



CITY GUIDE

SPRING 2020

**Spring brings
construction season**

Pages 8-9

ST. JOHN'S

stjohns.ca

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City Guide

Information and stories about the programs and services of the City of St. John's; produced quarterly and distributed via mail to all households in the capital city.

If you do not wish to receive unaddressed mail including the City Guide, put a note on or in your mailbox stating you do not wish to receive Canada Post Neighbourhood Mail™.

If you continue to receive unaddressed advertising after you have placed the note on your mailbox, submit a service ticket at canadapost.ca or call Canada Post Customer Service at 1-866-607-6301.

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It's Awards Season

Nominate a deserving person or group



Volunteer Awards

The City of St. John's values and recognizes the contributions of volunteers.

The Building Healthy Communities Volunteer Award acknowledges residents of any age who contribute to making St. John's a better place to live, work and play.

Award categories: Youth, Community Group and Adult/Senior.



Contact Us

volunteer@stjohns.ca
healthycommunities@stjohns.ca
576-8628

Submit a volunteer nomination by March 27:

stjohns.ca >Living in St. John's >Your City>Volunteer>Volunteer Recognition

Tourism Awards

The City of St. John's Tourism Awards recognize individuals, groups and businesses for outstanding contributions to the tourism industry.

Legend: a pinnacle award for significant contributions to tourism enhancement

Event of the Year: exemplifies the spirit of, and generates tourism visitation to, St. John's

Sport Tourism: significant contribution to tourism through a sporting event

Signal: significant contribution to the cruise ship industry

Discovery: new or innovative tourism-related product, service or activity

The City honours the very best in our tourism industry at an annual award ceremony in May.

Deadline to submit a nomination:
Thursday, April 2, 2020

Find the nomination form at:
stjohns.ca
>Living in St. John's
>Forms and Applications
>Tourism



Each year local art is purchased and given to Tourism Award winners. In 2019 the awards (above) were produced by artist Alexis Templeton.

New Fraud Policy Aims to Protect City



Fraud - a deliberate act to obtain property, money, security or any service from the City by means of deceit or falsehood.

This year Council approved a new Fraud Policy which is intended to safeguard the City's assets, funds and information from fraudulent activity.

Fraud includes a number of deliberate acts, from falsifying records or documents to unauthorized use of City resources, failing to declare a conflict of interest, theft or misappropriation of City funds or property, and collusion with vendors.

"This policy was developed after a lot of research, including reviewing best practices in managing and investigating fraud from across the country," explains Sean Janes, the City's Internal Auditor, who has responsibility for receiving allegations of fraud and for leading any investigations that come up. "We believe the new policy provides the greatest protections for the City and for the individuals involved in a fraud allegation."

Any member of the public or employee of the City of St. John's can allege fraud if they have reasonable grounds to believe that fraud has occurred. And the policy applies to all employees and members of Council.

All allegations received will be investigated using best practice approaches.

Confidentiality is key in investigating fraud, but the City will inform the public annually about investigations that have occurred. "There will be a publicly available report to the Audit Committee once a year that will briefly summarize the results of any investigations and any action taken by the City in response," explains Sean. "Any communication of fraud investigations must comply with the City's obligation to protect the privacy of its employees and to comply with all provisions of the Access to Information and Protection of Privacy Act. Therefore, the names of individuals alleging fraud and the names of individuals alleged to have committed fraud will be kept strictly confidential."



If you believe you have information about fraudulent activity at the City of St. John's, please report it.

Call the Fraud Line **576-6978**

Email: **reportfraud@stjohns.ca**

Mail your information to:
Office of the City Internal Auditor
Fraud Hotline
P.O. Box 908
St. John's, NL
A1C 5M2

REPORT FRAUD



576-6978



reportfraud@stjohns.ca



ST. JOHN'S

Roads & Traffic



Downtown Street Cleaning

Street cleaning removes dirt and debris from streets, reduces the amount of debris going into storm sewers and prevents damage to infrastructure.

**Scheduled street cleaning occurs from
Tuesday, April 21 to Thursday, September 24, 2020**

The downtown street cleaning schedule is pre-determined for the entire season. Streets may not be cleaned on their scheduled date(s) due to parked cars, extreme weather or mechanical breakdowns. If your street is not cleaned on a scheduled date, we will clean it on the next scheduled date.



Find out when your street will be cleaned:



map.stjohns.ca/ StreetClean

Find out what streets are scheduled for cleaning each night. All streets are listed and shown on a map. The colours indicate if it's both sides of your street or just one (odd or even house numbers).



Searchable street list

Search by address or date so you know where and when not to park in an area. Find the list at stjohns.ca>Quick Links> Street Cleaning



Subscribe to our e-update

Receive an email, including a map, on the day your street is scheduled for cleaning at stjohns.ca> Quick Links> e-updates



Not online?

Call Access St. John's at 311 or 709-754-CITY (2489) to get your street cleaning dates or request a paper copy.

Roads & Traffic



Winter Parking Restrictions

No Parking-Snow Route

Dec. 1 to March 31.

Parking is prohibited 24 hours a day on streets designated as Snow Routes. These streets are located throughout the city, not only downtown, and are clearly marked with permanent signs on utility poles.

These restrictions are necessary so that ice control and snow clearing equipment can safely service the streets.

Enforcement is continuous for 24 hours a day from Dec. 1 to March 31 regardless of snow or street conditions.

Outside the Downtown and Business District

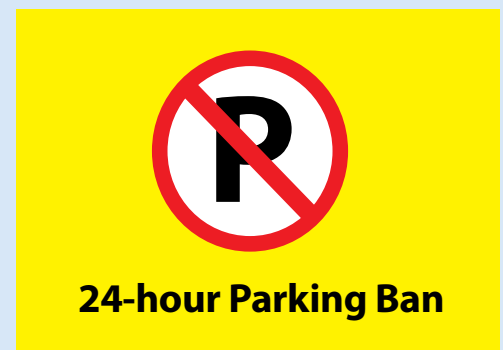
24-hour Parking Ban to Stay for Winter

The 24-hour parking ban outside of the Downtown and Business District area, imposed during the State of Emergency, will remain in effect for the remainder of the winter season.

Given the volume of snow in the City this year, it is challenging for crews to clear streets following weather if vehicles are parked on the side of streets. When cars are parked on the side of the road, crews are unable to push back the snow effectively and portions of the street are missed. This narrows the roadway and impedes two-way traffic.

Vehicles parked on streets in contravention of the 24-hour Parking Ban may be towed or ticketed.

If weather conditions improve, the City will re-evaluate the need for the 24-hour Parking Ban and communicate any changes via Public Service Announcement and the City's website and social media accounts.



Business District

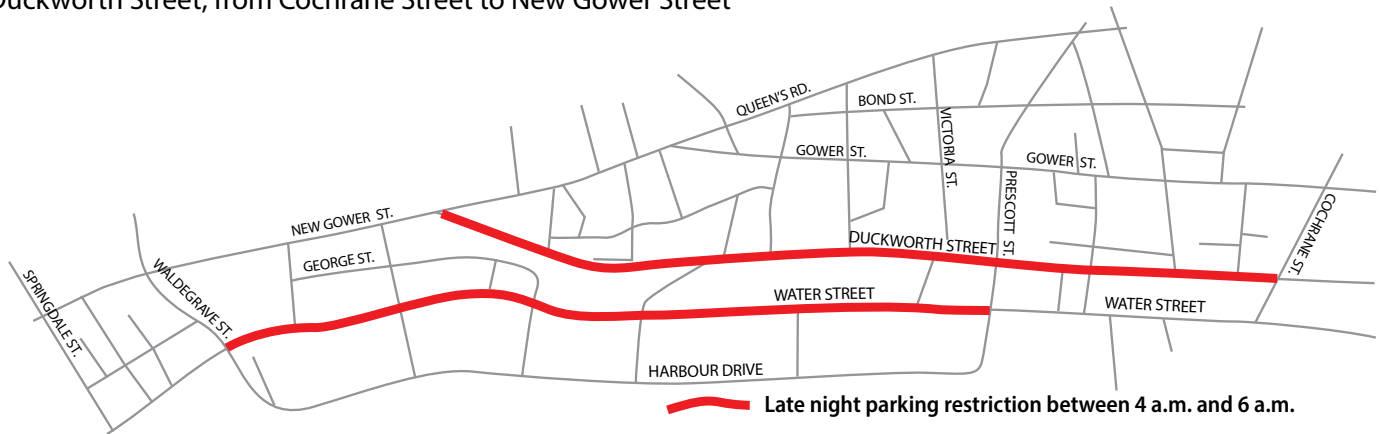
Implemented early: December 25, 2019

Lifted: when safe to do so; usually early April

The Business District winter parking restriction is lifted when conditions are favourable; this often occurs in early April but primarily depends on the amount of snow remaining and if it impedes the safe flow of traffic.

