



CITY GUIDE

WINTER 2020



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ST. JOHN'S

www.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.

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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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The Loop at Bannerman Park

The Loop opens for the season when temperatures are consistently low enough to make and maintain the ice surface. The Loop first opened to skaters on Christmas Eve December 24, 2013. Since then the opening date has ranged from Dec. 18 to 31.

Please do not skate on The Loop until we've announced it's open – skating on it before then damages the ice and delays the opening.

Once opened for the season: Daily hours 10 a.m. to 11 p.m.

Ice maintenance (no skating) Daily: 8-10 a.m.
Monday to Thursday: 2:30-3:15 p.m.
Friday to Sunday: 1:15-2 and 4-4:45 p.m.

Public parking is available in the lot off Bannerman Road, on both sides of Bannerman Road, the east side of Rennie's Mill Road, and the south side of Military Road.



Loop Safety

- You must wear skates on the ice, and CSA approved helmets are recommended
- Skating aids are permitted, but other equipment is not (ie. hockey sticks, pucks, strollers, sleds, chairs)
- Skate forward at a leisurely pace; no racing or speed skating, backwards or figure skating permitted
- Dangerous behavior is not permitted
- No more than 2 people join hands while skating (no chain skating)
- Food & drink is not permitted on the ice; smoking & alcohol is not permitted anywhere in Bannerman Park
- Do not carry children, including babies in wraps or toddlers in carriers, while on the ice
- Do not stop on the ice; if you must stop, move off the ice first
- Dogs and other pets are not allowed on the ice



Is The Loop open?

Call the Loop Line
733-LOOP (5667)

Roads & Traffic



Winter Parking Restrictions

No Parking-Snow Route

Dec. 1 to March 31.

From December 1 to March 31 parking is prohibited 24 hours a day on streets designated as Snow Routes. These streets can be located anywhere in the city, not just 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. The fine for a No Parking-Snow Route violation is \$50.

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.

For a complete list of streets included in the Overnight Snow Removal area, check our website.

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.

Outside the Downtown and Business District

Scheduled to begin Jan. 8.

The on-street parking ban is set to begin Wednesday, Jan. 8, 2020, however, it may come into effect earlier if there are significant snowfalls that impede the safe flow of traffic.

The ban 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.



Learn more at:
stjohns.ca/snow



Please note:

In the case of early implementation due to significant snowfall, the date of implementation will be promoted on the City website, social media feeds and through local media channels.

Winter Parking Restrictions

Business District

Scheduled to begin Jan. 8.

This winter parking restriction was first introduced as a pilot project in winter 2018. Feedback and recommendations from the pilot have been integrated into this ban as possible.

The Business District Winter Parking Restriction is set to begin Wednesday, Jan. 8, 2020, however, may come into effect earlier if there are significant snowfalls that impede the safe flow of traffic.

The ban 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

A ticket can be issued to vehicles parked in contravention of the ban, and any vehicle impeding snow removal may be impounded at the owner's expense.



Downtown Overnight Snow Removal

We conduct snow removal operations in the downtown area overnight when there is the least amount of pedestrian and vehicle traffic.

For a complete list of streets we include in the downtown snow removal area, check our website at stjohns.ca/snow.

Is my street scheduled for snow removal?

If you park your vehicle overnight in the downtown snow removal area, you can find the streets we've scheduled for overnight snow removal by 3 p.m. each day.

Learn the downtown streets 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.

Where to Park

When your street is scheduled for snow removal, you need to move your vehicle(s) off the street for the night. Any vehicle impeding snow removal will be impounded at the owner's expense.

Alternate parking options include:

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

Vehicle Impound Fees and Payment

Towing Charge: \$200

Administration Charge: \$50

Impounding Fee: \$25 per day

Vehicles are released to the registered owner/renter when all charges are paid. If proof of registration and insurance is not provided the vehicle can only be towed, not driven, from the impound lot.

Payment Options:

In person at City Hall

8 a.m. to 4:30 p.m., Monday to Friday

By cash, credit or debit card

By calling 311 or 754-CITY (2489)

7 a.m. to 11 p.m.

By credit card only

Payments cannot be accepted on statutory holidays

Impounded vehicles can be picked up, after payment is made, by the registered owner/renter from 8 a.m. to midnight, seven days a week at 25 Blackler Avenue.

We need to see proof of ownership, such as:

Driver's license or other government identification with the same name and civic address as the vehicle registration.

For rental vehicles, the name and address on government identifications matches the name and address of the rental agreement.



Snowclearing Levels of Service

Streets and sidewalks of St. John's are maintained to performance and service objectives approved by City Council.

Ice control, streets

Complete one application of ice control materials on all streets within three hours of ice conditions.

Snow plowing, streets

For snowfalls of up to 25 centimeters, complete an initial cut on all streets within 12 hours following the end of the storm.

For snowfalls greater than 25 centimeters, and for extenuating circumstances (such as drifting conditions, extreme snow accumulations, etc), the time to complete the initial cut will increase.

Street Priority Order

Streets are salted and plowed in a priority basis that is primarily based on traffic volumes. This ensures emergency vehicle access is maintained to the greatest number of residents.

Priority 1 = major and minor arterials

Priority 2 = collector streets

Priority 3 = minor streets and cul-de-sacs

Priority 4 = private lanes maintained by the City

Snow plowing, sidewalks

Depending on the amount of snow on the ground and equipment availability, the majority of streets in the sidewalk program will be plowed within four to seven days. The time to complete this will increase if a new storm occurs during this time frame.

Learn more at: map.stjohns.ca/sidewalk

Sidewalk Priority

Downtown

The St. John's Snow Removal Regulations require properties adjacent to designated downtown streets to keep sidewalks clear of ice and snow. Some sidewalks in the downtown core are salted and/or plowed following snow events.

Outside Downtown

The City clears and salts sidewalks on at least one side of most arterial and many collector streets. A few streets classified as residential that provide connections between these streets have also been included.

There are separate routes for sidewalk clearing, which typically have the same priority as the adjacent street. School zones, however, are given top priority for sidewalk clearing operations.



Winter Tree Care

Trees survive winter by going dormant, a process similar to hibernation for animals. For deciduous trees, the most obvious sign a tree is going dormant is when it starts to lose its leaves in the fall. Leaves help trees to produce food. During dormancy trees slow down their internal system and don't require the same level of energy as they do during the spring and summer or growing season.

Before the snow begins to fall...

Inspect your tree for any damage that may have occurred during the summer months. Dead, dying or broken branches can present a potential hazard and affect long-term tree health. These branches should be removed. You should consult a tree care professional if you're unfamiliar with proper tree pruning techniques.

Apply mulch, 10 – 20 cm thick, 30 – 60 cm from the tree base. Doing so helps to retain water in the surrounding soil and protects fine roots from frost. This is especially important for newly planted trees.

