

Tuesday, April 1, 2025

Lane & Leisure

Date and Time: Tuesday, April 1 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 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.

Leisure Swim

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

3 Lane & Leisure

Date and Time: Tuesday, April 1 9:00 am - 9:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. 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.

Lane & Leisure

Date and Time: Tuesday, April 1 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Preschool

Date and Time: Tuesday, April 1 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 - Bridge Level 1

Date and Time: Tuesday, April 1 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

6 Lane & Leisure

Date and Time: Tuesday, April 1 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. 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.

Lane & Leisure

Date and Time: Tuesday, April 1 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.

ue 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.

Playgroup (Drop in)

Date and Time: Tuesday, April 1 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Food on the Move + Library @ 77 Charter Avenue, Pleasantville

Date and Time: Tuesday, April 1 11:00 am - 1:00 pm

Address: 77 Charter Avenue, Suite 100 entrance off East Drive in Pleasantville

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 - come on in through the door on East Avenue, Suite 100.

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

Youth Lunch in

Date and Time: Tuesday, April 1 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).

Therapeutic Adult Swim

Date and Time: Tuesday, April 1 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). Standard swim admissions apply.

After school program

Date and Time: Tuesday, April 1 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Tuesday, April 1 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 opport

unities 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

Wednesday, April 2, 2025

Leisure Swim

Date and Time: Wednesday, April 2 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Wednesday, April 2 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Lane & Leisure

Date and Time: Wednesday, April 2 7:30 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 accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

ue 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.

Lane & Leisure

Date and Time: Wednesday, April 2 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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: Wednesday, April 2 9:00 am - 9:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. 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.

Johnson Geo Centre Opening Day 2025

Date and Time: Wednesday, April 2 9:30 am - 5:00 pm

Address: Johnson Geo Centre, 175 Signal Hill Rd

Geo is open for the season! During April and May we are open Wednesday-Sunday, 9:30am-5:00pm.

Bridge Level 2

Date and Time: Wednesday, April 2 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

6 Lane & Leisure

Date and Time: Wednesday, April 2 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 2 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Wednesday, April 2 10:00 am - 11:30 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.

Cost: \$2 per child

Leisure - Social Time

Date and Time: Wednesday, April 2 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 @ Buckmaster's Circle Community Centre

Date and Time: Wednesday, April 2 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

3 Lane & Leisure

Date and Time: Wednesday, April 2 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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: Wednesday, April 2 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: Wednesday, April 2 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

Leisure Swim

Date and Time: Thursday, April 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: Thursday, April 3 7:30 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 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.

6 Lane Swim

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

3 Lane & Leisure

Date and Time: Thursday, April 3 9:00 am - 9:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. 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.

Lane & Leisure

Date and Time: Thursday, April 3 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Preschool

Date and Time: Thursday, April 3 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

Preschool Drop in

Date and Time: Thursday, April 3 10:00 am - 11:30 am

Address: 130 Linegar Avenue

Create, Sing and play preschool drop in- join us at our NEW drop-in playgroup program where parents/guardians can attend with children to participate in staff led activities such as story time, art activities, and active play according to a theme each week.

Ages: 2-4

Cost: \$2 per child

6 Lane & Leisure

Date and Time: Thursday, April 3 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. 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.

Lane & Leisure

Date and Time: Thursday, April 3 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

ed at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Thursday, April 3 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Youth Lunch in

Date and Time: Thursday, April 3 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynolds Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

After school program

Date and Time: Thursday, April 3 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Thursday, April 3 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: Thursday, April 3 3:00 pm - 5:30 pm

Address: 34 Fahey Street

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

SPACE IS LIMITED - Currently Full, there is a waiting list.

Leisure Swim with Slides

Date and Time: Thursday, April 3 3:30 pm - 4:50 pm

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. **Slides will be open for use.**

Friday, April 4, 2025

Leisure Swim

Date and Time: Friday, April 4 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

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

Lane & Leisure

Date and Time: Friday, April 4 7:30 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 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.

Lane & Leisure

Date and Time: Friday, April 4 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

3 Lane & Leisure

Date and Time: Friday, April 4 9:00 am - 9:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. 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.

6 Lane & Leisure

Date and Time: Friday, April 4 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 4 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 4 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

3 Lane & Leisure

Date and Time: Friday, April 4 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 4 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, April 4 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, April 4 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Friday, April 4 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: Friday, April 4 3:00 pm - 5:30 pm

Address: 34 Fahey Street

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

SPACE IS LIMITED - Currently Full, there is a waiting list.

Leisure Swim with Slides

Date and Time: Friday, April 4 3:30 pm - 4:50 pm

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. **Slides will be open for use.**

Saturday, April 5, 2025

Leisure Swim

Date and Time: Saturday, April 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.

6 Lane Swim

Date and Time: Saturday, April 5 7:30 am - 8:50 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.

Leisure Swim with Slides

Date and Time: Saturday, April 5 9:00 am - 10:30 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. **Slides will be open for use.**

Lane & Leisure

Date and Time: Saturday, April 5 9:00 am - 10:20 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Saturday, April 5 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Everyone Welcome Swim

Date and Time: Saturday, April 5 10:30 am - 11:50 am

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.

