

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Everyone Welcome Swim</p> <p>10:30 am Lane & Leisure</p> <p>1:00 pm Everyone Welcome Swim</p> <p>1:00 pm What's Up in the Sky in September?</p> <p>3:00 pm Everyone Welcome Swim</p> <p>4:00 pm Lane & Leisure</p> <p>5:00 pm Everyone Welcome Swim</p> <p>6:00 pm Lane & Leisure</p>	<p>2</p>	<p>3</p> <p>7:00 am Lane & Leisure</p> <p>10:00 am Lane & Leisure</p> <p>3:30 pm Lane & Leisure</p> <p>5:00 pm Everyone Welcome Swim</p> <p>6:00 pm Lane & Leisure</p> <p>7:00 pm Everyone Welcome Swim</p>	<p>4</p> <p>7:00 am Lane & Leisure</p> <p>10:00 am Lane & Leisure</p> <p>10:30 am Trail Explorers: Quidi Vidi Trail</p> <p>3:50 pm Lane & Leisure</p> <p>5:00 pm Everyone Welcome Swim</p> <p>6:00 pm Lane & Leisure</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Séamus Creagh Festival - Free Public Lecture</p>	<p>5</p> <p>7:00 am Lane & Leisure</p> <p>9:30 am Drop In Play</p> <p>10:00 am Lane & Leisure</p> <p>3:30 pm Lane & Leisure</p> <p>5:00 pm Everyone Welcome Swim</p> <p>6:00 pm Lane & Leisure</p> <p>7:00 pm Everyone Welcome Swim</p>	<p>6</p> <p>7:00 am Lane & Leisure</p> <p>10:00 am Lane & Leisure</p> <p>12:30 pm Music @ Harbourside Park - Maria Cherwick & Jockey Special</p> <p>3:50 pm Lane & Leisure</p> <p>5:00 pm Everyone Welcome Swim</p> <p>5:30 pm Booze and Botany</p> <p>5:30 pm Booze and Botany: Cider</p> <p>6:00 pm Lane & Leisure</p> <p>7:00 pm Everyone Welcome Swim</p>	<p>7</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am St. John's Farmers' Market</p> <p>9:00 am FOG Fall Plant Sale</p> <p>10:00 am Blocks on the Rock</p> <p>11:00 am Séamus Creagh Festival Music Workshops</p> <p>1:00 pm Backyard Composting Talk</p> <p>1:00 pm Lane & Leisure</p> <p>3:00 pm Everyone Welcome Swim</p> <p>4:00 pm Everyone Welcome Swim</p> <p>5:30 pm Lane & Leisure</p> <p>6:30 pm Everyone Welcome Swim</p> <p>8:00 pm Séamus Creagh Festival St. John's Concert</p>
<p>8</p> <p>7:00 am Lane & Leisure</p> <p>8:00 am Sunday Morning Bird Walks</p> <p>10:00 am Blocks on the Rock</p> <p>11:00 am Lane & Leisure</p> <p>1:00 pm Everyone</p>	<p>9</p> <p>12:00 am Walk & Wheel - Drop In</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:30 am Drop In Play</p> <p>9:30 am Drop In Play</p> <p>10:00 am Adults in</p>	<p>10</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:30 am Drop In Play</p> <p>10:00 am Bridge Level 1</p> <p>10:00 am Playgroup</p>	<p>11</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>10:00 am Lane & Leisure</p> <p>10:00 am Adults in Motion</p> <p>11:00 am Core</p>	<p>12</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:30 am Drop In Play</p> <p>10:00 am Playgroup (Drop In)</p> <p>10:00 am Core</p>	<p>13</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>10:00 am Lane & Leisure</p> <p>10:00 am Adults in Motion</p> <p>11:00 am Adults in</p>	<p>14</p> <p>9:00 am St. John's Farmers' Market</p> <p>10:00 am Bug Walk with Nature NL</p> <p>10:00 am Playgroup (Drop In)</p>