During winter, food for wild animals that may frequent your yard becomes scarce. Install a plastic tree guard on newly planted trees to protect against foraging animals that feed on young bark near the tree's base, e.g. hares or mice.

Similar to your trees, young shrubs and other low-growing plants should be wrapped with burlap or other landscape fabric to protect them from the damaging effects of frost and the weight of winter snow.

Prune shrubs and other plants to remove dead, dying, diseased or broken branches and to encourage the plants natural form.



As the snow begins...

Keep an eye on your trees and shrubs over the winter and remove any excessive buildup of snow or ice; the resultant weight can cause limbs to break. This is most important for deciduous plants. Coniferous trees like spruce and fir, which are native to our area, have evolved with a slim, conical shape that helps them shed winter snow naturally.

Believe it or not the sun can damage trees during the winter. On sunny winter days the sun can heat up

bark, tricking the tree into thinking spring has arrived. When the sun goes down, and the temperature suddenly drops, the tree can't re-enter dormancy quick enough to protect itself. The affected part of the tree freezes causing bark damage known as sun scald. To protect your trees against the winter sun, wrap the trunk of younger deciduous trees (2-5 years after planting) or the entire crown of coniferous trees with burlap or similar landscape fabrics.

Tree wrap is available at your local nursery or garden centre.



When the snow begins to pile up...

It's fair to say that most people don't enjoy clearing snow from their property. Unfortunately there is no solution in sight for that issue, but by taking time to plan how you're going to clear and store snow at your property and protect your trees and plants you can help them survive winter.

The City is generally not legally responsible for damage to trees and plants which occurs as a result of snow clearing and snow removal and has a statutory exemption for these types of claims. This exemption recognizes that snow must be removed from City streets. Depending on the amount of snow, sometimes it is deposited from streets onto private property and from time to time this snow may cause damage to trees and plants.

If you have any questions about tree maintenance during winter, visit our website or call 311 for more information.

Tips to prevent damage

Plan where you plant. Trees and plants should be planted in locations that minimize the possibility of snow being deposited on them by both private and municipal snow clearing.

Protect your plants and trees by placing stakes around them and wrapping the stakes with burlap. This creates a barrier around the tree or plant which will lessen the weight of snow on the tree or plant.

Mark your plants. It is difficult to see smaller plant material in the dark, particularly deciduous trees when we are plowing. Reflectors, caution tape, flagging tape, tall stakes or other markers such as those with reflectors all help identify the location of trees, plants and other landscape features that may be hidden by snowfall and help to identify objects when widening streets with a snow blower.



**Are you a newcomer to St. John's?
Looking for Employment Services?**

Check out

MyNewStJohns.ca



ST. JOHN'S

**Newfoundland
Labrador**



Atlantic Canada
Opportunities
Agency

Agence de
promotion économique
du Canada atlantique

Canada

**GET TO KNOW
ST. JOHN'S!**

**APPRENEZ-VOUS À
CONNAÎTRE SAINT-JEAN!**



City of St. John's Welcome Centre 348 Water Street

Open 9 a.m. - 4:30 p.m. : Monday to Friday year round; 7 days a week seasonally

1-844-570-2009

709-576-8106

www.stjohns.ca

Businesses, Tourists and Newcomers... visit us!

Free Wi-Fi and computer access available

Events and Happenings



For more details go to: www.stjohns.ca > Living in St. John's
> Events and Festivals > Celebrate with St. John's

Festival of Music & Lights

Enjoy performances by choirs and musical entertainers as we officially switch on the beautiful light display. Bundle up and don't forget to bring a non-perishable food donation for the Community Food Sharing Association. Sponsored in part by NTV and OZFM.

Saturday, Nov. 30, 2019 at 5 p.m.
Bowring Park Duck Pond
FREE

This event is weather dependent and will be held Saturday, Dec. 7 in the case of inclement weather.

New Year's Eve Festivities

Free family activities are scheduled throughout the day to celebrate New Year's Eve.

Events include:

- 9 – 11 a.m. Gym & Swim at Paul Reynolds Community Centre.
- 5 – 7 p.m. Skating Party at The Loop.
- 7 – 8 p.m. Celebration and countdown to the Fireworks at Quidi Vidi Lake.
- NEW** 8 p.m. Fireworks over Quidi Vidi Lake.
- 11:30 p.m. Join the George Street Association for music and pyrotechnics show at midnight to ring in the New Year.

St. John's Celebrates... ChillFest

We've planned five days of action-packed FREE winter events for a variety of ages and interests from February 13 to 17, 2020. Come on out and join in the fun!

ChillFest 2020 will include our annual Kitchen Party, MegaPlay, outdoor skating parties at The Loop and more.



Waste & Recycling



2020 schedules and changes to curbside collection

The City of St. John's collects garbage from residential curbsides once a week, while recycling in blue bags is picked up every second week.

Pages 14 and 15 are the 2020 collection schedules for all areas. You can also check your area at curbitstjohns.ca or call 311 or 754-CITY (2489).

2019-20 Holiday Season

Areas that have garbage/recycling days after Christmas Day, Boxing Day or New Year's Day will have a change in the pickup day for those weeks only.

The day after Boxing Day our collectors have a 'double day' which means they are picking up waste in two areas. As collecting on a double day takes longer, expect your garbage to be picked up later than usual.

New for 2020

Garbage and recycling are not collected on nine holidays. After these holidays, or if garbage and recycling collection is cancelled due to a storm, cancelled collections will take place the next day making for a 'double day'. For example, if Monday's collection is cancelled, it will instead be collected on Tuesday along with Tuesday's garbage and recycling.

2020 Holidays No Collection

New Year's Day

Good Friday

Victoria Day

Memorial/Canada Day

Labour Day

Thanksgiving Day

Remembrance Day

Christmas Day

Boxing Day



Confused? There's an APP for that!

Search 'St John's Waste and Recycling' in your app store.

Place garbage, recycling, and yard waste (May to November) at the curb on the scheduled day, no earlier than 6 a.m. and no later than 8 a.m.



Fast Facts and Tips About Garbage and Recycling



1

Curbitstjohns.ca is a great source of information! You can sign up for weekly reminders for garbage and recycling collection days, learn your collection area, choose what kind of reminder you want (text, email, or phone call) and much more. There's also a great app, or you can call 311 or 754-CITY (2489) for help.



2

Automated Garbage Collection areas must use City issued garbage carts. Do not place garbage outside the cart; only garbage in the cart will be collected. It must be bagged and placed properly (see page 16 for details)



3

In areas without automated collection, garbage must be in regular sized garbage bags 24"x 36". Garbage cannot be in grocery store bags, kitchen catchers, blue recycling bags, large industrial bags, or paper yard waste bags.