Everyone Welcome Swim

Date and Time: Saturday, April 5 11:00 am - 12:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Saturday, April 5 12:00 pm - 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.

ue 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: Saturday, April 5 1:00 pm - 1:50 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.

Everyone Welcome Swim

Date and Time: Saturday, April 5 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 5 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, April 5 6:30 pm - 7:20 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.

Family Open Gym Drop in

Date and Time: Saturday, April 5 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

6 Lane & Leisure

Date and Time: Sunday, April 6 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 6 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 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.

Lane & Leisure

Date and Time: Sunday, April 6 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, April 6 1:00 pm - 1:50 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.

Everyone Welcome Swim

Date and Time: Sunday, April 6 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, April 6 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, April 6 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, April 6 5:00 pm - 5:50 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.

Everyone Welcome Swim

Date and Time: Sunday, April 6 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, April 6 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16

+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 6 6:30 pm - 7:20 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.

6 Lane & Leisure

Date and Time: Sunday, April 6 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 7, 2025

Lane & Leisure

Date and Time: Monday, April 7 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 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.

Leisure Swim

Date and Time: Monday, April 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.

6 Lane Swim

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

Leisure Swim

Date and Time: Monday, April 7 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Monday, April 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.

groupe de jeu (Les P'tits poussins)

Date and Time: Monday, April 7 9:00 am - 11:30 am

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

Les p'tits poussins : enfants de 0 à 4 ans, accompagnés d'un parent ou d'un tuteur.

📅 Tous les lundis, à partir de 9 h jusqu'à 11 h 45.

📖 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.

🎉 Come have fun with us! 🎉

👪 Les p'tits poussins: children from 0 to 4 years old, accompanied by a parent or guardian.

📅 Every Monday, from 9 am to 11:45 am.

📖 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.

Aquatic Fitness

Date and Time: Monday, April 7 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 7 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: Monday, April 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: Monday, April 7 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Monday, April 7 10:00 am - 10:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Monday, April 7 10:00 am - 11:30 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.

Cost: \$2 per child

Knitting Circle

Date and Time: Monday, April 7 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, April 7 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

Adults in Motion

Date and Time: Monday, April 7 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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, April 8, 2025

Lane & Leisure

Date and Time: Tuesday, April 8 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

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

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Tuesday, April 8 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Leisure Swim

Date and Time: Tuesday, April 8 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Tuesday, April 8 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Tuesday, April 8 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 8 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

Core Balance

Date and Time: Tuesday, April 8 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: Tuesday, April 8 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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: Tuesday, April 8 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. 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.

Playgroup (Drop in)

Date and Time: Tuesday, April 8 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Lunch des Débrouillards

Date and Time: Tuesday, April 8 11:30 am - 1:00 pm

Address: 65 Ridge Road Suite 245, St. John's, Newfoundland and Labrador, NL, Canada, Newfoundland and L

Lunch des Débrouillards

Rejoignez-nous pour un moment de convivialité et de partage lors de nos Lunchs des Débrouillards !

Nouvelles dates :

Mardi 8 avril 2025

Mardi 13 mai 2025

Mardi 10 juin 2025

Heure : 11h30 - 13h

Les Lunchs des Débrouillards se tiendront principalement au Centre des Grands Vents. Si l'événement a lieu dans un restaurant local, vous serez informé à l'avance. (Note : dans ce cas, le repas est à la charge de chaque participant.)

Une contribution de 10\$ est demandée pour chaque participant au Centre des Grands Vents.

Inscriptions obligatoires : Pour confirmer votre présence, envoyez un courriel à culture@acfsj.ca ou appelez le 709-726-4900.

C'est l'occasion idéale de partager un bon repas, discuter en français et renforcer les liens de notre communauté.

English:

Lunch des Débrouillards

Join us for a moment of conviviality and sharing during our Lunches of the Débrouillards!

New dates:

Tuesday, April 8, 2025

Tuesday, May 13, 2025

Tuesday, June 10, 2025

Time: 11:30 AM - 1:00 PM

Lunch des Débrouillards will mainly take place at the Centre des Grands Vents. If the event is held at a local restaurant, you will be informed in advance. (Note: In this case, the meal will be at the participant's expense.)

A contribution of \$10 is requested from each participant at the Centre des Grands Vents.

Mandatory Registration: To confirm your attendance, please email culture@acfsj.ca or call 709-726-4900.

This is the perfect opportunity to share a good meal, converse in French, and strengthen the bonds within our community.

Youth Lunch in

Date and Time: Tuesday, April 8 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 i

ndoor sneakers).

Therapeutic Adult Swim

Date and Time: Tuesday, April 8 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). Standard swim admissions apply.

After school program

Date and Time: Tuesday, April 8 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

Wednesday, April 9, 2025

Leisure Swim

Date and Time: Wednesday, April 9 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16

+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Wednesday, April 9 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Lane & Leisure

Date and Time: Wednesday, April 9 7:30 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 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.