<p>Welcome Swim</p> <p>3:00 pm Everyone Welcome Swim</p> <p>4:00 pm Lane & Leisure</p> <p>6:00 pm Lane & Leisure</p>	<p>Motion</p> <p>10:00 am Lane & Leisure</p> <p>11:00 am Adults in Motion</p> <p>11:45 am Walk & Wheel - Drop In</p> <p>12:00 pm Walk & Wheel - Drop In</p> <p>12:00 pm Walk & Wheel - Drop In</p> <p>6:00 pm Youth Drop-in.</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:30 pm Open Gym Drop-in.</p>	<p>(Drop In)</p> <p>10:00 am Core Balance</p> <p>10:00 am Lane & Leisure</p> <p>11:00 am Body Conditioning - Fitness</p> <p>6:00 pm Youth Drop in - Sports</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p>	<p>Balance</p> <p>11:45 am Walk & Wheel - Drop In</p> <p>12:00 pm Walk & Wheel - Drop In</p> <p>5:30 pm Trail Explorers: Paul Reynolds to Guzzwell Drive</p> <p>6:00 pm Youth Drop in</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Fitness-Mixed Level Yoga</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Public Hearing - 50 Bennett Avenue</p> <p>8:00 pm Open Gym Drop-in.</p> <p>8:00 pm Fitness-Beginner Yoga</p>	<p>Balance</p> <p>10:00 am Lane & Leisure</p> <p>11:00 am Body Conditioning - Fitness</p> <p>4:00 pm Youth Outdoor Basketball</p> <p>6:00 pm Ocean People Inspire</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p>	<p>Motion</p> <p>12:30 pm Music @ Harbourside Park - Mick Davis & Thin Love</p> <p>6:00 pm Z'otz* Collective</p> <p>6:00 pm Place-Setting: an Exhibition by Evelyn Roitner</p> <p>7:00 pm Everyone Welcome Swim</p>	<p>3:00 pm Everyone Welcome Swim</p> <p>5:30 pm Lane & Leisure</p> <p>6:30 pm Everyone Welcome Swim</p>
<p>15</p> <p>7:00 am Lane & Leisure</p> <p>7:00 am 6 Lane & Leisure</p> <p>10:00 am SJFM Book Fair Market</p> <p>10:00 am Open House 2024</p> <p>10:00 am Terry Fox RUN St. John's</p> <p>11:00 am Lane & Leisure</p> <p>1:00 pm Everyone Welcome Swim</p> <p>2:30 pm Everyone Welcome Swim</p> <p>3:00 pm Everyone Welcome Swim</p> <p>4:00 pm Lane & Leisure</p>	<p>16</p> <p>7:00 am Leisure Swim</p> <p>7:00 am 6 Lane Swim</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>9:30 am Drop In Play</p> <p>10:00 am Adults in Motion</p> <p>10:00 am Aquatic Fitness</p> <p>10:00 am Lane & Leisure</p>	<p>17</p> <p>7:00 am 6 Lane Swim</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Preschool Play</p> <p>9:30 am Drop In Play</p> <p>10:00 am Bridge Level 1</p> <p>10:00 am Playgroup (Drop In)</p> <p>10:00 am Core</p>	<p>18</p> <p>7:00 am Leisure Swim</p> <p>7:00 am 6 Lane Swim</p> <p>7:30 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>10:00 am Aquatic Fitness</p> <p>10:00 am Lane & Leisure</p> <p>10:00 am Adults in Motion</p> <p>11:00 am Core Balance</p>	<p>19</p> <p>7:00 am 6 Lane Swim</p> <p>7:00 am Leisure Swim</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>9:00 am Preschool Play</p> <p>9:30 am Drop In Play</p> <p>10:00 am Playgroup (Drop In)</p> <p>10:00 am Core Balance</p> <p>10:00 am 6 Lane &</p>	<p>20</p> <p>7:00 am Leisure Swim</p> <p>7:00 am 6 Lane Swim</p> <p>7:00 am Lane & Leisure</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Aquatic Fitness</p> <p>9:00 am Leisure Swim</p> <p>10:00 am 6 Lane Swim</p> <p>10:00 am Lane & Leisure</p> <p>10:00 am Adults in Motion</p> <p>11:00 am Adults in Motion</p>	<p>21</p> <p>7:00 am Leisure Swim</p> <p>7:30 am 6 Lane Swim</p> <p>9:00 am St. John's Farmers' Market</p> <p>9:30 am Engineering Family Day</p> <p>10:00 am Playgroup (Drop In)</p> <p>2:30 pm Everyone Welcome Swim</p> <p>3:00 pm Everyone Welcome Swim</p>