While the ban is in place, vehicles are not permitted to park in the early morning between 4 and 6 a.m. on:

- Water Street, from Prescott Street to Waldegrave Street
- Duckworth Street, from Cochrane Street to New Gower Street



Downtown

As scheduled, dependent on snow.

On-street parking in the Downtown is restricted throughout the winter on streets which are scheduled for snow removal operations.



Learn more at:
stjohns.ca/snow

To learn if a Downtown street is scheduled for overnight snow removal:

- Sign up to receive an email by 3 p.m. each day, at stjohns.ca/st-johns-e-updates
- Check map.stjohns.ca/snow
- Call 576-SNOW (7669) or 311
- Check for signs placed in snowbanks and at the ends of the street where we'll be removing snow

Alternate parking options include:

- City Hall parking garage, 8 New Gower Street, free to the public 6 p.m. to 8 a.m. and on weekends
- Privately owned parking garages at 351 Water Street and 330 Duckworth Street, parking by fee



A ticket can be issued to vehicles parked on the streets scheduled for snow removal between 12:30 and 7:30 a.m. on the date indicated. Any vehicle impeding snow removal may be impounded at the owner's expense.

For details on vehicle impound fees and payment, visit the Downtown Removals webpage via stjohns.ca/snow

Infrastructure Upgrades

Upgrading underground infrastructure provides the City an opportunity for above ground improvements

Kenmount Road

The City is upgrading the aging Kenmount Road trunk storm sewer infrastructure and providing additional capacity to accommodate climate change.

Multiple pre-existing storm pipes require replacement. Some of the new sections of storm pipe are between 1800 mm and 2100 mm in diameter. In some sections, this is more than a 300% increase in the size of the new pipe.



Replacing underground infrastructure increases the capacity of the storm sewer to handle heavy rain and decrease the likelihood of flooding for residents and businesses during large rainfall events.

Phased Approach

Due to the scope of work and funding agreements with other levels of government, a project of this size

cannot be completed in one season.

The first phase of work completed on Kenmount Road in 2018 involved major underground infrastructure improvements.

To complete the underground work the road has to be dug up. This is being done in sections so that traffic flows on Kenmount Road, albeit a little slower, while the work is

taking place.

As the road had to be disrupted to install the new storm sewer line, and given that the Avalon Mall nearby was embarking on their own renovations both to the mall and its parking lot areas, the time was right to make further traffic flow improvements there.

During this project the City also re-aligned the intersection of Kenmount Road, Polina

Road and the Avalon Mall entrance, which allowed for better access to Kenmount Road.

In 2019 work continued from the new Avalon Mall entrance to Peet Street.

The City will return to the area in spring 2020 to continue the project in the section of Kenmount Road from Peet Street to Pippy Place.



Water Street

The City is approximately half way through a five-year construction project to rehabilitate water and sewer infrastructure on Water Street.

The project began in 2018 at the intersections of Queen Street and Bishop's Cove, and continued in 2019 between Bishop's Cove and Ayre's Cove.

Beginning April 2020 the section from Ayre's Cove to Clifts-Bairds Cove will be completed.

The overall scope of work involves replacement and rehabilitation of the 100 year-old water mains and sewer lines as well as providing sewer separation between Waldegrave Street and Prescott Street.

The majority of the water and sewer infrastructure on Water Street will

be rehabilitated using trenchless technologies as a way to mitigate impact on the downtown business community.

While much of the work can be completed using trenchless technology, traditional open excavation will also be required in places.

As the underground improvements are completed each year, the street intersections are upgraded to include accessible pedestrian signals at crosswalks and sidewalk bump outs that provide shorter pedestrian crossings at the intersections.

A Water Street Stakeholder Committee, including organizational representatives from all business sectors in the downtown, have been actively engaged in planning, providing advice and guidance throughout the project.

Support Local Business

Please support local business. As with all construction projects, the City will make every effort to maintain access to businesses.

Thank you to the public and the business community for your patience and understanding while we complete this necessary work to upgrade our infrastructure

Pedestrian improvements

Completing underground improvements gave the City the opportunity to improve surface infrastructure such as traffic signals, sidewalks, and intersection curb bumpouts. These features add to pedestrian safety through improved visibility and slowing vehicles approaching intersections.



Snowmageddon

Beginning Friday, Jan. 17 and continuing into Saturday, Jan. 18, 2020 St. John's experienced a 'weather bomb' that resulted in 78 cm of snow and wind gusts reaching 134 km/hr.

At 11 a.m. Friday, Jan. 17 Mayor Danny Breen called a State of Emergency ordering all businesses and facilities to close and all vehicles, except emergency and snow clearing vehicles, off city streets.

This snowfall, combined with previous snowfalls since the beginning of the winter season, left St. John's with over 250 cm of snow accumulation.

To clear and remove snow from streets and sidewalks there were 20 snow blowers, and more than 100 trucks and plows operating 24/7 in multiple areas throughout St. John's. This included resources from other municipalities and the provincial Department of Transportation and Works.

All snow clearing and removal crews were working as fast as they could, given the large volume of snow on the 1,400 lane kilometers of streets in the City of St. John's.

Members of the military, including local reservists, were deployed to help vulnerable residents who were unable to shovel a safe and clear access to their homes. The arrival of the military support provided assistance and much relief to residents during a very difficult and stressful time.

The State of Emergency was in effect for eight days and was lifted at 7 a.m. Saturday, Jan. 25, 2020.



Storm facts

St. John's, NL	Jan. 17-18, 2020
Snowfall	78 cm
Top wind speed	134 km/h
Average Snowfall January	87.62 cm

Source: Environment Canada

Photos courtesy of:
 Michael Winsor Fine Art Photography
 Canadian Armed Forces
 City of St. John's



Waste & Recycling



Metal and Bulk Garbage

Curbside Collection

Book an Appointment

- You must have an appointment made for items to be collected
- Go to curbitstjohns.ca > schedules
- Via the app St. John's Waste and Recycling
- Call Access St. John's at 311 or 754-CITY (2489)

Preparing for Pick-up

- When it's your scheduled pick-up date, place bulk items separate from metal items at the curb
- Small, loose items are not accepted; bundle or package them together
- Have your pick-up in place by 8 a.m. on the morning of your collection day but please do not place items at the curb earlier than 3 p.m. the day before your scheduled collection



REMEMBER: Bulk and metal waste can be brought to the Robin Hood Bay Waste Management Facility at 340 East White Hills Road year-round from 8 a.m. to 4 p.m. on Tuesdays to Saturdays, except when closed for statutory holidays.

Pick Up Schedule

- Area 1: May 11-15
- Area 2: May 19-23
- Area 3: May 25-29
- Area 4: June 1-5
- Area 5: June 8-12



Size Restrictions

- 1.5m x 1.5m x 2.15m (5ft x 5ft x 7ft)
- Must weigh less than 68 kgs (150 lbs)
- Does not fit in the automated waste carts

Accepted

- Large appliances
- Furniture
- Mattresses
- Rolled rugs



NOT Accepted

- Curbside recyclables
- Leaf and yard waste
- Electronic waste
- Boxes or containers filled with garbage
- Hazardous waste, e.g.: propane tanks, batteries, paint
- Liquid wastes, e.g.: engine oil, auto fluids
- Construction/renovation materials, e.g.: doors, windows, fiberglass tubs, fencing, lumber, shingles, flooring



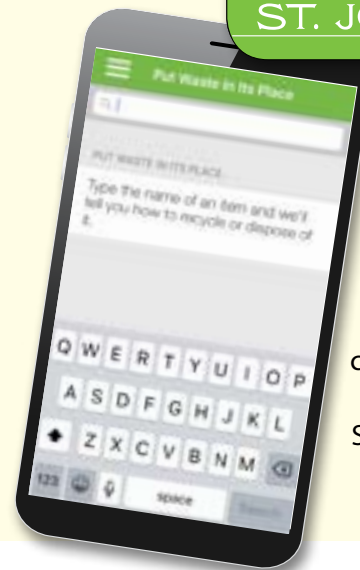
Put Waste in its Place

It's likely you handle waste each day. Waste is merely something you don't want anymore; whether it's an empty pop can, a 'too tight' t-shirt, or a broken lawn chair.