Leisure Swim

Date and Time: Wednesday, April 9 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Wednesday, April 9 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Wednesday, April 9 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 9 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, April 9 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Leisure Swim

Date and Time: Wednesday, April 9 10:00 am - 10:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Wednesday, April 9 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Wednesday, April 9 10:00 am - 11:30 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.

Cost: \$2 per child

3 Lane & Leisure

Date and Time: Wednesday, April 9 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Core Balance

Date and Time: Wednesday, April 9 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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

Youth Lunch in

Date and Time: Wednesday, April 9 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

Pop in Tot

Date and Time: Wednesday, April 9 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.

Thursday, April 10, 2025

Leisure Swim

Date and Time: Thursday, April 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: Thursday, April 10 7:30 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 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.

6 Lane Swim

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

Leisure Swim

Date and Time: Thursday, April 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.

Aquatic Fitness

Date and Time: Thursday, April 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.

Aquatic Fitness

Date and Time: Thursday, April 10 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 10 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

Preschool Drop in

Date and Time: Thursday, April 10 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, April 10 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, April 10 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 10 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. 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.

Playgroup (Drop in)

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

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Youth Lunch in

Date and Time: Thursday, April 10 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

After school program

Date and Time: Thursday, April 10 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Thursday, April 10 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](#)

Friday, April 11, 2025

6 Lane Swim

Date and Time: Friday, April 11 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.

Lane & Leisure

Date and Time: Friday, April 11 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 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.

Leisure Swim

Date and Time: Friday, April 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.

Leisure Swim

Date and Time: Friday, April 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.

Aquatic Fitness

Date and Time: Friday, April 11 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 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.

Adults in Motion

Date and Time: Friday, April 11 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, April 11 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

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

6 Lane & Leisure

Date and Time: Friday, April 11 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

3 Lane & Leisure

Date and Time: Friday, April 11 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 11 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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.

Youth Lunch in

Date and Time: Friday, April 11 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, April 11 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, April 11 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Friday, April 11 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

Saturday, April 12, 2025

Leisure Swim

Date and Time: Saturday, April 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.

6 Lane Swim

Date and Time: Saturday, April 12 7:00 am - 8:50 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.

Lane & Leisure

Date and Time: Saturday, April 12 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 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 with Slides

Date and Time: Saturday, April 12 9:00 am - 10:30 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. **Slides will be open for use.**

Lane & Leisure

Date and Time: Saturday, April 12 9:00 am - 10:20 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Saturday, April 12 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Everyone Welcome Swim

Date and Time: Saturday, April 12 10:30 am - 11:50 am

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.

Everyone Welcome Swim

Date and Time: Saturday, April 12 11:00 am - 12:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Saturday, April 12 12:00 pm - 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: Saturday, April 12 1:00 pm - 1:50 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.

Everyone Welcome Swim

Date and Time: Saturday, April 12 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, April 12 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: Saturday, April 12 5:30 pm - 6:20 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16

+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 12 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.

Harper Tulk's birthday

Date and Time: Saturday, April 12 6:00 pm - 9:00 pm

Address: 34 Dillon Crescent

This is a birthday party for Harper Tulk on April 12 from 6 to 9. Food and drink will be provided by us, unless your policy prohibits bringing drinks

Sunday, April 13, 2025

Lane & Leisure

Date and Time: Sunday, April 13 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 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.

6 Lane & Leisure

Date and Time: Sunday, April 13 7:00 am - 8:20 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 13 9:00 am - 10:50 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 13 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.

6 Lane & Leisure

Date and Time: Sunday, April 13 11:30 am - 12:30 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.

Everyone Welcome Swim

Date and Time: Sunday, April 13 1:00 pm - 1:50 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.

Everyone Welcome Swim

Date and Time: Sunday, April 13 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, April 13 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, April 13 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, April 13 5:00 pm - 5:50 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.

Everyone Welcome Swim

Date and Time: Sunday, April 13 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, April 13 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 13 6:30 pm - 7:20 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.

Bothered and Bewildered

Date and Time: Sunday, April 13 7:30 pm - 9:30 pm

Address: 95 Allandale Road, St. John's

Bothered and Bewildered by Gail Young

St. John's Players is proud to produce this relatively new piece of theatre concerning the topic of Alzheimer's. Alzheimer's is a disease which has touched most of us and thus one we can relate to. This play is a touching and humorous peek into the world of a family struggling to deal with the realities of the disease. 'Bothered & Bewildered' is a comedy drama about one woman's struggle with Alzheimer's.

The play follows Irene and her two daughters Louise and Beth as the girls lose their mother in spirit but not in body. As her family struggle to come to terms with her Alzheimer's, Irene's past passion for romantic literature blurs with reality. She spends hours discussing how best to write her 'memory book' with her imaginary friend and favourite author Barbara Cartland (the deceased world famous romantic novelist), disclosing long kept family secrets that she would never divulge to her daughters.

This tragi-comedy is about memory, loss, secrets and above all, love.

Performing with an all star cast and directed by Louise Kearley, April 10-13 at the Barbara Barrett Theatre.

Don't miss this beautiful, touching show before it goes to the Provincial Drama Festival in Corner Brook!