5:30 pm Everyone Welcome Swim	11:00 am Adults in Motion	Balance	11:00 am 3 Lane & Leisure	Leisure	11:00 am 3 Lane & Leisure	5:30 pm Everyone Welcome Swim
6:00 pm Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	10:00 am Lane & Leisure	12:30 pm Music @ Harbourside Park - Rachel Cousins	5:30 pm Lane & Leisure
7:30 pm 6 Lane & Leisure	11:45 am Walk & Wheel - Drop In	10:00 am Lane & Leisure	12:00 pm Walk & Wheel - Drop In	11:00 am Connecting Communities	2:00 pm Pop in Tot	6:30 pm Everyone Welcome Swim
	12:00 pm Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	12:30 pm Trail Explorers: Southlands Loop	11:00 am Body Conditioning - Fitness	6:00 pm Look Up! The UK Red Arrows are flying over St. John's Harbour	6:30 pm Family Open Gym Drop-in.
	2:00 pm Pop in Tot	12:00 pm Connecting Communities	2:00 pm Pop in Tot	7:00 pm Body Conditioning	7:00 pm Everyone Welcome Swim	7:00 pm 3 Lane & Leisure
	6:00 pm Youth Drop-in.	2:00 pm Therapeutic Adult Swim	6:00 pm Youth Drop in	7:00 pm 6 Lane & Leisure	7:00 pm Everyone Welcome Swim	
	6:30 pm Body Conditioning	6:00 pm Youth Drop in - Sports	6:00 pm Youth Drop in	7:00 pm Shallow End Only - Everyone Welcome Swim	8:00 pm 3 Lane & Leisure	
	7:00 pm Body Conditioning	7:00 pm Public Talk - Devilfish on the Doorstep: The Island of Newfoundland's Remarkable History with the Giant Squid	6:30 pm Fitness-Mixed Level Yoga			
	7:00 pm Lane & Leisure		6:30 pm Body Conditioning			
	7:00 pm Leisure Swim		7:00 pm Lane & Leisure			
	7:00 pm Aquatic Fitness		7:00 pm Everyone Welcome Swim			
	7:30 pm Open Gym Drop-in.	7:00 pm 6 Lane & Leisure	8:00 pm Fitness-Beginner Yoga			
		7:00 pm Shallow End Only - Everyone Welcome Swim	8:00 pm Open Gym Drop-in.			
22	23	24	25	26	27	28
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 Leisure Swim
7:00 am 6 Lane & Leisure	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	7:30 am 6 Lane Swim
8:00 am Sunday Morning Bird Walks	7:30 am 6 Lane Swim	7:30 am 6 Lane Swim	7:30 am Lane & Leisure	7:30 am Lane & Leisure	7:30 am Lane & Leisure	8:30 am 2024 Disc Golf NL Provincial Championships
11:00 am Lane & Leisure	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Home Alone
12:00 pm Community Well-Being Fair + A Time for Health	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 St. John's Farmers' Market
1:00 pm Everyone Welcome Swim	9:00 am Aquatic Fitness	9:00 am Aquatic Fitness	9:00 am Leisure Swim	9:00 am Leisure Swim	9:00 am Leisure Swim	10:00 am Playgroup (Drop In)
1:00 pm Dog Days at the Garden	9:30 am Drop In Play	9:00 am Preschool	10:00 am Aquatic Fitness	9:00 am Preschool	10:00 am 6 Lane Swim	2:30 pm Everyone Welcome Swim
