

Sunday, February 23, 2025

Lane & Leisure

Date and Time: Sunday, February 23 7:00 am - 8:50 am

Address: 40 Mundy Pond

Lane Swim

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

Leisure Swim

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

6 Lane & Leisure

Date and Time: Sunday, February 23 7:00 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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

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Lane & Leisure

Date and Time: Sunday, February 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.

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Lane & Leisure

Date and Time: Sunday, February 23 11:00 am - 12:50 pm

Address: 40 Mundy Pond

Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, February 23 1:00 pm - 1:50 pm

Address: 40 Mundy Pond

Everyone Welcome Swim

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

Everyone Welcome Swim

Date and Time: Sunday, February 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.

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Everyone Welcome Swim

Date and Time: Sunday, February 23 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

Everyone Welcome Swim

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Lane & Leisure

Date and Time: Sunday, February 23 4:00 pm - 4:50 pm

Address: 40 Mundy Pond

Lane Swim

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Leisure Swim

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Everyone Welcome Swim

Date and Time: Sunday, February 23 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

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Lane & Leisure

Date and Time: Sunday, February 23 6:00 pm - 7:20 pm

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Monday, February 24, 2025

Leisure Swim

Date and Time: Monday, February 24 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

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

Lane & Leisure

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Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change 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, February 24 9:00 am - 9:50 am

Address: 40 Mundy Pond

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

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Home Alone Course

Date and Time: Monday, February 24 9:00 am - 4:00 pm

Address: 130 Lingear Ave

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

Bring a lunch.

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

Cost: \$55

Registration is required, space is limited.

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

Leisure Swim

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Rug Hooking - Hook Your Favourite Childhood Fairy Tale

Date and Time: Monday, February 24 9:00 am - 12:00 pm

Address: 40 Mundy Pond Road

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

Tools of the Trade

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

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

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

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

Wide variety of Fabrics

All materials are included.

Register with or without Hook [Here](#)

Space is Limited

Playgroup - KFFRC

Date and Time: Monday, February 24 9:30 am - 11:30 am

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see www.kffrc.com

Cost: Free

Playgroup (Drop in)

Date and Time: Monday, February 24 10:00 am - 10:30 am

Address: 40 Teakwood Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Parents/Guardians must be present at all times

Ages: 0-5

Cost: \$2 per child

Aquatic Fitness

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Adults in Motion

Date and Time: Monday, February 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

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Lane & Leisure

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Leisure - Social Time

Date and Time: Monday, February 24 10:30 am - 12:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

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

Space is Limited

Knitting Circle

Date and Time: Monday, February 24 10:30 am - 12:00 pm

Address: 40 Mundy Pond Road

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

Instructor is not provided for this program.

Cost: \$26

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

Space is Limited - Currently FULL

Tuesday, February 25, 2025

Leisure Swim

Date and Time: Tuesday, February 25 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

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

Lane & Leisure

Date and Time: Tuesday, February 25 7:00 am - 8:50 am

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Preschool

Date and Time: Tuesday, February 25 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

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

Registration is required

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

Space is limited

Ages: 3-5

Cost: \$510.00

Leisure Swim

Date and Time: Tuesday, February 25 9:00 am - 9:50 am

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Playgroup - KFFRC

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

Address: 34 Fahey Street

This program is ran by Kilbirde ferryland Family Resource Centre.

For more information please see www.kffrc.com

Cost: Free

Playgroup (Drop in)

Date and Time: Tuesday, February 25 10:00 am - 11:30 am

Address: 85 Messenger Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Parents/Guardians must be present at all times

Ages:0-5

Cost: \$ 2 per child

Leisure - Bridge Level 1

Date and Time: Tuesday, February 25 10:00 am - 12:30 pm

Address: 85 Messenger Drive

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

Cost: \$165

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

Space is Limited

Lane & Leisure

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Core Balance

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

Address: 35 Carrick Drive

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

6 Lane & Leisure

Date and Time: Tuesday, February 25 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

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Fitness - Body Conditioning

Date and Time: Tuesday, February 25 11:00 am - 11:50 am

Address: 40 Teakwood Drive

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

Cost: \$42

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

Adult Drop in

Date and Time: Tuesday, February 25 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

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

Ages: 18+

Cost: Free

Wednesday, February 26, 2025

Leisure Swim

Date and Time: Wednesday, February 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.