Tickets on sale now at 709 729-3900 or artsandculturecentre.com

* This play contains mature content

6 Lane & Leisure

Date and Time: Sunday, April 13 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 14, 2025

Lane & Leisure

Date and Time: Monday, April 14 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 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.

6 Lane Swim

Date and Time: Monday, April 14 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Aquatic Fitness

Date and Time: Monday, April 14 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 14 9:00 am - 11:30 am

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

Les p'tits poussins : enfants de 0 à 4 ans, accompagnés d'un parent ou d'un tuteur.

📅 Tous les lundis, à partir de 9 h jusqu'à 11 h 45.

📖 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.

🎉 Come have fun with us! 🎉

👪 Les p'tits poussins: children from 0 to 4 years old, accompanied by a parent or guardian.

📅 Every Monday, from 9 am to 11:45 am.

📖 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.

Aquatic Fitness

Date and Time: Monday, April 14 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Monday, April 14 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: Monday, April 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: Monday, April 14 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Monday, April 14 10:00 am - 11:30 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.

Cost: \$2 per child

3 Lane & Leisure - Lane Pool Only

Date and Time: Monday, April 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. 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Adults in Motion

Date and Time: Monday, April 14 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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.

Youth Lunch in

Date and Time: Monday, April 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 Reynolds Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

Pop in Tot - Lane Pool Only

Date and Time: Monday, April 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

After school program

Date and Time: Monday, April 14 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Monday, April 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](#)

Or call 576-8631

Tuesday, April 15, 2025

Lane & Leisure

Date and Time: Tuesday, April 15 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 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.

3 Lane & Leisure - Lane Pool Only

Date and Time: Tuesday, April 15 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Aquatic Fitness

Date and Time: Tuesday, April 15 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes inv

olve 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, April 15 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 15 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

Core Balance

Date and Time: Tuesday, April 15 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: Tuesday, April 15 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 15 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. Please note that all lanes may not be available due to rentals.

Playgroup (Drop in)

Date and Time: Tuesday, April 15 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Food on the Move + Library @ Shea Heights Community Centre

Date and Time: Tuesday, April 15 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

Youth Lunch in

Date and Time: Tuesday, April 15 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynolds Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

Therapeutic Adult Swim - Lane Pool Only

Date and Time: Tuesday, April 15 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). Standard swim admissions apply.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

After school program

Date and Time: Tuesday, April 15 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Tuesday, April 15 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: Tuesday, April 15 3:00 pm - 5:30 pm

Address: 34 Fahey Street

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

SPACE IS LIMITED - Currently Full, there is a waiting list.

Wednesday, April 16, 2025

6 Lane Swim

Date and Time: Wednesday, April 16 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Lane & Leisure

Date and Time: Wednesday, April 16 7:30 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 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.

Aquatic Fitness

Date and Time: Wednesday, April 16 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Wednesday, April 16 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 16 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, April 16 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, April 16 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop in)

Date and Time: Wednesday, April 16 10:00 am - 11:30 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.

Cost: \$2 per child

3 Lane & Leisure - Lane Pool Only

Date and Time: Wednesday, April 16 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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 be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Core Balance

Date and Time: Wednesday, April 16 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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

Food on the Move + Library @ Froude Avenue Community Centre

Date and Time: Wednesday, April 16 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

Youth Lunch in

Date and Time: Wednesday, April 16 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 - Lane Pool Only

Date and Time: Wednesday, April 16 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

After school program

Date and Time: Wednesday, April 16 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Wednesday, April 16 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

Thursday, April 17, 2025

Lane & Leisure

Date and Time: Thursday, April 17 7:30 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 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.

3 Lane & Leisure - Lane Pool Only

Date and Time: Thursday, April 17 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Aquatic Fitness

Date and Time: Thursday, April 17 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Thursday, April 17 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 17 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

Preschool Drop in

Date and Time: Thursday, April 17 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, April 17 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, April 17 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 17 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. Please note that all lanes may not be available due to rentals.

Playgroup (Drop in)

Date and Time: Thursday, April 17 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Youth Lunch in

Date and Time: Thursday, April 17 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

After school program

Date and Time: Thursday, April 17 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

After School Program

Date and Time: Thursday, April 17 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: Thursday, April 17 3:00 pm - 5:30 pm

Address: 34 Fahey Street

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

SPACE IS LIMITED - Currently Full, there is a waiting list.

Lane & Leisure

Date and Time: Thursday, April 17 5:00 pm - 5:50 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

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

Friday, April 18, 2025

NSO Recital 3

Date and Time: Friday, April 18 8:00 pm - 9:30 pm

Address: Anglican Cathedral, 16 Church Hill, St. John's

Join the [Atlantic String Quartet](#) for a profound and moving evening of music with Recital 3. On April 18, 2025, at the beautiful [Anglican Cathedral](#), experience the spiritual and emotional depth of Joseph Haydn's masterpiece, *"The Seven Last Words of Christ."*

This extraordinary work, originally composed for the Good Friday service, consists of seven meditative sonatas, each reflecting on the final words spoken by Christ on the cross. Haydn's music is both powerful and contemplative, offering a journey through sorrow, reflection, and ultimately, hope.

