

## Saturday, March 1, 2025

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### Leisure Swim

Date and Time: Saturday, March 1 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, March 1 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, March 1 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

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## ☀️ 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, March 1 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, March 1 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, March 1 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### **Everyone Welcome Swim**

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## **Lane & Leisure**

Date and Time: Saturday, March 1 5:30 pm - 6:20 pm

Address: 40 Mundy Pond

### **Lane Swim**

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Date and Time: Saturday, March 1 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

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## **Family Open Gym Drop in**

Date and Time: Saturday, March 1 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, March 1 6:30 pm - 7:20 pm

Address: 40 Mundy Pond

### **Everyone Welcome Swim**

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### **3 Lane & Leisure**

Date and Time: Saturday, March 1 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

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### **Good as a Concert Presents: Songs to Help us Through the Long and Hungry Month of March**

Date and Time: Saturday, March 1 7:30 pm - 9:30 pm

Address: Suncor Energy Hall, School of Music, Memorial University

Join hosts Eleanor Dawson and Jim Payne for an evening of stories and songs that celebrate the coziness of winter while looking forward to the promise of spring. Featuring performances by Anita Best, Matthew Byrne, Gary Green, and Jenna Maloney, the concert will give you the gumption you need to make it through another Newfoundland winter!

The concert will take place at Suncor Energy Hall in the School of Music on the Memorial University Campus on March 1 at 7:30 pm. Tickets are \$25 for general admission, \$20 for students, and will be available at the door or via cash or e-transfer.

### **Antidote for Life: Memory, Madness, and Beagles by Berni Stapleton**

Date and Time: Saturday, March 1 8:00 pm - 10:00 pm

Address: 3 Victoria Street, St. John's NL

This is a true, intimate, beautiful exploration of life, aging in the theatre, love (most profoundly for a beagle named Georgie Girl) and the unexpectedly halcyon early days of the pandemic. Bernardine's one-woman show is equal parts quirky, charming, and achingly funny. Experience the newest from one of our most beloved writers.

## Sunday, March 2, 2025

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### 6 Lane & Leisure

Date and Time: Sunday, March 2 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

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### Lane & Leisure

Date and Time: Sunday, March 2 7:00 am - 8:50 am

Address: 40 Mundy Pond

#### Lane Swim

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### Soccer en Français

Date and Time: Sunday, March 2 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, March 2 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

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## Everyone Welcome Swim

Date and Time: Sunday, March 2 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

### Everyone Welcome Swim

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## **Antidote for Life: Memory, Madness, and Beagles by Berni Stapleton**

Date and Time: Sunday, March 2 2:00 pm - 4:00 pm

Address: 3 Victoria Street, St. John's NL

This is a true, intimate, beautiful exploration of life, aging in the theatre, love (most profoundly for a beagle named Georgie Girl) and the unexpectedly halcyon early days of the pandemic. Bernardine's one-woman show is equal parts quirky, charming, and aching funny. Experience the newest from one of our most beloved writers.

## **Everyone Welcome Swim**

Date and Time: Sunday, March 2 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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## **Everyone Welcome Swim**

Date and Time: Sunday, March 2 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

### **Everyone Welcome Swim**

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## **Lane & Leisure**

Date and Time: Sunday, March 2 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**

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## **Everyone Welcome Swim**

Date and Time: Sunday, March 2 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, March 2 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.

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## **6 Lane & Leisure**

Date and Time: Sunday, March 2 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

### **Lane Swim**

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## **Monday, March 3, 2025**

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### **Leisure Swim**

Date and Time: Monday, March 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.

### **Lane & Leisure**

Date and Time: Monday, March 3 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**

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### **6 Lane Swim**

Date and Time: Monday, March 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 accommodations are required at the time of check in or call ahead.

## Aquatic Fitness

Date and Time: Monday, March 3 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, March 3 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.

## Rug Hooking - Hook Your Favourite Childhood Fairy Tale

Date and Time: Monday, March 3 9:00 am - 12:00 pm

Address: 40 Mundy Pond Road

Participants will gain confidence in designing a pattern based on your favourite childhood fairy tale.

### Tools of the Trade

Designing a more defined pattern for rug hooking purposes using perspective and the Rule of Thirds. Using a variety of fabrics including wool yarn, t-shirt, velour, wool fabric and others

Learning a variety of Creative Stitches – chain, tunnel, brick, sculpting, etc, and adding knitting and crochet to your piece.

Pulling loops and adding definition by using height, direction, colour, technique and applique.

Linen Foundation Fabric ½ yard (30” x 36”)

Wide variety of Fabrics

All materials are included.

Register with or without Hook [Here](#)


Space is Limited

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


Date and Time: Monday, March 3 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.

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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

## Leisure Swim

Date and Time: Monday, March 3 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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## Playgroup - KFFRC

Date and Time: Monday, March 3 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, March 3 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 f

or 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

## **Adults in Motion**

Date and Time: Monday, March 3 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.

## **Aquatic Fitness**

Date and Time: Monday, March 3 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, March 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.

