

Sunday, January 19, 2025

6 Lane & Leisure

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

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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

Everyone Welcome Swim

Date and Time: Sunday, January 19 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

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

Everyone Welcome Swim

Date and Time: Sunday, January 19 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.

6 Lane & Leisure

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

Address: 35 Carrick Drive

Lane Swim

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Leisure Swim

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Monday, January 20, 2025

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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

6 Lane Swim

Date and Time: Monday, January 20 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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

Aquatic Fitness

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

Address: 35 Carrick Drive

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

Preschool

Date and Time: Monday, January 20 9:00 am - 12:00 pm

Address: 35 Carrick Drive

Active Preschool is a part time preschool program that focuses on socialization, early educational concepts, physical literacy with a focus on fundamentals, basic movement and skills taught through fun activities. Staff will build on children's interests and abilities and offer age-appropriate activities and learning centre.

Registration is required

To register click here [Preschool Registration](#) or call 576-8499

Space is limited

Ages: 3-5

Cost: \$735.00

Aquatic Fitness

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

Address: 35 Carrick Drive

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

Adults in Motion

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

Address: 35 Carrick Drive

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

Leisure - Social Time

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

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

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

Space is Limited

3 Lane & Leisure

Date and Time: Monday, January 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.

Youth Lunch in

Date and Time: Monday, January 20 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynolds Co

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

Pop in Tot

Date and Time: Monday, January 20 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

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

After School Program

Date and Time: Monday, January 20 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

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

Register for Explore [Here](#)

Or call 576-8631

Aquatic Fitness

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

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle to

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

Leisure Swim

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

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Body Conditioning

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

Address: 35 Carrick Drive

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

Tuesday, January 21, 2025

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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

6 Lane Swim

Date and Time: Tuesday, January 21 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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

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Preschool

Date and Time: Tuesday, January 21 9:00 am - 12:00 pm

Address: 35 Carrick Drive

Active Preschool is a part time preschool program that focuses on socialization, early educational concepts, physical literacy with a focus on fundamentals, basic movement and skills taught through fun activities. Staff will build on children's interests and abilities and offer age-appropriate activities and learning centre.

Registration is required

To register click here [Preschool Registration](#) or call 576-8499

Space is limited

Ages: 3-5

Cost: \$510.00

Core Balance

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

Address: 35 Carrick Drive

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

6 Lane & Leisure

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

Address: 35 Carrick Drive

Lane Swim

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Youth Lunch in

Date and Time: Tuesday, January 21 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

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

Therapeutic Adult Swim

Date and Time: Tuesday, January 21 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and

a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). Standard swim admissions apply.

After School Program

Date and Time: Tuesday, January 21 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

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

Register for Explore [Here](#)

Or call 576-8631

6 Lane & Leisure

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

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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Wednesday, January 22, 2025

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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

6 Lane Swim

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Leisure Swim

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

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Leisure Swim

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Aquatic Fitness

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

Address: 35 Carrick Drive

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

Preschool

Date and Time: Wednesday, January 22 9:00 am - 12:00 pm

Address: 35 Carrick Drive

Active Preschool is a part time preschool program that focuses on socialization, early educational concepts, ph

physical literacy with a focus on fundamentals, basic movement and skills taught through fun activities. Staff will build on children's interests and abilities and offer age-appropriate activities and learning centre.

Registration is required

To register click here [Preschool Registration](#) or call 576-8499

Space is limited

Ages: 3-5

Cost: \$735.00

Bridge Level 2

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

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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

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

Cost: \$165

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

Space is Limited

Adults in Motion

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

Address: 35 Carrick Drive

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

Aquatic Fitness

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

Address: 35 Carrick Drive

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3 Lane & Leisure

Date and Time: Wednesday, January 22 11:00 am - 1:50 pm

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Lane Swim

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Leisure Swim

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Youth Lunch in

Date and Time: Wednesday, January 22 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

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

Pop in Tot

Date and Time: Wednesday, January 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: Wednesday, January 22 2:30 pm - 5:30 pm

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Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

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

Register for Explore [Here](#)

Or call 576-8631

Everyone Welcome Swim

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

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Everyone Welcome Swim

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Thursday, January 23, 2025

Leisure Swim

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

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6 Lane Swim

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Leisure Swim

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

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Leisure Swim

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Preschool

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Registration is required

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Space is limited

Ages: 3-5

Cost: \$510.00

Core Balance

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

Address: 35 Carrick Drive

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

6 Lane & Leisure

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

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Youth Lunch in

Date and Time: Thursday, January 23 12:00 pm - 1:00 pm

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

After School Program

Date and Time: Thursday, January 23 2:30 pm - 5:30 pm

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You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

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Body Conditioning

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

Address: 35 Carrick Drive

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

Friday, January 24, 2025

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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

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6 Lane Swim

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

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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Aquatic Fitness

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

Address: 35 Carrick Drive

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

Preschool

Date and Time: Friday, January 24 9:00 am - 12:00 pm

Address: 35 Carrick Drive

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Registration is required

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Space is limited

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Adults in Motion

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

Address: 35 Carrick Drive

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

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Address: 35 Carrick Drive

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After School Program

Date and Time: Friday, January 24 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

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

Register for Explore [Here](#)

Or call 576-8631

Everyone Welcome Swim

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

Address: 35 Carrick Drive

Everyone Welcome Swim

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

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

Saturday, January 25, 2025

Leisure Swim

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

Address: 35 Carrick Drive

Leisure Swim

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

6 Lane Swim

Date and Time: Saturday, January 25 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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

Everyone Welcome Swim

Date and Time: Saturday, January 25 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

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

Everyone Welcome Swim

Date and Time: Saturday, January 25 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.

3 Lane & Leisure

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

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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

<https://calendar.stjohns.ca>