

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:00 am Lane & Leisure 7:00 am 6 Lane & Leisure 10:00 am Newfoundland Horticultural Society Spring Flower Show 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 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	2 7:00 am Lane & Leisure 7:00 am Leisure Swim 7:00 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 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 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 Lane & Leisure 7:00 pm Aquatic Fitness 7:00 pm Leisure Swim 7:00 pm Rejoignez la chorale La Rose des Vents	3 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 Drop in Play - KFFRC 10:00 am Core Balance 10:00 am Lane & Leisure 10:00 am 6 Lane & Leisure 10:00 am Playgroup (Drop in) 12:00 pm Adult Drop in 2:00 pm Therapeutic Adult Swim 3:00 pm After School Program 5:00 pm Celestial Conversations: Update Reveal for "Our Future & Space" 6:00 pm Youth Drop in - Sport 7:00 pm 6 Lane & Leisure 7:00 pm Everyone Welcome Swim 8:00 pm Adult Drop in	4 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 Wheel 11:45 am Walk and Wheel 2:00 pm Pop in Tot 3:00 pm After School Program 5:00 pm LAWNYA VAWNYA 15 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	5 12:00 am LAWNYA VAWNYA 15 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Leisure Swim 9:30 am Playgroup Drop in Play - KFFRC 10:00 am 6 Lane & Leisure 10:00 am Playgroup (Drop in) 10:00 am Core Balance 10:00 am 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 Everyone Welcome Swim	6 12:00 am LAWNYA VAWNYA 15 7:00 am Leisure Swim 7:30 am 6 Lane Swim 7:30 am Lane & Leisure 9:00 am Aquatic Fitness 9:00 am Aquatic Fitness 9:00 am Leisure Swim 9:00 am Nature Tots 10:00 am 6 Lane Swim 10:00 am Adults in Motion 10:00 am Lane & Leisure 10:45 am Nature Tots 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 7:30 pm Metamorphosis	7 12:00 am LAWNYA VAWNYA 15 7:00 am Leisure Swim 7:30 am 6 Lane Swim 9:00 am Home Alone Safety 9:00 am Vera Perlin Society Walk 10:00 am World Oceans Day at the Marine Institute 10:00 am World Oceans Day 2025 Celebration 10:00 am Playgroup (Drop in) 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 4:00 pm Lane & Leisure 5:30 pm Everyone Welcome Swim 5:30 pm Lane & Leisure 6:30 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure 8:00 pm Dance on the Edge 13

	7:30 pm Open Gym Drop in					
8	9	10	11	12	13	14
7:00 am Lane & Leisure	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 Leisure Swim
7:00 am 6 Lane & Leisure	7:00 am Leisure Swim	7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim
9:30 am World Oceans Day Family Day at Geo	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	9:00 am FOG Spring Plant Sale
11:00 am Lane & Leisure	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:30 am Festival of Blooms
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	10:30 am Neighbourhood Connect Event
2:30 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	11:00 am Food on the Move + Library @ Froude Avenue Community Centre
3:00 pm Everyone Welcome Swim	9:30 am Playgroup Active drop in - KFFRC	9:30 am Playgroup Drop in Play - KFFRC	9:30 am Festival of Blooms	9:30 am Playgroup Drop in Play - KFFRC	9:30 am Festival of Blooms	2:30 pm Everyone Welcome Swim
4:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Core Balance	10:00 am Aquatic Fitness	9:30 am Festival of Blooms	10:00 am 6 Lane Swim	3:00 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am Lane & Leisure	10:00 am Adults in Motion	10:00 am 6 Lane & Leisure	10:00 am Adults in Motion	5:00 pm Lane & Leisure
6:00 pm Lane & Leisure	10:00 am Lane & Leisure	10:00 am 6 Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Lane & Leisure	5:30 pm Free - Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	10:00 am Playgroup (Drop in)	11:30 am Lunch des Débrouillards	10:00 am Playgroup (Drop in)	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	6:30 pm Everyone Welcome Swim
7:30 pm Holy Heart Alumnae Choir 25th Anniversary Gala Concert	11:00 am 3 Lane & Leisure	12:00 pm Adult Drop in	11:00 am 3 Lane & Leisure	11:00 am Adult Drop in	11:00 am Adults in Motion	7:00 pm 3 Lane & Leisure
	11:00 am Adults in Motion	2:00 pm Therapeutic Adult Swim	11:00 am Core Balance	3:00 pm After School Program	11:00 am Food on the Move + Library @ Shea Heights Community Centre	
	2:00 pm Pop in Tot	3:00 pm After School Program	2:00 pm Pop in Tot	7:00 pm Badminton en Français	2:00 pm Pop in Tot	
	3:00 pm After School Program	7:00 pm 6 Lane & Leisure	3:00 pm After School Program	7:00 pm Body Conditioning	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 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	
	6:30 pm Body Conditioning	8:00 pm Adult Drop in	7:00 pm Lane & Leisure	7:00 pm Shallow End Only - Everyone Welcome Swim	7:00 pm Free - Everyone Welcome Swim	
	7:00 pm Body Conditioning		7:00 pm Everyone Welcome Swim	7:00 pm Open Gym Drop in -Adult	7:00 pm Dungeons & Drag-Things! A Dungeons & Dragons Fundraiser Feat. The Phlegm Fatales	
	7:00 pm Lane & Leisure					
	7:00 pm Aquatic Fitness					
	7:00 pm Leisure Swim					
	7:00 pm Rejoignez la chorale La Rose des Vents					
	7:30 pm Open Gym Drop in					
15	16	17	18	19	20	21
7:00 am Lane & Leisure	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 Leisure Swim
7:00 am 6 Lane & Leisure	7:00 am Leisure Swim	7:00 am Lane & Leisure	7:00 am Lane & Leisure	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim
9:00 am 3 Lane & Leisure	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	9:00 am Leisure Swim with Slides
9:30 am Festival of Blooms	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Lane