The Anglican Cathedral provides a stunning and acoustically rich setting, enhancing the intimate and reverent atmosphere of this performance. The [Atlantic String Quartet](#)'s interpretation promises to bring out the intricate beauty and solemn grace of Haydn's compositions.

Don't miss this special opportunity to experience one of Haydn's most profound works in a setting that perfectly complements its spiritual significance. Secure your tickets now for Recital 3 and join us for an evening of reflective and moving music with the [Atlantic String Quartet](#) at the [Anglican Cathedral](#). Tickets are available at the ACC Box Office (729-3900), online at www.artsandculturecentre.com and at the door.

Saturday, April 19, 2025

6 Lane Swim

Date and Time: Saturday, April 19 7:00 am - 8:50 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.

Lane & Leisure

Date and Time: Saturday, April 19 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 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: Saturday, April 19 9:00 am - 10:20 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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 - Shallow End Lane Pool Only

Date and Time: Saturday, April 19 9:00 am - 10:30 am

Address: 35 Carrick Drive

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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 be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Playgroup (Drop in)

Date and Time: Saturday, April 19 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Seedy Saturday St. John's

Date and Time: Saturday, April 19 10:00 am - 4:30 pm

Address: Memorial University Botanical Garden, 306 Mount Scio Rd

The fourth annual Seedy Saturday St. John's is happening April 19, 2025, from 10:00am-4:30pm. Join fellow gardeners, homesteaders, and seed savers for a day filled with learning, networking, and seed sharing!

Seedy Saturday will include information booths from a variety of groups and individuals active in the home gardening, homesteading, and food security communities, plus workshops, opportunities to share, trade, and discover seeds, and even a Kids' Zone with activities and learning for our youngest gardeners. Workshop topics include seed starting and composting. In addition to sharing of seeds, participants are encouraged to bring along any gently used garden tools, books, magazines, etc., they would like to pass along to a new home.

All activities are free of charge. All are welcome, with or without seeds to share! Please note that the Garden's cultivated areas and trails will not be open during the event.

Seedy Saturdays take place all over the country and have been supported by Seeds of Diversity for more than 30 years. The events are independent and locally organized, with a focus on promoting the continued use of heritage and open-pollinated seeds, education around seed saving and environmentally responsible growing, with an opportunity to participate in a seed exchange.

Seedy Saturday St. John's presented by Memorial University Botanical Garden, Food Producers Forum, Mercy Centre for Ecology & Justice, Autism Society NL.

Everyone Welcome Swim

Date and Time: Saturday, April 19 10:30 am - 11:50 am

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.

Everyone Welcome Swim - Lane Pool Only

Date and Time: Saturday, April 19 11:00 am - 12:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Lane & Leisure

Date and Time: Saturday, April 19 12:00 pm - 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: Saturday, April 19 1:00 pm - 1:50 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.

Backyard Composting Information Session (in-person)

Date and Time: Saturday, April 19 1:00 pm - 2:00 pm

Address: Memorial University Botanical Garden, 306 Mount Scio Road

Attend a free in-person backyard composting information session hosted by Botanical Garden during their fourth annual **Seedy Saturday** event. Once completed, receive a certificate that qualifies residents to purchase a backyard compost bin at a reduced cost from t

chasse aux œufs en plein air

Date and Time: Saturday, April 19 2:00 pm - 6:00 pm

Address: Bowring Park - St. John's NL

English will follow...

Rejoignez-nous pour une chasse aux œufs de Pâques en plein air, organisée en collaboration avec COMPAS !

Venez célébrer Pâques en famille lors de notre chasse aux œufs en plein air ! Cet événement amusant et familial est l'occasion idéale de profiter de la nature tout en cherchant des œufs cachés dans le parc.

Les enfants, accompagnés de leurs parents, partiront à la recherche des œufs colorés dissimulés dans le parc et auront la chance de découvrir des surprises et des récompenses à la fin de cette aventure. 🥚🌈

Pour vous inscrire, cliquez ici : <https://fftnl.carmis.ai/event-registration/...>

Date limite des inscriptions : le 12 avril 2025.

Infos : culture@acfsj.ca | 709-726-4900

Nous avons hâte de vous accueillir pour une journée festive et pleine de rires !

🥚 Easter Egg Hunt - Easter 2025 🐰

Come celebrate Easter with our fun outdoor egg hunt! This family-friendly event is the perfect opportunity to enjoy nature while searching for hidden eggs in the park.

Children, accompanied by their parents, will embark on a fun egg hunt and will get to discover surprises and rewards at the end of the adventure. 🥚🌈

To register, click here: <https://fftnl.carmis.ai/event-registration/...>

Registration deadline: April 12, 2025.

Info: culture@acfsj.ca | 709-726-4900

We can't wait to welcome you to this festive day full of fun and laughter!