4

Recycling must be in see-through blue bags only. There is no limit to the number of recycling bags you can put at the curb. Rinse food containers before recycling them.



5

Cardboard can be in a bag or broken down and bundled with overall dimensions not exceeding 2 feet by 2 feet by 1 foot.



6

The cart is the property of the City, however responsibility for the cart rests with the property owner. Property owners are charged to replace carts that are vandalized, stolen or lost. The City replaces defective carts or those damaged because of collection efforts.

Be Safe!

Each bag must weigh less than 23 kilograms (50 pounds).

We do not collect hypodermic needles. Please dispose of them in a sharps container which can be acquired at your local pharmacy. The container with the sharps must be returned to the pharmacy.

Broken glass must be clearly marked and placed in a cardboard box to prevent the glass from sticking out of the container.

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	
		1 H	2	3	4	
6	7	8	9	10	11	
13	14	15	16	17	18	
20	21	22	23	24	25	
27	28	29	30	31		

February						
M	T	W	T	F	S	
					1	
3	4	5	6	7	8	
10	11	12	13	14	15	
17	18	19	20	21	22	
24	25	26	27	28		

March						
M	T	W	T	F	S	
2	3	4	5	6	7	
9	10	11	12	13	14	
16	17	18	19	20	21	
23	24	25	26	27	28	
30	31					

April						
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13	14	15	16	17	18	
20	21	22	23	24	25	
27	28	29	30			

May						
M	T	W	T	F	S	
				1	2	
4	5	6	7	8	9	
11	12	13	14	15	16	
18 H	19	20	21	22	23	
25	26	27	28	29	30	

June						
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15	16	17	18	19	20	
22	23	24	25	26	27	
29	30					

July						
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13	14	15	16	17	18	
20	21	22	23	24	25	
27	28	29	30	31		

August						
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31						

September						
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28	29	30				

October						
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26	27	28	29	30	31	

November						
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2	3	4	5	6	7	
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16	17	18	19	20	21	
23	24	25	26	27	28	
30						

December						
M	T	W	T	F	S	
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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			

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						
M	T	W	T	F	S	
		1 H	2	3	4	
6	7	8	9	10	11	
13	14	15	16	17	18	
20	21	22	23	24	25	
27	28	29	30	31		

February						
M	T	W	T	F	S	
					1	
3	4	5	6	7	8	
10	11	12	13	14	15	
17	18	19	20	21	22	
24	25	26	27	28		

March						
M	T	W	T	F	S	
2	3	4	5	6	7	
9	10	11	12	13	14	
16	17	18	19	20	21	
23	24	25	26	27	28	
30	31					

April						
M	T	W	T	F	S	
		1	2	3	4	
6	7	8	9	10 H	11	
13	14	15	16	17	18	
20	21	22	23	24	25	
27	28	29	30			

May						
M	T	W	T	F	S	
				1	2	
4	5	6	7	8	9	
11	12	13	14	15	16	
18 H	19	20	21	22	23	
25	26	27	28	29	30	

June						
M	T	W	T	F	S	
1	2	3	4	5	6	
8	9	10	11	12	13	
15	16	17	18	19	20	
22	23	24	25	26	27	
29	30					

July						
M	T	W	T	F	S	
		1 H	2	3	4	
6	7	8	9	10	11	
13	14	15	16	17	18	
20	21	22	23	24	25	
27	28	29	30	31		

August						
M	T	W	T	F	S	
					1	
3	4	5	6	7	8	
10	11	12	13	14	15	
17	18	19	20	21	22	
24	25	26	27	28	29	
31						

September						
M	T	W	T	F	S	
	1	2	3	4	5	
7 H	8	9	10	11	12	
14	15	16	17	18	19	
21	22	23	24	25	26	
28	29	30				

October						
M	T	W	T	F	S	
			1	2	3	
5	6	7	8	9	10	
12 H	13	14	15	16	17	
19	20	21	22	23	24	
26	27	28	29	30	31	

November						
M	T	W	T	F	S	
2	3	4	5	6	7	
9	10	11 H	12	13	14	
16	17	18	19	20	21	
23	24	25	26	27	28	
30						

December						
M	T	W	T	F	S	
	1	2	3	4	5	
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			



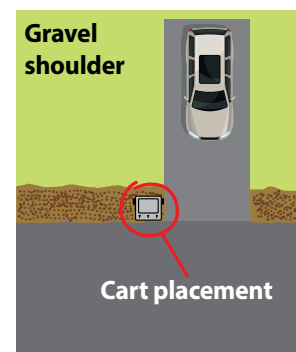
Placing your Cart for Collection

We place 'Oops' stickers on carts that are not properly placed, to inform the resident of the mistake. In some cases, our staff follow up with a visit to help educate how to properly place the cart. Our staff have also visited residents to ensure they know what can be recycled at the curb which leaves more space in the cart for garbage. The feedback we've received about these staff visits are that residents appreciate them as it helps them understand the system much better and they learn that more items can be recycled.

The type of street you live on will dictate where you should place your Automated Garbage Cart.

Placing Your Cart

Watch our cart placement videos at curbitstjohns.ca



In the winter:

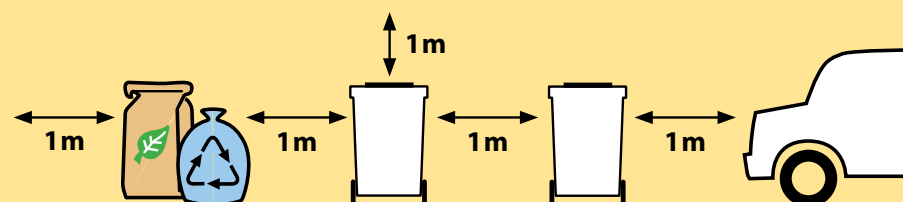
- Do not place carts behind or on top of a snowbank. The cart must be 1 metre (3 feet) from snowbanks. Residents must make sure the cart is clearly visible and accessible.
- Do not place carts out the night before collection as snow clearing equipment may damage the cart or cover it with snow making collection impossible.

Sign up for reminders of your recycling and garbage days so you know if collection has been postponed or cancelled. Visit curbitstjohns.ca or call 311 or 754-CITY (2489).

- If there is on street parking in front of your house, place your cart with the wheels touching the curb and the arrows on the lid pointing to the street.
- If there is no on street parking in front of your house, place your cart at the end of your driveway with the arrows on the lid pointing to the street.
- If you have a gravel shoulder, place your cart just off the road at the shoulder at the end of your driveway with the arrows on the lid pointing to the street.

Lid must be completely closed

Arrows on lid of cart must face the roadway by 8 a.m.



Strong Recycling Program Meeting Challenges

One question we get most frequently these days at our Waste and Recycling Program is, "What is happening with our recycling program since China began turning away shipments of recycling from around the world?"

