

## Thursday, January 2, 2025

---

### Leisure Swim

Date and Time: Thursday, January 2 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Thursday, January 2 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.

### Lane & Leisure

Date and Time: Thursday, January 2 7:30 am - 8:50 am

Address: 40 Mundy Pond

#### 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

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: Thursday, January 2 9:00 am - 9:50 am

Address: 40 Mundy Pond

### **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**

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**

Date and Time: Thursday, January 2 9:00 am - 9:50 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.

### **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: Thursday, January 2 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.

### **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.

## Lane & Leisure

Date and Time: Thursday, January 2 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Pop in Tot

Date and Time: Thursday, January 2 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.

## Leisure Swim with Slides

Date and Time: Thursday, January 2 3:30 pm - 4:50 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. **Slides will be open for use.**

## Lane & Leisure

Date and Time: Thursday, January 2 5:00 pm - 5:50 pm

Address: 40 Mundy Pond

### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and

d 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**

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: Thursday, January 2 5:00 pm - 5:50 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: Thursday, January 2 6:00 pm - 6:50 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: Thursday, January 2 6:00 pm - 6:50 pm

Address: 40 Mundy Pond

### **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: Thursday, January 2 7:00 pm - 7:50 pm

Address: 40 Mundy Pond

### **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.

## **6 Lane & Leisure**

Date and Time: Thursday, January 2 7:00 pm - 7:50 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.

### **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.

## **Friday, January 3, 2025**

---

### **Leisure Swim**

Date and Time: Friday, January 3 7:00 am - 8:50 am

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.

## **6 Lane Swim**

Date and Time: Friday, January 3 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 acc

ommodations are required at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Friday, January 3 7:30 am - 8:50 am

Address: 40 Mundy Pond

### 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

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: Friday, January 3 9:00 am - 9:50 am

Address: 40 Mundy Pond

### 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

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

Date and Time: Friday, January 3 9:00 am - 9:50 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.

### 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: Friday, January 3 10:00 am - 10:50 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.

### 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.

## Lane & Leisure

Date and Time: Friday, January 3 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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

Date and Time: Friday, January 3 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.

### 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.

## Pop in Tot

Date and Time: Friday, January 3 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.

## Leisure Swim with Slides

Date and Time: Friday, January 3 3:30 pm - 4:50 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. **Slides will be open for use.**

## Leisure Swim with Slides

Date and Time: Friday, January 3 5:00 pm - 5:50 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. **Slides will be open for use.**

## Lane & Leisure

Date and Time: Friday, January 3 5:00 pm - 5:50 pm

Address: 40 Mundy Pond

### 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**

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: Friday, January 3 6:00 pm - 6:50 pm

Address: 40 Mundy Pond

### **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: Friday, January 3 6:00 pm - 6:50 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: Friday, January 3 7:00 pm - 7:50 pm

Address: 40 Mundy Pond

### **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.

## **Saturday, January 4, 2025**

---

## Leisure Swim

Date and Time: Saturday, January 4 7:00 am - 8:50 am

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.

## 6 Lane Swim

Date and Time: Saturday, January 4 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.

## Lane & Leisure

Date and Time: Saturday, January 4 9:00 am - 10:20 am

Address: 40 Mundy Pond

### 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

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: Saturday, January 4 9:00 am - 10:30 am

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.

ge 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: Saturday, January 4 10:30 am - 11:50 am

Address: 40 Mundy Pond

### 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: Saturday, January 4 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.

## Lane & Leisure

Date and Time: Saturday, January 4 12:00 pm - 12:50 pm

Address: 40 Mundy Pond

### 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

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: Saturday, January 4 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

### **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: Saturday, January 4 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: Saturday, January 4 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### **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, January 4 4:00 pm - 5:20 pm

Address: 40 Mundy Pond

#### **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**

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: Saturday, January 4 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.

## **Lane & Leisure**

Date and Time: Saturday, January 4 5:30 pm - 6:20 pm

Address: 40 Mundy Pond

### **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**

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: Saturday, January 4 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

### **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.

## **3 Lane & Leisure**

Date and Time: Saturday, January 4 7:00 pm - 7:50 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.

### **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.

## Sunday, January 5, 2025

---

### Lane & Leisure

Date and Time: Sunday, January 5 7:00 am - 8:50 am

Address: 40 Mundy Pond

#### 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

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, January 5 7:00 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.

#### 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, January 5 9:00 am - 10:30 am

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, January 5 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.

## **Lane & Leisure**

Date and Time: Sunday, January 5 11:00 am - 12:50 pm

Address: 40 Mundy Pond

### **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**

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, January 5 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

### **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, January 5 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, January 5 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### 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, January 5 4:00 pm - 4:50 pm

Address: 40 Mundy Pond

### 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

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, January 5 5:00 pm - 5:50 pm

Address: 40 Mundy Pond

### 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, January 5 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.

## Lane & Leisure

Date and Time: Sunday, January 5 6:00 pm - 7:20 pm

Address: 40 Mundy Pond

### 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

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, January 5 7:00 pm - 8:20 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 acc

ommodations are required at the time of check in or call ahead.

### **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.

## **Monday, January 6, 2025**

---

### **Leisure Swim**

Date and Time: Monday, January 6 7:00 am - 8:50 am

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.

### **Lane & Leisure**

Date and Time: Monday, January 6 7:00 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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 Swim**

Date and Time: Monday, January 6 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

d 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

Date and Time: Monday, January 6 9:00 am - 9:50 am

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.

## Aquatic Fitness

Date and Time: Monday, January 6 9:00 am - 9:50 am

Address: 40 Mundy Pond

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: Monday, January 6 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.

## Playgroup - KFFRC

Date and Time: Monday, January 6 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Monday, January 6 10:00 am - 10:30 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.

**Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## Leisure Swim

Date and Time: Monday, January 6 10:00 am - 10:50 am

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.

## Aquatic Fitness

Date and Time: Monday, January 6 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.

## Lane & Leisure

Date and Time: Monday, January 6 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

ed at the time of check in or call ahead.

## Adults in Motion

Date and Time: Monday, January 6 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.

## Leisure - Social Time

Date and Time: Monday, January 6 10:30 am - 12:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8631

Space is Limited

## Knitting Circle

Date and Time: Monday, January 6 10:30 am - 12:00 pm

Address: 40 Mundy Pond Road

Meet others, socialize, enjoy a hot beverage all while knitting or crocheting with others who share the same interest.

**Instructor is not provided for this program.**

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## Adults in Motion

Date and Time: Monday, January 6 11:00 am - 11:50 am

Address: 40 Mundy Pond

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.

## Tuesday, January 7, 2025

---

### Leisure Swim

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

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.

### Lane & Leisure

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

Address: 40 Mundy Pond

#### 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

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 Swim

Date and Time: Tuesday, January 7 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.

### Leisure Swim

Date and Time: Tuesday, January 7 9:00 am - 9:50 am

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.

### **Aquatic Fitness**

Date and Time: Tuesday, January 7 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: Tuesday, January 7 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

### **Playgroup - KFFRC**

Date and Time: Tuesday, January 7 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

### **Playgroup (Drop in)**

Date and Time: Tuesday, January 7 10:00 am - 11:30 am

Address: 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.

## **Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

### **6 Lane & Leisure**

Date and Time: Tuesday, January 7 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.

#### **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.

### **Lane & Leisure**

Date and Time: Tuesday, January 7 10:00 am - 1:50 pm

Address: 40 Mundy Pond

#### **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**

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.

### **Core Balance**

Date and Time: Tuesday, January 7 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-round



ed workout for all levels.