Have you ever had something you didn't need or want anymore and wondered "Is this recyclable? Would someone else have use for this? Is it safe to put this in the garbage? or Am I allowed/able to put this in my garbage cart?" If these questions sound familiar, we have great news – we have a lookup for that, on both our app and website!

Using Put Waste in its Place is easy. Simply type the name of the unwanted item in the search bar, and once you hit enter look at the options available for disposal.

If your item isn't listed, with one more click you can suggest we add it to the database. Our staff will receive your suggestion and if it's appropriate we'll add it to the lookup so everyone will benefit.



Use the
lookup at:
curbitstjohns.ca
or app
St. John's Waste
and Recycling

Safety First

We know some items are disposed of improperly. Disposing of waste incorrectly can be dangerous for our collectors and disposal staff.

Batteries

Putting batteries in the garbage may cause fires at the landfill. Properly dispose of your batteries at the Household Hazardous Waste Depot (HHW) at Robin Hood Bay (RHB), open Wednesdays and Saturdays from 8 a.m. to 4 p.m.

Tip:

Collect your old/dead batteries in a container (ie. glass pickle jar, salt beef bucket) and when it's full or you're going by RHB on a Wednesday or Saturday, drop it off at the HHW Depot.

Fireworks

Unused or dud fireworks are to be returned to the vendor that you purchased them from; they have access to properly dispose of fireworks.

Electronics/e-waste

Electronics contain various toxic and hazardous chemicals and materials that if not properly disposed, are released into the environment. However, electronics also contain valuable metals, plastics and glass that can be recycled and used to manufacture new products.

An e-waste bin is located at the RHB Residential Drop Off, open 8 a.m. to 4 p.m. Tuesdays to Saturdays. Alternate locations in St. John's for electronic waste recycling are Evergreen Recycling Depots, Staples and Best Buy.



Broken glass

Put broken glass in a sturdy container such as a milk carton or cardboard box, tape/bind it shut so the glass cannot escape and put that container in the garbage.

While most residences in St. John's are using the City's automated garbage carts (where our collection staff do not directly handle or touch the garbage bags inside) – some areas, including downtown, are not suitable for the carts. In those areas garbage bags are put at the curb and our collectors pick them up by hand to throw them in the truck. We have had waste collectors seriously injured because broken glass was put directly in garbage bags without first containing or securing the sharp edges.

A

Area 1A to 5A, 2020

Curbside Collection

Learn your area at curbitstjohns.ca or call 311 or 754-CITY (2489).

New in 2020: After a storm or holiday, cancelled collections will take place the next day, making for a 'double day'. No other collection areas are affected.

Waste must be at the curb between 6 and 8 a.m. on your collection day only. Garbage must be completely covered from April 1 to November 30.

From May 4 to December 4 yard waste must be in paper yard waste bags and at the curb on your recycling day.

Garbage carts must be placed properly to ensure collection.

Area	Normal Garbage Day	Garbage/ Recycling	Garbage/Yard Waste/Recycling
1A	Monday		
2A	Tuesday		
3A	Wednesday		
4A	Thursday		
5A	Friday		
Holiday	H	H	H

January						
M	T	W	T	F	S	
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28 H	29	30	31			

B Area 1B to 5B, 2020

Curbside Collection

Learn your area at curbitstjohns.ca or call 311 or 754-CITY (2489).

New in 2020: After a storm or holiday, cancelled collections will take place the next day, making for a 'double day'. No other collection areas are affected.

Waste must be at the curb between 6 and 8 a.m. on your collection day only. Garbage must be completely covered from April 1 to November 30.

From May 11 to November 27 yard waste must be in paper yard waste bags and at the curb on your recycling day.

Garbage carts must be placed properly to ensure collection.

Area	Normal Garbage Day	Garbage/ Recycling	Garbage/Yard Waste/Recycling
1B	Monday		
2B	Tuesday		
3B	Wednesday		
4B	Thursday		
5B	Friday		
Holiday	H	H	H

January						
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February						
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March						
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September						
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October						
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November						
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December						
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7	8	9	10	11	12	
14	15	16	17	18	19	
21	22	23	24	25 H	26 H	
28 H	29	30	31			

Garbage Covering

For residents who do not have an automated garbage collection cart, bags of garbage at the curb must be completely covered from April 1 to November 30 each year.

Covering garbage at the curb helps prevent seagulls, crows and dogs from accessing and tearing apart the bags and spreading garbage in your neighbourhood.

Blue bags of recycling do not need to be covered. However, on windy days covering recycling bags may prevent the light bags from blowing around.

Garbage must be placed at the curb between 6 and 8 a.m. on the day of your collection. Placing garbage at the curb the day or night before your collection increases the chance of the bags being torn open, creating litter.

Garbage covers must be brought in from the curb at the end of your collection day.

Backyard Composting

Using compost is the best way to fertilize your garden and lawn to promote the growth of healthy plants and grass.

The City and MUN Botanical Garden offer residents free drop-in compost information sessions to learn more tips on how to make composting better and easier for you. After sessions, compost bins are available for purchase (cash only), costs are subsidized (\$50 & \$75 bins) thanks to a partnership with the MMSB.

Learn dates of compost information sessions at curbitstjohns.ca



Acceptable covers and bins

City-issued automated garbage cart
Net; maximum mesh size 2.5 cm by 2.5 cm (1 inch x 1 inch)
Blanket
Plastic bin*
Metal can*

*Tie lid/cover to the container

Unacceptable covers

Garbage bags must be completely covered.

Tarps are not acceptable as they can blow away and litter your neighbourhood or interfere with traffic.

Fixed boxes attract rodents, interfere with snow clearing, and are not allowed at the curb in St. John's.



Make compost by layering brown and green materials

Greens (fresh & moist)

Fruit & vegetable scraps
Coffee grounds & tea bags
Egg shells
Plant cuttings
Fresh cut grass

Browns (dry & fibrous)

Dry leaves
Dry grass
Shredded paper
Torn up cardboard

NEVER add

Animal products
Chemicals
Weeds & invasive plants

Mulching

There's no need to rake leaves or grass clippings: just mulch them with your mower. It's easy – just mow and go, and spend the extra time doing the things you enjoy!

Tips for mulching

- Use a sharp blade
- Keep your mower height at 6.5 centimetres (2.5 inches)
- Cut only one third of the grass blade at a time
- Cut your lawn often - once or twice a week depending on the growth
- Mow grass when it's dry to prevent the grass clippings from clumping together
- Any mower should be able to be used. If you'd like, you can purchase a mulching blade retrofit kit at any hardware store



Yard Waste

Beginning in May and continuing until the end of November, all yard waste placed at the curb for collection must be in paper yard waste bags.

We'll collect your paper yard waste bags at the curb every second week, on the same day as your recycling.

You can also bring your paper yard waste bags to the Residential Drop Off (RDO) at Robin Hood Bay, all year round. The RDO is open every week Tuesday to Saturday, 8 a.m. to 4 p.m.



A SUSTAINABLE CITY

DID YOU KNOW?

Since 2018, our curbside yard waste collection has diverted **2,500 tonnes** from the landfill!



Composted on-site at Robin Hood Bay

What goes in paper yard waste bags?

