

## Friday, November 1, 2024

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### Leisure Swim

Date and Time: Friday, November 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: Friday, November 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.

### Lane & Leisure

Date and Time: Friday, November 1 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.

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### Aquatic Fitness

Date and Time: Friday, November 1 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.

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## 6 Lane Swim

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Address: 35 Carrick Drive

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## Lane & Leisure

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### **Adults in Motion**

Date and Time: Friday, November 1 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.

### **Adults in Motion**

Date and Time: Friday, November 1 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.

### **3 Lane & Leisure**

Date and Time: Friday, November 1 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### **Lane Swim**

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### **Pop in Tot**

Date and Time: Friday, November 1 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, November 1 5:00 pm - 6:00 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](#)

## Pumpkin Walk

Date and Time: Friday, November 1 5:30 pm - 8:30 pm

Address: Bannerman Park

Join us November 1 from 5:30 to 8:30 p.m. for the annual City of St. John's Pumpkin Walk in Bannerman Park. Check out our webpage: [Pumpkin Walk - City of St Johns](#), to find out more.

## Backyard Composting Talk

Date and Time: Friday, November 1 6:00 pm - 7:00 pm

Address: Bannerman Park

The City of St. John's, in partnership with Memorial University Botanical Garden, are offering free backyard composting information sessions to residents of St. John's. Upon completion of the training, City of St. John's residents can request to purchase a composting bin at a reduced cost.

Pre-registration is not required. Staff will collect your information when you arrive - just drop in!

This session will be held prior to the Pumpkin Walk. Rain Date Nov. 2.

## Leisure Swim

Date and Time: Saturday, November 2 7:00 am - 8:50 am

Address: 35 Carrick Drive

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## St. John's Farmers' Market

Date and Time: Saturday, November 2 9:00 am - 4:00 pm

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

## **Playgroup (Drop In)**

Date and Time: Saturday, November 2 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## **Fall Sale & Morning Coffee at the Kirk**

Date and Time: Saturday, November 2 10:00 am - 12:00 pm

Address: 76 Queens Road, St. John's

The Kirk Association of St. Andrew's Presbyterian Church is hosting its annual Fall Sale and Morning Coffee!

DATE: Saturday, November 2nd

TIME: 10am to Noon

COST: Admission \$1, Coffee/Tea and Treats: \$7

Stalls will include Baked Goods, Crafts, Books, Christmassy goodies and White Elephant/Miscellaneous (small items only).

Stop in with a friend, and enjoy a morning of fun shopping, chatting and some sweet treats!

## **Everyone Welcome Swim**

Date and Time: Saturday, November 2 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, November 2 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

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## Lane & Leisure

Date and Time: Saturday, November 2 5:30 pm - 6:20 pm

Address: 40 Mundy Pond Road

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Date and Time: Saturday, November 2 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

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## Ches's Night of Delight!

Date and Time: Saturday, November 2 6:00 pm - 11:55 pm

Address: CLB Armoury

**What:** Ches's Night of Delight

**In Support of:** Candlelighters NL and our very own Camp Delight (the only pediatric oncology camp in NL)

**When:** Saturday, November 2<sup>nd</sup> (doors open at 6pm)

**Where:** CLB Armoury

**Cost:** \$75 per person

**How:** <https://trellis.org/2024-night-of-delight>

**Email:** [erincollett@candlelightersnl.ca](mailto:erincollett@candlelightersnl.ca)

Who's joining us for Night of Delight? It's Candlelighters' biggest fundraiser and you can help make it a huge success!

Get your \$75 ticket here: [trellis.org/2024-night-of-delight](https://trellis.org/2024-night-of-delight)

Your ticket includes:

- A delicious dinner from Ches's Famous Fish & Chips
- Tasty appetizers from O'Reilly's Pub
- Wine from Mer et Soleil
- Craft beer from Yellow Belly
- Coffee & tea from Coffee Matters
- Live entertainment by The Attic
- Tons of fun with our games of chance and auction

Not only do you get all of this, but you'll also receive a tax receipt for a portion of your ticket price—and most importantly, you'll be supporting families in NL dealing with a childhood cancer diagnosis.

Ches's Night of Delight is Candlelighters NL's biggest fundraiser of the year! We are able to continue supporting families facing a childhood cancer diagnosis, and sending these children, their siblings and bereaved siblings to Camp Delight each year because of events like this and community support. Our kids are counting on you... Because kids can't fight cancer alone!

## **Family Open Gym Drop-in.**

Date and Time: Saturday, November 2 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be accompanied by an adult at all times.



Gym will be open for count sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

Family Open Gym Drop-in

## Everyone Welcome Swim

Date and Time: Saturday, November 2 6:30 pm - 7:20 pm

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

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## 3 Lane & Leisure

Date and Time: Saturday, November 2 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

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## Sunday, November 3, 2024

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## 6 Lane & Leisure

Date and Time: Sunday, November 3 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.

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## Lane & Leisure

Date and Time: Sunday, November 3 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

### Lane Swim

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## Record Fair NL Fall 2024

Date and Time: Sunday, November 3 10:00 am - 4:00 pm

Address: 245 Freshwater Rd

Fall 2024 marks our 13th event and our 6th year!! Join us at one of the largest and best record fairs in Atlantic Canada!

All inquiries: [recordfairnl@gmail.com](mailto:recordfairnl@gmail.com)

## Lane & Leisure

Date and Time: Sunday, November 3 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.

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## Everyone Welcome Swim

Date and Time: Sunday, November 3 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

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## Everyone Welcome Swim

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

Address: 35 Carrick Drive

### Everyone Welcome Swim

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## Everyone Welcome Swim

Date and Time: Sunday, November 3 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

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## Tri Sport - Discovery

Date and Time: Sunday, November 3 3:30 pm - 5:00 pm

Address: 85 Messenger Drive

Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) -space is limited, please use waitlist if it full,

Ages: 6-8

Cost: \$49.50

## Lane & Leisure

Date and Time: Sunday, November 3 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.