## **Fitness - Body Conditioning**

Date and Time: Tuesday, January 7 11:00 am - 11:50 am

Address: 40 Teakwood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Cost: \$42

Space is limited - Currently Full (you can go on waitlist)

## **Youth Lunch in**

Date and Time: Tuesday, January 7 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).

## **Adult Drop in**

Date and Time: Tuesday, January 7 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice. Tea and coffee will be provided.

Ages: 18+

Cost: Free

## **Therapeutic Adult Swim**

Date and Time: Tuesday, January 7 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.

## Wednesday, January 8, 2025

---

### Leisure Swim

Date and Time: Wednesday, January 8 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Wednesday, January 8 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.

### Lane & Leisure

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

Address: 40 Mundy Pond

#### 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

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.

## Aquatic Fitness

Date and Time: Wednesday, January 8 9:00 am - 9:50 am

Address: 40 Mundy Pond

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, January 8 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.

## Leisure Swim

Date and Time: Wednesday, January 8 9:00 am - 9:50 am

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.

## Leisure Swim

Date and Time: Wednesday, January 8 10:00 am - 10:50 am

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.

## **Playgroup (Drop in)**

Date and Time: Wednesday, January 8 10:00 am - 10:30 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.

**Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## **Aquatic Fitness**

Date and Time: Wednesday, January 8 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: Wednesday, January 8 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.

## **Lane & Leisure**

Date and Time: Wednesday, January 8 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### **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**

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.

## Core Balance

Date and Time: Wednesday, January 8 11:00 am - 11:50 am

Address: 40 Mundy Pond

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

## 3 Lane & Leisure

Date and Time: Wednesday, January 8 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.

### 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.

## Walk & Wheel

Date and Time: Wednesday, January 8 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Drop in

Cost: Free

## Walk & Wheel

Date and Time: Wednesday, January 8 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Drop in

Cost: Free

## Thursday, January 9, 2025

---

### Leisure Swim

Date and Time: Thursday, January 9 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Thursday, January 9 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.

### Lane & Leisure

Date and Time: Thursday, January 9 7:30 am - 8:50 am

Address: 40 Mundy Pond

#### 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

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.

### Aquatic Fitness

Date and Time: Thursday, January 9 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: Thursday, January 9 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## Leisure Swim

Date and Time: Thursday, January 9 9:00 am - 9:50 am

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.

## Playgroup - KFFRC

Date and Time: Thursday, January 9 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Thursday, January 9 10:00 am - 11:30 am

Address: 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.

## **Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

### **6 Lane & Leisure**

Date and Time: Thursday, January 9 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.

#### **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.

### **Lane & Leisure**

Date and Time: Thursday, January 9 10:00 am - 1:50 pm

Address: 40 Mundy Pond

#### **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**

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.

### **Core Balance**

Date and Time: Thursday, January 9 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-round



ed workout for all levels.

## Leisure - Social Time

Date and Time: Thursday, January 9 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited

## Fitness - Body Conditioning

Date and Time: Thursday, January 9 11:00 am - 11:50 am

Address: 40 Teakwood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Cost: \$42

Space is limited - Currently Full (you can go on waitlist)

## Youth Lunch in

Date and Time: Thursday, January 9 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).

## Adult Drop in

Date and Time: Thursday, January 9 12:00 pm - 1:00 pm

Address: 130 Linegear Ave

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice. Tea and coffee will be provided.

Ages: 18+

Cost: Free

## Friday, January 10, 2025

---

### Leisure Swim

Date and Time: Friday, January 10 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Friday, January 10 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.

### Lane & Leisure

Date and Time: Friday, January 10 7:30 am - 8:50 am

Address: 40 Mundy Pond

#### 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

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 chan

ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Aquatic Fitness

Date and Time: Friday, January 10 9:00 am - 9:50 am

Address: 40 Mundy Pond

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: Friday, January 10 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.

## Leisure Swim

Date and Time: Friday, January 10 9:00 am - 9:50 am

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.

## 6 Lane Swim

Date and Time: Friday, January 10 10:00 am - 10:50 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.

## Leisure Swim

Date and Time: Friday, January 10 10:00 am - 10:50 am

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.

### **Adults in Motion**

Date and Time: Friday, January 10 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.

### **Lane & Leisure**

Date and Time: Friday, January 10 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### **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**

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 - Social Time**

Date and Time: Friday, January 10 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## Adults in Motion

Date and Time: Friday, January 10 11:00 am - 11:50 am

Address: 40 Mundy Pond

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.

## 3 Lane & Leisure

Date and Time: Friday, January 10 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.

### 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.

## Youth Lunch in

Date and Time: Friday, January 10 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

Date and Time: Friday, January 10 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 mont

hs 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.

## Saturday, January 11, 2025

---

### Leisure Swim

Date and Time: Saturday, January 11 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Saturday, January 11 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.

### Lane & Leisure

Date and Time: Saturday, January 11 9:00 am - 10:20 am

Address: 40 Mundy Pond

#### 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

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.

ed at the time of check in or call ahead.

## Leisure Swim with Slides

Date and Time: Saturday, January 11 9:00 am - 10:30 am

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. **Slides will be open for use.**

## Playgroup (Drop in)

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

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## Everyone Welcome Swim

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

Address: 40 Mundy Pond

### 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: Saturday, January 11 11:15 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 chan

ge 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, January 11 12:00 pm - 12:50 pm

Address: 40 Mundy Pond

### 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

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: Saturday, January 11 1:00 pm - 2:50 pm

Address: 40 Mundy Pond

### 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: Saturday, January 11 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: Saturday, January 11 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### 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, January 11 5:30 pm - 6:20 pm

Address: 40 Mundy Pond

### 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

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: Saturday, January 11 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.

## Family Open Gym Drop in

Date and Time: Saturday, January 11 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

Family Open Gym drop in programs offer an opportunity for individuals of all ages to take part in a wide variety of sports, low organized games and several other recreational activities. The program is supervised by onsite City of St. John's Recreation staff. Come by and enjoy an evening with family and friends!

Cost: \$2 per person

## Everyone Welcome Swim

Date and Time: Saturday, January 11 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

### 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.

## Sunday, January 12, 2025

---

### Lane & Leisure

Date and Time: Sunday, January 12 7:00 am - 8:50 am

Address: 40 Mundy Pond

#### 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

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, January 12 7:00 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 acc

ommodations are required at the time of check in or call ahead.

## 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.

## Soccer en Français

Date and Time: Sunday, January 12 10:00 am - 12:00 pm

Address: Au CSC des Grands Vents 65, Ridge Road, St. Jean (NL) A1B 4P5\*

### Soccer en Français


Le soccer est un sport d'équipe, d'estime de soi, d'esprit de groupe et de compétition. Jouer au football permet de se sentir mieux dans sa peau et dans celle des autres.


Les pratiques reprendront bientôt, rejoignez-nous pour un moment de plaisir et d'entraînement !

 Jour de Pratique :


Dimanche matin de 10h à 12h dans le gymnase du CGV – Reprise le 12 janvier 2025

Mercredi soir de 20h à 21h30 dans le gymnase du CGV – Reprise le 15 janvier 2025

 Gratuit pour les membres !

 Pour plus d'informations :

Contactez-nous à [culture@acfsj.ca](mailto:culture@acfsj.ca) ou par téléphone au 709-726-4900.

 Si vous souhaitez être ajouté au groupe de conversation Facebook, merci de nous contacter.


On vous attend nombreux !

In English:

### Soccer in French


Soccer is a team sport that builds self-esteem, a sense of group spirit, and competition. Playing soccer helps you feel better about yourself and others.


The practices are starting soon, join us for some fun and training!

 Practice Days:


Sunday morning from 10:00 AM to 12:00 PM at the CGV gym – Resuming on January 12, 2025

Wednesday evening from 8:00 PM to 9:30 PM at the CGV gym – Resuming on January 15, 2025

 Free for members!