Leaves and Grass clippings

Plants and trimmings

Sod and soil

Branches less than 2.5 centimetres (1 inch) in diameter



Bags will be left at the curb if:

They weigh more than 22.5 kilograms (50 pounds)

Yard waste is in plastic bags

Rocks are included

Large branches greater than 2.5 centimetres (1 inch) diameter are included

Recreation



Spring Registration

	St. John's residents	Residents of other municipalities
Easter Day Camps, Adult and Seniors Programs	7 a.m., Thursday, March 5	7 a.m., Tuesday, March 10
Spring Swimming, Preschool and After School (2020-21)	7 a.m., Thursday, April 9	7 a.m., Tuesday, April 14
SAVE THE DATE Summer Programs	7 a.m., Thursday, May 7	7 a.m., Tuesday, May 12

Registration Options



Online: **stjohns.ca**, under Quick Links choose 'RECconnect'



In person:

- H.G.R. Mews Community Centre, 40 Mundy Pond Road
- Paul Reynolds Community Centre, 35 Carrick Drive



The City, at its discretion, may cancel programs based on registration and/or instructor availability.



Open or update your RECconnect account before registration day.
Call 576-8499 or 576-8631, drop by or at stjohns.ca > Quick Links > RECconnect.

Wish List

Add the courses you want to your wish list for quick access on registration day.

Course codes

For easy access to the courses you want, use the five-digit course code when adding to your wish list or registering.

Waitlists

Our waitlist is not prioritized. If a spot becomes available, all on the waitlist are contacted by email and the spot is filled on a first come, first served basis.

Application deadlines for Inclusion Support:

Program	Deadline
Easter Camp	NEW February 1
After School Programs	NEW March 1
Summer Programs	March 17

Rent a Facility

City facilities can be booked for a variety of functions including baby or bridal showers, family gatherings, community/corporate events or sports activities.

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	• Gym • Kitchen • Multi-Purpose room
Paul Reynolds Community Centre 35 Carrick Drive 576-8631	• Gym • Multi-Purpose room
Kenmount Terrace Community Centre 85 Messenger Drive 576-6112	• Gym • Kitchen • Multi-Purpose Room • Meeting Room
Southlands Community Centre 40 Teakwood Drive 364-5129	• Multi-Purpose room • Kitchen • Meeting room
Shea Heights Community Centre 130 Linegar Avenue 576-1023	• Multi-Purpose room • Kitchen
Kilbride Lions Community Centre 34 Fahey Street 368-0250	• Multi-Purpose room • Kitchen
Cabot 500 Theatre Bowring Park recreation@stjohns.ca	• Outdoor theatre accommodates 750
Rotary 'Sunshine' Park Chalet Thorburn Road recreation@stjohns.ca	• 24 bunk beds • Kitchen • Outdoor barbeque
Foran/Greene Room City Hall civicfunctions@stjohns.ca	• Up to 325 people, depending on seating arrangement • Kitchen



For details on programs and services visit: stjohns.ca

- > Living in St. John's
- > Recreation and Parks
- > Community Programs



Birthday Parties

Swimming and Gym parties

- H.G.R. Mews Centre
- Paul Reynolds Centre

Costs range from \$140 to \$260.
Call 576-8499 or 576-8631.

Gym parties

- Kenmount Terrace Centre
- Shea Heights Centre
- Southlands Centre
- Kilbride Centre

Contact the centres for fees and availability.



Racquetball Courts

HGR Mews Community Centre

Book a 40 minute session by calling 576-8499.

Equipment rentals \$3, with a deposit of \$20 or photo ID.

Cost per person

Drop-in	\$4
5 game pass	\$17.50
10 game pass	\$30

Giving the Gift of Play

The recent holiday 'Gift of Play' giving campaign received \$3514.52 in donations for the REAL Program – a sincere and big thank you to all who contributed.

The REAL Program is privileged to give children and youth the opportunity to participate in sport, art and music programs of their choice. This involvement has a significant positive impact on the kids enrolled in the programs, and also for their guardians and families as a whole.

Without REAL these young people, primarily due to financial difficulties, would not be able to take part in extra-curricular activities.

The City of St. John's supports REAL by providing staff to administer the program, ensuring 100% of all donations go directly toward securing program spaces. It is monetary and in-kind donations by individuals, businesses, community groups and organizations that provide all the placements offered.

It costs, on average, \$100 to place a child/youth in a recreation or leisure program for one season. Donations made through the Gift of Play mean 35 children will take part in a program that wouldn't have been possible without the financial support given by the community.

Donations to REAL are accepted and appreciated at any time of the year. There are several ways to make a donation and become a REAL supporter:



Learn more
www.stjohns.ca
>Living in St. John's
>Recreation and Parks
>REAL Program



During the 201st Royal St. John's Regatta the beer tent was operated, for the first time ever, by the NL Craft Brewers Association. The REAL Program was delighted to receive a donation of \$2520.21 from this, which provided 25 placements.



Lester's Farm Market donated \$14,837.16 to REAL from proceeds of the 18th annual Pumpkinfest. This donation provides 150 local children and youth with recreation and leisure opportunities.



Contact REAL

Call: 576-8684 or 4556
Email: real@stjohns.ca
Online: stjohns.ca/real
In person: H.G.R. Mews Community Centre
Paul Reynolds Community Centre
Access St. John's, City Hall

Summer program application deadline:
Friday, April 17, 2020

Inclusive Services



For details visit: stjohns.ca

- > Living in St. John's
- > Recreation and Parks
- > Inclusive Services

Do you require support to participate in City of St. John's recreation and leisure programs? To learn more about how we can help, or any of the programs and services listed here, contact Inclusive Services staff.

For more information or for Inclusion Support Applications:

Online: stjohns.ca > Living in St. John's > Forms and Applications > Recreation

Email: inclusion@stjohns.ca

Call: 576-4450

Visit the Paul Reynolds or HGR Mews Community Centres

For Inclusion support application deadlines, see page 18

Together In Movement and Exercise (TIME™)

A community-based exercise program for people with balance and mobility limitations who can walk 10 metres with or without an aide. Registration is on referral from a physician, physiotherapist, registered nurse or nurse practitioner.

Adaptive Equipment Loan Program

We have equipment that can assist people with disabilities to participate in recreation and leisure activities. Contact us to borrow our equipment – free of charge!

Fit Finders

Offered winter, spring and fall to groups who encounter ability related barriers. Participants are given the opportunity to experience recreation and leisure activities within a safe, supportive environment, with dedicated and experienced recreation staff.

Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events, may apply for an attendant pass.

Financial Support

Financial support is available for individuals facing financial barriers to participate in City of St. John's, Recreation Division activities. Request for children/youth are referred to the REAL program, see page 20.





Drop-in Swimming

H.G.R. Mews Community Centre, 40 Mundy Pond Road
Paul Reynolds Community Centre, 35 Carrick Drive

- 25 metre pool
- 1 metre diving board
- co-ed steam room and dry sauna (Mews)
- 2 water slides, leisure pool & play area (PRCC)
- wheelchair accessibility and pool lift
- viewing area

Wristbands must be worn by everyone in the pool and can be purchased at the front desk.

As pool schedules often change for drop-in swims, we are no longer printing them in this guide.

For up-to-date swim schedules:

- Call the Swim and Fitness Line: 576-8408 (Mews) or 576-8155 (PRCC)
- Online stjohns.ca > Quick Links > Swim Schedules
- Email recreation@stjohns.ca
- Visit our recreation facilities

Age	Drop-in	10 pass	20 pass	30 pass
2 years and under	Free	n/a		
Youth 3-18 & Senior 65+	\$3	\$27.50	\$50	\$67.50
Adult 19+	\$4	\$37.50	\$70	\$97.50
Family	\$3 adults, \$2 children			
Steam/Sauna (Mews only)	\$3	n/a		

Pool closure

The pool at the H.G.R. Mews Community Centre is closed for regular maintenance Sunday, April 5 to Saturday, April 25

Lane Swim

Choose the appropriate lane – slow, medium, or fast – based on ability. Children under 8 must be supervised by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Recreation space may or may not be available depending on the number of lanes in use.

Everyone Welcome Swim

Enjoy a fun-filled aquatic environment! Open to all ages. Children under 8 must be supervised by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Toys and diving board available. Splash pad and slides available at PRCC.

Leisure Swim

Only at PRCC. An ideal time for all ages to play or relax in the leisure pool! Open to all ages. Children under 8 must be supervised by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Toys, splash pad and slides available.