The good news is, the City has been able to continue to move its recycling materials because our materials are clean and well sorted. Many of the markets the City ships material to are in Canada. These plastic markets are making new plastic items and sells them in the marketplace. They are not shipping the plastic overseas.

Plastic film, grocery bags, bread bags, and so on have become a challenge for some municipalities as there are limited markets for this film. We are pleased that our blue bags are being recycled by a Nova Scotia business to make plastic wood - again, remaining in Canada.

Robin Hood Bay markets most of its paper to China. These days China has very strict requirements for the bales of paper and here at our Recycling Facility we meet those high-level standards.

Today, there is a surplus of recycling material because China is importing less today.

Keeping glass, plastic shopping bags and Styrofoam out of our program has been a real asset to keeping our product clean so our buyers are willing to keep purchasing our material.

It is important to note that with the surplus of material in the market place, the market value (or price) has declined. Therefore, it is challenging time for the recycling sector with reduced revenues.

Due to this surplus there are new opportunities for manufacturers; businesses can utilize the material by creating new items. When most of the material was shipped to China, our attention was not on recycling these items in Canada. However, today this situation is an opportunity to create new businesses and jobs in many different sectors.

Because we are continuing to produce a very clean product for manufacturers to utilize - you can be assured your recycling items are still being properly recycled.

Once again, we want to thank our residents and surrounding municipalities for properly setting out their recycling, along with our contractor who does an excellent job sorting our material and finding good solid markets.



Bales of recyclables at the Robin Hood Bay Material Recycling Facility ready to shipped out of province.

Curbside Recycling

RECYCLE IN THREE
SIMPLE STEPS:

1

Sort it

- Sort recyclables into containers and papers.
- Rinse food containers and milk cartons.
- Remove straws from containers.
- Remove gift wrap, plastic or Styrofoam from boxes.



2

Bag it

- Place paper and cardboard in one separate see-through blue bag and containers in another.
- Place recyclables loosely in the bag.



3

Curb it

- Put your blue bags at the curb on your recycling day, every second week.





Christmas Tree Drop Off

Give your real tree new life. We mulch old Christmas trees and use them for landscaping projects in open spaces. Only natural, undecorated trees are acceptable – no artificial trees, decorations, tinsel, or other man-made objects. Do not bundle or tie the tree.

Quidi Vidi Lake Parking Lot

Large gravel lot off The Boulevard

From Friday, Dec.27 to Sunday, Jan. 12

Except closed Dec. 31 and Jan.1 due to New Year's fireworks display.

If the fireworks are postponed to 8 p.m. Jan. 1, the tree drop off is also closed Jan. 2.

Residential Drop Off

340 East White Hills Road

Friday, Dec.27 to Saturday, Jan. 11

Open Tuesdays to Saturdays,
8 a.m. to 4 p.m.

Holiday Waste Reduction

There's lots of things that are around most households during the holidays that can be recycled in blue bags – and a few that can't.

Items that CAN be included in your containers blue bag:

- Eggnog containers
- Whipping cream containers
- Orange juice containers
- Cranberry sauce and Fussell's cream cans
- Purity syrup bottles
- Cookie and chocolate tins
- Sandwich and cheese & cracker trays
- Plastic liquor bottles
- Gift boxes
- Cardboard boxes

Items that CANNOT be recycled:

- Christmas wrapping paper
- Christmas gift bags (save them for reuse)
- Christmas cards
- Ribbon

Recreation



Winter Registration

City Residents - 7 a.m., Thursday, Dec. 5

Residents of other Municipalities - 7 a.m., Tuesday, Dec. 10

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



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.

Program Ages

To register for most programs participants must be the age listed on December 31, 2020.



Please note:

We no longer take registration by phone on registration day.



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

Inclusion Support Application Deadlines

Program	
Easter Camp	NEW Feb. 1
After School Programs	NEW March 1
Pre-School Programs	NEW March 1
Summer Programs	March 17

See page 22 for more about Inclusion Services

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

H.G.R. 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

Inclusive Services

We can help provide support to participate in City of St. John's recreation programs; contact us to learn more.

Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to learn about the basic skills needed for active living.



Course Code	Age	Day	Date	Time	Facility	Cost
15144	15-21	Tu	Jan. 21 - May 5	6:45 - 8 pm	PRCC	\$90
15145	22+	Tu	Jan. 21 - May 5	8 - 9:15 pm	PRCC	\$90

TIME™ Together in Movement and Exercise

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.

Safety for Independent Living

A course aimed to equip youth and adults, with mild to moderate developmental disabilities, with life skills to help them make confident choices, prevent potentially dangerous situations and live a safe life.

Are you or someone you know interested in taking this course? Contact us to let us know! If there is enough interest we'll offer the course; date and time to be determined.

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!



For details visit: stjohns.ca

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

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. Learn more on our website.

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. Requests for children/youth are referred to the REAL program, see page 23.

For Inclusion Support Application Deadlines see page 20.

Contact Us

576-4450 or inclusion@stjohns.ca

Inclusion Support Applications can be found:

- Online at: www.stjohns.ca
 - > Living in St. John's > Forms and Applications
 - > Recreation
- At the Paul Reynolds Community Centre or the H.G.R. Mews Community Centre

REAL Winners of Raise Up Fundraising



**Become a
REAL Supporter**
576-8684 or 4556
real@stjohns.ca

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

Give a child
the gift of play
with one click!
stjohns.ca/real



Photos courtesy Raise Up Fundraising / Kyle Callahan photography

Raise Up Fundraising recently donated \$1000 to the REAL Program

Raise Up Fundraising Inc. is a not-for-profit founded in 2016 that works in partnership with individuals and organizations in the community to support people in need.

"In three years we've donated approximately \$24,000 to local, not-for-profit and charity groups across the province – all thanks to a volunteer board," said Charlie Murphy, Co-Founder and Board Member of Raise Up Fundraising.

The recent \$1000 donation from Raise Up Fundraising came from proceeds of Drag Bingo – Raise Up's signature fundraising event. Drag Bingo sees local drag artists front and centre – from calling out bingo numbers, performing between games, selling 50/50 and raffle tickets and then a burlesque performance to close the event.



The \$1000 donation from Raise Up Fundraising provided 10 children with a recreation or leisure program of their choice during Fall 2019.

"Raise Up Fundraising feels everyone should have access to the arts and recreation," said Charlie Murphy. "We are proud to help remove barriers so local youth can gain these experiences."

100% of all donations to the REAL Program go to placing children and youth in recreation, art, sport, leadership and music programs. If you or your organization are interested in donating to the REAL Program please contact us.

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		



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 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.



Questions? Concerns?