 For more information:

Contact us at [culture@acfsj.ca](mailto:culture@acfsj.ca) or by phone at 709-726-4900.

 If you would like to be added to the Facebook chat group, please contact us.

We look forward to seeing you there!

## Lane & Leisure

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

Address: 40 Mundy Pond

### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and

d 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**

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, January 12 1:00 pm - 2:50 pm

Address: 40 Mundy Pond

### **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, January 12 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, January 12 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### **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, January 12 4:00 pm - 4:50 pm

Address: 40 Mundy Pond

### 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

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, January 12 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, January 12 6:00 pm - 7:20 pm

Address: 40 Mundy Pond

### 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

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, January 12 7:30 pm - 8:20 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.

### **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.

## **Monday, January 13, 2025**

---

### **Leisure Swim**

Date and Time: Monday, January 13 7:00 am - 8:50 am

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.

### **Lane & Leisure**

Date and Time: Monday, January 13 7:00 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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 Swim**

Date and Time: Monday, January 13 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.

### **Leisure Swim**

Date and Time: Monday, January 13 9:00 am - 9:50 am

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.

### **Aquatic Fitness**

Date and Time: Monday, January 13 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: Monday, January 13 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

### **groupe de jeu « Les P'tits poussins ».**

Date and Time: Monday, January 13 9:00 am - 11:30 am

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

Description en français : Rejoignez-nous tous les lundis matin de 9h à 11h30 au Centre des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5, pour le groupe de jeu « Les P'tits poussins ».

📅 Prochaine rencontre : 13 janvier 2025.

🍵 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.

-----  
Description en anglais : Join us every Monday morning from 9 AM to 11:30 AM at Centre des Grands Vents, 65 Ridge Road, St. John's (NL) A1B 4P5, for the "Les P'tits poussins " .

📅 Next meeting: January 13, 2025.

🍵 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

## Playgroup - KFFRC

Date and Time: Monday, January 13 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Monday, January 13 10:00 am - 10:30 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.

**Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## Aquatic Fitness

Date and Time: Monday, January 13 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.



## Lane & Leisure

Date and Time: Monday, January 13 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Adults in Motion

Date and Time: Monday, January 13 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.

## Leisure - Social Time

Date and Time: Monday, January 13 10:30 am - 12:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8631

Space is Limited

## Knitting Circle

Date and Time: Monday, January 13 10:30 am - 12:00 pm

Address: 40 Mundy Pond Road

Meet others, socialize, enjoy a hot beverage all while knitting or crocheting with others who share the same interest.

rest.

**Instructor is not provided for this program.**

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## Adults in Motion

Date and Time: Monday, January 13 11:00 am - 11:50 am

Address: 40 Mundy Pond

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.

## Tuesday, January 14, 2025

---

### Leisure Swim

Date and Time: Tuesday, January 14 7:00 am - 8:50 am

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.

### Lane & Leisure

Date and Time: Tuesday, January 14 7:00 am - 8:50 am

Address: 40 Mundy Pond

#### 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

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.

ed at the time of check in or call ahead.

## 6 Lane Swim

Date and Time: Tuesday, January 14 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.

## Leisure Swim

Date and Time: Tuesday, January 14 9:00 am - 9:50 am

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.

## Preschool

Date and Time: Tuesday, January 14 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, January 14 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: Tuesday, January 14 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## Playgroup - KFFRC

Date and Time: Tuesday, January 14 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Tuesday, January 14 10:00 am - 11:30 am

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## 6 Lane & Leisure

Date and Time: Tuesday, January 14 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.

### **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.

## **Lane & Leisure**

Date and Time: Tuesday, January 14 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### **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**

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.

## **Core Balance**

Date and Time: Tuesday, January 14 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.

## **Leisure - Bridge Level 1**

Date and Time: Tuesday, January 14 10:00 am - 12:30 pm

Address: 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

Cost: \$165

Register here [Bridge Level 1](#) or call 576-8499

Space is Limited

## Fitness - Body Conditioning

Date and Time: Tuesday, January 14 11:00 am - 11:50 am

Address: 40 Teakwood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Cost: \$42

Space is limited - Currently Full (you can go on waitlist)

## Lunch des Débrouillards

Date and Time: Tuesday, January 14 11:30 am - 1:00 pm

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

**Titre de l'événement :**  Lunch des Débrouillards

**Description en français :** Les membres du **Club des Débrouillards** se réunissent pour participer à diverses activités. Les nouvelles adhésions sont toujours les bienvenues. Vous pouvez rejoindre le Club en nous contactant à l'adresse suivante : [culture@acfsj.ca](mailto:culture@acfsj.ca) ou **709-726-4900**.

**Prochaine rencontre :**

- Mardi 14 janvier 2025
- Mardi 11 février 2025
- Mardi 11 mars 2025

**Lieu :** CSC des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5

**Lunch des Débrouillards :**

Les membres se réunissent une fois par mois pour partager un repas, que ce soit dans un restaurant de leur choix ou au Centre des Grands Vents. C'est un moment convivial de socialisation et de partage, une belle occasion de sortir, de se changer les idées et de discuter ensemble en français.

**Coût :** Une contribution de **10 \$** est demandée pour chaque participant.

**Inscriptions obligatoires :**

Pour confirmer votre présence, envoyez un courriel à [culture@acfsj.ca](mailto:culture@acfsj.ca) ou appelez le **709-726-4900**.

---

**Description en anglais :**

The **Débrouillards Club** members meet for various activities. New members are always welcome. You can join

the club by contacting us at [culture@acfsj.ca](mailto:culture@acfsj.ca) or 709-726-4900.

### Next meetings:

- Tuesday, January 14, 2025
- Tuesday, February 11, 2025
- Tuesday, March 11, 2025

**Location:** CSC des Grands Vents, 65 Ridge Road, St. John's (NL) A1B 4P5

### Lunch des Débrouillards:

Members meet once a month to share a meal, either at a restaurant of their choice or at the Centre des Grands Vents. It's a great time for socializing, sharing, and speaking French.

**Cost:** A contribution of \$10 is requested from each participant.

### Mandatory registration:

To confirm your attendance, please email [culture@acfsj.ca](mailto:culture@acfsj.ca) or call 709-726-4900.

## Wednesday, January 15, 2025

---

### Leisure Swim

Date and Time: Wednesday, January 15 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Wednesday, January 15 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.

### Lane & Leisure

Date and Time: Wednesday, January 15 7:30 am - 8:50 am

Address: 40 Mundy Pond

## **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**

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.

## **Aquatic Fitness**

Date and Time: Wednesday, January 15 9:00 am - 9:50 am

Address: 40 Mundy Pond

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, January 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.

## **Leisure Swim**

Date and Time: Wednesday, January 15 9:00 am - 9:50 am

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.

## **Playgroup (Drop in)**

Date and Time: Wednesday, January 15 10:00 am - 10:30 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.

### **Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## **Aquatic Fitness**

Date and Time: Wednesday, January 15 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: Wednesday, January 15 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.

## **Lane & Leisure**

Date and Time: Wednesday, January 15 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### **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**

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.

## **Bridge Level 2**

Date and Time: Wednesday, January 15 10:00 am - 12:00 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Now that you have the basics, learn how to play and build on your knowledge of the game. This course is in a small group setting.

Note: Completion of beginner bridge level 1 is a pre-requisite.

Cost: \$165

Register [Here](#) or call 576-8631

Space is Limited

## Core Balance

Date and Time: Wednesday, January 15 11:00 am - 11:50 am

Address: 40 Mundy Pond

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

## 3 Lane & Leisure

Date and Time: Wednesday, January 15 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.