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## **Knitting Circle**

Date and Time: Monday, March 3 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

## Leisure - Social Time

Date and Time: Monday, March 3 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, March 4, 2025

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### Leisure Swim

Date and Time: Tuesday, March 4 7:00 am - 8:50 am

Address: 35 Carrick Drive

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## Stella's Circle's Pancake Breakfast for Homelessness

Date and Time: Tuesday, March 4 7:00 am - 10:30 am

Address: 208 Gower Street, St. John's - the Lecture Hall entrance of Gower Street United Church

Celebrating 20 years of pancakes for a purpose! Stella's Circle is hosting its annual **Pancake Breakfast for Homelessness** on **Tuesday, March 4, from 7:00 to 10:30 a.m.** at **Gower Street United Church's Lecture Hall**.

For just **\$20 at the door (cash or tap)**, attendees will enjoy a delicious pancake breakfast prepared by the award-winning [Stella's Brasserie](#), all in support of [Stella's Circle's housing programs](#). Funds raised will help provide safe, stable housing for people facing barriers in our community.

Adding to the celebration, the Stella's Circle Inclusion Choir will perform at 8:15 a.m., featuring their affordable housing-inspired song, "If I Had a Grant." This unique and uplifting performance will highlight the importance of housing and community support in an unforgettable way.

### Event Details:

**Date:** Tuesday, March 4, 2025

**Time:** 7:00 – 10:30 a.m. (*Inclusion Choir performance at 8:15 a.m.*)

**Location:** Gower Street United Church, Lecture Hall

**Admission:** \$20, cash or tap at the door

## 6 Lane Swim

Date and Time: Tuesday, March 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.

## Aquatic Fitness

Date and Time: Tuesday, March 4 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.

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## Preschool

Date and Time: Tuesday, March 4 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

## Leisure Swim

Date and Time: Tuesday, March 4 9:00 am - 9:50 am

Address: 35 Carrick Drive

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## Playgroup - KFFRC

Date and Time: Tuesday, March 4 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, March 4 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

## Leisure - Bridge Level 1

Date and Time: Tuesday, March 4 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

## Social & Bingo

Date and Time: Tuesday, March 4 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

## Lane & Leisure

Date and Time: Tuesday, March 4 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, March 4 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.

## 6 Lane & Leisure

Date and Time: Tuesday, March 4 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.

## Leisure Swim

Date and Time: Wednesday, March 5 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: Wednesday, March 5 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.

## 6 Lane Swim

Date and Time: Wednesday, March 5 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.

## Aquatic Fitness

Date and Time: Wednesday, March 5 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, March 5 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, March 5 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: Wednesday, March 5 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, March 5 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, March 5 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, March 5 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, March 5 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 - Social Time**

Date and Time: Wednesday, March 5 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

## Core Balance

Date and Time: Wednesday, March 5 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, March 5 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 @ Buckmaster's Circle Community Centre

Date and Time: Wednesday, March 5 11:00 am - 1:00 pm

Address: 129 Buckmaster's Circle

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.

We bring a wide selection of root vegetables, greens, herbs, and fruits; items are \$2 each or try 3 for \$5.

We will be inside during winter and inclement weather - ring the doorbell for access & 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, March 6, 2025

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### Leisure Swim

Date and Time: Thursday, March 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: Thursday, March 6 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.

### 6 Lane Swim

Date and Time: Thursday, March 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 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.

## Aquatic Fitness

Date and Time: Thursday, March 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: Thursday, March 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.

## Preschool

Date and Time: Thursday, March 6 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

## Leisure Swim

Date and Time: Thursday, March 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.

## **Playgroup - KFFRC**

Date and Time: Thursday, March 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: Thursday, March 6 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, March 6 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

## **Core Balance**



Date and Time: Thursday, March 6 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.

## Lane & Leisure

Date and Time: Thursday, March 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.

## 6 Lane & Leisure

Date and Time: Thursday, March 6 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.

## Fitness - Body Conditioning

Date and Time: Thursday, March 6 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)

## Adult Drop in

Date and Time: Thursday, March 6 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, March 7, 2025

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### Leisure Swim

Date and Time: Friday, March 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: Friday, March 7 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.

## **6 Lane Swim**

Date and Time: Friday, March 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.

## **Aquatic Fitness**

Date and Time: Friday, March 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.

## **Aquatic Fitness**

Date and Time: Friday, March 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.

## **Leisure Swim**

Date and Time: Friday, March 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.

## Adults in Motion

Date and Time: Friday, March 7 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, March 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.

## 6 Lane Swim

Date and Time: Friday, March 7 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 - Social Time

Date and Time: Friday, March 7 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, March 7 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, March 7 11:00 am - 11:50 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, March 7 12:00 pm - 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.

\*All lanes may not be available due to private rentals.

### 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, March 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).

## Pop in Tot

Date and Time: Friday, March 7 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.

## Saturday, March 8, 2025

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### 6 Lane Swim

Date and Time: Saturday, March 8 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

Date and Time: Saturday, March 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.

## Club du samedi

Date and Time: Saturday, March 8 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

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🌟 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.

## Babysitting

Date and Time: Saturday, March 8 9:00 am - 4:30 pm

Address: 85 Messenger Drive

Learn the basics of babysitting for children from birth to school age. Participants will also focus on first aid/emergency response throughout the day.

Participants must have completed Grade 5 in order to register for this course.