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## Tri Sport - Explore

Date and Time: Sunday, November 3 5:00 pm - 6:30 pm

Address: 85 Messenger Drive

Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) - space is limited, if full you can place them on the waitlist

Ages: 9-12

Cost: \$49.50

## Everyone Welcome Swim

Date and Time: Sunday, November 3 5:00 pm - 5:50 pm

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## Everyone Welcome Swim

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## **Lane & Leisure**

Date and Time: Sunday, November 3 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

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## **6 Lane & Leisure**

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Address: 35 Carrick Drive

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## **Monday, November 4, 2024**

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### **Leisure Swim**

Date and Time: Monday, November 4 7:00 am - 8:50 am

Address: 35 Carrick Drive

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### **Lane & Leisure**

Date and Time: Monday, November 4 7:00 am - 8:50 am

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### **Leisure Swim**

Date and Time: Monday, November 4 9:00 am - 9:50 am

Address: 35 Carrick Drive

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## **Aquatic Fitness**

Date and Time: Monday, November 4 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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## **Aquatic Fitness**

Date and Time: Monday, November 4 9:00 am - 9:50 am

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## **Drop In Play**

Date and Time: Monday, November 4 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located upstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## **Playgroup (Drop In)**

Date and Time: Monday, November 4 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

## Adults in Motion

Date and Time: Monday, November 4 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## Aquatic Fitness

Date and Time: Monday, November 4 10:00 am - 10:50 am

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## Lane & Leisure

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## **Walk & Wheel - Drop In**

Date and Time: Monday, November 4 11:45 am - 12:45 pm

Address: 85 Messenger Drive

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

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

## **Walk & Wheel - Drop In**

Date and Time: Monday, November 4 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost : Free

No registration needed

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**Tuesday, November 5, 2024**

## Leisure Swim

Date and Time: Tuesday, November 5 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Leisure Swim

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## Lane & Leisure

Date and Time: Tuesday, November 5 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

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### Leisure Swim

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## 6 Lane Swim

Date and Time: Tuesday, November 5 7:30 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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

## Leisure Swim

Date and Time: Tuesday, November 5 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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

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

## **Aquatic Fitness**

Date and Time: Tuesday, November 5 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## **Aquatic Fitness**

Date and Time: Tuesday, November 5 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, November 5 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## **Drop In Play**

Date and Time: Tuesday, November 5 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## Bridge Level 1

Date and Time: Tuesday, November 5 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 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.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

## Playgroup (Drop In)

Date and Time: Tuesday, November 5 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## Core Balance

Date and Time: Tuesday, November 5 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, November 5 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 5 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Body Conditioning - Fitness

Date and Time: Tuesday, November 5 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

## Food on the Move

Date and Time: Tuesday, November 5 11:00 am - 1:00 pm

Address: 140 Linegear Ave

Market to buy fresh food in the neighbourhood at an affordable price.

NL Health Services and the Library mobile van also in attendance.

\$2.00 each or 3 for \$5.00

## Leisure Swim

Date and Time: Wednesday, November 6 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Leisure Swim

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

## 6 Lane Swim

Date and Time: Wednesday, November 6 7:30 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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

## Lane & Leisure

Date and Time: Wednesday, November 6 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.

### Leisure Swim

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## Aquatic Fitness

Date and Time: Wednesday, November 6 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, November 6 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## Leisure Swim

Date and Time: Wednesday, November 6 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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

## Aquatic Fitness

Date and Time: Wednesday, November 6 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## Lane & Leisure

Date and Time: Wednesday, November 6 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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: Wednesday, November 6 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## Playgroup (Drop In)

Date and Time: Wednesday, November 6 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

## Eastern Health - Breastfeeding Support

Date and Time: Wednesday, November 6 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

## Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including [partners](#), [grandparents](#), family members, peers, social media, and health care professionals.

## Core Balance

Date and Time: Wednesday, November 6 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.

### 3 Lane & Leisure

Date and Time: Wednesday, November 6 11:00 am - 1:50 pm

Address: 35 Carrick Drive

#### Lane Swim

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

#### Leisure Swim

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

### Walk & Wheel - Drop In

Date and Time: Wednesday, November 6 11:45 am - 12:45 pm

Address: 85 Messenger Drive

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

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

### Walk & Wheel - Drop In

Date and Time: Wednesday, November 6 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost : Free

No registration needed

# Thursday, November 7, 2024

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## Leisure Swim

Date and Time: Thursday, November 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: Thursday, November 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.

## Lane & Leisure

Date and Time: Thursday, November 7 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.

### Leisure Swim

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## Aquatic Fitness

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

Address: 35 Carrick Drive

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

## Aquatic Fitness

Date and Time: Thursday, November 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.

## Leisure Swim

Date and Time: Thursday, November 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.

## Preschool

Date and Time: Thursday, November 7 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## Drop In Play

Date and Time: Thursday, November 7 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## **Playgroup (Drop In)**

Date and Time: Thursday, November 7 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## **Core Balance**

Date and Time: Thursday, November 7 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## **6 Lane & Leisure**

Date and Time: Thursday, November 7 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### **Lane Swim**

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

### **Leisure Swim**

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

## **Lane & Leisure**

Date and Time: Thursday, November 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.

### **Leisure Swim**

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## **Connecting Communities**

Date and Time: Thursday, November 7 11:00 am - 12:00 pm

Address: 130 Linegar Ave

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

Tea and coffee will be provided.

Cost: Free

## **Body Conditioning - Fitness**

Date and Time: Thursday, November 7 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

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## **Mother Goose - KFFRC**

Date and Time: Thursday, November 7 1:00 pm - 2:00 pm

Address: Kilbride Community Centre - 34 Fahey Street

The Parent-Child Mother Goose Program is a national program that offers group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of language, using rhymes, songs, fingerplays and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

Cost: Free

This program is offered by Kilbride Ferryland Resource Centre

[Click here for the website - Home | KFFRC](#)

## Friday, November 8, 2024

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### Leisure Swim

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

Address: 35 Carrick Drive

#### Lane Swim

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

### Lane & Leisure

Date and Time: Friday, November 8 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.

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## **Aquatic Fitness**

Date and Time: Friday, November 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.

## **Aquatic Fitness**

Date and Time: Friday, November 8 9:00 am - 9:50 am

Address: 35 Carrick Drive

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## **Leisure Swim**

Date and Time: Friday, November 8 9:00 am - 9:50 am

Address: 35 Carrick Drive

## **Leisure Swim**

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## **6 Lane Swim**

Date and Time: Friday, November 8 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.

## Lane & Leisure

Date and Time: Friday, November 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.

### Leisure Swim

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## Adults in Motion

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

Address: 35 Carrick Drive

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

## Adults in Motion

Date and Time: Friday, November 8 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.

## 3 Lane & Leisure

Date and Time: Friday, November 8 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim



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

## Pop in Tot

Date and Time: Friday, November 8 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, November 8 5:00 pm - 6:00 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](#)

## Lane & Leisure

Date and Time: Friday, November 8 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.

### Leisure Swim

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

## Everyone Welcome Swim

Date and Time: Friday, November 8 6:00 pm - 6:50 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.

## Saturday, November 9, 2024

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### Leisure Swim

Date and Time: Saturday, November 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: Saturday, November 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.