### 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.

## Walk & Wheel

Date and Time: Wednesday, January 15 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Drop in

Cost: Free

## Walk & Wheel

Date and Time: Wednesday, January 15 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Drop in

Cost: Free

## Thursday, January 16, 2025

---

### Leisure Swim

Date and Time: Thursday, January 16 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Thursday, January 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.

### Lane & Leisure

Date and Time: Thursday, January 16 7:30 am - 8:50 am

Address: 40 Mundy Pond

#### 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 acc

ommodations are required at the time of check in or call ahead.

## **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.

## **Aquatic Fitness**

Date and Time: Thursday, January 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: Thursday, January 16 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## **Leisure Swim**

Date and Time: Thursday, January 16 9:00 am - 9:50 am

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.

## **Preschool**

Date and Time: Thursday, January 16 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

## Playgroup - KFFRC

Date and Time: Thursday, January 16 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Thursday, January 16 10:00 am - 11:30 am

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## Preschool Drop in

Date and Time: Thursday, January 16 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 & Leisure

Date and Time: Thursday, January 16 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.

### 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.

## Lane & Leisure

Date and Time: Thursday, January 16 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Core Balance

Date and Time: Thursday, January 16 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.

## Social & Bingo

Date and Time: Thursday, January 16 10:00 am - 1:00 pm

Address: 85 Messenger Drive - Kenmount Terrace Community Centre

Includes transportation, bingo and lunch. No money accepted for bingo.

Ages: 50+

Cost: \$19

Space is limited - FULL

## Leisure - Social Time

Date and Time: Thursday, January 16 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited

## Friday, January 17, 2025

---

### Leisure Swim

Date and Time: Friday, January 17 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Friday, January 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.

## **Lane & Leisure**

Date and Time: Friday, January 17 7:30 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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.

## **Aquatic Fitness**

Date and Time: Friday, January 17 9:00 am - 9:50 am

Address: 40 Mundy Pond

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: Friday, January 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.

## **Leisure Swim**

Date and Time: Friday, January 17 9:00 am - 9:50 am

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.

## 6 Lane Swim

Date and Time: Friday, January 17 10:00 am - 10:50 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.

## Adults in Motion

Date and Time: Friday, January 17 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.

## Lane & Leisure

Date and Time: Friday, January 17 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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 - Social Time

Date and Time: Friday, January 17 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## Adults in Motion

Date and Time: Friday, January 17 11:00 am - 11:50 am

Address: 40 Mundy Pond

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.

## 3 Lane & Leisure

Date and Time: Friday, January 17 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.

### 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.

## Youth Lunch in

Date and Time: Friday, January 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 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

Date and Time: Friday, January 17 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.

### **After school program**

Date and Time: Friday, January 17 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](#)

## **Saturday, January 18, 2025**

---

### **Leisure Swim**

Date and Time: Saturday, January 18 7:00 am - 8:50 am

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.

## 6 Lane Swim

Date and Time: Saturday, January 18 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.

## Club du samedi

Date and Time: Saturday, January 18 9:00 am - 11:45 pm

Address: CSC des Grands Vents, 65, Ridge Road, St. John's, Newfoundland and Labrador A1B 4P5

☀️ APPRENDRE LE FRANÇAIS D'UNE MANIÈRE DIFFÉRENTE ! ☀️

📍 Lieu : CSC des Grands Vents, 65, Ridge Road, St. John's, Newfoundland and Labrador A1B 4P5

📅 Début : samedi 18 janvier 2025

🕒 Horaires : Samedi matin de 9h à 11h45

👨👩 Pour qui ? Enfants âgés de 5 à 14 ans

💰 Coût : 100 \$ par enfant (89 \$ pour les membres de l'ACFSJ) pour une session de 8 semaines

Le Club du Samedi vous propose un programme enrichissant, rempli d'activités éducatives et interactives ! Vos enfants participeront à des projets artistiques, des expériences scientifiques, et bien plus encore ! 🎨🔬

🎶 Rejoignez-nous chaque samedi pour une aventure linguistique, artistique, musicale et sportive ! Une manière unique d'apprendre le français tout en s'amusant.

Ne manquez pas cette chance incroyable !

📅 Inscriptions ouvertes dès maintenant sur notre site internet !

Pour plus d'informations et pour vous inscrire, contactez-nous directement via notre site internet.

#ApprendreLeFrançais #ClubDuSamedi #ActivitésEnfants #Éducation #Francophonie

-----  
☀️ LEARN FRENCH IN A FUN WAY! ☀️

📍 Location: CSC des Grands Vents, 65, Ridge Road, St. John's, Newfoundland and Labrador A1B 4P5

📅 Start Date: Saturday, January 18, 2025

🕒 Hours: Saturday mornings from 9 AM to 11:45 AM

👨👩 For whom? Children aged 5 to 14

💰 Cost: \$100 per child (\$89 for ACFSJ members) for an 8-week session

Saturday Club offers an enriching program with educational and interactive activities! Your children will take part in art projects, science experiments, and much more! 🎨🔬

🎶 Join us every Saturday for a fun-filled journey of language, art, music, and sports! A unique way to learn French while having fun.

Don't miss this amazing opportunity!

📅 Registrations open now on our website!

For more information and to register, contact us directly through our website.

## Playgroup (Drop in)

Date and Time: Saturday, January 18 10:00 am - 11:30 am

Address: 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.

### **Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## **Everyone Welcome Swim**

Date and Time: Saturday, January 18 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: Saturday, January 18 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### **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, January 18 5:30 pm - 6:20 pm

Address: 40 Mundy Pond

### **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**

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 chan

ge 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: Saturday, January 18 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.

## Family Open Gym Drop in

Date and Time: Saturday, January 18 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

Family Open Gym drop in programs offer an opportunity for individuals of all ages to take part in a wide variety of sports, low organized games and several other recreational activities. The program is supervised by onsite City of St. John's Recreation staff. Come by and enjoy an evening with family and friends!

Cost: \$2 per person

## Everyone Welcome Swim

Date and Time: Saturday, January 18 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

### 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.

## 2025 Banff Centre Mountain Film Festival World Tour - St. John's NL

Date and Time: Saturday, January 18 7:00 pm

Address: Bruneau Centre for Research and Innovation, 40 Livyers Loop, St. John's, NL

Get off the beaten path and explore the edge of believable with some of the best films from the Banff Centre Mountain Film and Book Festival as it brings these captivating and moving stories to the big screen to The Bruneau Centre, on Saturday, January 18th & Sunday, January 19th, at 7:00pm. Stand on the highest peaks, ski the steepest slopes and be a part of the adventures in this year's World Tour. This stop of the World Tour is hosted by C'MON Outdoors. Get tickets: <https://www.eventbrite.ca/e/2025-banff-centre-mountain-film-festival-world-to>

### 3 Lane & Leisure

Date and Time: Saturday, January 18 7:00 pm - 7:50 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.

#### 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.

## Sunday, January 19, 2025

---

### 6 Lane & Leisure

Date and Time: Sunday, January 19 7:00 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.

#### 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.

### Lane & Leisure

Date and Time: Sunday, January 19 7:00 am - 8:50 am

Address: 40 Mundy Pond

## 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

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.

## Soccer en Français

Date and Time: Sunday, January 19 10:00 am - 12:00 pm

Address: Au CSC des Grands Vents 65, Ridge Road, St. Jean (NL) A1B 4P5\*

### Soccer en Français


Le soccer est un sport d'équipe, d'estime de soi, d'esprit de groupe et de compétition. Jouer au football permet de se sentir mieux dans sa peau et dans celle des autres.


Les pratiques reprendront bientôt, rejoignez-nous pour un moment de plaisir et d'entraînement !