All participants must bring a doll and their own lunch. Lunch break is supervised by onsite staff

Cost:\$55

Space is limited

Register here [RECconnect](#) or call 576-8499

## **Playgroup (Drop in)**

Date and Time: Saturday, March 8 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, March 8 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, March 8 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, March 8 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, March 8 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, March 8 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, March 8 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, March 8 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, March 9, 2025

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### 6 Lane & Leisure

Date and Time: Sunday, March 9 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, March 9 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, March 9 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, March 9 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, March 9 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, March 9 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, March 9 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.

## Vivaldi Voices

Date and Time: Sunday, March 9 3:30 pm - 4:30 pm

Address: 11 Howley avenue

Dive into the sublime world of Vivaldi's choral compositions! Join us on March 9th at St. Andrew's Church for an afternoon filled with "Gloria" and "Beatus Vir," featuring talented soloists Grace Nolan, Alanna Fraize, and Kingsley Alozie. Don't miss this chance to experience the beauty of classical music live! Tickets available at the Holy Heart Box Office. #ChoralConcert #Vivaldi

<https://www.showpass.com/philharmonic-choir-of-the-nso-presents-voices-of-vivaldi/>

Holy Heart Theatre Box Office by credit, debit or cash for \$27.

Also available online through Showpass for \$29

## Lane & Leisure

Date and Time: Sunday, March 9 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, March 9 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, March 9 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, March 9 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, March 10, 2025**

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### **Leisure Swim**

Date and Time: Monday, March 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.

### **Lane & Leisure**

Date and Time: Monday, March 10 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, March 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.

## **Aquatic Fitness**

Date and Time: Monday, March 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: Monday, March 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.

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


Date and Time: Monday, March 10 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.

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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

## Leisure Swim

Date and Time: Monday, March 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.

## Playgroup - KFFRC

Date and Time: Monday, March 10 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, March 10 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 f



or 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

## **Adults in Motion**

Date and Time: Monday, March 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.

## **Aquatic Fitness**

Date and Time: Monday, March 10 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, March 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: Monday, March 10 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, March 10 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, March 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.

## Tuesday, March 11, 2025

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### Leisure Swim

Date and Time: Tuesday, March 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.

## Lane & Leisure

Date and Time: Tuesday, March 11 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, March 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.

## Aquatic Fitness

Date and Time: Tuesday, March 11 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: Tuesday, March 11 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.

## Preschool

Date and Time: Tuesday, March 11 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

## Leisure Swim

Date and Time: Tuesday, March 11 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: Tuesday, March 11 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, March 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

## **Leisure - Bridge Level 1**

Date and Time: Tuesday, March 11 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

## **Lane & Leisure**

Date and Time: Tuesday, March 11 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, March 11 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.

## 6 Lane & Leisure

Date and Time: Tuesday, March 11 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.

## Fitness - Body Conditioning

Date and Time: Tuesday, March 11 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, March 11 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**.

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**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, March 12, 2025

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### Leisure Swim

Date and Time: Wednesday, March 12 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: Wednesday, March 12 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.

## **6 Lane Swim**

Date and Time: Wednesday, March 12 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.

## **Aquatic Fitness**

Date and Time: Wednesday, March 12 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, March 12 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, March 12 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: Wednesday, March 12 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, March 12 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, March 12 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, March 12 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, March 12 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 - Social Time

Date and Time: Wednesday, March 12 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

## Core Balance

Date and Time: Wednesday, March 12 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-round

ed workout for all levels.

### 3 Lane & Leisure

Date and Time: Wednesday, March 12 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, March 12 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

## Thursday, March 13, 2025

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### Leisure Swim

Date and Time: Thursday, March 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: Thursday, March 13 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.

## 6 Lane Swim

Date and Time: Thursday, March 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.

## Aquatic Fitness

Date and Time: Thursday, March 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.

## Aquatic Fitness

Date and Time: Thursday, March 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.

## Preschool

Date and Time: Thursday, March 13 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

## Leisure Swim

Date and Time: Thursday, March 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.

## Playgroup - KFFRC

Date and Time: Thursday, March 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: Thursday, March 13 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 f

or 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, March 13 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

## **Core Balance**

Date and Time: Thursday, March 13 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.

## **Lane & Leisure**

Date and Time: Thursday, March 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.

## **6 Lane & Leisure**

Date and Time: Thursday, March 13 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.

## **Fitness - Body Conditioning**

Date and Time: Thursday, March 13 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)

## **Adult Drop in**

Date and Time: Thursday, March 13 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, March 14, 2025**

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## 6 Lane Swim

Date and Time: Friday, March 14 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.

## Lane & Leisure

Date and Time: Friday, March 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.

## Leisure Swim

Date and Time: Friday, March 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.

## Aquatic Fitness

Date and Time: Friday, March 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.



## Aquatic Fitness

Date and Time: Friday, March 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.

## Leisure Swim

Date and Time: Friday, March 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.

## Adults in Motion

Date and Time: Friday, March 14 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, March 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.

## 6 Lane Swim

Date and Time: Friday, March 14 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 - Social Time

Date and Time: Friday, March 14 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, March 14 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, March 14 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 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.