## St. John's Farmers' Market

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

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

## Lane & Leisure

Date and Time: Saturday, November 9 9:00 am - 10:50 am

Address: 40 Mundy Pond

### Lane Swim

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

### Leisure Swim

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## Mom market at Murray's garden in Portugal cove

Date and Time: Saturday, November 9 10:00 am - 4:00 pm

Address: 1525 Portugal cove road

10am to 4 pm Nov 9th, 2024

## Playgroup (Drop In)

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

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

Playgroup Drop in

## Lane & Leisure

Date and Time: Saturday, November 9 11:00 am - 12:50 pm

Address: 40 Mundy Pond

### Lane Swim

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

### Leisure Swim

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## Everyone Welcome Swim

Date and Time: Saturday, November 9 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

### Everyone Welcome Swim

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

## Everyone Welcome Swim

Date and Time: Saturday, November 9 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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

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## Everyone Welcome Swim

Date and Time: Saturday, November 9 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, November 9 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 9 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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

## Family Open Gym Drop-in.

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

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be

accompanied by an adult at all times.

Gym will be open for court sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

Family Open Gym Drop-in

## Everyone Welcome Swim

Date and Time: Saturday, November 9 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.

## 3 Lane & Leisure

Date and Time: Saturday, November 9 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Sunday, November 10, 2024

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## 6 Lane & Leisure

Date and Time: Sunday, November 10 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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

## **Leisure Swim**

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

## **Lane & Leisure**

Date and Time: Sunday, November 10 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: Sunday, November 10 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.

### **Leisure Swim**

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

## Tri Sport - Explore

Date and Time: Sunday, November 10 3:30 pm - 5:00 pm

Address: 85 Messenger Drive

Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) - space is limited, if full you can place them on the waitlist

Ages: 9-12

Cost: \$49.50

## Tri Sport - Discovery

Date and Time: Sunday, November 10 3:30 pm - 5:00 pm

Address: 85 Messenger Drive



Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) -space is limited, please use waitlist if it full,

Ages: 6-8

Cost: \$49.50

## Lane & Leisure

Date and Time: Sunday, November 10 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.

### Leisure Swim

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

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 10 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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## Monday, November 11, 2024

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### Harm Reduction Van

Date and Time: Monday, November 11 1:30 pm - 3:00 pm

Address: 140 Lingear Ave - Parking Lot

A mobile van that can reach clients outside of a clinic." A team of Nurse Practitioners, Psychiatric Registered Nurses, Peer Support, Pharmacist, Occupational Therapist and Addictions Counsellor. We also work alongside End Homelessness NL.

We work as a multidisciplinary team who attempt to help those who are most vulnerable in our communities."

While parked in the community, our mobile clinic can provide numerous services. While on the van we can provide:

- personal care items
- provide information for community supports
- provide SWAP supplies (Safe Works Access Program which provide safe drug use supplies and condoms)
- complete bloodwork for anyone who has a requisition (with exceptions)
- STBBI testing (sexually transmitted blood borne infections including HIV, Hepatitis C, Syphilis, Gonorrhea, Chlamydia)
- addictions support
- vital sign assessment
- naloxone handout/teaching
- Basic Wound Care

## Yoga avec/with Cindy, Far Out Fitness

Date and Time: Monday, November 11 5:30 pm

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

De par les nombreuses postures et enchaînements qu'il propose, le yoga est excellent pour renforcer les muscles profonds, les muscles mobilisateurs ainsi que la musculature des membres supérieurs et inférieurs.

**Professeur :** Cindy, Far Out Fitness

**Dates :**

- Automne : 23 septembre au 2 décembre 2024
- Hiver : 13 janvier au 17 mars 2025
- Printemps : 14 avril au 16 juin 2025

**Heure :** 17h30 – 18h30

**Nombre de participants :** Min 6 personnes

**Jour :** Tous les lundis

**Lieu :** Théâtre du CSC des Grands Vents

Rejoignez-nous pour une séance de yoga revitalisante avec Cindy et découvrez les bienfaits d'une pratique régulière. ☐ ♀ ☐

**Inscrivez-vous dès maintenant et commencez votre chemin vers le bien-être !**

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## YOGA WITH CINDY

With its numerous postures and sequences, yoga is excellent for strengthening deep muscles, mobilizing muscles, and enhancing the musculature of both upper and lower limbs.

**Instructor:** Cindy, Far Out Fitness

**Dates:**

- Autumn: September 23rd to December 2nd, 2024
- Winter: January 13th to March 17th, 2025
- Spring: April 14th to June 16th, 2025

**Time:** 5:30 PM – 6:30 PM

**Number of participants:** Min 6 people

**Day:** Every Monday

**Location:** Théâtre du CSC des Grands Vents

Join us for a revitalizing yoga session with Cindy and discover the benefits of regular practice.  ♀

**Sign up now and start your journey toward well-being!**

## **Tuesday, November 12, 2024**

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### **Leisure Swim**

Date and Time: Tuesday, November 12 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### **Leisure Swim**

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

### **Lane & Leisure**

Date and Time: Tuesday, November 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.

### **6 Lane Swim**

Date and Time: Tuesday, November 12 7:30 am - 8:50 am

Address: 35 Carrick Drive

#### **Lane Swim**

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

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

## Leisure Swim

Date and Time: Tuesday, November 12 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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

## Aquatic Fitness

Date and Time: Tuesday, November 12 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: Tuesday, November 12 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## Preschool

Date and Time: Tuesday, November 12 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## Drop In Play

Date and Time: Tuesday, November 12 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## **Bridge Level 1**

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

Address: Kenmount Terrace Community Centre - 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.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

## **Playgroup (Drop In)**

Date and Time: Tuesday, November 12 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## **Core Balance**

Date and Time: Tuesday, November 12 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, November 12 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 12 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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## Body Conditioning - Fitness

Date and Time: Tuesday, November 12 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

## Connecting Communities

Date and Time: Tuesday, November 12 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Tea and coffee will be provided.

Cost: Free

## Wednesday, November 13, 2024

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### Leisure Swim

Date and Time: Wednesday, November 13 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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

### 6 Lane Swim

Date and Time: Wednesday, November 13 7:30 am - 8:50 am

Address: 35 Carrick Drive

#### Lane Swim

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

### Lane & Leisure

Date and Time: Wednesday, November 13 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



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

## **Leisure Swim**

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

## **Aquatic Fitness**

Date and Time: Wednesday, November 13 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## **Aquatic Fitness**

Date and Time: Wednesday, November 13 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.

## **Leisure Swim**

Date and Time: Wednesday, November 13 9:00 am - 9:50 am

Address: 35 Carrick Drive

## **Leisure Swim**

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

## **Aquatic Fitness**

Date and Time: Wednesday, November 13 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

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.

## Lane & Leisure

Date and Time: Wednesday, November 13 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.

### Leisure Swim

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

Address: 35 Carrick Drive

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

## Playgroup (Drop In)

Date and Time: Wednesday, November 13 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

## Eastern Health - Breastfeeding Support

Date and Time: Wednesday, November 13 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

## Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including partners, grandparents, family members, peers, social media, and health care professionals.

## Core Balance

Date and Time: Wednesday, November 13 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.