ONE STOP CITY SERVICE
access 311
stjohns.ca

- Download our app
- Call **311** or **754-CITY**
- Ask online at stjohns.ca
- Email accessstjohns@stjohns.ca
- Visit Access St. John's at City Hall

Swim Lessons

Our swim levels and lessons follow the Canadian Red Cross Swim Program model and run at both Paul Reynolds Community Centre and H.G.R. Mews Community Centre from January 5 to April 4, 2020.



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 of 30 minutes instruction & 20 minutes stay & play

Mews and PRCC: \$58.50 for 13 lessons, \$54 for 12 lessons

Swim Preschool / Kids / Teens

1 lesson per week, 45 minutes class

Mews and PRCC: \$84.50 for 13 lessons, \$78 for 12 lessons

Adult Lessons

Basic to stroke development level

1 lesson per week, 50 minutes

Mews and PRCC: \$97.50 for 13 lessons, \$90 for 12 lessons

Red Cross Swim – Adapted

A parent or aide may be required to support the swimmer in the water.

1 lesson per week, 45 minute class
Mews and PRCC: \$169 for 13 lessons, \$156 for 12 lessons

A Red Cross swimmer intake form, due two weeks prior to program start, is required to participate.

Contact Inclusive Services staff at 576-4450 or inclusion@stjohns.ca.

Private swimming lessons

Private or semi-private (two participants) 25 minute lessons are available for all ages. If you choose a semi-private lesson, participants must be within two levels of each other.

Cost is \$100 for 5 lessons, \$80 for 4 lessons, \$60 for 3 lessons.



Be ready for the water

We have several swim items for sale from hair elastics and nose plugs to goggles and swim diapers for the tots. Check out our selection of sizes and colours to fit your needs. Available at the Paul Reynolds Community Centre and the *Mews Community Centre.



ST. JOHN'S

*Not all items, sizes and colours are available at the Mews Community Centre



Aquatic Leadership



For details visit: stjohns.ca

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

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

Course	Code	Age	Day	Date	Time	Location	Cost
Junior Lifeguard Club	15347	10-13	M	Jan 6–Mar 30	5-6:50pm	PRCC	\$108
Junior Lifeguard Club	15345	10-13	Tu	Jan 7-Mar 31	5-6:50pm	Mews	\$117
Junior Lifeguard Club	15348	14-16	W	Jan 8-Apr 1	5-6:50pm	PRCC	\$117
Junior Lifeguard Club	15346	14-16	Th	Jan 9-Apr 2	5-6:50pm	Mews	\$117
Red Cross Assistant Lifeguard	15349	12+	Su	Jan 5-Feb 9	9am-5pm	PRCC	\$175
Red Cross Assistant Lifeguard	15565	12+	Su	Feb 16-Mar 22	9am-5pm	PRCC	\$175
Red Cross Lifeguard	15351	15+	Su	Jan 19-Feb 23	9am-5pm	PRCC	\$225
Red Cross Lifeguard Recert	16114	15+	Su	Mar 15	8am-2pm	PRCC	\$100
Red Cross Lifeguard Transfer	16115	15+	Su	Mar 1 & Mar 8	8am-2pm	PRCC	\$125
Red Cross Water Safety Instructor	15352	15+	Su	Jan 5, Feb 2, 9 & 16	9am-5pm	Mews	\$425
Red Water Safety Instructor Recert	15566	15+	Su	Feb 23	9am-5pm	Mews	\$125
Red Cross Standard First Aid & CPR C	15350	15+	Su	Jan 5 & Jan 12	9am-5pm	PRCC	\$125
Red Cross Standard First Aid & CPR C	15588	15+	Su	Mar 22 & Mar 29	8am-2pm	PRCC	\$125

Aquatic Fitness Instructor Workshop

This workshop will teach participants how to develop and lead shallow and deep water fitness classes. Topics include basic human anatomy and physiology, nutrition, aquatic exercise design and safety, principles of aquatic training, and more.

Successful completion of this workshop is required to instruct shallow and deep water fitness in City pools.

Jan. 24-26, 2020

Mews, \$150

Participants must be available for dates and times:

Friday, Jan. 24: 6-10pm

Sat. Jan. 25 and Sun. Jan. 26: 8:30am-4:30pm

Register via REConnect (code 16090, see page 20) or call 576-8499.

Outdoor Recreation

Winter Activity Centre

Winter equipment rental shops are located in both Bowring Park and Pippy Park. A cross country ski sledge or snow coach are available upon request.

Equipment rental passes are also available for purchase at H.G.R. Mews Community Centre and Paul Reynolds Community Centre.

Days of operation are weather dependent and based on snow cover. Call the Info Line at 737-3651 to check updated facility operations.

Equipment rental

- Individual, \$5
- Family of three, \$10
- Family of four or more, \$15

Contact Outdoor Programs

576-8522

outdoor@stjohns.ca



Pippy Park

In the North Bank Lodge opening January 4

Equipment (for all ages): classic cross country skis & boots, snowshoes, poles

Payment by: credit, debit or cash

Identification required for rental

Pippy Park trails are groomed twice daily and lit for evening use.

Tuesday	6-9pm
Thursday	6-9pm
Friday	6-10pm
Saturday	9:30am-10pm
Sunday	9:30am-5:30pm

Bowring Park

In the Pool House opening January 11*

Equipment (for all ages): snowshoes, poles

Payment by: credit or debit

Identification required for rental

*This service may open earlier if snow conditions are suitable

Saturday	9:30am-5:30pm
Sunday	9:30am-5:30pm

Group Programs

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

Programs offered in winter:

- cross country skiing
- snowshoeing
- outdoor cooking
- orienteering
- fire building
- map & compass

Corporate Outdoor Program

Introduce outdoor team building to your organization or business. We offer a variety of land, snow and water activities for groups of 10- 60 people. Give us a call to learn of options to customize a program to best suit your needs.

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.

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

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

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



Fitness Descriptions

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. Flotation 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 muscle 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	Date	Time	Location	Cost
Beginner Yoga	15130	M	Jan 6-Apr 6	6:45-8pm	PRCC	\$130
Beginner Yoga	15131	Th	Jan 9-Apr 9	10:45am-noon	PRCC	\$140
Beginner Yoga	15143	W	Jan 8-Apr 8	8-9:15pm	Kenmount	\$140
Intermediate Yoga	15132	M	Jan 6-Apr 6	8:15-9:30pm	PRCC	\$130
Intermediate Yoga	15133	W	Jan 8-Apr 8	6:45-8pm	PRCC	\$140
Intermediate Yoga	15134	Th	Jan 9-Apr 9	9:15-10:30am	PRCC	\$140
Intermediate Yoga	15140	W	Jan 8-Apr 8	8:15-9:30pm	PRCC	\$140
Mixed Level Yoga	15135	Tu	Jan 7-Apr 7	9:15-10:30am	PRCC	\$140
Mixed Level Yoga	15139	Tu	Jan 7-Apr 7	10:45am-noon	PRCC	\$140
Mixed Level Yoga	15136	Tu	Jan 7-Apr 7	6:45-8pm	PRCC	\$140
Mixed Level Yoga	16124	W	Jan 8-Apr 8	6-7:15pm	Mews	\$140
Relaxation Yoga	15138	W	Jan 8-Apr 8	9:30-10:45am	Mews	\$140
Relaxation Yoga	15142	Tu	Jan 7-Apr 7	11am-12:15pm	Kenmount	\$140
Yin Yoga	15137	Tu	Jan 7-Apr 7	8:15-9:30pm	PRCC	\$140

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.