## Youth Lunch in

Date and Time: Friday, March 14 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, March 14 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, March 14 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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 Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

## Saturday, March 15, 2025

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### Lane & Leisure

Date and Time: Saturday, March 15 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: Saturday, March 15 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

Date and Time: Saturday, March 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.

### Club du samedi

Date and Time: Saturday, March 15 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

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### 🌟 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, March 15 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, March 15 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, March 15 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, March 15 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, March 15 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, March 15 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, March 15 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, March 15 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.

## The Rec Room's Shamrock the Weekend

Date and Time: Saturday, March 15 9:00 pm - 11:55 pm

Address: 2210 - 48 Kenmount Road, St. John's, NF, A1B 1W3

Celebrate St. Patrick's Day at The Rec Room! With live entertainment, themed drink specials, and games to try your luck at, we've got all the green vibes you can handle.

# Sunday, March 16, 2025

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## 6 Lane & Leisure

Date and Time: Sunday, March 16 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, March 16 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.

## Lane & Leisure

Date and Time: Sunday, March 16 9:00 am - 10:50 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, March 16 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, March 16 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, March 16 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, March 16 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, March 16 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, March 16 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, March 16 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, March 16 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, March 16 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, March 17, 2025

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### Lane & Leisure

Date and Time: Monday, March 17 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.

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


Date and Time: Monday, March 17 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.

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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

## Lane & Leisure

Date and Time: Monday, March 17 10:00 am - 10:50 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.

## Yoga avec Cindy de Far Out Fitness

Date and Time: Monday, March 17 5:30 pm - 6:30 pm

Address: 65, Ridge Road, St. Jean (NL) A1B 4P5

Yoga pour le bien-être au Centre des Grands Vents avec Cindy Far Out Fitness  ♀  ♂

Détails :

Rejoignez-nous pour une séance de yoga apaisante et revitalisante animée par Cindy de Far Out Fitness ! Que vous soyez un débutant ou un yogi expérimenté, notre cours de yoga est une excellente façon de commencer votre semaine en toute sérénité. Profitez de ce moment pour vous détendre, vous ressourcer et vous recentrer.

Quand ?

Du 13 janvier au 17 mars 2025

Tous les lundis, de 17h30 à 18h30

Où ?

Centre des Grands Vents

65, Ridge Road, St. Jean (NL) A1B 4P5

Coût ?

À partir de 20 \$

(Inscription requise)

Description :

Offrez-vous un moment de détente et de bien-être avec notre cours de yoga hebdomadaire. Ce cours est conçu pour tous les niveaux et est parfait pour ceux qui souhaitent réduire le stress, améliorer leur flexibilité et renforcer leur corps en douceur.

Inscription :

Les places sont limitées, alors n'oubliez pas de vous inscrire à l'adresse suivante :

[culture@acfsj.ca](mailto:culture@acfsj.ca)

Venez vivre cette expérience de bien-être avec Cindy Far Out Fitness, et commencez la semaine en pleine forme !

Taguez vos amis qui pourraient être intéressés, et n'hésitez pas à partager cet événement !

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Event Title:

Yoga for Wellness at the Centre des Grands Vents with Cindy Far Out Fitness  ♀  ♂

Details:

Join us for a calming and revitalizing yoga session led by Cindy from Far Out Fitness! Whether you're a beginner or an experienced yogi, our yoga class is a great way to start your week in serenity. Take this moment to relax, recharge, and center yourself.

When?

From January 13 to March 17, 2025

Every Monday, from 5:30 PM to 6:30 PM

Where?

Centre des Grands Vents

65, Ridge Road, St. John's (NL) A1B 4P5

Cost?

Starting at \$20

(Registration required)

Description:

Treat yourself to a moment of relaxation and well-being with our weekly yoga class. This class is designed for all levels and is perfect for those looking to reduce stress, improve flexibility, and gently strengthen the body.

Registration:

Spaces are limited, so don't forget to sign up at:

[culture@acfsj.ca](mailto:culture@acfsj.ca)

Come experience this wellness journey with Cindy Far Out Fitness and start your week in full form!

Tag your friends who might be interested and feel free to share this event!

## Séance de yoga avec Cindy

Date and Time: Monday, March 17 5:30 pm - 6:30 pm

Address: CSC des Grands Vents

Envie d'un moment de détente et de bien-être ? Participez à une séance de yoga gratuite avec Cindy de Far Out Fitness !

Ouvert à tous

Collation incluse

Venez avec votre tapis et profitez d'un moment zen !

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♀ Yoga Session with Cindy – March 17  ♂

Monday, March 17 5:30 PM

CSC des Grands Vents

Looking for a moment of relaxation and well-being? Join a free yoga session with Cindy from Far Out Fitness!

Open to all

Snack included

Bring your yoga mat and enjoy a zen moment!

# Yoga #BienÊtre #Francophonie #RVF2025

## Rejoignez la chorale La Rose des Vents

Date and Time: Monday, March 17 7:00 pm - 8:00 pm

Address: 65 Ridge Road, St. Jean (NL) A1B 4P5

☀️ Rejoignez la chorale La Rose des Vents ! ☀️

🎵 Quand ? Tous les lundis à partir de 19h

📍 Où ? Au CSC des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5

La Rose des Vents est une chorale communautaire d'adultes passionnés qui se rencontrent pour chanter en français. 🗣️

👉 Inscriptions obligatoires – 16 ANS et plus !