2:30 pm Everyone Welcome Swim	10:00 am Drop In Motion	9:30 am Drop In Play	10:00 am Lane & Leisure	9:30 am Drop In Play	10:00 am Lane & Leisure	3:00 pm Everyone Welcome Swim
3:00 pm Everyone Welcome Swim	10:00 am Adults in Motion	10:00 am Bridge Level 1	10:00 am Adults in Motion	10:00 am Playgroup (Drop In)	10:00 am Lane & Leisure	5:30 pm Lane & Leisure
4:00 pm Lane & Leisure	10:00 am Aquatic Fitness	10:00 am Playgroup (Drop In)	11:00 am Core Balance	10:00 am Core Balance	10:00 am Adults in Motion	6:30 pm Everyone Welcome Swim
5:30 pm Everyone Welcome Swim	10:00 am Lane & Leisure	10:00 am Core Balance	11:00 am Core Balance	10:00 am 6 Lane & Leisure	11:00 am Adults in Motion	5:30 pm Lane & Leisure
6:00 pm Lane & Leisure	11:00 am Adults in Motion	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	11:00 am 3 Lane & Leisure	5:30 pm Everyone Welcome Swim
7:30 pm 6 Lane & Leisure	11:00 am 3 Lane & Leisure	10:00 am Lane & Leisure	11:45 am Walk & Wheel - Drop In	10:00 am Lane & Leisure	2:00 pm Pop in Tot	6:30 pm Everyone Welcome Swim
	11:00 am Upper Island Cove Fossil Tour	10:00 am 6 Lane & Leisure	12:00 pm Walk & Wheel - Drop In	11:00 am Connecting Communities	7:00 pm Pop in Tot	5:30 pm Lane & Leisure
	11:45 am Walk & Wheel - Drop In	11:00 am Body Conditioning - Fitness	2:00 pm Pop in Tot	11:00 am Body Conditioning - Fitness	7:00 pm Everyone Welcome Swim	5:30 pm Lane & Leisure
	12:00 pm Walk & Wheel - Drop In	12:00 pm Connecting Communities	2:00 pm Trail Explorers: Kenny's Pond - Kent's Pond Figure 8	4:00 pm Youth Outdoor Basketball	8:00 pm NSO Masterworks 1: Into the Deep	6:30 pm Everyone Welcome Swim
	2:00 pm Pop in Tot	2:00 pm	6:00 pm Youth Drop	7:00 pm Body	8:00 pm 3 Lane & Leisure	5:30 pm Lane & Leisure

	<p>6:00 pm Youth Drop-in.</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Leisure Swim</p> <p>7:00 pm Aquatic Fitness</p> <p>7:30 pm Open Gym Drop-in.</p>	<p>Therapeutic Adult Swim</p> <p>6:00 pm Youth Drop in - Sports</p> <p>7:00 pm 6 Lane & Leisure</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p>	<p>in</p> <p>6:00 pm Youth Drop in</p> <p>6:30 pm Fitness-Mixed Level Yoga</p> <p>6:30 pm Body Conditioning</p> <p>7:00 pm Lane & Leisure</p> <p>7:00 pm Everyone Welcome Swim</p> <p>7:00 pm Paint Night with Code with Canada Learning Code</p> <p>8:00 pm Open Gym Drop-in.</p> <p>8:00 pm Fitness-Beginner Yoga</p>	<p>Conditioning</p> <p>7:00 pm 6 Lane & Leisure</p> <p>7:00 pm Shallow End Only - Everyone Welcome Swim</p>	<p>6:30 pm Family Open Gym Drop-in.</p> <p>7:00 pm 3 Lane & Leisure</p>
<p>29</p> <p>7:00 am Lane & Leisure</p> <p>7:00 am 6 Lane & Leisure</p> <p>8:30 am 2024 Disc Golf NL Provincial Championships</p> <p>11:00 am Lane & Leisure</p> <p>1:00 pm Everyone Welcome Swim</p> <p>1:00 pm What's Up in the Sky in October?</p> <p>2:30 pm Everyone Welcome Swim</p> <p>3:00 pm Everyone Welcome Swim</p> <p>4:00 pm Lane & Leisure</p> <p>5:30 pm Everyone Welcome Swim</p> <p>6:00 pm Lane & Leisure</p> <p>7:30 pm 6 Lane & Leisure</p>	<p>30</p>				