Relaxation Yoga

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

Children and Youth Programs



For details visit: stjohns.ca

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

Playgroups, up to age 5 unless otherwise noted					
Playgroup	W Sa	Jan 8-Jun 6	10-11:30am	Southlands	\$2, under 6 months free
Playgroup Active	M	Jan 6 -Jun 25	9:30-11:30am	Kilbride	Free*
Playgroup	Tu Th	Jan 7 - Jun 25	9:30-11:30am	Kilbride	Free*
Playgroup On our Way	Th	Jan 23 - Jun 4	1-2:30pm	Kilbride	Free*
Playgroup	Tu	Jan 14 - Jun 2	1:30-3pm	PRCC	\$2, under 6 months free
Playgroup - Mother Goose (up to age 2.5)	Tu	Jan 14 - Mar 17	10:30-11:30am	Shea Heights	Free*
Playgroup	M Sa	Jan 6 - Jun 6	10-11:30am	Kenmount	\$2, under 6 months free
Playgroup - Sunday Funday (all ages)	Su	Jan 12 - Jun 7	1:30-3pm	PRCC	\$2, under 6 months free

*Offered by the Kilbride to Ferryland Family Resource Centre

Preschool	Code	Age	Day	Date	Time	Location	Cost
Preschool	15148	4-5	M W F	Jan 13-May 15	9am-noon	PRCC	\$658
Preschool	15147	4-5	Tu Th	Jan 14 - May 14	9am-noon	PRCC	\$448
Preschool	15149	4-5	Tu Th	Jan 14-May 14	9am-noon	Southlands	\$448
Preschool	15150	4-5	W F	Jan 15-May 15	9am-noon	Kenmount	\$448

Arts	Code	Age	Day	Date	Time	Location	Cost
Craft	15156	5-12	Su	Jan 19	6-7:30pm	Kenmount	\$14
Painting: Family	15195	5+	Tu	Feb 18	6:30-8pm	Kilbride	\$11
Painting	15157	5-12	Su	Feb 23	6-7:30pm	Kenmount	\$9
Learn to Knit**	15158	10+	Tu	Jan 28-Mar 17	7-9pm	PRCC	\$60
Learn to Knit	16604	10-14	Th	Mar 26-Apr 2	6-8pm	PRCC	\$30
Sit and Knit**	15196	10+	W	Feb 12	7-9pm	PRCC	\$2/person
Sit and Knit**	15197	10+	W	Mar 11	7-9pm	PRCC	\$2/person

**These courses are open to children and adults aged 10 and above

Leadership	Code	Age	Day	Date	Time	Location	Cost
Babysitters Course	15161	11-14	Sa	Jan 25	9am-4pm	PRCC	\$55
Home Alone Safety	15159	10-12	M	Feb 29	9am-4pm	Southlands	\$55
Home Alone Safety	15160	10-12	Sa	Mar 21	9am-4pm	Kenmount	\$55

Children and Youth Programs

Sport , Workshops, Drop-ins



Sport	Code	Age	Day	Date	Time	Location	Cost
Ball Hockey	15162	12-16	Su	Feb 2 - Apr 5	6-7pm	Mews	\$40
Handball – Beginner	15163	9-12	Tu	Jan 21-Mar 24	3:30-4:30pm	PRCC	\$40
Handball – Beginner	15867	13-16	Th	Jan 23-Mar 26	3:30-4:30pm	PRCC	\$40
Tennis – Introduction	15165	9-12	W	Jan 22-Mar 25	3:30-4:30pm	PRCC	\$40
Trisport Discovery	15166	6-8	Su	Jan 12-Feb 23	6-7:30pm	Kenmount	\$42
Trisport Explore	15167	9-12	Su	Jan 12-Feb 23	6-7:30pm	Kenmount	\$42

Youth Drop-ins	Age	Day	Date	Time	Location	Cost
Drop-in - Girls	10-14	M	Jan 6 - Jun 8	6:30-8pm	Southlands	Free
Drop-in	10-14	Tu Th	Jan 7 - Jun 11	6:15-8:15pm	Southlands	Free
Drop-in	10-14	W	Jan 8 - Jun 10	6:30-8pm	Shea Heights	Free
Drop-in - Girls	10-14	Th	Jan 9 - Jun 11	6:30-8pm	Shea Heights	Free
Drop-in - Sport	10-14	Tu	Jan 7 - Jun 9	6-7:30pm	St. John Bosco	Free
Drop-in	10-14	M W	Jan 6 - Jun 10	6-7:30pm	Kilbride	Free
Drop-in	12-16	Th	Jan 9 - Jun 11	6-7:30pm	Kilbride	Free
Drop-in	11-16	M-F	Jan 6 - Jun 12	12-1pm	PRCC	Free
Drop-in	11-16	Su	Jan 12 - Jun 7	3:15-5pm	PRCC	\$2
Drop-in	10-14	M	Jan 6 - Jun 8	6-7:30pm	Kenmount	Free
Drop-in Girls	10-14	Th	Jan 9 - Jun 11	6-7:30pm	Kenmount	Free

Workshops	Code	Age	Day	Date	Time	Location	Cost
Animal Care	13231	12-16	W	Feb 19	6-8pm	Animal Centre	\$14

Children and Youth Programs

Youth Week Celebrations 2020

Youth Art Exhibit

Ages 12 to 18 years are invited to submit a piece of original art work for the 18th Annual Youth Art Exhibit by Wednesday, April 15, 2020.

All submitted art work will be on public display in The Wyatt (Great) Hall, City Hall during Youth Week Celebrations in May 2020.

Submissions forms can be found at: stjohns.ca > Living in St. John's > Forms and Applications > Recreation

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.

Award presentations will take place during Youth Week Celebrations in May 2020.

Nominate a deserving young person by Wednesday, April 15, 2020.

Nominations forms can be found at: stjohns.ca > Living in St. John's > Forms and Applications > Recreation



So You Think You've Got Talent

Whatever your talent here's your chance to show it off in a supportive and non-judgmental environment!

Sunday, March 8

2-5 p.m.

**D.F. Cook Recital Hall,
School of Music, Memorial University**

Anyone can attend for free – support these stars of tomorrow!