Il est important de renouveler votre adhésion ou de devenir membre pour participer aux répétitions.

📧 Pour plus d'informations et pour vous inscrire :

info@acfsj.ca ou appelez le 709-726-4900

Ne manquez pas cette occasion de partager votre passion pour la musique !

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☀️ Join the La Rose des Vents choir! ☀️

🎵 When? Every Monday starting at 7 PM

📍 Where? At the CSC des Grands Vents, 65 Ridge Road, St. John's (NL) A1B 4P5

La Rose des Vents is a community choir for passionate adults who meet to sing in French. 🗣️

👉 Registration required – 16 YEARS and older!

It is important to renew your membership or become a member to participate in rehearsals.

📧 For more information and to register:

info@acfsj.ca or call 709-726-4900

🎉! Don't miss this opportunity to share your love for music!

## Lane & Leisure

Date and Time: Monday, March 17 7:00 pm - 7:50 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.

# Tuesday, March 18, 2025

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## Leisure Swim

Date and Time: Tuesday, March 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.

## Lane & Leisure

Date and Time: Tuesday, March 18 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, March 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.

## Aquatic Fitness

Date and Time: Tuesday, March 18 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: Tuesday, March 18 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.

## Preschool

Date and Time: Tuesday, March 18 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

## Leisure Swim

Date and Time: Tuesday, March 18 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: Tuesday, March 18 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, March 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

## Leisure - Bridge Level 1

Date and Time: Tuesday, March 18 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

## Lane & Leisure

Date and Time: Tuesday, March 18 10:00 am - 10:50 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.

## **Core Balance**

Date and Time: Tuesday, March 18 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.

## **6 Lane & Leisure**

Date and Time: Tuesday, March 18 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.

## **Fitness - Body Conditioning**

Date and Time: Tuesday, March 18 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, March 18 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, March 19, 2025

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### Leisure Swim

Date and Time: Wednesday, March 19 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: Wednesday, March 19 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.

## **6 Lane Swim**

Date and Time: Wednesday, March 19 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.

## **Aquatic Fitness**

Date and Time: Wednesday, March 19 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, March 19 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, March 19 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

ed at the time of check in or call ahead.

## Adults in Motion

Date and Time: Wednesday, March 19 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.

## Aquatic Fitness

Date and Time: Wednesday, March 19 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: Wednesday, March 19 10:00 am - 10:50 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.

## Bridge Level 2

Date and Time: Wednesday, March 19 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, March 19 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 - Social Time

Date and Time: Wednesday, March 19 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

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

Date and Time: Wednesday, March 19 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

## Core Balance

Date and Time: Wednesday, March 19 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, March 19 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.

## Thursday, March 20, 2025

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### Leisure Swim

Date and Time: Thursday, March 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: Thursday, March 20 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.

## 6 Lane Swim

Date and Time: Thursday, March 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.

## Aquatic Fitness

Date and Time: Thursday, March 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.

## Aquatic Fitness

Date and Time: Thursday, March 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.

## Preschool

Date and Time: Thursday, March 20 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

## Leisure Swim

Date and Time: Thursday, March 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.

## Playgroup - KFFRC

Date and Time: Thursday, March 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: Thursday, March 20 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 f

or 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, March 20 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

## **Core Balance**

Date and Time: Thursday, March 20 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.

## **Lane & Leisure**

Date and Time: Thursday, March 20 10:00 am - 10:50 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: Thursday, March 20 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.

## **Fitness - Body Conditioning**

Date and Time: Thursday, March 20 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)

## **Adult Drop in**

Date and Time: Thursday, March 20 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, March 21, 2025**

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## Leisure Swim

Date and Time: Friday, March 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: Friday, March 21 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.

## 6 Lane Swim

Date and Time: Friday, March 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.

## Aquatic Fitness

Date and Time: Friday, March 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.

## Aquatic Fitness

Date and Time: Friday, March 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.

## Leisure Swim

Date and Time: Friday, March 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.

## Adults in Motion

Date and Time: Friday, March 21 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, March 21 10:00 am - 10:50 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: Friday, March 21 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 - Social Time

Date and Time: Friday, March 21 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, March 21 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, March 21 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 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.

## Youth Lunch in

Date and Time: Friday, March 21 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, March 21 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, March 21 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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 Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)



## Saturday, March 22, 2025

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### Leisure Swim

Date and Time: Saturday, March 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: Saturday, March 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.

### Home Alone Course

Date and Time: Saturday, March 22 9:00 am - 4:00 pm

Address: 34 Fahey Street

A safety and life skills program for children (Grade 4 to 6) to develop independence to be un-supervised for short periods of time. Topics include: online safety, fire safety, street smarts, emergency response, healthy eating and a home readiness plan.

Bring a lunch.

The City of St. John's cannot **guarantee** that children taking this course will be adequately prepared or responsible to remain at home without adult supervision.

Cost: \$55

Registration is required, space is limited.

Register here [RECconnect](#) or call 576-8499

## Club du samedi

Date and Time: Saturday, March 22 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 !