Swim Lessons



Swim levels and lessons follow the Canadian Red Cross Swim Program model and run at both the H.G. R. Mews and Paul Reynolds Community Centres from April 26 to June 20.



For details visit: stjohns.ca

- > Living in St. John's
- > Recreation and Parks
- > Swimming

Starfish / Duck / Sea Turtle

Parent & Tot (6-36 months)
Maximum 1 child to 1 adult
1 lesson per week, 50 minutes
\$36 for 8 lessons, \$31.50 for 7 (holiday)

Swim Preschool / Kids / Teens

1 lesson per week, 45 minutes
\$52 for 8 lessons, \$45.50 for 7 (holiday)

Adult Lessons

Basic to stroke development level
1 lesson per week, 50 minutes
\$60 for 8 lessons, \$52.50 for 7 (holiday)

Red Cross Swim – Adapted

An aide may be required to support the swimmer in the water. Swimmer intake form a requirement, contact inclusion@stjohns.ca or 576-4450.

1 lesson per week, 45 minutes
\$104 for 8 lessons, \$91 for 7 (holiday)

Private swimming lessons

Private or semi-private, 25 minute lesson
Semi-private requires participants within two levels of each other.
\$80 for 4 lessons, \$60 for 3 (holiday)

Set 1: Apr 26-May 23

Set 2: May 24-Jun 20



Opening the right door can change your life

The City's **Non Profit Housing** Division has well maintained one to four bedroom units available to rent for those on a tight budget. **A great home may be just a call away.**



Access St. John's



576-8196



housing@stjohns.ca



stjohns.ca

ST. JOHN'S

It's Never Too Late to Get Your Feet Wet

Mother recounts overcoming her fear and learns it's never too late to learn to swim

By Janine Woodrow

Growing up, I avoided pools and wearing a bathing suit. I skipped school swim trips, birthday parties and would never go past my knees at the beach. I eventually took a few lessons at the age of 9 but that didn't last long.

As a young adult, I visited Hawaii and watched everyone swim at the beach while I sat on the sidelines.

In my 20s, I participated in aqua fitness classes and eventually became an instructor. I loved how it was inclusive to all ages, body types and athletic abilities. I grew comfortable enough to get in the deep with a floatation belt in the deep end which was huge for me. However, not wearing it was unimaginable.

I became a parent and my son slipped in the tub and went under the water. The panic I felt made me realize we both needed to take swim lessons.

I posted on social media that I was going to learn and a mom with a similar fear committed to joining with me.

For the first five lessons I was physically ill before every class. It took everything in us both to drive to the Mews Centre. We were extremely nervous and would convince each other to go each week.

At the first class the instructors helped us put our faces in the water and blow bubbles. I felt self-conscious, nervous, silly and unsure but I reminded myself of how badly I wanted this.

We were taught front and back floats which took me 3 weeks, and I practiced a lot outside of class. We were eventually divided into smaller groups based on our skill level and goals. Matt was my instructor. He was young and we were full of questions and he met them head on.

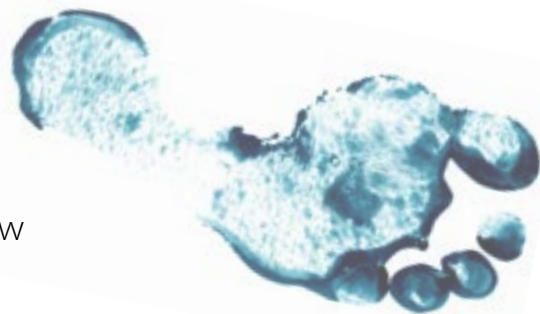
I had my eye on the deep end. My friend was a fast learner and I wanted to keep up with her.

I learned quickly how to tread water. Matt talked me through my fears and I continued to put in extra practice.

Jumping in the deep end was my next goal. Going under water seemed impossible and my classmates felt the same. Matt answered our questions. My friend and I sat on the edge of the deep end and after a few lessons we both jumped. She jumped first and then I wanted it more.

"For the first five lessons I was physically ill before every class."

- Janine Woodrow



I went back after class (to prove to myself I could do it again) and jumped 20 more times. I then started jumping off the diving board. I brought my family and friends to watch me jump off the diving board. They were amused and proud of this 40-year-old woman!

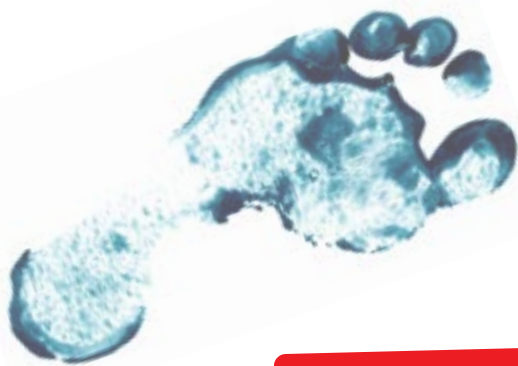
My friend and I signed up for the next level and Matt volunteered to teach us again. We wanted to learn front crawl and to dive. Matt had us climbing down a pole to the bottom of the deep end. I was soon jumping off the diving board and swimming the length of the pool.

I have since recorded 110,000 meters of lane swimming. I have joined swim groups and swim daily.

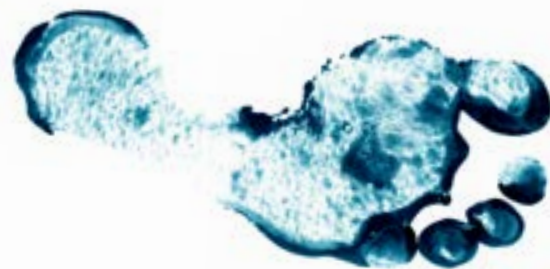
I would love to do a triathlon some day and I have Matt to thank for getting me here. I will be forever grateful to him for helping me overcome my fear. His patience, professionalism and knowledge were top notch and it changed my perspective on what is possible.



Janine Woodrow and swim instructor Matt LeRoux at the H.G.R. Mews Community Centre. Janine overcame her fear and learned to swim with a friend.



Learn Matt's experience
teaching Janine to swim at
youtube.com/CityofStJohns





Drop-in Fitness

Dryland & aquatic fitness is for ages 16+. Wristbands must be worn by everyone in drop-in fitness sessions; receive your wristband from the front desk staff.

Age	Drop-in	10 pass	20 pass	30 pass
Youth 3-18 & Senior 65+	\$4	\$35	\$60	\$75
Adult 19+	\$5	\$45	\$80	\$105

For up-to-date schedules:

- Call the Swim and Fitness Line: 576-8408 (Mews) or 576-8155 (PRCC)
- Online stjohns.ca > Living in St. John's > Recreation and Parks > Fitness
- Email recreation@stjohns.ca
- Visit our recreation facilities

Deep Water Fitness

Held in the deep end of the pool this no impact workout is designed to improve joint movement, muscular strength and endurance. Floatation belts may be used if desired.

Shallow Water Fitness

A low impact but high intensity water aerobics class designed to improve cardiovascular endurance, flexibility and muscle tone.

Core Balance

Strengthen the core and lower back using body and hand weights. A well-rounded workout for all levels.

Body Bars and Dumbbells

A total conditioning class designed to challenge major muscles groups using body bars and dumbbells.

Adults in Motion

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.

Cardio Pump

Use dumbbells, body bars, skipping ropes, balance balls, bands, steps and more for a challenging workout for all fitness levels.

Dance Fit

A fun fitness class that fuses hypnotic dance rhythms and easy-to-follow moves to create a great workout in a party-like atmosphere.

Work It Circuit

A total body workout using basic fitness equipment to improve endurance, strength and cardiovascular fitness.