 Jour de Pratique :


Dimanche matin de 10h à 12h dans le gymnase du CGV – Reprise le 12 janvier 2025

Mercredi soir de 20h à 21h30 dans le gymnase du CGV – Reprise le 15 janvier 2025

 Gratuit pour les membres !

 Pour plus d'informations :

Contactez-nous à [culture@acfsj.ca](mailto:culture@acfsj.ca) ou par téléphone au 709-726-4900.

 Si vous souhaitez être ajouté au groupe de conversation Facebook, merci de nous contacter.


On vous attend nombreux !

In English:

### Soccer in French


Soccer is a team sport that builds self-esteem, a sense of group spirit, and competition. Playing soccer helps you feel better about yourself and others.


The practices are starting soon, join us for some fun and training!

 Practice Days:

Sunday morning from 10:00 AM to 12:00 PM at the CGV gym – Resuming on January 12, 2025

Wednesday evening from 8:00 PM to 9:30 PM at the CGV gym – Resuming on January 15, 2025

 Free for members!

 For more information:

Contact us at [culture@acfsj.ca](mailto:culture@acfsj.ca) or by phone at 709-726-4900.

 If you would like to be added to the Facebook chat group, please contact us.

We look forward to seeing you there!

## Lane & Leisure

Date and Time: Sunday, January 19 11:00 am - 12:50 pm

Address: 40 Mundy Pond

## 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 acc



ommodations are required at the time of check in or call ahead.

## **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, January 19 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

## **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.

## **Appel aux bénévoles : souper communautaire**

Date and Time: Sunday, January 19 2:00 pm - 6:00 pm

Address: 65 Ridge Rd, Saint-Jean

## **Appel aux bénévoles : souper communautaire**

**Date :** Dimanche 19 janvier 2025

**Lieu :** Centre communautaire des Grands-Vents, 65 Ridge Rd, Saint-Jean

Nous avons le plaisir de vous inviter à un souper communautaire organisé par Compas et l'Association communautaire francophone de Saint-Jean, le dimanche 19 janvier 2025. Cet événement chaleureux et convivial vise à promouvoir la collecte de dons d'habits d'hiver et de nourriture pour les personnes dans le besoin.

### **Déroulement de la journée :**

- À partir de 14h : Installation de la salle et préparation des repas.
- 17h : Début du souper communautaire, où nous servirons un délicieux spaghetti.
- Pendant le souper : Préparation de plats pour les élèves des écoles francophones de la région.

**Comment participer ?** Nous sommes à la recherche de bénévoles pour nous aider à la cuisson et à l'installation de la salle. Si vous souhaitez contribuer à cette bonne cause, inscrivez-vous en cliquant sur le lien suivant : [Formulaire d'inscription](#)

**Pourquoi participer ?** Votre participation à cet événement contribuera à soutenir les personnes dans le besoin en cette période hivernale. Chaque don d'habits d'hiver ou de nourriture fera une grande différence dans la vie de quelqu'un.

**Nous comptons sur vous !** Rejoignez-nous pour ce moment de solidarité et de partage. Ensemble, faisons une différence dans notre communauté.

Pour plus d'informations, n'hésitez pas à nous contacter.

## Everyone Welcome Swim

Date and Time: Sunday, January 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.

## Everyone Welcome Swim

Date and Time: Sunday, January 19 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### 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, January 19 4:00 pm - 4:50 pm

Address: 40 Mundy Pond

### 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

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, January 19 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, January 19 6:00 pm - 7:20 pm

Address: 40 Mundy Pond

### **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**

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.

## **Souper communautaire**

Date and Time: Sunday, January 19 6:00 pm - 7:00 pm

Address: 65 Chemin Ridge, Saint-Jean

## **Un Moment Convivial avec Compas et l'Association communautaire francophone de Saint-Jean !**

**Rejoignez-nous pour un moment de partage et de solidarité en soutien à notre communauté !**

**Quand :** Dimanche 19 janvier 2025 à 17h

**Où :** Centre scolaire et communautaire des Grands-Vents, 65 Chemin Ridge, Saint-Jean

Description de l'événement :

### **Description de l'événement :**

Participez à un repas communautaire chaleureux organisé par Compas et l'Association communautaire francophone de Saint-Jean. Ce moment convivial est une opportunité de rencontrer vos voisins, d'échanger et de renforcer les liens au sein de notre communauté.

Nous vous invitons à contribuer, si vous le pouvez, en apportant des dons d'habits d'hiver ou de nourriture pour soutenir les personnes dans le besoin. Bien que les dons ne soient pas obligatoires, ils sont fortement encouragés.

gés, car chaque geste compte pour faire une différence !

## 2025 Banff Centre Mountain Film Festival World Tour - St. John's NL

Date and Time: Sunday, January 19 7:00 pm

Address: Bruneau Centre for Research and Innovation, 40 Livyers Loop, St. John's, NL

Get off the beaten path and explore the edge of believable with some of the best films from the Banff Centre Mountain Film and Book Festival as it brings these captivating and moving stories to the big screen to The Bruneau Centre, on Saturday, January 18th & Sunday, January 19th, at 7:00pm. Stand on the highest peaks, ski the steepest slopes and be a part of the adventures in this year's World Tour. This stop of the World Tour is hosted by C'MON Outdoors. Get tickets: <https://www.eventbrite.ca/e/2025-banff-centre-mountain-film-festival-world-tour-st-johns-nl-tickets-1104641465359>

### 6 Lane & Leisure

Date and Time: Sunday, January 19 7:30 pm - 8:20 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.

#### 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.

## Monday, January 20, 2025

---

### Leisure Swim

Date and Time: Monday, January 20 7:00 am - 8:50 am

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.

## Lane & Leisure

Date and Time: Monday, January 20 7:00 am - 8:50 am

Address: 40 Mundy Pond

### 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

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 Swim

Date and Time: Monday, January 20 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.

## Leisure Swim

Date and Time: Monday, January 20 9:00 am - 9:50 am

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.

## Aquatic Fitness

Date and Time: Monday, January 20 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: Monday, January 20 9:00 am - 9:50 am

Address: 40 Mundy Pond


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.

## groupe de jeu « Les P'tits poussins ».


Date and Time: Monday, January 20 9:00 am - 11:30 am


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

Description en français : Rejoignez-nous tous les lundis matin de 9h à 11h30 au Centre des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5, pour le groupe de jeu « Les P'tits poussins ».


 Prochaine rencontre : 13 janvier 2025.

 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.


-----  
Description en anglais : Join us every Monday morning from 9 AM to 11:30 AM at Centre des Grands Vents, 65 Ridge Road, St. John's (NL) A1B 4P5, for the "Les P'tits poussins " .

 Next meeting: January 13, 2025.

 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

## Downtown Pedestrian Mall Business Engagement Session

Date and Time: Monday, January 20 9:30 am - 10:30 am

Address: Virtual via Zoom

The City of St. John's is inviting businesses and organizations in the downtown area to share their perspective on the Downtown Pedestrian Mall through an [online survey\(External link\)](#) and by attending an engagement session specific to their business sector. Details about the engagement sessions can be found under [Key Dates](#). Registration is required for the Zoom meetings.

Consultation with users and visitors to the Downtown Pedestrian Mall has concluded and the feedback from both the public and downtown businesses will be shared in a What We Heard document once all feedback is reviewed and analyzed.

**Business group:** Restaurants/pubs/bars located within the DPM footprint

## Playgroup - KFFRC

Date and Time: Monday, January 20 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Monday, January 20 10:00 am - 10:30 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.

**Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## Aquatic Fitness

Date and Time: Monday, January 20 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.

## Lane & Leisure

Date and Time: Monday, January 20 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Adults in Motion

Date and Time: Monday, January 20 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.