## 3 Lane & Leisure

Date and Time: Wednesday, November 13 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Walk & Wheel - Drop In

Date and Time: Wednesday, November 13 11:45 am - 12:45 pm

Address: 85 Messenger Drive

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

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

## Walk & Wheel - Drop In

Date and Time: Wednesday, November 13 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost : Free

No registration needed

## Thursday, November 14, 2024

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### Leisure Swim

Date and Time: Thursday, November 14 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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

### Hope In The City

Date and Time: Thursday, November 14 7:00 am - 9:30 am

Address: 120 New Gower Street

Hope in the City is a heartwarming and impactful annual event that brings together community members, businesses, and organizations to raise awareness and funds for The Salvation Army.

Through a morning of inspiration and networking, attendees learn about The Salvation Army's vital programs and services aimed to assisting those in need across the province. The event provides an opportunity for individuals and companies to connect, engage, and collaborate in support of a common goal: creating positive change and offering hope to vulnerable individuals and families.

**Thursday, November 14, 2024**

**7:30am - 9:00am**

**Delta Conference Centre, St. John's, NL**

## **6 Lane Swim**

Date and Time: Thursday, November 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.

## **Lane & Leisure**

Date and Time: Thursday, November 14 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.

### **Leisure Swim**

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## **Aquatic Fitness**

Date and Time: Thursday, November 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: Thursday, November 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

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## Leisure Swim

Date and Time: Thursday, November 14 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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## Preschool

Date and Time: Thursday, November 14 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## Drop In Play

Date and Time: Thursday, November 14 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## Playgroup (Drop In)

Date and Time: Thursday, November 14 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

## Playgroup Drop in

### Core Balance

Date and Time: Thursday, November 14 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

### 6 Lane & Leisure

Date and Time: Thursday, November 14 10:00 am - 1:50 pm

Address: 35 Carrick Drive

#### Lane Swim

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

#### Leisure Swim

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

### Lane & Leisure

Date and Time: Thursday, November 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.

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### Connecting Communities

Date and Time: Thursday, November 14 11:00 am - 12:00 pm

Address: 130 Linegar Ave

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

Tea and coffee will be provided.

Cost: Free

## Body Conditioning - Fitness

Date and Time: Thursday, November 14 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

## Friday, November 15, 2024

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### 6 Lane Swim

Date and Time: Friday, November 15 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Lane Swim

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

### Leisure Swim

Date and Time: Friday, November 15 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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



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

## Lane & Leisure

Date and Time: Friday, November 15 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

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## Aquatic Fitness

Date and Time: Friday, November 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.

## Aquatic Fitness

Date and Time: Friday, November 15 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## Leisure Swim

Date and Time: Friday, November 15 9:00 am - 9:50 am

Address: 35 Carrick Drive

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Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 15 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.

## Lane & Leisure

Date and Time: Friday, November 15 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

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## Adults in Motion

Date and Time: Friday, November 15 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## Adults in Motion

Date and Time: Friday, November 15 11:00 am - 11:50 am

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This low impact class combines cardio and strength training for the older adult who is looking to meet new friends

nds and others with common wellness goals.

### 3 Lane & Leisure

Date and Time: Friday, November 15 11:00 am - 1:50 pm

Address: 35 Carrick Drive

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### LUNCH DES DÉBROUILLARDS : POUR LES PERSONNES DE 50 ANS+

Date and Time: Friday, November 15 11:30 am - 1:00 pm

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

English will follow..

### POUR LES PERSONNES DE 50 ANS+

Au CSC des Grands Vents

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

Les membres du club se réunissent pour participer à diverses activités.

Les nouvelles adhésions sont toujours les bienvenues. Vous pouvez joindre le Club des Débrouillards en nous contactant à l'adresse suivante: [culture@acfsj.ca](mailto:culture@acfsj.ca) ou **709-726-4900**.

English will follow..

Nous sommes ravis de vous inviter à notre prochain Lunch des Débrouillards ! Joignez vous à nous pour un moment convivial et chaleureux, idéal pour socialiser et partager un bon repas en français.


 Dates :

 Annonce Importante 

•Mardi 12 novembre 2024 : 11h30 - 13h

En raison du Festival du Vent, nous avons dû modifier la date du lunch de novembre. Le nouvel événement aura lieu le vendredi 15 novembre.

• Mardi 10 décembre 2024

 Contribution :

Une participation de 10\$ est demandée par personne.

 Lieu :

Restaurant de votre choix ou au Centre des Grands vents.

### 📌 Inscription obligatoire :

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

Venez nombreux pour passer un bon moment ensemble ! 🍷😊

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We are excited to invite you to our upcoming Lunch des Débrouillards! Members! Join us for a friendly and warm gathering, perfect for socializing and enjoying a delicious meal in French.

📅 Dates:

📢 Important Announcement 📢

• Tuesday, November 12, 2024: 11:30 AM - 1:00 PM

Due to the Festival of the Wind, we have had to change the date of the November lunch. The new event will take place on Friday, November 15.

Thank you for your understanding!

• Tuesday, December 10, 2024

👉 Contribution:

A fee of \$10 is requested per participant.

📍 Location:

Restaurant of your choice or at the Centre des Grands vents.

📌 Registration Required:

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

We look forward to sharing a great time together! 🍷😊

## Festival du Vent 2024

Date and Time: Friday, November 15 11:30 am - 1:00 pm

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

Festival du Vents 2024

Nous sommes ravis de vous annoncer le Festival du Vents 2024 !

Dates : 14 au 16 novembre 2024

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

Entrée : Gratuite

Programme des Activités :

Jeudi 14 novembre - Soirée Multiculturelle

À partir de 17h : Rejoignez-nous pour une soirée riche en culture avec un repas multiculturel, servi par la We Care Foundation of Newfoundland and Labrador et des performances de :

Port-Aux-Poutines

Madeline Grah

Lora Otoum

Vendredi 15 novembre -Journée Découverte

11h30 – 13h : Lunch des Débrouillards

17h – 19h : 5 À 7 Découverte / Conférence avec David Neil avec les hors-d'œuvre par FrenchGoods by Mails

19h : Concert Beauséjour

Samedi 16 novembre - Journée en Famille

12h – 15h : Activités en Famille (peinture sur visage avec LLoys Grah et hula hoop avec Cindy de Far Out Fitness)

17h – 19h : Dégustation Improvisée

19h : Soirée d'Improvisation avec "Les Amuse-Gueules" de la Ligue d'improvisation de Terre-Neuve-et-Labrador

ador.

Venez célébrer la culture et la convivialité avec nous !  
Pour plus d'infos, consultez notre site internet ou suivez-nous ici.

Taguez vos amis et partagez cet événement !

## Pop in Tot

Date and Time: Friday, November 15 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, November 15 5:00 pm - 6:00 pm

Address: 140 Linegar

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

You can register for Full time or Part time

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

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

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

## Saturday, November 16, 2024

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### Lane & Leisure

Date and Time: Saturday, November 16 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.