Performers are ages 10-14, and the application deadline is Sunday, March 1.

For more information or an application form:

recreation@stjohns.ca 576-8630

stjohns.ca > Living in St. John's > Recreation and Parks > Youth



Darcy is a 16 year-old performer from Conception Bay South. Darcy, an alumni of our "So You Think You've Got Talent" youth talent show, has performed at several MusicNL events as well as a handful of festivals. During the 2019 Newfoundland Folk Festival Darcy won the Newfoundland Talent contest, the prize of which will see Darcy recording a couple of new demos with some fantastic industry leaders.

Supported by



After School Programs

For the current school year, 2019-2020

Course	Code	Ages	Day	Dates	Time	Location	Cost
After School Program	13422	5-12	M to F	Sep 4-Jun 25	3-5:30pm	Shea	\$205/month
After School Program	14731	5-12	Tu Th	Sep 4-Jun 25	3-5:30pm	Shea	\$82/month
After School Program	14732	5-12	M W F	Sep 4-Jun 25	3-5:30pm	Shea	\$123/month
After School Program	13421	5-12	M to F	Sep 4-Jun 25	3-5:30pm	Kilbride	\$205/month
After School Program	14729	5-12	Tu Th	Sep 4-Jun 25	3-5:30pm	Kilbride	\$82/month
After School Program	14730	5-12	M W F	Sep 4-Jun 25	3-5:30pm	Kilbride	\$123/month
After School Program	13425	5-8	M to F	Sep 4-Jun 25	3-5:30pm	PRCC	\$350/month
After School Program	13858	10-12	M to F	Sep 4-Jun 25	3-5:30pm	PRCC	\$350/month
After School Program	13423	5-12	M to F	Sep 4-Jun 25	3-5:30pm	Southlands	\$350/month

New Year's Camp

Course	Code	Ages	Day	Dates	Time	Location	Cost
New Year's Camp	15179	5-12	Th & F	Jan 2-3	8am-5pm	PRCC	\$50
New Year's Camp	15180	5-12	Th & F	Jan 2-3	8am-5pm	Kilbride	\$50
New Year's Camp	15181	5-12	Th & F	Jan 2-3	8am-5pm	Southlands	\$50

School Holidays – Winter Break

Schools are out for a break but you can come to play all day.

Course	Code	Ages	Day	Dates	Time	Location	Cost
School Holiday	15182	5-12	M	Feb 17	8-5:30pm	PRCC	\$25/day
School Holiday	15183	5-12	M	Feb 17	8-5:30pm	Southlands	\$25/day
School Holiday	15184	5-12	M	Feb 17	8-5:30pm	Kilbride	\$25/day

Save the Date for Easter Camp

Registration begins March 5, 2020 for Easter Camps, taking place April 13-17 at several of our Community Centres.

Adult (18+)

Music	Code	Day	Date	Time	Location	Cost
Accordion Level 1	15065	Tu	Jan 21-Feb 25	10am-noon	CEWP	\$54
Accordion Level 2	15064	W	Jan 22-Feb 26	10am-noon	CEWP	\$54
Beginner Guitar	15061	Th	Jan 16-Apr 2	11 am-12:30pm	Mews	\$81
Intermediate Guitar	15062	M	Jan 13-Mar 30	7:30-9pm	Mews	\$74
Advanced Guitar	15060	Th	Jan 16-Apr 2	1:30-3pm	Mews	\$81
Keyboarding – Beginner	15059	Tu	Jan 14-Mar 31	9:30-10:45am	Mews	\$67.50
Keyboarding – Beginner	15058	Th	Jan 16-Apr 2	9:45-11am	PRCC	\$67.50
Keyboarding – Intermediate	15057	Tu	Jan 14-Mar 31	11am-12:15pm	Mews	\$67.50
Keyboarding – Intermediate	15056	Th	Jan 16-Apr 2	11:15am-12:30pm	PRCC	\$67.50
Keyboarding – Intermediate	15055	Tu	Jan 14-Mar 31	1:30-2:45pm	Mews	\$67.50

Dance	Code	Day	Date	Time	Location	Cost
Line Dance Drop-in (all levels)	NA	M	Jan 13-Mar 30	1-2pm	PRCC	\$4.50 per drop-in session
Beginner Line Dance	15102	Tu	Jan 14-Mar 31	11am-noon	Mews	\$54
Beginner/Intermediate Line Dance	15103	Tu	Jan 14-Mar 31	12:15-1:15pm	Mews	\$54
Beginner/Intermediate Line Dance	15109	W	Jan 15-Apr 1	10:15-11:15am	PRCC	\$54
Intermediate Line Dance	15110	W	Jan 15-Apr 1	11:30am -12:30pm	PRCC	\$54
Intermediate Line Dance	15104	Th	Jan 16-Apr 2	12:15 -1:15pm	Mews	\$54
Intermediate Line Dance	15108	Th	Jan 16-Apr 2	11am-noon	Mews	\$54
Beginner Ballroom Dance	15111	Su	Jan 12-Mar 29	7:45-8:45pm	Mews	\$54 partner required
Modern Sequence Ballroom Dance	15112	Su	Jan 12-Mar 29	9-10pm	Mews	\$45 partner required
Newfoundland Traditional Dance Drop-in	NA	W	Jan 15-Apr 1	7:30-9pm	Mews	\$6.75 per drop-in session

Leisure and Technology	Code	Day	Date	Time	Location	Cost
Bridge Level 1	15092	Tu	Jan 14-Mar 31	9-11:30am	Mews	\$120
Bridge Level 2	15093	W	Jan 15-Apr 1	9-11:30am	PRCC	\$120
Bridge Level 3	15094	M	Jan 13-Mar 30	9-11:30am	PRCC	\$110
Social Time & Cards – Drop-in	15097	Tu	Jan 14-Mar 31	10:30am-noon	PRCC	\$2 per session
Social Time & Cards – Drop-in	15098	F	Jan 17-Apr 3	10:30am-12:30pm	Mews	\$2 per session
Digital Photography	15100	M & W	Jan 20-Feb 5	10am-noon	Kenmount	\$48
Intermediate Digital Photography	15099	Tu & Th	Feb 25-Mar 12	10am-noon	Southlands	\$48 DSLR required
Facebook and Messenger App	15054	F	Jan 24	9:30am-12:30pm	PRCC	\$18
Email & Online Banking	15049	F	Jan 31	9:30am-12:30pm	PRCC	\$18
Android Devices	15052	F	Feb 7	9:30-11:30am	PRCC	\$12
Apple Devices	15053	F	Feb 14	9:30-11:30am	PRCC	\$12