## Knitting Circle

Date and Time: Monday, January 20 10:30 am - 12:00 pm

Address: 40 Mundy Pond Road

Meet others, socialize, enjoy a hot beverage all while knitting or crocheting with others who share the same interests.

**Instructor is not provided for this program.**

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## Leisure - Social Time

Date and Time: Monday, January 20 10:30 am - 12:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8631

Space is Limited

## Tuesday, January 21, 2025

---

## Leisure Swim



Date and Time: Tuesday, January 21 7:00 am - 8:50 am

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.

## **Lane & Leisure**

Date and Time: Tuesday, January 21 7:00 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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 Swim**

Date and Time: Tuesday, January 21 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.

## **Leisure Swim**

Date and Time: Tuesday, January 21 9:00 am - 9:50 am

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.

ed at the time of check in or call ahead.

## Preschool

Date and Time: Tuesday, January 21 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, January 21 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: Tuesday, January 21 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## Playgroup - KFFRC

Date and Time: Tuesday, January 21 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Tuesday, January 21 10:00 am - 11:30 am

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## 6 Lane & Leisure

Date and Time: Tuesday, January 21 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.

### 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.

## Lane & Leisure

Date and Time: Tuesday, January 21 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Core Balance

Date and Time: Tuesday, January 21 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.

## Leisure - Bridge Level 1

Date and Time: Tuesday, January 21 10:00 am - 12:30 pm

Address: 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

Cost: \$165

Register here [Bridge Level 1](#) or call 576-8499

Space is Limited

## Fitness - Body Conditioning

Date and Time: Tuesday, January 21 11:00 am - 11:50 am

Address: 40 Teakwood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Cost: \$42

Space is limited - Currently Full (you can go on waitlist)

## Food on the Move + Library @ Shea Heights Community Centre

Date and Time: Tuesday, January 21 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

## Wednesday, January 22, 2025

---

### Leisure Swim

Date and Time: Wednesday, January 22 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Wednesday, January 22 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.

### Lane & Leisure

Date and Time: Wednesday, January 22 7:30 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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.

## **Aquatic Fitness**

Date and Time: Wednesday, January 22 9:00 am - 9:50 am

Address: 40 Mundy Pond

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, January 22 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.

## **Leisure Swim**

Date and Time: Wednesday, January 22 9:00 am - 9:50 am

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.

## **Downtown Pedestrian Mall Business Engagement Session**

Date and Time: Wednesday, January 22 9:30 am - 10:30 am

Address: Virtual via Zoom

The City of St. John's is inviting businesses and organizations in the downtown area to share their perspective on the Downtown Pedestrian Mall through an [online survey\(External link\)](#) and by attending an engagement session specific to their business sector. Details about the engagement sessions can be found under [Key Dates](#). Registration is required for the Zoom meetings.

Consultation with users and visitors to the Downtown Pedestrian Mall has concluded and the feedback from both the public and downtown businesses will be shared in a What We Heard document once all feedback is reviewed and analyzed.

**Business group: Restaurants/pubs/bars located downtown but outside the DPM footprint**

## Bridge Level 2

Date and Time: Wednesday, January 22 10:00 am - 12:00 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Now that you have the basics, learn how to play and build on your knowledge of the game. This course is in a small group setting.

Note: Completion of beginner bridge level 1 is a pre-requisite.

Cost: \$165

Register [Here](#) or call 576-8631

Space is Limited

## Playgroup (Drop in)

Date and Time: Wednesday, January 22 10:00 am - 10:30 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.

**Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## Aquatic Fitness

Date and Time: Wednesday, January 22 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 to

ne. Participants in the deep-water section can use a floatation belt.

## Adults in Motion

Date and Time: Wednesday, January 22 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.

## Lane & Leisure

Date and Time: Wednesday, January 22 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Core Balance

Date and Time: Wednesday, January 22 11:00 am - 11:50 am

Address: 40 Mundy Pond

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

## 3 Lane & Leisure

Date and Time: Wednesday, January 22 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.

### 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.

## **Food on the Move + Library @ Froude Avenue Community Centre**

Date and Time: Wednesday, January 22 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

## **Thursday, January 23, 2025**

---

### **Leisure Swim**

Date and Time: Thursday, January 23 7:00 am - 8:50 am

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.

### **6 Lane Swim**

Date and Time: Thursday, January 23 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.

## Lane & Leisure

Date and Time: Thursday, January 23 7:30 am - 8:50 am

Address: 40 Mundy Pond

### 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

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.

## Aquatic Fitness

Date and Time: Thursday, January 23 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: Thursday, January 23 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## Leisure Swim

Date and Time: Thursday, January 23 9:00 am - 9:50 am

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.

## Preschool

Date and Time: Thursday, January 23 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

## Playgroup - KFFRC

Date and Time: Thursday, January 23 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Thursday, January 23 10:00 am - 11:30 am

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## Preschool Drop in

Date and Time: Thursday, January 23 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 & Leisure

Date and Time: Thursday, January 23 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.

### 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.

## Lane & Leisure

Date and Time: Thursday, January 23 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

ed at the time of check in or call ahead.

## Core Balance

Date and Time: Thursday, January 23 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.

## Leisure - Social Time

Date and Time: Thursday, January 23 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited

## Fitness - Body Conditioning

Date and Time: Thursday, January 23 11:00 am - 11:50 am

Address: 40 Teakwood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Cost: \$42

Space is limited - Currently Full (you can go on waitlist)

## Friday, January 24, 2025

---

### Leisure Swim

Date and Time: Friday, January 24 7:00 am - 8:50 am

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.

### **6 Lane Swim**

Date and Time: Friday, January 24 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.

### **Lane & Leisure**

Date and Time: Friday, January 24 7:30 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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.

### **Aquatic Fitness**

Date and Time: Friday, January 24 9:00 am - 9:50 am

Address: 40 Mundy Pond

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: Friday, January 24 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.

## Leisure Swim

Date and Time: Friday, January 24 9:00 am - 9:50 am

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.

## 6 Lane Swim

Date and Time: Friday, January 24 10:00 am - 10:50 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.

## Adults in Motion

Date and Time: Friday, January 24 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.

## Lane & Leisure

Date and Time: Friday, January 24 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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 acc

ommodations are required at the time of check in or call ahead.

## **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 - Social Time**

Date and Time: Friday, January 24 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## **Adults in Motion**

Date and Time: Friday, January 24 11:00 am - 11:50 am

Address: 40 Mundy Pond

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.

## **3 Lane & Leisure**

Date and Time: Friday, January 24 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.

## **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.



## Youth Lunch in

Date and Time: Friday, January 24 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

Date and Time: Friday, January 24 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.

## After school program

Date and Time: Friday, January 24 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](#)

## Saturday, January 25, 2025

---

## Leisure Swim

Date and Time: Saturday, January 25 7:00 am - 8:50 am

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.

## 6 Lane Swim

Date and Time: Saturday, January 25 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.

## Club du samedi

Date and Time: Saturday, January 25 9:00 am - 11:45 pm

Address: CSC des Grands Vents, 65, Ridge Road, St. John's, Newfoundland and Labrador A1B 4P5

🌟 APPRENDRE LE FRANÇAIS D'UNE MANIÈRE DIFFÉRENTE ! 🌟

📍 Lieu : CSC des Grands Vents, 65, Ridge Road, St. John's, Newfoundland and Labrador A1B 4P5

📅 Début : samedi 18 janvier 2025

🕒 Horaires : Samedi matin de 9h à 11h45

👨👩 Pour qui ? Enfants âgés de 5 à 14 ans

💰 Coût : 100 \$ par enfant (89 \$ pour les membres de l'ACFSJ) pour une session de 8 semaines

Le Club du Samedi vous propose un programme enrichissant, rempli d'activités éducatives et interactives ! Vos enfants participeront à des projets artistiques, des expériences scientifiques, et bien plus encore ! 🎨🔬

🎉 Rejoignez-nous chaque samedi pour une aventure linguistique, artistique, musicale et sportive ! Une manière unique d'apprendre le français tout en s'amusant.