Fitness (16+) for Registration

Course	Code	Day	Dates	Time	Location	Cost
Beginner Yoga	15722	M	Apr 20-Jun 15	6:45-8pm	PRCC	\$80
Beginner Yoga	15723	Th	Apr 23-Jun 25	10:45am-noon	PRCC	\$100
Intermediate Yoga	15724	M	Apr 20-Jun 15	8:15-9:30pm	PRCC	\$80
Intermediate Yoga	15725	W	Apr 22-Jun 24	6:45-8pm	PRCC	\$100
Intermediate Yoga	15726	Th	Apr 23-Jun 25	9:15-10:30am	PRCC	\$100
Mixed Level Yoga	15727	Tu	Apr 21-Jun 23	9:15-10:30am	PRCC	\$100
Mixed Level Yoga	15732	Tu	Apr 21-Jun 23	10:45am-noon	PRCC	\$100
Mixed Level Yoga	15728	Tu	Apr 21-Jun 23	6:45-8pm	PRCC	\$100
Intermediate Yoga	15729	W	Apr 22-Jun 24	8:15-9:30pm	PRCC	\$100
Relaxation Yoga	15731	W	Apr 22-Jun 24	9:30-10:45am	Mews	\$100
Mixed Level Yoga	15733	W	Apr 22-Jun 24	6-7:15pm	Mews	\$100
Yin Yoga	15730	Tu	Apr 21-Jun 23	8:15-9:30pm	PRCC	\$100
Beginner Yoga	15734	W	Apr 22-Jun 24	8-9:15pm	Kemount	\$100

Beginner Yoga

For new students of all fitness levels to learn a solid foundation of yoga practice.

Intermediate Yoga

Improve on the beginner yoga poses and learn additional challenging poses. Beginner Yoga experience is required.

Mixed Level Yoga

Beginners and intermediates practice yoga fundamentals together to increase strength, flexibility and endurance.

Yin Yoga

A quiet practice that improves flexibility and circulation. Suitable for all levels and does not require previous yoga experience.

Relaxation Yoga

Beginner-friendly that incorporates mindfulness throughout the class. Poses are done slowly to illicit the relaxation response and increase body-mind awareness.





Aquatic Leadership



For complete descriptions of each aquatics leadership course, check our website.

Course	Code	Age	Day	Date	Time	Location	Cost
Junior Lifeguard Club	16072	10-13	M	Apr 27-Jun 15 No class May 18	5-6:50pm	PRCC	\$63
Junior Lifeguard Club	16066	10-13	Tu	Apr 28-Jun 16	5-6:50pm	Mews	\$72
Junior Lifeguard Club	16073	14-16	W	Apr 29-Jun 17	5-6:50pm	PRCC	\$72
Junior Lifeguard Club	16067	14-16	Th	Apr 30-Jun 18	5-6:50pm	Mews	\$72
Red Cross Assistant Lifeguard	16074	12+	Su	Apr 26-Jun 7 No class May 17	9am-5pm	PRCC	\$175
Red Cross Lifeguard	16084	15+	Su	May 10-Jun 21 No class May 17	9am-5pm	PRCC	\$225
Red Cross Lifeguard Transfer	16080	15+	Su	Jun 14 & 21	8am-2pm	PRCC	\$125
Red Cross Lifeguard Recert	16168	15+	Su	Jun 14 & 21	8am-2pm	PRCC	\$125
Red Cross Water Safety Instructor	16071	15+	Su	Apr 26, May 24 & 31, Jun 7	9am-5pm	Mews	\$425
Red Cross Standard First Aid & CPR C	16075	15+	Su	Apr 26 & May 3	9am-5pm	PRCC	\$125

Junior Lifeguard Club

To help young swimmers, ages 10 to 16, bridge the gap between the Canadian Red Cross Swimming Lesson Program and Lifeguard certification programs. Minimum requirement: completed Red Cross level 6.

Red Cross Assistant Lifeguard

To introduce participants, ages 12+, to basic lifeguarding techniques used by swimming pool lifeguards.

Red Cross Lifeguard

To prepare Assistant Lifeguards, ages 15+, to be trained and ready to supervise aquatic programs. A prerequisite for Red Cross Lifeguard is Red Cross Standard First Aid & CPR Level C Certification.

Red Cross Water Safety Instructor

For ages 15+ to focus on how to effectively plan and teach the Red Cross Swim program continuum, a key aspect of swim instructor development.

Red Cross Standard First Aid & CPR Level C

First aid and cardiopulmonary resuscitation (CPR) skills that meet the guidelines from the Canadian Red Cross. A prerequisite for the Red Cross Lifeguard Course.



For details visit: stjohns.ca

- > Living in St. John's
- > Recreation and Parks
- > Swimming

Outdoor Recreation

For ages 18+

Course	Code	Day	Date	Time	Location	Cost
Family Geocaching	15808	M	April 13	1-3pm	Bowring Park	\$28 per family, up to four people
Family Archery	15806	Th	April 23- May 7	6- 7:30pm	Kenmount	\$63 per family, up to four people
Navigational Skills	15570	Su	May 24	9am-2pm	Rotary	\$40
Wilderness Survival	15771	Su	May 31	9am-2pm	Rotary	\$40

Group Programs

Outdoor programs occur at Rotary 'Sunshine' Park and are available to community, youth and school groups. Programs are customized for the age and ability of the participants.

Programs offered in spring:

- Archery
- Geocaching
- Outdoor cooking
- Shelter construction
- Orienteering
- Fire building
- Map & compass
- Duke of Edinburgh Preliminary Training

Contact Outdoor Programs

576-8522

outdoor@stjohns.ca

Find us
Online!

ST. JOHN'S



stjohns.ca
engagestjohns.ca
curbitstjohns.ca
mynewstjohns.ca



@CityofStJohns
@CurbitStJohns
@AdmiralJohns
@EconDevStJohns
@StJohnsLIP



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@CSJCityCouncil
@SJRFD
@HumaneServicesStJohns
@KilbrideLionsCommunityCentre
@SouthlandsCommunityCentre
@KenmountTerraceCommunityCentre



CityofStJohns



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Children and Youth Programs



For details visit: stjohns.ca

- > Living in St. John's
- > Recreation and Parks
- > Children's Programs or
- > Youth Programs



Playgroups, drop in programs. All children must be accompanied by a parent/guardian.

Course	Ages	Day	Dates	Time	Location	Cost
Active Start	0-5	Tu	until June 2	1:30-3pm	PRCC	\$2, FREE for under 6 months
Active Play	0-5	M	Until June 22	9:30-11:30am	Kilbride	FREE, as offered in part by Kilbride to Ferryland Family Resource Centre
Playgroup - On our way	4-5	Th	Apr 23 - Jun 4	1-2:30pm	Kilbride	
Storytime	4-5	Tu	Apr 28-Jun 9	1-2:30pm	Kilbride	
Mother Goose	0-2.5	Tu	Mar 24-June 2	10-11am	Shea Heights	FREE, register by email pcmothergoosenl@gmail.com
Playgroup	0-5	Sa W	Until Jun 6	10-11:30am	Southlands	\$2, FREE for under 6 months
Playgroup	0-5	Tu Th	Until Jun 25	9:30-11:30am	Kilbride	FREE
Playgroup	0-5	M Sa	Until Jun 3	10-11:30am	Kenmount	\$2, FREE for under 6 months
Sunday Funday	All ages	Su	Until Mar 22	1:30-3pm	PRCC	\$2, FREE for under 6 months

Preschool, for children beginning kindergarten Sept. 2020. Registration begins 7 a.m. Thursday, April 9

Course	Code	Ages	Day	Dates	Time	Location	Cost
Preschool	15849	4-5	M W F	Sep 21-Dec 11	9am-noon	PRCC	\$476
Preschool	15850	4-5	Tu Th	Sep 22-Dec 10	9am-noon	PRCC	\$336
Preschool	15851	4-5	Tu Th	Sep 22-Dec 10	9am-noon	Southlands	\$336
Preschool	15852	4-5	W F	Sep 23-Dec 11	9am-noon	Kenmount	\$336

Easter Camp, registration begins 7 a.m. Thursday, March 5

Course	Code	Day	Date	Time	Location	Cost
Camp Adventure 1	15884	M to F	Apr 13-17	8am-5pm	PRCC	\$125
Camp Adventure 2	15885	M to F	Apr 13-17	8am-5pm	PRCC	\$125
Southlands	15886	M to F	Apr 13-17	8am-5pm	Southlands	\$125
Kenmount	16166	M to F	Apr 13-17	8am-5pm	Kenmount	\$125
Kilbride	15887	M to F	Apr 13-17	8am-5pm	Kilbride	\$112.50
Shea Heights	15888	M to F	Apr 13-17	8am-5pm	Shea Heights	\$112.50