### **Leisure Swim**

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

### **Leisure Swim**

Date and Time: Saturday, November 16 7:00 am - 8:50 am

Address: 35 Carrick Drive

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### **6 Lane Swim**

Date and Time: Saturday, November 16 7:00 am - 8:50 am

Address: 35 Carrick Drive

### **Lane Swim**

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

### **St. John's Farmers' Market**

Date and Time: Saturday, November 16 9:00 am - 4:00 pm

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with

gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>  
The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

## Home Alone

Date and Time: Saturday, November 16 9:00 am - 4:00 pm

Address: 34 Fahey Street

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

Bring a lunch.

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

Ages 10-12

Cost: \$55

[Register here](#) - spaces are limited, if full please add yourself to the waiting list.

## Lane & Leisure

Date and Time: Saturday, November 16 9:00 am - 10:50 am

Address: 40 Mundy Pond

### Lane Swim

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

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## Friends of the St. John's Libraries Book sale

Date and Time: Saturday, November 16 9:30 am - 4:00 pm

Address: A.C. Hunter Library

Friends of the St. John's Public Libraries are having their Fall Book sale on Saturday November 16th between 9 :30 and 4:00 pm in the Community rooms at the AC Hunter Library. Great selection for all ages. Most books are \$2.00, with children's books \$1.00

All proceeds support the programs and collections of the St. John's Public Libraries.

## Move It Event

Date and Time: Saturday, November 16 10:00 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

Join us for fun activities including active games, sensory zone, and bouncy castles.

FREE for all ages.

Wearing Blue is encouraged.

## Merry Makers Market Series

Date and Time: Saturday, November 16 10:00 am - 4:00 pm

Address: 10 Maple View Place, St. John's NL

Leading up to the holidays, Quidi Vidi Village Artisan Studios is thrilled to host weekend markets featuring our resident artisans and local guest craftspeople. The cozy atmosphere, beautiful setting, and selection of fine craft creates a magical holiday shopping experience you won't find anywhere else!

With a new group of guest vendors sharing the space with our artisans each weekend, you'll have plenty of reasons to shop local and keep coming back.

Vendor details will be added to our Facebook event and website as they are confirmed!

## Lane & Leisure

Date and Time: Saturday, November 16 11:00 am - 12:50 pm

Address: 40 Mundy Pond

### Lane Swim

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## Festival du Vent 2024

Date and Time: Saturday, November 16 12:00 pm - 3:00 pm

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

Festival du Vents 2024

Nous sommes ravis de vous annoncer le Festival du Vents 2024 !

Dates : 14 au 16 novembre 2024

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

Entrée : Gratuite

Programme des Activités :

Jeudi 14 novembre - Soirée Multiculturelle

À partir de 17h : Rejoignez-nous pour une soirée riche en culture avec un repas multiculturel, servi par la We Care Foundation of Newfoundland and Labrador et des performances de :

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11h30 – 13h : Lunch des Débrouillards

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Venez célébrer la culture et la convivialité avec nous !

Pour plus d'infos, consultez notre site internet ou suivez-nous ici.

Taguez vos amis et partagez cet événement !

## Everyone Welcome Swim

Date and Time: Saturday, November 16 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

**Everyone Welcome Swim**

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

## Everyone Welcome Swim

Date and Time: Saturday, November 16 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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## Everyone Welcome Swim

Date and Time: Saturday, November 16 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

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## Get Ready for the DELF!

Date and Time: Saturday, November 16 5:00 pm - 6:00 pm

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

Get Ready for the DELF!

The start dates for the DELF preparation courses (A1, A2, and B1) will be determined based on the number of students enrolled at each level. Don't miss this opportunity—sign up now!

👉 Contact our French course coordinator to assess your level:

Phone: 709-689-0439

Email: [education@acfsj.ca](mailto:education@acfsj.ca)

For any additional information, feel free to reach out to us at [culture@acfsj.ca](mailto:culture@acfsj.ca) or call 709-726-4900.

Join us to enhance your French skills and prepare for the DELF exam to achieve your goals! ✨

🔗 Sign up today directly on our website!

## Sunday, November 17, 2024

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Date and Time: Sunday, November 17 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.

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## **Lane & Leisure**

Date and Time: Sunday, November 17 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

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## **Lane & Leisure**

Date and Time: Sunday, November 17 9:00 am - 10:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

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## Merry Makers Market Series

Date and Time: Sunday, November 17 10:00 am - 4:00 pm

Address: 10 Maple View Place, St. John's NL

Leading up to the holidays, Quidi Vidi Village Artisan Studios is thrilled to host weekend markets featuring our resident artisans and local guest craftspeople. The cozy atmosphere, beautiful setting, and selection of fine craft creates a magical holiday shopping experience you won't find anywhere else!

With a new group of guest vendors sharing the space with our artisans each weekend, you'll have plenty of reasons to shop local and keep coming back.

Vendor details will be added to our Facebook event and website as they are confirmed!

## Lane & Leisure

Date and Time: Sunday, November 17 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.

### Leisure Swim

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## Everyone Welcome Swim

Date and Time: Sunday, November 17 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, November 17 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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### **Everyone Welcome Swim**

Date and Time: Sunday, November 17 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.

### **Tri Sport - Discovery**

Date and Time: Sunday, November 17 3:30 pm - 5:00 pm

Address: 85 Messenger Drive

Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) -space is limited, please use waitlist if it full,  
Ages: 6-8

Cost: \$49.50

### **Tri Sport - Explore**

Date and Time: Sunday, November 17 3:30 pm - 5:00 pm

Address: 85 Messenger Drive

Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) - space is limited, if full you can place them on the waitlist

Ages: 9-12

Cost: \$49.50

## Lane & Leisure

Date and Time: Sunday, November 17 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.

### Leisure Swim

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## Everyone Welcome Swim

Date and Time: Sunday, November 17 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, November 17 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.

## Acrylic Paint - Winter Scene

Date and Time: Sunday, November 17 6:00 pm - 8:00 pm

Address: 140 Linegar Ave

Materials included, no experience necessary.

[Register here](#) - space is limited

Ages: 18+

Cost: \$19.50

## Lane & Leisure

Date and Time: Sunday, November 17 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 18, 2024

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### 6 Lane Swim

Date and Time: Monday, November 18 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

Date and Time: Monday, November 18 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Leisure Swim

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

## Lane & Leisure

Date and Time: Monday, November 18 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.

## Aquatic Fitness

Date and Time: Monday, November 18 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, November 18 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## Leisure Swim

Date and Time: Monday, November 18 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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



ed at the time of check in or call ahead.

## Drop In Play

Date and Time: Monday, November 18 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located upstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## Playgroup (Drop In)

Date and Time: Monday, November 18 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

## Adults in Motion

Date and Time: Monday, November 18 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## Aquatic Fitness

Date and Time: Monday, November 18 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, November 18 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.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 18 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.