Ne manquez pas cette chance incroyable !

📄 Inscriptions ouvertes dès maintenant sur notre site internet !

Pour plus d'informations et pour vous inscrire, contactez-nous directement via notre site internet.

#ApprendreLeFrançais #ClubDuSamedi #ActivitésEnfants #Éducation #Francophonie

-----  
🌟 LEARN FRENCH IN A FUN WAY! 🌟

📍 Location: CSC des Grands Vents, 65, Ridge Road, St. John's, Newfoundland and Labrador A1B 4P5

📅 Start Date: Saturday, January 18, 2025

🕒 Hours: Saturday mornings from 9 AM to 11:45 AM

👨👩 For whom? Children aged 5 to 14

💰 Cost: \$100 per child (\$89 for ACFSJ members) for an 8-week session

Saturday Club offers an enriching program with educational and interactive activities! Your children will take part in art projects, science experiments, and much more! 🎨📖

🎶🏆 Join us every Saturday for a fun-filled journey of language, art, music, and sports! A unique way to learn French while having fun.

Don't miss this amazing opportunity!

📅 Registrations open now on our website!

For more information and to register, contact us directly through our website.

## Playgroup (Drop in)

Date and Time: Saturday, January 25 10:00 am - 11:30 am

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## Everyone Welcome Swim

Date and Time: Saturday, January 25 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: Saturday, January 25 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### 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, January 25 5:30 pm - 6:20 pm

Address: 40 Mundy Pond

### 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

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: Saturday, January 25 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.

## Family Open Gym Drop in

Date and Time: Saturday, January 25 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

Family Open Gym drop in programs offer an opportunity for individuals of all ages to take part in a wide variety of sports, low organized games and several other recreational activities. The program is supervised by onsite City of St. John's Recreation staff. Come by and enjoy an evening with family and friends!

Cost: \$2 per person

## Everyone Welcome Swim

Date and Time: Saturday, January 25 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

### 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.

ge 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

Date and Time: Saturday, January 25 7:00 pm - 7:50 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.

#### 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.

### NSO Winter Pops: Every Breath You Take

Date and Time: Saturday, January 25 8:00 pm - 10:00 pm

Address: Arts and Culture Centre, 95 Allandale Road, St. John's

Don't stand so close to your calendars, because the Newfoundland Symphony Orchestra's East Port Properties Winter Pops: Every Breath You Take is coming your way! Join us on January 24 and 25, 2025, at 8pm at the Arts & Culture Centre for a night dedicated to the legendary music of Sting & The Police.

Under the baton of conductor Marc David, and featuring the incomparable Jodee Richardson as our guest artist, this concert promises to be every bit as unforgettable as "Every Little Thing She Does Is Magic." From the haunting melodies of "Roxanne" to the iconic riffs of "Message in a Bottle," get ready to walk through fields of gold with us as we dive into the timeless hits that have shaped the music world.

Jodee Richardson will have you wrapped around his finger with his electrifying vocals, breathing new life into classics that span decades. Whether you're a longtime fan or new to the sounds of Sting & The Police, this performance will leave you swaying and singing along.

Don't miss this synchronicity of talent and tunes—secure your tickets now for Winter Pops: Every Breath You Take and join us for a night of music that will rock you like a message in a bottle.

Tickets are available at the ACC Box Office (729-3900), online at [www.artsandculturecentre.com](http://www.artsandculturecentre.com) and at the door.

Winter Pops: Every Breath You Take is presented by East Port Properties.

## Sunday, January 26, 2025

---

## Lane & Leisure

Date and Time: Sunday, January 26 7:00 am - 8:50 am

Address: 40 Mundy Pond

### 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

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, January 26 7:00 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.

### 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.

## Soccer en Français

Date and Time: Sunday, January 26 10:00 am - 12:00 pm

Address: Au CSC des Grands Vents 65, Ridge Road, St. Jean (NL) A1B 4P5\*

### Soccer en Français

Le soccer est un sport d'équipe, d'estime de soi, d'esprit de groupe et de compétition. Jouer au football permet de se sentir mieux dans sa peau et dans celle des autres.

Les pratiques reprendront bientôt, rejoignez-nous pour un moment de plaisir et d'entraînement !

### Jour de Pratique :

Dimanche matin de 10h à 12h dans le gymnase du CGV – Reprise le 12 janvier 2025

Mercredi soir de 20h à 21h30 dans le gymnase du CGV – Reprise le 15 janvier 2025

🆓 Gratuit pour les membres !

🔗 Pour plus d'informations :

Contactez-nous à [culture@acfsj.ca](mailto:culture@acfsj.ca) ou par téléphone au 709-726-4900.

🔗 Si vous souhaitez être ajouté au groupe de conversation Facebook, merci de nous contacter.

On vous attend nombreux !

In English:

🏈 Soccer in French 🌐

Soccer is a team sport that builds self-esteem, a sense of group spirit, and competition. Playing soccer helps you feel better about yourself and others.

The practices are starting soon, join us for some fun and training!

📅 Practice Days:

Sunday morning from 10:00 AM to 12:00 PM at the CGV gym – Resuming on January 12, 2025

Wednesday evening from 8:00 PM to 9:30 PM at the CGV gym – Resuming on January 15, 2025

🆓 Free for members!

🔗 For more information:

Contact us at [culture@acfsj.ca](mailto:culture@acfsj.ca) or by phone at 709-726-4900.

🔗 If you would like to be added to the Facebook chat group, please contact us.

We look forward to seeing you there!

## Lane & Leisure

Date and Time: Sunday, January 26 11:00 am - 12:50 pm

Address: 40 Mundy Pond

### 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

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, January 26 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

### 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, January 26 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, January 26 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### **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, January 26 4:00 pm - 4:50 pm

Address: 40 Mundy Pond

### **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**

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, January 26 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, January 26 6:00 pm - 7:20 pm

Address: 40 Mundy Pond

### 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

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, January 26 7:30 pm - 8:20 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.

### 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.

## Monday, January 27, 2025

---

### Leisure Swim

Date and Time: Monday, January 27 7:00 am - 8:50 am

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.

## Lane & Leisure

Date and Time: Monday, January 27 7:00 am - 8:50 am

Address: 40 Mundy Pond

### 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

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 Swim

Date and Time: Monday, January 27 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.

## Leisure Swim

Date and Time: Monday, January 27 9:00 am - 9:50 am

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.

## Aquatic Fitness

Date and Time: Monday, January 27 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: Monday, January 27 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## groupe de jeu « Les P'tits poussins ».

Date and Time: Monday, January 27 9:00 am - 11:30 am

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

Description en français : Rejoignez-nous tous les lundis matin de 9h à 11h30 au Centre des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5, pour le groupe de jeu « Les P'tits poussins ».

📅 Prochaine rencontre : 13 janvier 2025.

📖 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.

-----  
Description en anglais : Join us every Monday morning from 9 AM to 11:30 AM at Centre des Grands Vents, 65 Ridge Road, St. John's (NL) A1B 4P5, for the "Les P'tits poussins " .

📅 Next meeting: January 13, 2025.

📖 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

## Playgroup - KFFRC

Date and Time: Monday, January 27 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Monday, January 27 10:00 am - 10:30 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.

**Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## Aquatic Fitness

Date and Time: Monday, January 27 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.