Children and Youth Programs

After School 2020-21, registration begins 7 a.m. Thursday, April 9

Course	Code	Day	Date	Time	Schools	Cost per month
PRCC - Discovery	15813	M to F	Sep 9/20 to Jun 24/21	3-5:30pm	Mary Queen of Peace Roncalli Macdonald Drive	\$350
PRCC - Explore	15814	M to F	Sep 9/20 to Jun 24/21	3-5:30pm	Mary Queen of Peace Roncalli Macdonald Drive	\$350
Southlands	15815	M to F	Sep 9/20 to Jun 24/21	3-5:30pm	St. Peter's Newtown	\$350
Kilbride	15816	M to F	Sep 9/20 to Jun 24/21	3-5:30pm	Hazelwood	\$205
Kilbride	15817	Tu Th	Sep 9/20 to Jun 24/21	3-5:30pm	Hazelwood	\$82
Kilbride	15818	M W F	Sep 9/20 to Jun 24/21	3-5:30pm	Hazelwood	\$123
Shea Heights	15810	M to F	Sep 9/20 to Jun 24/21	3-5:30pm	St. John Bosco	\$205
Shea Heights	15811	Tu Th	Sep 9/20 to Jun 24/21	3-5:30pm	St. John Bosco	\$82
Shea Heights	15812	M W F	Sep 9/20 to Jun 24/21	3-5:30pm	St. John Bosco	\$123

Healthy Family Activities	Code	Age	Day	Dates	Time	Location	Cost
Family Archery	15806	5+	Th	Apr 23-May 7	6-7:30pm	Kenmount	\$63 per family, up to four people
Bunny Hop Event	NA	All ages	Su	Mar 29	1:30-3pm	PRCC	FREE
Family Geocaching - Easter	15808	5+	M	Apr 13	1-3pm	Bowring	\$28 per family, up to four people
Family Fun	NA	All	Su	Apr 26	1:30-3pm	PRCC	FREE

Leadership – requires registration

Course	Code	Ages	Day	Dates	Time	Location	Cost
Home Alone Safety	15865	10-12	Tu	Apr 14	9am-4pm	PRCC	\$55
Babysitters Course	15867	11-14	Th	Apr 16	9am-4pm	PRCC	\$55

Youth Drop Ins

Course	Ages	Day	Dates	Time	Location	Cost
Drop In	10-14	W	Until June 10	6:30-8pm	Shea	Free
Drop In - Girls Only	10-14	Th	Until June 11	6:30-8pm	Shea	Free
Drop In - Sports Only	10-14	Tu	Until June 9	6:30-8pm	Bosco	Free
Drop In	10-14	Tu Th	Until June 11	6:15-8:15pm	Southlands	Free
Drop In	10-14	M W Th	Until June 11	6-7:30pm	Kilbride	Free
Drop In	11-16	Su	Until Jun 7	3:15-5pm	PRCC	\$2
Lunch In	11-16	M-F	Until Jun 12	noon-1pm	PRCC	Free
Drop In	10-14	M	Until Jun 15	6-7:30pm	Kenmount	Free
Drop In – Girls Only	10-14	Th	Until Jun 18	6-7:30pm	Kenmount	Free

Let's celebrate youth!

Youth Week

The Youth Advisory Committee encourage ages 12-18 to celebrate Youth Week May 1-7, 2020 by coming out to these fun-filled events. All events are FREE of charge.

Event	Day & Date	Time	Location
Youth Art Exhibit	M-F, Apr 27-May 8	8am-4:30pm	City Hall
Youth Art Exhibit Reception	M, May 4	7-8pm	City Hall
Youth Carnival	W, May 6	6:30-8pm	PRCC
Youth Swim	Sa, May 2	Noon-12:50pm	PRCC
Youth Swim	Su, May 3	2-3:20pm	Mews

Youth Art Exhibit

Ages 12-18 are invited to submit a piece of original artwork for the 18th annual Youth Art Exhibit, by **Wednesday, April 15, 2020**.

For details email recreation@stjohns.ca

All submitted art work will be on public display in The Wyatt (Great) Hall, City Hall from April 27 to May 8, 2020.

Official reception with finger foods, refreshments and live entertainment is 7-8 p.m. Monday, May 4 at City Hall.

Youth of the Year Awards

Designed to honour a junior high and high school student who has helped make St. John's a better place to live through their volunteer contributions, extracurricular activities and community involvement.

Nominate a deserving young person before **the deadline Wednesday, April 15, 2020**. Nomination forms are at stjohns.ca >Living in St. John's >Forms and Applications >Recreation.



2019 Youth of the Year Winners Anna James (Senior) and Jack White (Junior) with Youth Program staff Lori Letto.

Work with us this summer!

Each year the City of St. John's hires approximately 150 staff to supervise and deliver summer programs and activities.

We look for motivated, enthusiastic and energetic individuals with a combination of work/volunteer experience and education. We welcome applications from a wide variety of post-secondary education fields, as well as high school students.

Daycamps, activity centres, and outdoor pools throughout the city require program staff, outdoor

instructors, lifeguards, tourism officers and logistical staff to effectively run our programs.

Successful applicants will receive hands-on, practical training in a fun team-based learning environment, including: High Five - Canada's quality standard for children's recreation and sport, Standard First Aid & CPR Leadership, professional development, team dynamics and more.

JOIN OUR TEAM

Apply by April 1

The application deadline for summer employment opportunities is **Wednesday, April 1.**

See all our job listings and learn how to apply at stjohns.ca/careers.





Adult Programs (18+)

Adult courses are for ages 18+ and requires registration (see page 20) unless otherwise noted.



The City, at its discretion, may cancel Adult and Older Adult programs based on registration and/or instructor availability.

Handicraft – requires registration. Basic knowledge an asset.

Course & code	Code	Day	Dates	Time	Location	Cost
Knitting Circle	15621	M	Apr 20-Jun 1	10:30am-noon	Mews	\$2, drop-in
Rug Hooking	15600	M	Apr 27-May 11	9am-noon	Mews	\$114
Hooked, Poked and Proddy						\$159 if hook & frame are needed
Summer Wreath	15598	M	May 4	1-3pm	Mews	\$20
Welcome Sign	15163	Tu	May 12	7-9pm	Kilbride	\$18

Art – requires registration

Course	Code	Day	Dates	Time	Location	Cost
Drawing: Textures	15589	F	May 29	6:30-9:30pm	Mews	\$18
Acrylic Painting: Rustic Star	15597	F	May 15	6:30-9:30pm	Mews	\$20
Acrylic Painting: Lighthouse	15596	F	May 22	6:30-9:30pm	Mews	\$20
Oil Painting: Woodpecker	15594	Th	April 9-23	6:30-9:30pm	Mews	\$54
Painting: Spring Lilacs	16170	S	May 31	7-9pm	Kenmount	\$12
Water Colour	15592	M	Apr 27-May 25	6:30-9pm	PRCC	\$60
Water Colour	15591	Th	Apr 30-May 21	2-4:30pm	PRCC	\$60

Music						
Course	Code	Day	Dates	Time	Location	Cost
Accordion Level 1	15587	W	Apr 22-Jun 3	9:30-11am	Mews	\$63
Accordion Level 2	15586	W	Apr 22-Jun 3	11:15am-12:45pm	Mews	\$63
Accordion Level 3	15585	W	Apr 22-Jun 3	1:15-2:45pm	Mews	\$63
Beginner Guitar	15583	Th	Apr 23-Jun 4	11am-12:30pm	Mews	\$47.25
Intermediate Guitar	15584	M	Apr 20-Jun 1	7:30-9pm	Mews	\$40.50
Advanced Guitar	15582	Th	Apr 23-Jun 4	1:30-3pm	Mews	\$47.25
Keyboarding Beginner	15581	Tu	Apr 21-Jun 2	9:30-10:45am	Mews	\$40
Keyboarding Beginner	15580	Th	Apr 23-Jun 4	9:45-11am	PRCC	\$40
Keyboarding Intermediate	15579	Tu	Apr 21-Jun 2	11am-12:15pm	Mews	\$40
Keyboarding Intermediate	15578	Th	Apr 23-Jun 4	11:15am-12:30pm	PRCC	\$40