## **3 Lane & Leisure**

Date and Time: Monday, November 18 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### **Lane Swim**

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

### **Leisure Swim**

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

## **Walk & Wheel - Drop In**

Date and Time: Monday, November 18 11:45 am - 12:45 pm

Address: 85 Messenger Drive

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

Ages: 18+

Cost : Free

No registration needed

Walk & Wheel - Drop in

## Walk & Wheel - Drop In

Date and Time: Monday, November 18 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost : Free

No registration needed

## Tuesday, November 19, 2024

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### Leisure Swim

Date and Time: Tuesday, November 19 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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

### Lane & Leisure

Date and Time: Tuesday, November 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

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

### **Leisure Swim**

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

## **6 Lane Swim**

Date and Time: Tuesday, November 19 7:30 am - 8:50 am

Address: 35 Carrick Drive

### **Lane Swim**

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

## **Leisure Swim**

Date and Time: Tuesday, November 19 9:00 am - 9:50 am

Address: 35 Carrick Drive

### **Leisure Swim**

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

## **Aquatic Fitness**

Date and Time: Tuesday, November 19 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## **Aquatic Fitness**

Date and Time: Tuesday, November 19 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, November 19 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## Drop In Play

Date and Time: Tuesday, November 19 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## Bridge Level 1

Date and Time: Tuesday, November 19 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 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.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

## Playgroup (Drop In)

Date and Time: Tuesday, November 19 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

Playgroup Drop in

## Core Balance

Date and Time: Tuesday, November 19 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, November 19 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 19 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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## Body Conditioning - Fitness

Date and Time: Tuesday, November 19 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

## Connecting Communities

Date and Time: Tuesday, November 19 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Tea and coffee will be provided.

Cost: Free

## Wednesday, November 20, 2024

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### Leisure Swim

Date and Time: Wednesday, November 20 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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

### 6 Lane Swim

Date and Time: Wednesday, November 20 7:30 am - 8:50 am

Address: 35 Carrick Drive

### **Lane Swim**

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

## **Lane & Leisure**

Date and Time: Wednesday, November 20 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.

### **Leisure Swim**

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## **Aquatic Fitness**

Date and Time: Wednesday, November 20 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, November 20 9:00 am - 9:50 am

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### **Lane & Leisure**

Date and Time: Wednesday, November 20 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

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### **Adults in Motion**

Date and Time: Wednesday, November 20 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

### **Playgroup (Drop In)**

Date and Time: Wednesday, November 20 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

## Eastern Health - Breastfeeding Support

Date and Time: Wednesday, November 20 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

## Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including [partners](#), [grandparents](#), family members, peers, social media, and health care professionals.

## Core Balance

Date and Time: Wednesday, November 20 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.

## 3 Lane & Leisure

Date and Time: Wednesday, November 20 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Walk & Wheel - Drop In

Date and Time: Wednesday, November 20 11:45 am - 12:45 pm

Address: 85 Messenger Drive

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

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

## Walk & Wheel - Drop In

Date and Time: Wednesday, November 20 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost : Free

No registration needed

## Thursday, November 21, 2024

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### Leisure Swim

Date and Time: Thursday, November 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.

ed at the time of check in or call ahead.

## 6 Lane Swim

Date and Time: Thursday, November 21 7:30 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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

## Lane & Leisure

Date and Time: Thursday, November 21 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 21 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## Aquatic Fitness

Date and Time: Thursday, November 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.

## Leisure Swim

Date and Time: Thursday, November 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.

## Preschool

Date and Time: Thursday, November 21 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## Drop In Play

Date and Time: Thursday, November 21 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## Playgroup (Drop In)

Date and Time: Thursday, November 21 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## Core Balance

Date and Time: Thursday, November 21 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## 6 Lane & Leisure

Date and Time: Thursday, November 21 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Lane & Leisure

Date and Time: Thursday, November 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.

### Leisure Swim

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

## Connecting Communities

Date and Time: Thursday, November 21 11:00 am - 12:00 pm

Address: 130 Linegar Ave

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

Tea and coffee will be provided.

Cost: Free

## **Body Conditioning - Fitness**

Date and Time: Thursday, November 21 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

## **Mother Goose - KFFRC**

Date and Time: Thursday, November 21 1:00 pm - 2:00 pm

Address: Kilbride Community Centre - 34 Fahey Street

The Parent-Child Mother Goose Program is a national program that offers group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of language, using rhymes, songs, fingerplays and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

Cost: Free

This program is offered by Kilbride Ferryland Resource Centre

[Click here for the website - Home | KFFRC](#)

## **Friday, November 22, 2024**

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### **Leisure Swim**

Date and Time: Friday, November 22 7:00 am - 8:50 am

Address: 35 Carrick Drive

### **Leisure Swim**

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

## **6 Lane Swim**

Date and Time: Friday, November 22 7:30 am - 8:50 am

Address: 35 Carrick Drive

### **Lane Swim**

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

## **Lane & Leisure**

Date and Time: Friday, November 22 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.

### **Leisure Swim**

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



## Aquatic Fitness

Date and Time: Friday, November 22 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## Leisure Swim

Date and Time: Friday, November 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.

## 6 Lane Swim

Date and Time: Friday, November 22 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.

## Lane & Leisure

Date and Time: Friday, November 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 22 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## Adults in Motion

Date and Time: Friday, November 22 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.

## 3 Lane & Leisure

Date and Time: Friday, November 22 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Pop in Tot

Date and Time: Friday, November 22 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, November 22 5:00 pm - 6:00 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](#)

## Lane & Leisure

Date and Time: Friday, November 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.

### Leisure Swim

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

## Everyone Welcome Swim

Date and Time: Friday, November 22 6:00 pm - 6:50 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.

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## Saturday, November 23, 2024

## Leisure Swim

Date and Time: Saturday, November 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: Saturday, November 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.

## St. John's Farmers' Market

Date and Time: Saturday, November 23 9:00 am - 4:00 pm

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

## Babysitting

Date and Time: Saturday, November 23 9:00 am - 4:30 pm

Address: 85 Messenger Drive

Learn the basics of babysitting for children from birth to school age and first aid/emergency response. Must have completed Grade 5.

Ages 11-15

Cost: \$55

[Register here](#) - spaces are limited, if full please add yourself to the waiting list.

## Lane & Leisure

Date and Time: Saturday, November 23 9:00 am - 10:50 am

Address: 40 Mundy Pond

### Lane Swim

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

### Leisure Swim

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

## Train Carnival Family Day

Date and Time: Saturday, November 23 9:30 am - 5:00 pm

Address: Johnson Geo Centre, 175 Signal Hill Rd

Geo is excited to launch our new seasonal exhibit, Science in Motion: The Geo Holiday Express, as part of our November Family Day. Join us for science demonstrations focused on the science of trains, check out our model train displays, including a Lego model courtesy of NewfoundLUG. We will have crafts, story time, a scavenger hunt, and a photo station - everything the train enthusiast could look for!