📄<sup>14</sup> 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

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🌟 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!

📄<sup>14</sup> 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, March 22 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

**Matinée Cinéma en Famille – Film de l'ONF pour enfants**

Date and Time: Saturday, March 22 10:00 am - 11:45 pm

Address: CSC des Grands Vents

📌 Entrée gratuite !

Joignez-vous à nous pour une matinée cinéma conviviale avec un magnifique film de l'Office national du film du Canada (ONF), spécialement sélectionné pour les enfants et les familles.

🍿 Popcorn gratuit pour tous !

Venez profiter d'un moment chaleureux et divertissant en famille. Une belle occasion de se détendre, de découvrir un film captivant et de partager une expérience unique avec les petits et les grands!

Nous avons hâte de vous accueillir ! 🧑👦🌟

[#Francophonie](#) [#CinémaEnfants](#) [#MomentFamilial](#) [#RVF20](#)

## Newfoundland Stories: Woven Through the Lens of Senior Artists

Date and Time: Saturday, March 22 2:00 pm - 4:00 pm

Address: Barbara Barrett Theatre at the Arts and Cultural Centre

Experience the power of storytelling as Bernadine Stapleton, Lawrence Barry, Jillian Rees-Brown, Geoff Adams, Helene Eleume and George Masswohl share deeply personal journeys of trials, trauma, and triumph. Through these heartfelt narratives, they shed light on social issues, break cultural barriers, and form a profound bond with the audience—inviting you into their joys, fears, experiences, and healing. Each story weaves into a larger emotional narrative, fostering awareness and connection across all ages, abilities, and identities. The result? An authentic, powerful exchange between storyteller and audience that lingers long after the final word. .

Tickets: \$35 – Get yours now at Arts & Culture Centre. Support the Arts!

## Everyone Welcome Swim

Date and Time: Saturday, March 22 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, March 22 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, March 22 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, March 22 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, March 22 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, March 22 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, March 22 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, March 23, 2025**

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### **6 Lane & Leisure**

Date and Time: Sunday, March 23 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, March 23 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, March 23 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, March 23 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, March 23 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, March 23 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, March 23 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, March 23 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, March 23 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, March 23 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, March 23 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, March 24, 2025

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### Leisure Swim

Date and Time: Monday, March 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.

### Lane & Leisure

Date and Time: Monday, March 24 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.

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## 6 Lane Swim

Date and Time: Monday, March 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.

## Aquatic Fitness

Date and Time: Monday, March 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: Monday, March 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.

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


Date and Time: Monday, March 24 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.


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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

## Leisure Swim

Date and Time: Monday, March 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.

## Playgroup - KFFRC

Date and Time: Monday, March 24 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, March 24 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

## Adults in Motion

Date and Time: Monday, March 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.

## Aquatic Fitness

Date and Time: Monday, March 24 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, March 24 10:00 am - 10:50 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.

## Leisure - Social Time

Date and Time: Monday, March 24 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, March 24 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, March 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.

## Tuesday, March 25, 2025

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### Leisure Swim

Date and Time: Tuesday, March 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.

### Lane & Leisure

Date and Time: Tuesday, March 25 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, March 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.

## **Aquatic Fitness**

Date and Time: Tuesday, March 25 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: Tuesday, March 25 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.

## **Preschool**

Date and Time: Tuesday, March 25 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

## Leisure Swim

Date and Time: Tuesday, March 25 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.

## Immigration 101 for Employers + Resource Fair

Date and Time: Tuesday, March 25 9:00 am - 11:30 am

Address: City Hall - Foran Greene Room (4th Floor)

Are you an employer and have a great job applicant but aren't sure if they can work in Canada? In a sector needing to hire foreign talent to address your labour needs? Want to get connected with all the organizations that provide FREE services to support employers in hiring foreign talent?

This is the event for you, and it's all for free!

Join this TWO PART event:

-PART ONE: The first 1.5 hours will feature presentations on how to hire and retain foreign talent and what immigration pathways are available. This portion will discuss basic immigration concepts, work permit pathways, permanent residence, and settlement supports.

-PART TWO: The last 1.5 hours will feature a short employer testimonial and time for you to meet one-on-one with representatives for the following organisations:

- [Immigration, Refugees and Citizenship Canada \(IRCC\)](#)
- [NL's Dept of Immigration, Population Growth and Skills \(NL IPGS\)](#)
- [Association for New Canadians \(ANC\)](#)
- [AMAL Youth and Family Centre \(AMAL NL\)](#)
- [ESDC - Citizens Services Branch](#)
- [Horizon TNL](#)

[Register at eventbrite.ca](#)

Immigration, Refugees and Citizenship Canada (IRCC): Is the federal department that processes temporary and permanent resident applications. IRCC has a team of Outreach Officers that provide assistance to employers navigating how they can hire foreign talent. This team can be accessed at: [promotion@cic.gc.ca](mailto:promotion@cic.gc.ca)

Parking has been arranged for Level 4 of the City Hall parking garage, which can be accessed via the side ramp off Queen's Road. Parking is only approved for level four, and all other areas are enforced as parking by permit only. Accessible permit holders can also avail of the two designated parking spaces in front of City Hall. If there are additional accessible parking requirements, please contact 311.