	10:00 am 6 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	& Leisure
	11:00 am Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am St. John's Sashbear Walk
	11:00 am Lane & Leisure	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 6 Lane Swim	10:30 am Everyone Welcome Swim
	1:00 pm Everyone Welcome Swim	10:00 am Leisure Swim	10:00 am Core Balance	10:00 am Adults in Motion	10:00 am 6 Lane & Leisure	10:00 am Adults in Motion	11:00 am Everyone Welcome Swim
	2:30 pm Everyone Welcome Swim	10:00 am Aquatic Fitness	10:00 am Lane & Leisure	10:00 am Lane & Leisure	10:00 am Core Balance	10:00 am Lane & Leisure	11:00 am Everyone Welcome Swim
	3:00 pm Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am 6 Lane & Leisure	10:00 am Leisure Swim	10:00 am Lane & Leisure	10:00 am Leisure Swim	12:00 pm Lane & Leisure
	4:00 pm 6 Lane Swim	10:00 am Lane & Leisure	2:00 pm Therapeutic Adult Swim	11:00 am Core Balance	3:00 pm After School Program	11:00 am Adults in Motion	1:00 pm Everyone Welcome Swim
	5:00 pm Everyone Welcome Swim	11:00 am Adults in Motion	3:00 pm After School Program	12:00 pm 3 Lane & Leisure	3:30 pm Leisure Swim with Slides	12:00 pm 3 Lane & Leisure	2:30 pm Everyone Welcome Swim
	5:30 pm Everyone Welcome Swim	12:00 pm 3 Lane & Leisure	3:30 pm Leisure Swim with Slides	2:00 pm Pop in Tot	5:00 pm Leisure Swim with Slides	2:00 pm Pop in Tot	2:30 pm Everyone Welcome Swim
	6:00 pm Lane & Leisure	2:00 pm Pop in Tot	5:00 pm Leisure Swim with Slides	3:00 pm After School Program	5:00 pm Lane & Leisure	3:00 pm After School Program	3:00 pm Everyone Welcome Swim
	6:30 pm Everyone Welcome Swim	3:00 pm After School Program	5:00 pm Lane & Leisure	5:00 pm Everyone Welcome Swim	6:00 pm Shallow End Only - Everyone Welcome Swim	3:30 pm Leisure Swim with Slides	3:00 pm Everyone Welcome Swim
	7:30 pm 6 Lane & Leisure	3:30 pm Leisure Swim with Slides	6:00 pm Shallow End Only - Everyone Welcome Swim	5:00 pm Lane & Leisure	7:00 pm Badminton en Français	5:00 pm Everyone Welcome Swim	5:00 pm Lane & Leisure
		5:00 pm Leisure Swim with Slides	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	7:00 pm Body Conditioning	5:00 pm Lane & Leisure	5:30 pm Everyone Welcome Swim
		5:00 pm Lane & Leisure	7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Everyone Welcome Swim	7:00 pm 6 Lane & Leisure	6:00 pm Everyone Welcome Swim	6:30 pm Everyone Welcome Swim
		6:00 pm Everyone Welcome Swim		6:30 pm Body Conditioning	7:00 pm Shallow End Only - Everyone Welcome Swim	6:00 pm Pedestrian Mall Latin Jam	7:00 pm 3 Lane & Leisure
		6:30 pm Body Conditioning		7:00 pm Lane & Leisure		7:00 pm Everyone Welcome Swim	
		7:00 pm Body Conditioning		7:00 pm Everyone Welcome Swim		7:00 pm Everyone Welcome Swim	
		7:00 pm Lane & Leisure					
		7:00 pm Aquatic Fitness					
		7:00 pm Leisure Swim					
		7:00 pm Rejoignez la chorale La Rose des Vents					
22	23	24	25	26	27	28	
7:00 am 6 Lane & Leisure	3:00 pm After School Program	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	
8:00 am Lane & Leisure	7:00 pm Rejoignez la chorale La Rose des Vents	7:00 am Lane & Leisure	7:00 am Leisure Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	
9:00 am 3 Lane & Leisure		7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	8:00 am Lane & Leisure	
10:30 am 3 Lane & Leisure		9:00 am 3 Lane & Leisure	9:00 am 6 Lane Swim	9:00 am Lane & Leisure	9:00 am Lane & Leisure	9:00 am Leisure Swim with Slides	
11:00 am Lane &		9:00 am Lane &	9:00 am Pop in Tot	9:00 am 3 Lane &	9:00 am 6 Lane		

