing You Can Do	East Coast Music Awards Gala	Nothing You Can Do by Cole Hayley	Leisure 7:00 pm NSO
		la chorale La Rose des Vents		by Cole Hayley			Au Revoir 8:00 pm
		7:30 pm Open Gym Drop in					There's Nothing You Can Do by Cole Hayley
1	1	12	13	14	15	16	17
	:00 am 6 Lane & eisure	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
	:00 am Lane & eisure	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
	:00 am Lane & eisure	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)
1	1:00 am Paint a	9:00 am Leisure	9:00 am Leisure	9:00 am Leisure	9:00 am Leisure	9:00 am Leisure	(Drop in)

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

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