Be sure to check out Geo Gifts during your visit for a great selection of train-themed gift ideas.

Regular admission applies

## Merry Makers Market Series

Date and Time: Saturday, November 23 10:00 am - 4:00 pm

Address: 10 Maple View Place, St. John's NL

Leading up to the holidays, Quidi Vidi Village Artisan Studios is thrilled to host weekend markets featuring our resident artisans and local guest craftspeople. The cozy atmosphere, beautiful setting, and selection of fine craft creates a magical holiday shopping experience you won't find anywhere else!

With a new group of guest vendors sharing the space with our artisans each weekend, you'll have plenty of reasons to shop local and keep coming back.

Vendor details will be added to our Facebook event and website as they are confirmed!

## **Playgroup (Drop In)**

Date and Time: Saturday, November 23 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## **Lane & Leisure**

Date and Time: Saturday, November 23 11:00 am - 12:50 pm

Address: 40 Mundy Pond

### **Lane Swim**

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

### **Leisure Swim**

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

## **Everyone Welcome Swim**

Date and Time: Saturday, November 23 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

### **Everyone Welcome Swim**

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

### **Everyone Welcome Swim**

Date and Time: Saturday, November 23 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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

### **Everyone Welcome Swim**

Date and Time: Saturday, November 23 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, November 23 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.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 23 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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

### **Family Open Gym Drop-in.**

Date and Time: Saturday, November 23 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be accompanied by an adult at all times.

Gym will be open for court sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

[Family Open Gym Drop-in](#)

## **Sunday, November 24, 2024**

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### **6 Lane & Leisure**

Date and Time: Sunday, November 24 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### **Lane Swim**

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

#### **Leisure Swim**

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

### **Lane & Leisure**

Date and Time: Sunday, November 24 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.

## **SJFM Vintage and Collectibles Market**

Date and Time: Sunday, November 24 10:00 am - 3:00 pm

Address: 245 Freshwater Road

The SJFM Vintage & Collectible Market returns for 2024 season!

Sundays 10am - 3pm:

March 3rd Winter Market.

June 2nd Spring Market.

August 18th Summer Market.

November 24th Holiday Market.

Love Vintage? Wild for Collectibles? Then mark your calendar for this one!

Lots of vintage, thrifted, and collectibles vendors, plus hot food and treats because treasure hunting is hungry work!

Come find a market filled with neat vintage treasures, awesome upcycled discoveries, and cool collectibles, records, and toys!

All-ages, accessible, gender inclusive washrooms.

Free to attend - no admission fee or tickets required!

Find more information on our [website](#), and social media: [Facebook](#), [Instagram](#).

## **Merry Makers Market Series**

Date and Time: Sunday, November 24 10:00 am - 4:00 pm

Address: 10 Maple View Place, St. John's NL

Leading up to the holidays, Quidi Vidi Village Artisan Studios is thrilled to host weekend markets featuring our resident artisans and local guest craftspeople. The cozy atmosphere, beautiful setting, and selection of fine craft creates a magical holiday shopping experience you won't find anywhere else!

With a new group of guest vendors sharing the space with our artisans each weekend, you'll have plenty of reasons to shop local and keep coming back.

Vendor details will be added to our Facebook event and website as they are confirmed!

## Lane & Leisure

Date and Time: Sunday, November 24 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.

### Leisure Swim

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

## What's Up In the Sky?

Date and Time: Sunday, November 24 1:00 pm - 4:00 pm

Address: Johnson Geo Centre, 175 Signal Hill Rd, St. John's

Join us for this presentation as we look to the skies and learn about the celestial bodies visible at different points of the season. This event is available on the first and last Sundays of each month, from 1:00-2:00pm and 3:00-4:00pm. All sessions will include a 30 minute planetarium film and 20 minutes of live show led by Garry Dymond, a member of our Interpretation team. Garry is an amateur astronomer with 50 years of experience and is a member of the Royal Astronomical Society of Canada (RASC).

Garry will present the night sky, focusing on what we can see during the month right here on the Northeast Avalon. This guided virtual tour of the night sky will teach you to spot and identify a number of constellations, stars, planets, and more.

The session will take place indoors, in our portable StarLab. Please note you will be sitting on cushions on the floor.

Show is for ages 5 and up.

Admission is \$5.00(+tax). Please note this fee does not include our exhibits.

## Everyone Welcome Swim

Date and Time: Sunday, November 24 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 chan

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

## Everyone Welcome Swim

Date and Time: Sunday, November 24 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, November 24 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.

## Tri Sport - Explore

Date and Time: Sunday, November 24 3:30 pm - 5:00 pm

Address: 85 Messenger Drive

Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) - space is limited, if full you can place them on the waitlist

Ages: 9-12

Cost: \$49.50

## Tri Sport - Discovery

Date and Time: Sunday, November 24 3:30 pm - 5:00 pm

Address: 85 Messenger Drive

Three different sports will be played for 30 mins each for 6 weeks.

[Click here to Register](#) -space is limited, please use waitlist if it full,

Ages: 6-8

Cost: \$49.50

## Lane & Leisure

Date and Time: Sunday, November 24 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.

### Leisure Swim

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

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 25, 2024

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## Lane & Leisure

Date and Time: Monday, November 25 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

Date and Time: Monday, November 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: Monday, November 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.

## Leisure Swim

Date and Time: Monday, November 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: Monday, November 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.

## Aquatic Fitness

Date and Time: Monday, November 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.

## Drop In Play

Date and Time: Monday, November 25 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located upstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## **Playgroup (Drop In)**

Date and Time: Monday, November 25 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

## **Adults in Motion**

Date and Time: Monday, November 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.

## **Aquatic Fitness**

Date and Time: Monday, November 25 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, November 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 older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc

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

## **Leisure Swim**

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

## **Adults in Motion**

Date and Time: Monday, November 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.

## **3 Lane & Leisure**

Date and Time: Monday, November 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.

## **Leisure Swim**

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

## **Walk & Wheel - Drop In**

Date and Time: Monday, November 25 11:45 am - 12:45 pm

Address: 85 Messenger Drive

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

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)



## Walk & Wheel - Drop In

Date and Time: Monday, November 25 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost : Free

No registration needed

## Tuesday, November 26, 2024

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### Leisure Swim

Date and Time: Tuesday, November 26 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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

### Lane & Leisure

Date and Time: Tuesday, November 26 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.

ed at the time of check in or call ahead.