Leisure 11:30 am Everyone Welcome Swim 1:00 pm Dog Days at the Garden 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 6:30 pm 3 Lane & Leisure		Leisure 9:30 am Playgroup Drop in Play - KFFRC 9:30 am Seniors on the Go! 11:00 am 6 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Therapeutic Adult Swim 3:00 pm After School Program 4:00 pm Leisure Swim with Slides 5:00 pm Everyone Welcome Swim 6:00 pm Shallow End Only - Everyone Welcome Swim 6:00 pm Leisure Swim with Slides 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim	9:00 am Lane & Leisure 11:00 am 3 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Everyone Welcome Swim 3:00 pm After School Program 4:30 pm Leisure Swim with Slides 5:00 pm Everyone Welcome Swim 6:00 pm Lane & Leisure 6:00 pm Family Movie Night: Moana 6:00 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure	Leisure 9:30 am Playgroup Drop in Play - KFFRC 10:00 am 6 Lane & Leisure 12:00 pm Lane & Leisure 3:00 pm After School Program 4:00 pm Leisure Swim with Slides 5:00 pm Everyone Welcome Swim 6:00 pm Shallow End Only - Everyone Welcome Swim 6:00 pm Leisure Swim with Slides 7:00 pm 6 Lane & Leisure 7:00 pm Shallow End Only - Everyone Welcome Swim 7:00 pm Songs to Touch Your Heart and Warm Your Spirit 7:00 pm Spark After Dark: TRIVIA Night at Geo 7:00 pm Badminton en Français	Swim 9:00 am Pop in Tot 10:00 am 3 Lane & Leisure 12:00 pm 3 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Everyone Welcome Swim 4:00 pm Leisure Swim with Slides 5:00 pm Lane & Leisure 6:00 pm Everyone Welcome Swim 7:00 pm 3 Lane & Leisure	10:00 am Leisure Swim with Slides 10:00 am Gnome and Garden Faire 10:00 am Lane & Leisure 11:30 am Everyone Welcome Swim 12:00 pm Lane & Leisure 1:00 pm Everyone Welcome Swim 2:30 pm Everyone Welcome Swim 3:00 pm Everyone Welcome Swim 5:00 pm Everyone Welcome Swim 5:30 pm Everyone Welcome Swim 6:00 pm Everyone Welcome Swim 6:30 pm 3 Lane & Leisure 7:00 pm Harland Williams
29 7:00 am Leisure Swim 7:30 am 6 Lane Swim 8:00 am Lane & Leisure 9:00 am 3 Lane & Leisure 10:00 am Gnome and Garden Faire 10:00 am Lane & Leisure 10:30 am 3 Lane & Leisure 11:30 am Everyone Welcome Swim 12:00 pm Lane & Leisure 1:00 pm Everyone	30 7:00 am Leisure Swim 7:00 am Lane & Leisure 7:30 am 6 Lane Swim 9:00 am 6 Lane Swim 9:00 am Pop in Tot 9:00 am Lane & Leisure 10:00 am 3 Lane & Leisure 12:00 pm 6 Lane & Leisure 12:00 pm Lane & Leisure 2:30 pm Everyone Welcome Swim					

Welcome Swim	4:00 pm Leisure					
1:00 pm What's Up in the Night Sky?	Swim with Slides					
2:30 pm Everyone Welcome Swim	4:00 pm Everyone Welcome Swim					
3:00 pm Everyone Welcome Swim	5:00 pm Lane & Leisure					
4:00 pm 6 Lane Swim	6:00 pm Everyone Welcome Swim					
5:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure					
5:30 pm Everyone Welcome Swim						
6:00 pm Lane & Leisure						
6:30 pm 3 Lane & Leisure						

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