Everyone Welcome Swim - Lane Pool Only

Date and Time: Saturday, April 19 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Everyone Welcome Swim

Date and Time: Saturday, April 19 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: Saturday, April 19 4:00 pm - 5:20 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 20, 2025

6 Lane Swim

Date and Time: Sunday, April 20 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

3 Lane & Leisure - Lane Pool Only

Date and Time: Sunday, April 20 9:00 am - 10:30 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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 be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Lane & Leisure

Date and Time: Sunday, April 20 9:00 am - 10:50 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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 - Lane Pool Only

Date and Time: Sunday, April 20 11:00 am - 12:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Lane & Leisure

Date and Time: Sunday, April 20 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, April 20 1:00 pm - 1:50 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.

Everyone Welcome Swim - Lane Pool Only

Date and Time: Sunday, April 20 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Everyone Welcome Swim

Date and Time: Sunday, April 20 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, April 20 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, April 20 5:00 pm - 5:50 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.

Everyone Welcome Swim - Lane Pool Only

Date and Time: Sunday, April 20 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Lane & Leisure

Date and Time: Sunday, April 20 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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 - Lane Pool Only

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

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

3 Lane & Leisure - Lane Pool Only

Date and Time: Sunday, April 20 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 acc

ommodations 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.

Please be advised that the leisure pool and waterslides at the Paul Reynolds Community Centre will be closed for maintenance from Monday, April 14 to Sunday, April 20 and will reopen on Monday, April 21 following its regular schedule.

Monday, April 21, 2025

Lane & Leisure

Date and Time: Monday, April 21 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 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.

Leisure Swim

Date and Time: Monday, April 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.

6 Lane Swim

Date and Time: Monday, April 21 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, April 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.

Aquatic Fitness

Date and Time: Monday, April 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.

groupe de jeu (Les P'tits poussins)


Date and Time: Monday, April 21 9:00 am - 11:30 am


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


Les p'tits poussins : enfants de 0 à 4 ans, accompagnés d'un parent ou d'un tuteur.


 Tous les lundis, à partir de 9 h jusqu'à 11 h 45.



 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.


 Come have fun with us! 


 Les p'tits poussins: children from 0 to 4 years old, accompanied by a parent or guardian.


 Every Monday, from 9 am to 11:45 am.

 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.

Aquatic Fitness

Date and Time: Monday, April 21 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 21 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: Monday, April 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: Monday, April 21 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-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.

Leisure Swim

Date and Time: Monday, April 21 10:00 am - 10:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

3 Lane & Leisure

Date and Time: Monday, April 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. 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.

Adults in Motion

Date and Time: Monday, April 21 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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.

Pop in Tot

Date and Time: Monday, April 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.

Everyone Welcome Swim

Date and Time: Monday, April 21 3:30 pm - 4:50 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Tuesday, April 22, 2025

Lane & Leisure

Date and Time: Tuesday, April 22 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 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.

Leisure Swim

Date and Time: Tuesday, April 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

ed at the time of check in or call ahead.

6 Lane Swim

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

Leisure Swim

Date and Time: Tuesday, April 22 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Tuesday, April 22 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Tuesday, April 22 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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.

Core Balance

Date and Time: Tuesday, April 22 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: Tuesday, April 22 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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: Tuesday, April 22 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. 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.

Therapeutic Adult Swim

Date and Time: Tuesday, April 22 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). Standard swim admissions apply.

Leisure Swim with Slides

Date and Time: Tuesday, April 22 5:00 pm - 6:45 pm

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. **Slides will be open for use.**

Lane & Leisure

Date and Time: Tuesday, April 22 5:00 pm - 5:50 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.

Shallow End Only - Everyone Welcome Swim

Date and Time: Tuesday, April 22 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

Shallow End Only - 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 (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. * **Please note only the shallow end of the pool is available**

ble due to a rental

Shallow End Only - Everyone Welcome Swim

Date and Time: Tuesday, April 22 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

Shallow End Only - 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 (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. * **Please note only the shallow end of the pool is available due to a rental**

6 Lane & Leisure

Date and Time: Tuesday, April 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. 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.

Wednesday, April 23, 2025

Leisure Swim

Date and Time: Wednesday, April 23 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Wednesday, April 23 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Lane & Leisure

Date and Time: Wednesday, April 23 7:30 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 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.

Leisure Swim

Date and Time: Wednesday, April 23 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Wednesday, April 23 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes inv

olve 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, April 23 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 23 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, April 23 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Leisure Swim

Date and Time: Wednesday, April 23 10:00 am - 10:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Wednesday, April 23 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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: Wednesday, April 23 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Core Balance

Date and Time: Wednesday, April 23 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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

Trail Explorers with Nature Interpretation

Date and Time: Wednesday, April 23 11:00 am - 12:00 pm

Address: Bowring Park accessible parking lot

All are welcome to attend this special offering of the City's [Trail Explorers](#) program and enjoy a guided walk/wheel at Bowring Park. Interpretation will be provided by City staff about the biodiversity of plant and tree species in the park and horticultural practices the City uses to protect the health and biodiversity of the urban landscape. Meet in the accessible parking lot (under the bridge) at the east end of Bowring Park.

Pop in Tot

Date and Time: Wednesday, April 23 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.