## 6 Lane Swim

Date and Time: Tuesday, November 26 7:30 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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

## Leisure Swim

Date and Time: Tuesday, November 26 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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

## Aquatic Fitness

Date and Time: Tuesday, November 26 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, November 26 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, November 26 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## Drop In Play

Date and Time: Tuesday, November 26 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## Bridge Level 1

Date and Time: Tuesday, November 26 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 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.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

## Playgroup (Drop In)

Date and Time: Tuesday, November 26 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## Core Balance

Date and Time: Tuesday, November 26 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, November 26 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 26 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Body Conditioning - Fitness

Date and Time: Tuesday, November 26 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

## Connecting Communities

Date and Time: Tuesday, November 26 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Tea and coffee will be provided.

Cost: Free

## Wednesday, November 27, 2024

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### Leisure Swim

Date and Time: Wednesday, November 27 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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

### 6 Lane Swim

Date and Time: Wednesday, November 27 7:30 am - 8:50 am

Address: 35 Carrick Drive

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc

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

## Lane & Leisure

Date and Time: Wednesday, November 27 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.

### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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, November 27 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, November 27 9:00 am - 9:50 am

Address: 35 Carrick Drive

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

## Leisure Swim

Date and Time: Wednesday, November 27 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Leisure Swim

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

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

## **Aquatic Fitness**

Date and Time: Wednesday, November 27 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## **Lane & Leisure**

Date and Time: Wednesday, November 27 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.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change 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: Wednesday, November 27 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## **Playgroup (Drop In)**

Date and Time: Wednesday, November 27 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

## **Eastern Health - Breastfeeding Support**

Date and Time: Wednesday, November 27 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

## **Breastfeeding Support**

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including partners, grandparents, family members, peers, social media, and health care professionals.

## **Core Balance**

Date and Time: Wednesday, November 27 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.

## **3 Lane & Leisure**

Date and Time: Wednesday, November 27 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### **Lane Swim**

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

### **Leisure Swim**

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## **Walk & Wheel - Drop In**

Date and Time: Wednesday, November 27 11:45 am - 12:45 pm



Address: 85 Messenger Drive

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

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

## Walk & Wheel - Drop In

Date and Time: Wednesday, November 27 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost : Free

No registration needed

## Thursday, November 28, 2024

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### Leisure Swim

Date and Time: Thursday, November 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: Thursday, November 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.

## **Lane & Leisure**

Date and Time: Thursday, November 28 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.

### **Leisure Swim**

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## **Aquatic Fitness**

Date and Time: Thursday, November 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: Thursday, November 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.

## **Leisure Swim**

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Address: 35 Carrick Drive

## Leisure Swim

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## Preschool

Date and Time: Thursday, November 28 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

## Drop In Play

Date and Time: Thursday, November 28 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

## Playgroup (Drop In)

Date and Time: Thursday, November 28 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## Core Balance

Date and Time: Thursday, November 28 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## 6 Lane & Leisure

Date and Time: Thursday, November 28 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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### Leisure Swim

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## Connecting Communities

Date and Time: Thursday, November 28 11:00 am - 12:00 pm

Address: 130 Linegar Ave

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

Tea and coffee will be provided.

Cost: Free

## Body Conditioning - Fitness

Date and Time: Thursday, November 28 11:00 am - 11:50 am

Address: 40 Teakood Drive

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

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

## Mother Goose - KFFRC

Date and Time: Thursday, November 28 1:00 pm - 2:00 pm

Address: Kilbride Community Centre - 34 Fahey Street

The Parent-Child Mother Goose Program is a national program that offers group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of language, using rhymes, songs, fingerplays and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

Cost: Free

This program is offered by Kilbride Ferryland Resource Centre

[Click here for the website - Home | KFFRC](#)

## Friday, November 29, 2024

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### Leisure Swim

Date and Time: Friday, November 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: Friday, November 29 7:30 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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

## Lane & Leisure

Date and Time: Friday, November 29 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

### Lane Swim

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## Aquatic Fitness

Date and Time: Friday, November 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.

## Aquatic Fitness

Date and Time: Friday, November 29 9:00 am - 9:50 am

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## Leisure Swim

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Address: 35 Carrick Drive

### Leisure Swim

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## 6 Lane Swim

Date and Time: Friday, November 29 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.

## Lane & Leisure

Date and Time: Friday, November 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.

### Leisure Swim

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## Adults in Motion

Date and Time: Friday, November 29 10:00 am - 10:50 am

Address: 35 Carrick Drive

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

## Adults in Motion

Date and Time: Friday, November 29 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.

## 3 Lane & Leisure

Date and Time: Friday, November 29 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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

### Leisure Swim

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

## Pop in Tot

Date and Time: Friday, November 29 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, November 29 5:00 pm - 6:00 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](#)

## Lane & Leisure

Date and Time: Friday, November 29 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.

### Leisure Swim

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

## Everyone Welcome Swim

Date and Time: Friday, November 29 6:00 pm - 6:50 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.

## Saturday, November 30, 2024

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### Leisure Swim

Date and Time: Saturday, November 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: Saturday, November 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.

## St. John's Farmers' Market

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

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

## Lane & Leisure

Date and Time: Saturday, November 30 9:00 am - 10:50 am

Address: 40 Mundy Pond

### **Lane Swim**

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

### **Leisure Swim**

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## **Merry Makers Market Series**

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

Address: 10 Maple View Place, St. John's NL

Leading up to the holidays, Quidi Vidi Village Artisan Studios is thrilled to host weekend markets featuring our resident artisans and local guest craftspeople. The cozy atmosphere, beautiful setting, and selection of fine craft creates a magical holiday shopping experience you won't find anywhere else!

With a new group of guest vendors sharing the space with our artisans each weekend, you'll have plenty of reasons to shop local and keep coming back.

Vendor details will be added to our Facebook event and website as they are confirmed!

## **Playgroup (Drop In)**

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

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

## **Lane & Leisure**

Date and Time: Saturday, November 30 11:00 am - 12:50 pm

Address: 40 Mundy Pond

## **Lane Swim**

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

## **Leisure Swim**

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## **Everyone Welcome Swim**

Date and Time: Saturday, November 30 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

## **Everyone Welcome Swim**

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

## **Everyone Welcome Swim**

Date and Time: Saturday, November 30 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

## **Everyone Welcome Swim**

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

## **Everyone Welcome Swim**

Date and Time: Saturday, November 30 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

## **Everyone Welcome Swim**

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

## **Lane & Leisure**

Date and Time: Saturday, November 30 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.

### **Leisure Swim**

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

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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

## **Family Open Gym Drop-in.**

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

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be accompanied by an adult at all times.

Gym will be open for court sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

[Family Open Gym Drop-in](#)

## **Everyone Welcome Swim**

Date and Time: Saturday, November 30 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

ed at the time of check in or call ahead.

### 3 Lane & Leisure

Date and Time: Saturday, November 30 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

#### **Lane Swim**

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

#### **Leisure Swim**

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

<https://calendar.stjohns.ca>