## Lane & Leisure

Date and Time: Monday, January 27 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Adults in Motion

Date and Time: Monday, January 27 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.

## Leisure - Social Time

Date and Time: Monday, January 27 10:30 am - 12:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8631

Space is Limited

## Knitting Circle

Date and Time: Monday, January 27 10:30 am - 12:00 pm

Address: 40 Mundy Pond Road

Meet others, socialize, enjoy a hot beverage all while knitting or crocheting with others who share the same interest.

**Instructor is not provided for this program.**

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## Adults in Motion

Date and Time: Monday, January 27 11:00 am - 11:50 am

Address: 40 Mundy Pond

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.

## Tuesday, January 28, 2025

---

## Leisure Swim

Date and Time: Tuesday, January 28 7:00 am - 8:50 am

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.

## **Lane & Leisure**

Date and Time: Tuesday, January 28 7:00 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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 Swim**

Date and Time: Tuesday, January 28 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.

## **Leisure Swim**

Date and Time: Tuesday, January 28 9:00 am - 9:50 am

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.

## Preschool

Date and Time: Tuesday, January 28 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, January 28 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: Tuesday, January 28 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## Playgroup - KFFRC

Date and Time: Tuesday, January 28 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Playgroup (Drop in)

Date and Time: Tuesday, January 28 10:00 am - 11:30 am

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## 6 Lane & Leisure

Date and Time: Tuesday, January 28 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.

### 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.

## Lane & Leisure

Date and Time: Tuesday, January 28 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.



ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## **Core Balance**

Date and Time: Tuesday, January 28 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.

## **Leisure - Bridge Level 1**

Date and Time: Tuesday, January 28 10:00 am - 12:30 pm

Address: 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

Cost: \$165

Register here [Bridge Level 1](#) or call 576-8499

Space is Limited

## **Fitness - Body Conditioning**

Date and Time: Tuesday, January 28 11:00 am - 11:50 am

Address: 40 Teakwood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Cost: \$42

Space is limited - Currently Full (you can go on waitlist)

## **Youth Lunch in**

Date and Time: Tuesday, January 28 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).

## Wednesday, January 29, 2025

---

### Leisure Swim

Date and Time: Wednesday, January 29 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Wednesday, January 29 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.

### Lane & Leisure

Date and Time: Wednesday, January 29 7:30 am - 8:50 am

Address: 40 Mundy Pond

#### 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

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.

## Aquatic Fitness

Date and Time: Wednesday, January 29 9:00 am - 9:50 am

Address: 40 Mundy Pond

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, January 29 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.

## Leisure Swim

Date and Time: Wednesday, January 29 9:00 am - 9:50 am

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.

## Playgroup (Drop in)

Date and Time: Wednesday, January 29 10:00 am - 10:30 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.

**Parents/Guardians must be present at all times**

Ages: 0-5

Cost: \$2 per child

## Aquatic Fitness

Date and Time: Wednesday, January 29 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: Wednesday, January 29 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.

## Lane & Leisure

Date and Time: Wednesday, January 29 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Bridge Level 2

Date and Time: Wednesday, January 29 10:00 am - 12:00 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Now that you have the basics, learn how to play and build on your knowledge of the game. This course is in a small group setting.

Note: Completion of beginner bridge level 1 is a pre-requisite.

Cost: \$165

Register [Here](#) or call 576-8631

Space is Limited

## Core Balance

Date and Time: Wednesday, January 29 11:00 am - 11:50 am

Address: 40 Mundy Pond

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

## 3 Lane & Leisure

Date and Time: Wednesday, January 29 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.

### 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.

## Walk & Wheel

Date and Time: Wednesday, January 29 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Drop in

Cost: Free

## Walk & Wheel

Date and Time: Wednesday, January 29 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Drop in

Cost: Free

## Thursday, January 30, 2025

---

### Leisure Swim

Date and Time: Thursday, January 30 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Thursday, January 30 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.

### Lane & Leisure

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

Address: 40 Mundy Pond

#### 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

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.

### Aquatic Fitness

Date and Time: Thursday, January 30 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: Thursday, January 30 9:00 am - 9:50 am

Address: 40 Mundy Pond

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.

## Leisure Swim

Date and Time: Thursday, January 30 9:00 am - 9:50 am

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.

## Preschool

Date and Time: Thursday, January 30 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

## Playgroup - KFFRC

Date and Time: Thursday, January 30 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see [www.kffrc.com](http://www.kffrc.com)

Cost: Free

## Downtown Pedestrian Mall Business Engagement Session

Date and Time: Thursday, January 30 9:30 am - 10:30 am

Address: Virtual via Zoom

The City of St. John's is inviting businesses and organizations in the downtown area to share their perspective on the Downtown Pedestrian Mall through an [online survey\(External link\)](#) and by attending an engagement session specific to their business sector. Details about the engagement sessions can be found under [Key Dates](#). Registration is required for the Zoom meetings.

Consultation with users and visitors to the Downtown Pedestrian Mall has concluded and the feedback from both the public and downtown businesses will be shared in a What We Heard document once all feedback is reviewed and analyzed.

**Business group: Downtown retailers located outside the DPM footprint**

## Playgroup (Drop in)

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

Address: 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.

**Parents/Guardians must be present at all times**

Ages:0-5

Cost: \$ 2 per child

## Preschool Drop in

Date and Time: Thursday, January 30 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 & Leisure

Date and Time: Thursday, January 30 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.

### 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.

## Lane & Leisure

Date and Time: Thursday, January 30 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### 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

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.

## Core Balance

Date and Time: Thursday, January 30 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.

## Leisure - Social Time

Date and Time: Thursday, January 30 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited

## Friday, January 31, 2025

---

### Leisure Swim

Date and Time: Friday, January 31 7:00 am - 8:50 am

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.

### 6 Lane Swim

Date and Time: Friday, January 31 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.

### Lane & Leisure

Date and Time: Friday, January 31 7:30 am - 8:50 am

Address: 40 Mundy Pond

### **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**

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.

## **Aquatic Fitness**

Date and Time: Friday, January 31 9:00 am - 9:50 am

Address: 40 Mundy Pond

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: Friday, January 31 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.

## **Leisure Swim**

Date and Time: Friday, January 31 9:00 am - 9:50 am

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.

## **6 Lane Swim**

Date and Time: Friday, January 31 10:00 am - 10:50 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.

## **Adults in Motion**

Date and Time: Friday, January 31 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.

## **Lane & Leisure**

Date and Time: Friday, January 31 10:00 am - 1:50 pm

Address: 40 Mundy Pond

### **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**

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.

## **Downtown Pedestrian Mall Business Engagement Session**

Date and Time: Friday, January 31 10:00 am - 11:00 am

Address: Virtual via Zoom

The City of St. John's is inviting businesses and organizations in the downtown area to share their perspective on the Downtown Pedestrian Mall through an [online survey\(External link\)](#) and by attending an engagement session specific to their business sector. Details about the engagement sessions can be found under [Key Dates](#). Registration is required for the Zoom meetings.

Consultation with users and visitors to the Downtown Pedestrian Mall has concluded and the feedback from both the public and downtown businesses will be shared in a What We Heard document once all feedback is reviewed and analyzed.

**Business group: Retailers located within the DPM footprint**

## Leisure - Social Time

Date and Time: Friday, January 31 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## Adults in Motion

Date and Time: Friday, January 31 11:00 am - 11:50 am

Address: 40 Mundy Pond

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.

## 3 Lane & Leisure

Date and Time: Friday, January 31 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.

### 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.

## Youth Lunch in

Date and Time: Friday, January 31 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).

## **Pop in Tot**

Date and Time: Friday, January 31 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.

<https://calendar.stjohns.ca>