Lane & Leisure

Date and Time: Wednesday, April 23 5:00 pm - 5:50 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.

Thursday, April 24, 2025

Leisure Swim

Date and Time: Thursday, April 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: Thursday, April 24 7:30 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 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.

6 Lane Swim

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

Leisure Swim

Date and Time: Thursday, April 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.

Aquatic Fitness

Date and Time: Thursday, April 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 inv

olve 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, April 24 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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.

Core Balance

Date and Time: Thursday, April 24 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, April 24 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 24 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 acc

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.

Lane & Leisure

Date and Time: Thursday, April 24 5:00 pm - 5:50 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.

Leisure Swim with Slides

Date and Time: Thursday, April 24 5:00 pm - 6:45 pm

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. **Slides will be open for use.**

Shallow End Only - Everyone Welcome Swim

Date and Time: Thursday, April 24 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

Shallow End Only - 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 (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

ons are required at the time of check in or call ahead. * **Please note only the shallow end of the pool is available due to a rental**

Shallow End Only - Everyone Welcome Swim

Date and Time: Thursday, April 24 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

Shallow End Only - 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 (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. * **Please note only the shallow end of the pool is available due to a rental**

Body Conditioning

Date and Time: Thursday, April 24 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

A total conditioning class designed to challenge each participant's major muscles groups using a combination of equipment and effective body weight exercises. Participants at all fitness levels are welcome. Please note that pre-registration is required if you plan to attend Body Conditioning class at the Southlands Community Centre. All other centres are drop-in for this program.

Badminton en Français

Date and Time: Thursday, April 24 7:00 pm - 8:00 pm

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

En français :

Séances de pratique de badminton - Centre CGV

Rejoignez-nous chaque vendredi soir pour améliorer vos compétences au badminton et rencontrer d'autres passionnés !

Lieu : Centre CGV, Gymnase

☐ Horaires : Tous les jeudis de 19h à 20h

Tarif : Gratuit pour les membres

Ces séances sont parfaites pour tous les niveaux, du débutant au joueur avancé. Venez nombreux et profitez d'une ambiance conviviale et sportive !

Cliquez [ici](#) pour devenir membre ou obtenir plus d'informations.

In English :

Badminton Practice Sessions - CGV Center

Join us every Friday evening to improve your badminton skills and meet other enthusiasts!

Location : CGV Center, Gymnasium

☐ Schedule : Every Thursday from 7 PM to 8 PM

Fee : Free for members

These sessions are perfect for all levels, from beginners to advanced players. Come and enjoy a friendly and spo

erty atmosphere!

Friday, April 25, 2025

Leisure Swim

Date and Time: Friday, April 25 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

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

Lane & Leisure

Date and Time: Friday, April 25 7:30 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 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.

Leisure Swim

Date and Time: Friday, April 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.

Aquatic Fitness

Date and Time: Friday, April 25 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 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.

Adults in Motion

Date and Time: Friday, April 25 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, April 25 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

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

6 Lane & Leisure

Date and Time: Friday, April 25 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

3 Lane & Leisure

Date and Time: Friday, April 25 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 25 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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.

I am Reducing Food Waste Workshop (online)

Date and Time: Friday, April 25 12:00 pm - 1:30 pm

Address: Online

Attend a free online workshop about reducing food waste hosted by Earth Day Canada. Learn how to reduce food waste from your grocery list to storing and cooking habits and share your tips and positive successes reducing food waste. **Pre-registration** is required.

Pop in Tot

Date and Time: Friday, April 25 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.

Lane & Leisure

Date and Time: Friday, April 25 5:00 pm - 5:50 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.

3 Lane & Leisure

Date and Time: Friday, April 25 5:00 pm - 5:50 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Saturday, April 26, 2025

Leisure Swim

Date and Time: Saturday, April 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.

6 Lane Swim

Date and Time: Saturday, April 26 7:30 am - 8:50 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.

Leisure Swim with Slides

Date and Time: Saturday, April 26 9:00 am - 10:30 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. **Slides will be open for use.**

Lane & Leisure

Date and Time: Saturday, April 26 9:00 am - 10:20 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Cowan Heights United Church Spring Fair

Date and Time: Saturday, April 26 10:00 am - 4:00 pm

Address: 141 Frecker Drive, St. John's

Join us for our Annual Spring Fair on Saturday, April 26th from 10am to 4pm. Admission is \$2.00 and children under 12 are free. Local vendors will sell baked goods, knitted goods, jewelry, paintings, sealskin products, handcrafted wood items and much more. You can also enjoy a delicious bowl of homemade soup, with a roll and cup of tea/coffee for \$8.00. We hope to see you there!

Playgroup (Drop in)

Date and Time: Saturday, April 26 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Everyone Welcome Swim

Date and Time: Saturday, April 26 10:30 am - 11:50 am

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.

Everyone Welcome Swim

Date and Time: Saturday, April 26 11:00 am - 12:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Saturday, April 26 12:00 pm - 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: Saturday, April 26 1:00 pm - 1:50 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.