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Aquatic Fitness

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

Address: 40 Mundy Pond

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Bridge Level 2

Date and Time: Wednesday, February 26 10:00 am - 12:00 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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

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

Cost: \$165

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

Space is Limited

Playgroup (Drop in)

Date and Time: Wednesday, February 26 10:00 am - 10:30 am

Address: 40 Teakwood Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Parents/Guardians must be present at all times

Ages: 0-5

Cost: \$2 per child

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

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Leisure - Social Time

Date and Time: Wednesday, February 26 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

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Core Balance

Date and Time: Wednesday, February 26 11:00 am - 11:50 am

Address: 40 Mundy Pond

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

Walk & Wheel

Date and Time: Wednesday, February 26 11:45 am - 12:45 pm

Address: 85 Messenger Drive

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

Drop in

Cost: Free

Thursday, February 27, 2025

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Registration is required

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

Space is limited

Ages: 3-5

Cost: \$510.00

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Ages:0-5

Cost: \$ 2 per child

Preschool Drop in

Date and Time: Thursday, February 27 10:00 am - 11:30 am

Address: 130 Linegar Avenue

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

Ages: 2-4

Cost: \$2 per child

Lane & Leisure

Date and Time: Thursday, February 27 10:00 am - 1:50 pm

Address: 40 Mundy Pond

Lane Swim

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

Leisure Swim

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

Core Balance

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

Address: 35 Carrick Drive

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

6 Lane & Leisure

Date and Time: Thursday, February 27 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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Fitness - Body Conditioning

Date and Time: Thursday, February 27 11:00 am - 11:50 am

Address: 40 Teakwood Drive

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

Cost: \$42

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

Adult Drop in

Date and Time: Thursday, February 27 12:00 pm - 1:00 pm

Address: 130 Linegear Ave

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

Ages: 18+

Cost: Free

Friday, February 28, 2025

Leisure Swim

Date and Time: Friday, February 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: Friday, February 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: Friday, February 28 7:30 am - 8:50 am

Address: 40 Mundy Pond

Lane Swim

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

Leisure Swim

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Aquatic Fitness

Date and Time: Friday, February 28 9:00 am - 9:50 am

Address: 40 Mundy Pond

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

Aquatic Fitness

Date and Time: Friday, February 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.

Leisure Swim

Date and Time: Friday, February 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

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

Adults in Motion

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

Address: 35 Carrick Drive

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

Lane & Leisure

Date and Time: Friday, February 28 10:00 am - 1:50 pm

Address: 40 Mundy Pond

Lane Swim

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

Leisure Swim

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

6 Lane Swim

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

Address: 35 Carrick Drive

Lane Swim

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

Leisure - Social Time

Date and Time: Friday, February 28 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

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

Space is Limited - Currently FULL

3 Lane & Leisure

Date and Time: Friday, February 28 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

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

Leisure Swim

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

Adults in Motion

Date and Time: Friday, February 28 11:00 am - 11:50 am

Address: 40 Mundy Pond

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

Youth Lunch in

Date and Time: Friday, February 28 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

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

Pop in Tot

Date and Time: Friday, February 28 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

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

After School Program

Date and Time: Friday, February 28 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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

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

Space is Limited

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

Register for Explore [Here](#)

Or call 576-8631

Saturday, March 1, 2025

Leisure Swim

Date and Time: Saturday, March 1 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

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

6 Lane Swim

Date and Time: Saturday, March 1 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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

Playgroup (Drop in)

Date and Time: Saturday, March 1 10:00 am - 11:30 am

Address: 85 Messenger Drive

Playgroup is for children who are ages 5 or younger, and their guardian(s). Playgroup provides an opportunity for your young children to be active and socialize, in a safe and welcoming environment.

Parents/Guardians must be present at all times

Ages:0-5

Cost: \$ 2 per child

Everyone Welcome Swim

Date and Time: Saturday, March 1 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

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

Everyone Welcome Swim

Date and Time: Saturday, March 1 3:00 pm - 3:50 pm

Address: 40 Mundy Pond

Everyone Welcome Swim

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

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

Lane & Leisure

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

Address: 40 Mundy Pond

Lane Swim

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

Leisure Swim

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

Everyone Welcome Swim

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

Address: 35 Carrick Drive

Everyone Welcome Swim

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

Everyone Welcome Swim

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

Address: 40 Mundy Pond

Everyone Welcome Swim

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

Family Open Gym Drop in

Date and Time: Saturday, March 1 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

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

Cost: \$2 per person

3 Lane & Leisure

Date and Time: Saturday, March 1 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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<https://calendar.stjohns.ca>