Dance - for registration unless otherwise noted						
Course	Code	Day	Dates	Time	Location	Cost
Beginner Line Dance Drop-in	NA	M	Apr 27-Jun 8	1-2pm	PRCC	\$4.50 per class
Beginner Line Dance	15618	Tu	Apr 21-Jun 2	11am-noon	Mews	\$31.50
Beginner/Intermediate Line Dance	15613	W	Apr 22-Jun 3	10:15-11:15am	PRCC	\$31.50
Beginner/Intermediate Line Dance	15617	Tu	Apr 21-Jun 2	12:15-1:15pm	Mews	\$31.50
Intermediate Line Dance	15616	Th	Apr 23-Jun 4	12:15-1:15pm	Mews	\$31.50
Intermediate Line Dance	15615	Th	April 23-Jun 4	11am-noon	Mews	\$31.50
Intermediate Line Dance	15614	W	Apr 22-June 3	11:30am-12:30pm	PRCC	\$31.50
Beginner Ballroom Dance	15612	Su	Apr 19-May 31	7:45-8:45pm	Mews	\$31.50 Register individually and partner required
Modern Sequence Dance	15611	Su	Apr 19-May 31	9-10pm	Mews	
Newfoundland Traditional Dance, with live music Drop-in	NA	W	Apr 22-Jun 3	7:30-9pm	Mews	\$6.75 per class

Technology, requires registration						
Course	Code	Day	Dates	Time	Location	Cost
Technology for Beginners	15576	F	Apr 24-May 15	9:30am-12:30pm	PRCC	\$72
Technology for Apple Devices	15575	F	May 29	9:30-11:30am	PRCC	\$12
Technology for Android Devices	15574	F	May 22	9:30-11:30am	PRCC	\$12



More Adult Programs

Leisure – requires registration, unless otherwise noted.

Course	Code	Day	Dates	Time	Location	Cost
Bridge Level 1	15609	Tu	Apr 21-Jun 2	9-11:30am	Mews	\$70
Bridge Level 2	15608	W	Apr 22-Jun 3	9-11:30am	PRCC	\$70
Bridge Level 3	15607	M	Apr 27-Jun 1	9-11:30am	PRCC	\$50
Social Time and Cards drop-in	na	Tu	Apr 21-Jun 2	10:30am-noon	PRCC	\$2 fee per drop-in session
Social Time and Cards Drop in	na	F	Apr 24-Jun 5	10:30am-12:30pm	Mews	\$2 fee per drop-in session
Beginner Digital Photography	15604	Tu & Th	Apr 28-May 14	10am-noon	Southlands	\$48 DSLR camera required



VOLUNTEER TODAY!

Give back to your community and build relationships with others all while having fun. For more information or for a Volunteer Application contact us.





THE ONCE & FUTURE LIBRARY

The St. John's Public Libraries were born at a meeting on March 6th, 1820 at the Freemason's Tavern. To celebrate our 200th anniversary, the St. John's Public Libraries Board (SJPLB) is gathering public input about renovations to the A.C. Hunter Library and the long-term future of libraries in St. John's.

Ways to participate:

- Take our **online survey** and submit an entry to our "napkin sketch" **design competition**
- Come to the **Once & Future Library Forum** March 6th, 7-9 PM at the St. John's Community Market

For more information and links to the survey and contest, visit

www.onceandfuturelibrary.ca

Twitter: @sjplb Facebook: @oflsj

The SJPLB is a Community Advisory Board that provides oversight, advocacy, and fundraising support for public libraries in St. John's. Connect with us at sjpubliclibrariesboard@gmail.com

Find more than **50 languages** in our Multilingual Collections

Discover our membership in the Centre for Equitable Library Access, providing library **service for Canadians with print disabilities**

Explore the **eLibrary** through PressReader, Libby (audiobooks and ebooks), Flipster (Magazines) & TumbleBooks (interactive e-books for kids)

Get online access to **over 40,000 publications** from 120 countries in 60 languages

Attend **free public programs** offered at all of our branches for children and adults



Newfoundland & Labrador
Public Libraries

**CONNECT WITH
YOUR PUBLIC
LIBRARIES THIS
SPRING**

www.nlpl.ca

**Twitter: @NLPubLibraries
Facebook: @nlpl.page**

Borrow an instrument from the Sun Life Financial **Musical Instrument Lending Library**

Listen to Beyond Books, our **bi-weekly podcast**

Shop at The Friends of St. John's Public Libraries seasonal **Book Sale** to help fund programming, resources and collections

Sign up to **volunteer** with the Friends of SJPL or with SJPLB committees

Join SJPL's **Youth Advisory Board** to get involved youth-focused projects

Visit our **three branches**: A.C. Hunter, Marjorie Mews, and Michael Donovan



Older Adults (50+)



Visit: stjohns.ca

- > Living in St. John's
- > Recreation and Parks
- > Seniors Programs

Active for Life

This fall prevention fitness class will help older adults improve balance and flexibility to decrease the risk of falls. Social time including light refreshments takes place in the last half hour

Contact Us

Call 576-8490 or 576-8411
email recreation@stjohns.ca

Title	Code	Days	Dates	Time	Location	Cost
Active for Life	15858	Tu Th	Apr 21-Jun 11	1-2:30pm	Southlands	\$96

Lifelong Learners

These general interest courses give participants the opportunity to continue building skills and knowledge.

Newfoundland Folk Narratives

Explore local legends, tall tales and jokes as meaningful expressions of identity and everyday lived experience. Case studies and transcriptions will enhance lectures. Instructor: Dr. Contessa Small

Newfoundland Folk Custom and Belief

Explore Newfoundland customs and beliefs including fairy-lore, mummering, witches, the hag and rites of passage. Case studies and transcriptions will enhance lectures. Instructor: Dr. Contessa Small

Title	Code	Days	Dates	Time	Location	Cost
Newfoundland Folk Narratives	15620	Tu & Th	Apr 7-23	10am-noon	PRCC	\$48
Newfoundland Folk Custom and Belief	16167	Tu & Th	May 5-21	10am-noon	PRCC	\$48

Events and Outings

Registration must be completed at least one week prior to the event, see page 18.

Registration fee includes meal, refreshments and transportation. Call 576-8594 the evening before the event to learn the bus schedule.

Title	Code	Day	Date	Time	Location	Cost
Hawaiian Party	15628	Th	Apr 16	6:30-10:30pm	City Hall	\$22
						\$17 if using GoBus
Senior Prom	15625	Th	May 7	6:30-10:30pm	Shea Heights	\$22
						\$17 if using GoBus
Day at Rotary Park	15622	Th	May 28	10:30am-2:30pm	Rotary	\$18
						\$13 if using GoBus



Scent Free

All outings are scent free. Individuals who wear scented products may be refused admission, at the discretion of City staff.

Transportation

Transportation for special events and outings is included in the registration cost. Call 576-8594 the evening before to learn the bus schedule. Pick-ups occur from the H.G.R. Mews Community Centre and adult and seniors' apartment complexes:

Bishop Meaden Manor
 Building #10 Pasadena Crescent
 Building #25 Tiffany Lane
 Riverhead Towers
 St. George's Court Apartments
 Keane Place Apartments
 Kelly's Brook Apartments
 Kenny's Park Apartments
 Maplewood Apartments
 The Bristol
 Thomas Estates
 Morgan Hollow
 Mt. Pleasant Manor
 Victoria Manor
 Wigmore Manor
 St. Luke's

Note: If the bus cannot fit into the parking lot it will park at the entrance of the lot.

Nominate a Senior of the Year by application deadline: May 1, 2020

Details & nomination form: stjohns.ca >Living in St.John's>Forms and Applications >Recreation

Co-sponsored by



KENNY'S POND
 RETIREMENT LIVING

Take the bus to the pool

Metrobus

Routes 3 & 23 pass right by Paul Reynolds Community Centre
and routes 11 & 12 service H.G.R. Mews Community Centre.

Plan your trip at metrobus.com/TakeTheBus