Everyone Welcome Swim

Date and Time: Saturday, April 26 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, April 26 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: Saturday, April 26 4:00 pm - 5:20 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 26 5:30 pm - 6:20 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

d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. 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: Saturday, April 26 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.

Sunday, April 27, 2025

6 Lane & Leisure

Date and Time: Sunday, April 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. 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.

Lane & Leisure

Date and Time: Sunday, April 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. 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.

Lane & Leisure

Date and Time: Sunday, April 27 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

Everyone Welcome Swim

Date and Time: Sunday, April 27 1:00 pm - 1:50 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.

Everyone Welcome Swim

Date and Time: Sunday, April 27 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, April 27 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, April 27 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, April 27 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, April 27 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. 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

6 Lane & Leisure

Date and Time: Sunday, April 27 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, April 28, 2025

Lane & Leisure

Date and Time: Monday, April 28 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 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

Leisure Swim

Date and Time: Monday, April 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.

6 Lane Swim

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

Leisure Swim

Date and Time: Monday, April 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Monday, April 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Monday, April 28 9:00 am - 9:50 am

Address: 40 Mundy Pond Road


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, April 28 9:00 am - 11:30 am


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


Les p'tits poussins : enfants de 0 à 4 ans, accompagnés d'un parent ou d'un tuteur.


 Tous les lundis, à partir de 9 h jusqu'à 11 h 45.



 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.


 Come have fun with us! 


 Les p'tits poussins: children from 0 to 4 years old, accompanied by a parent or guardian.

 Every Monday, from 9 am to 11:45 am.

 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.

Aquatic Fitness

Date and Time: Monday, April 28 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, April 28 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations

Playgroup (Drop in)

Date and Time: Monday, April 28 10:00 am - 11:30 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.

Cost: \$2 per child

3 Lane & Leisure

Date and Time: Monday, April 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. 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.

Adults in Motion

Date and Time: Monday, April 28 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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.

Youth Lunch in

Date and Time: Monday, April 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).

Pop in Tot

Date and Time: Monday, April 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.

After School Program

Date and Time: Monday, April 28 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 opport

unities 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

Tuesday, April 29, 2025

Lane & Leisure

Date and Time: Tuesday, April 29 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 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

Leisure Swim

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

Leisure Swim

Date and Time: Tuesday, April 29 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Tuesday, April 29 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Tuesday, April 29 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 29 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

Core Balance

Date and Time: Tuesday, April 29 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, April 29 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. 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.

Lane & Leisure

Date and Time: Tuesday, April 29 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations

Playgroup (Drop in)

Date and Time: Tuesday, April 29 10:00 am - 11:30 am

Address: Kenmount Terrace Community Centre - 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.

Cost: \$2 per child

Food on the Move + Library @ 77 Charter Avenue, Pleasantville

Date and Time: Tuesday, April 29 11:00 am - 1:00 pm

Address: 77 Charter Avenue, Suite 100 entrance off East Drive in Pleasantville

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 - come on in through the door on East Avenue, Suite 100.

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

Youth Lunch in

Date and Time: Tuesday, April 29 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).

Therapeutic Adult Swim

Date and Time: Tuesday, April 29 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). Standard swim admissions apply.

After school program

Date and Time: Tuesday, April 29 2:30 pm - 5:30 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

Wednesday, April 30, 2025

Leisure Swim

Date and Time: Wednesday, April 30 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

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

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

Lane & Leisure

Date and Time: Wednesday, April 30 7:30 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 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.

Leisure Swim

Date and Time: Wednesday, April 30 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Wednesday, April 30 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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, April 30 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

WBE Canada Supplier Diversity Day

Date and Time: Wednesday, April 30 9:00 am - 2:30 pm

Address: 401 Bay Street, Suite 1600 Toronto ON M5H 2Y4

WBE Canada Invites You to Supplier Diversity Day: St. John's, NL!

WBE Canada's Supplier Diversity Day is a full-day in-person event designed to bring women-owned businesses, corporate and government organizations together in Newfoundland. Join us to learn how to navigate today's economic challenges, network with buyers and suppliers to find new opportunities and create common goals to expand economic prosperity.

Who should join us:

- Corporate and government professionals interested in learning more about supplier diversity and connecting with diverse suppliers in local regions
- Certified and non-certified women-owned businesses

Why attend:

- Latest updates from key players in supplier diversity initiatives in Canada
- Panel discussions focusing on challenges and opportunities for Canadian women-owned businesses in corporate and government supply chains
- Roundtable business networking – women-owned businesses will be able to pitch their products/services to the buyers present at the event.

Playgroup (Drop in)

Date and Time: Wednesday, April 30 10:00 am - 11:30 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.

Cost: \$2 per child

Aquatic Fitness

Date and Time: Wednesday, April 30 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, April 30 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, April 30 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

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations

3 Lane & Leisure

Date and Time: Wednesday, April 30 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.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Core Balance

Date and Time: Wednesday, April 30 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

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

Food on the Move + Library @ Buckmaster's Circle Community Centre

Date and Time: Wednesday, April 30 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

Youth Lunch in

Date and Time: Wednesday, April 30 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).

<https://calendar.stjohns.ca>