## Playgroup - KFFRC

Date and Time: Tuesday, March 25 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, March 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

## Leisure - Bridge Level 1

Date and Time: Tuesday, March 25 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 c



course is for beginners.

Cost: \$165

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

Space is Limited

## Lane & Leisure

Date and Time: Tuesday, March 25 10:00 am - 10:50 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.

## Core Balance

Date and Time: Tuesday, March 25 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.

## 6 Lane & Leisure

Date and Time: Tuesday, March 25 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.

## Fitness - Body Conditioning

Date and Time: Tuesday, March 25 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)

## Wednesday, March 26, 2025

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### Leisure Swim

Date and Time: Wednesday, March 26 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: Wednesday, March 26 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.

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## 6 Lane Swim

Date and Time: Wednesday, March 26 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.

## Aquatic Fitness

Date and Time: Wednesday, March 26 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, March 26 9:00 am - 9:50 am

Address: 35 Carrick Drive

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## Leisure Swim

Date and Time: Wednesday, March 26 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: Wednesday, March 26 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, March 26 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, March 26 10:00 am - 10:50 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.

## Bridge Level 2

Date and Time: Wednesday, March 26 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, March 26 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 - Social Time

Date and Time: Wednesday, March 26 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

## Core Balance

Date and Time: Wednesday, March 26 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, March 26 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, March 26 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

## **Thursday, March 27, 2025**

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## **Lane & Leisure**

Date and Time: Thursday, March 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.

## **Leisure Swim**

Date and Time: Thursday, March 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.

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## 6 Lane Swim

Date and Time: Thursday, March 27 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.

## Aquatic Fitness

Date and Time: Thursday, March 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.

## Aquatic Fitness

Date and Time: Thursday, March 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.

## Preschool

Date and Time: Thursday, March 27 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

## Leisure Swim

Date and Time: Thursday, March 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.

## Playgroup - KFFRC

Date and Time: Thursday, March 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: Thursday, March 27 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, March 27 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

## Core Balance

Date and Time: Thursday, March 27 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.

## Lane & Leisure

Date and Time: Thursday, March 27 10:00 am - 10:50 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: Thursday, March 27 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

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## **Fitness - Body Conditioning**

Date and Time: Thursday, March 27 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)

## **Adult Drop in**

Date and Time: Thursday, March 27 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, March 28, 2025**

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### **Leisure Swim**

Date and Time: Friday, March 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: Friday, March 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**

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## **6 Lane Swim**

Date and Time: Friday, March 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.

## **Aquatic Fitness**

Date and Time: Friday, March 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.

## **Aquatic Fitness**

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### **Adults in Motion**

Date and Time: Friday, March 28 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, March 28 10:00 am - 10:50 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.

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### **6 Lane Swim**

Date and Time: Friday, March 28 10:00 am - 10:50 am

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### **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 - Social Time**

Date and Time: Friday, March 28 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, March 28 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, March 28 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, March 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).

## Sci-Fi on the Rock 17

Date and Time: Friday, March 28 12:00 pm - 8:00 pm

Address: Sheraton Hotel Newfoundland, 115 Cavendish Square, St. John's, NL A1C 3K2

# Newfoundland's premier sci-fi, fantasy, horror, gaming, anime & pop culture convention!

Every year Sci-Fi on the Rock hosts a convention to celebrate all things Geeky – film, television, comics, books, gaming, cosplay and more. Our first convention was held in 2007 and we've grown each year with the support of our amazing fans and community.

So whether you love wizards or monsters, board games or model building, manga or magic, or seeing the latest work from artists, cosplayers and vendors – Sci-Fi on the Rock welcomes you! [www.scifiontherock.com](http://www.scifiontherock.com)

## Pop in Tot

Date and Time: Friday, March 28 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.

## Saturday, March 29, 2025

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## Sun Block Party - Solar Eclipse 2025

Date and Time: Saturday, March 29 6:30 am - 12:00 pm

Address: Johnson Geo Centre, 175 Signal Hill Rd

It's time for another Sun Block Party! (You may know it as an eclipse viewing ...) On Saturday, March 29, we will experience a partial solar eclipse, just as the sun is rising. The obscuration will begin just before 7:00am and reach its maximum (82.6%) at 7:52am. The entire experience will take just under 2 hours.

To celebrate, we will be open for a Family Day from 6:30am-12:00noon. We will have eclipse-themed crafts and activities, telescopes, viewing glasses, etc. Our friends from the Royal Astronomical Society Canada (St. John

s) will be joining us with their solar telescopes. And there'll be free hot chocolate to keep us all warm!

Regular admission applies.

## Leisure Swim

Date and Time: Saturday, March 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: Saturday, March 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.

## Club du samedi

Date and Time: Saturday, March 29 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

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☀️ 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, March 29 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

## Sci-Fi on the Rock 17

Date and Time: Saturday, March 29 10:00 am - 8:00 pm

Address: Sheraton Hotel Newfoundland, 115 Cavendish Square, St. John's, NL A1C 3K2

# Newfoundland's premier sci-fi, fantasy, horror, gaming, anime & pop culture convention!

Every year Sci-Fi on the Rock hosts a convention to celebrate all things Geeky – film, television, comics, books, gaming, cosplay and more. Our first convention was held in 2007 and we've grown each year with the support of our amazing fans and community.

So whether you love wizards or monsters, board games or model building, manga or magic, or seeing the latest work from artists, cosplayers and vendors – Sci-Fi on the Rock welcomes you! [www.scifiontherock.com](http://www.scifiontherock.com)

## Everyone Welcome Swim

Date and Time: Saturday, March 29 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, March 29 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, March 29 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**

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## **Everyone Welcome Swim**

Date and Time: Saturday, March 29 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, March 29 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, March 29 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, March 29 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

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## NSO Sinfonia 3: Turbulence

Date and Time: Saturday, March 29 8:00 pm - 9:30 pm

Address: D.F. Cook Recital Hall, Burton's Pond, St. John's

Prepare for an evening of intense musical drama with the Newfoundland Symphony Orchestra's Sinfonia 3: Turbulence. Join us on Saturday, March 29, 2025, at 8pm at the [D.F. Cook Recital Hall, MUN School of Music](#), w

here conductor [Julian Pellicano](#) will lead you through a whirlwind of powerful compositions.

The concert opens with Christoph Willibald Gluck's electrifying *Dance of the Furies* from Don Juan and Orfeo ed Euridice. This piece, filled with fiery energy and dramatic tension, sets the stage for an evening of turbulent emotions.

Next, experience the profound emotional depth of Franz Joseph Haydn's *Symphony No. 49*, also known as "La Passione." This symphony, with its brooding and somber tones, captures the turmoil and intensity of the human experience.

The program continues with Vivian Fung's *Baroque Melting*, a contemporary work that skillfully blends baroque elements with modern harmonies, creating a unique and captivating soundscape.

The evening reaches its climax with Luigi Boccherini's *Symphony No. 6, op. 12* "La Casa del diavolo" (The House of the Devil). This piece, renowned for its dramatic flair and dynamic contrasts, will leave you on the edge of your seat.

Don't miss this evening of musical turbulence and excitement. Secure your tickets now for a night of unforgettable performances with the Newfoundland Symphony Orchestra. Tickets are available at the ACC Box Office (729-3900), online at [www.artsandculturecentre.com](http://www.artsandculturecentre.com) and at the door.

## Sunday, March 30, 2025

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### 6 Lane & Leisure

Date and Time: Sunday, March 30 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. Please note that all lanes may not be available due to rentals.

#### Leisure Swim

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### Lane & Leisure

Date and Time: Sunday, March 30 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### 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

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## Leisure Swim

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## Sci-Fi on the Rock 17

Date and Time: Sunday, March 30 10:00 am - 6:00 pm

Address: Sheraton Hotel Newfoundland, 115 Cavendish Square, St. John's, NL A1C 3K2

# Newfoundland's premier sci-fi, fantasy, horror, gaming, anime & pop culture convention!

Every year Sci-Fi on the Rock hosts a convention to celebrate all things Geeky – film, television, comics, books, gaming, cosplay and more. Our first convention was held in 2007 and we've grown each year with the support of our amazing fans and community.

So whether you love wizards or monsters, board games or model building, manga or magic, or seeing the latest work from artists, cosplayers and vendors – Sci-Fi on the Rock welcomes you! [www.scifiontherock.com](http://www.scifiontherock.com)

## Soccer en Français

Date and Time: Sunday, March 30 10:10 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, March 30 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

### 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, March 30 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

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## Everyone Welcome Swim

Date and Time: Sunday, March 30 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, March 30 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

### 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, March 30 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

### 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, March 30 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

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## Everyone Welcome Swim

Date and Time: Sunday, March 30 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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+ 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, March 30 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

### Leisure Swim

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## Everyone Welcome Swim

Date and Time: Sunday, March 30 6:30 pm - 7:20 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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## 6 Lane & Leisure

Date and Time: Sunday, March 30 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. Please note that all lanes may not be available due to rentals.

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## Monday, March 31, 2025

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### 6 Lane Swim

Date and Time: Monday, March 31 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. Please note that all lanes may not be available due to rentals.

### Leisure Swim

Date and Time: Monday, March 31 7:00 am - 8:50 am

Address: 35 Carrick Drive

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### Lane & Leisure

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Address: 40 Mundy Pond Road

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## Lane & Leisure

Date and Time: Monday, March 31 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

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## 3 Lane & Leisure

Date and Time: Monday, March 31 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Lane Swim

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


Date and Time: Monday, March 31 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.

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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

## 6 Lane & Leisure

Date and Time: Monday, March 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. Please note that all lanes may not be available due to rentals.

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## Lane & Leisure

Date and Time: Monday, March 31 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### 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. Please note that all lanes may not be available due to rentals.

### Leisure Swim

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## Leisure - Social Time

Date and Time: Monday, March 31 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, March 31 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

## 3 Lane & Leisure

Date and Time: Monday, March 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. Please note that all lanes may not be available due to rentals.

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## Youth Lunch in

Date and Time: Monday, March 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 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: Monday, March 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.

## After School Program

Date and Time: Monday, March 31 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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 Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

## After school program

Date and Time: Monday, March 31 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 opport

unities 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](#)

<https://calendar.stjohns.ca>