Art	Code	Day	Date	Time	Location	Cost
Acrylic Painting - Mug & Mittens	15082	F	Jan 17	6:30-9:30pm	Mews	\$20
Acrylic Painting - Owl Babies	15083	F	Feb 21	6:30-9:30pm	Mews	\$20
Acrylic Painting - Watering Can	15084	F	March 6	6:30-9:30pm	Mews	\$20
Acrylic Painting - Bee	15086	F	April 3	6:30-9:30pm	Mews	\$20
Acrylic Painting	15081	W	Jan 15	6:30-9:30pm	Southlands	\$20
Acrylic Painting	15080	W	Feb 12	6:30-9:30pm	Southlands	\$20
Acrylic Painting	15079	M	March 18	6:30-9:30pm	Southlands	\$20
Acrylic Painting	15073	W	April 15	6:30-9:30pm	Southlands	\$20
Acrylic Painting	15078	Tu	Jan 28	6:30-9:30pm	Kilbride	\$18
Acrylic Painting	14753	Tu	March 3	6:30-9:30pm	Kilbride	\$18
Acrylic Painting	16116	Su	March 22	6-7:30pm	Kenmount	\$9
Oil Painting - Landscape	15075	Th	Feb 6-20	6:30-9:30pm	Mews	\$54
Oil Painting - Boat	15074	Th	March 5-19	6:30-9:30pm	Mews	\$54
Water Colour Painting	15072	M	Jan 20 - Feb 10	6:30-9pm	PRCC	\$60
Water Colour Painting	15071	Th	Jan 23 - Feb 13	2-4:30pm	PRCC	\$60
Water Colour Painting	15070	M	Feb 24 - March 23	6:30-9pm	PRCC	\$60
Water Colour Painting	15069	Th	Feb 27 - Mar 19	2-4:30pm	Mews	\$18
Drawing	15066	F	Jan 31	6:30 - 9:30pm	Mews	\$18

Handicraft	Code	Day	Dates	Time	Location	Cost
Knitting Circle	15087	M	Jan 13-Mar 30	10:30am-noon	Mews	\$2 drop in
Rug Hooking Hooking Faces: Ladies in Hats	15088	M	Jan 20-Feb 17	9am-noon	Mews	\$175 \$205 if Hook & Frame are needed
Rug Hooking Secret Messages	15493	M	Feb 24-March 9	9am-Noon	Mews	\$139 \$169 if Hook & Frame are needed
Quilting	15089	W	Jan 22-Mar 25	6:30-9pm	Kenmount	\$150 Must bring a sewing machine
Valentines Craft	15090	M	Feb 3	1-3 pm	Mews	\$20
St. Patrick's Craft	15091	M	Mar 2	1-3 pm	Mews	\$20



Older Adults (50+)

These programs for ages 50+ require registration, see page 20 for registration details and new course listing key. There are also many other adult programs that may be of interest to you, see listings on pages 34-35.

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.

Fitness	Code	Day	Date	Time	Location	Cost
Active for Life	15048	Tu & Th	Jan 14 - Apr 2	1-2:30pm	Southlands	\$144

Lifelong Learners

Continue to build skills and knowledge in general interest courses.

Contact Us

Call 576-8490 or 576-8411

email recreation@stjohns.ca

History of Newfoundland and Labrador Through Maps

Learn how maps and charts tell part of the story of the history of the province. Maps are powerful communication tools and have a story to tell. We will look at maps from the early days of exploration through to the early part of the 20th century.

Folk Songs

Folk Songs cover every human experience, emotion and opinion. No more pleasant and complete an education can be had. Instructor: Frank Holden

Title	Days	Dates	Time	Location	Cost
History of Newfoundland and Labrador Through Maps	Tu & Th	Feb 4–20	1:30-3:30pm	PRCC	\$48
Folk Songs	Tu & Th	Mar 10-Mar 26	1:30- 3:30pm	PRCC	\$48



Older Adults (50+)

Events and Outings

Registration must be completed at least three days prior to the event, see page 18.

Registration fee includes meal, refreshments and transportation. Call 576-8594 the evening before the event to determine the bus schedule. Pick-ups occur from the H.G.R. Mews Community Centre and several adult and seniors apartments.

Scent Free

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

Transportation - events and outings

Transportation for special events is included in the price. Please call 576-8594 the evening before the outing to determine the bus schedule. Pick-ups occur from the H.G.R. Mews Community Centre and the following adult and seniors' apartment complexes:

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
NEW St. Luke's

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

Events and Outings	Code	Day	Date	Time	Location	Cost
Seniors Social & Bingo	15035	Th	Jan 23	11:30 am - 2:30 pm	Kenmount	\$18 \$13 if using GoBus
Afternoon at North Bank Lodge	15038	Th	Mar 19	1-4pm	Pippy Park	\$18 \$13 if using GoBus
Valentine's Party	15041	Th	Feb 13	6:30-10:30pm	City Hall	\$22 \$17 if using GoBus
Pancake Brunch and Bingo	15044	Tu	Feb 25	11:30am - 3:30pm	The Hub	\$22 \$17 if using GoBus
St. Patrick's Party	15047	Th	Mar 13	6:30-10:30pm	City Hall	\$22 \$17 if using GoBus

Volunteers

Build our Community

Do you know someone who is working to creating positive change in your community?

The Building Healthy Communities Volunteer Award recognizes residents who have volunteered their time to support healthier environments in St. John's.

By establishing healthier environments, volunteers are enhancing the community and providing residents with the opportunity to lead healthier lives. Nominees are considered based on how they contribute to one or several of the following healthy community categories:

- Healthy Neighborhoods & People
- Social & Community Connections
- Environment and Sustainability
- Transportation
- Inclusion
- Housing

This volunteer award is open to all ages and has three award categories: Youth, Community Group and Adult/Senior. Nominees must be a resident of St. John's and winners will be recognized at the City of St. John's Annual Volunteer Reception.

If you would like more information on the award, or to nominate someone by the deadline of March 27, email healthycommunities@stjohns.ca or call 576-8628.

Volunteer Junior Recreation Leader

Designed to provide youth with a workplace educational experience as a volunteer Recreation Leader and mentored by one of our caring recreation practitioners. We provide a fun-filled atmosphere designed to challenge youth by developing self-respect and a sense of camaraderie through team building.

The next session takes place February 3 to April 6, 2020.

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

Nicholas Cummings was one of our first Volunteer Junior Recreation Leaders; he volunteered at Camp Adventure at Macdonald Drive Elementary during summer 2019.



“Youth should volunteer because you learn skills, gain experience and have fun!”



Volunteer Today!

Give back to your community, build relationships with others all while having fun.

Email: volunteer@stjohns.ca Phone: **576-8630**

We will provide you with an application available at stjohns.ca > Living in St. John's > Your City > Volunteer and a waiver to apply for a RNC Code of Conduct and Vulnerable Sector Check.

When all documents have been submitted we will meet with you and match you with a rewarding and fulfilling placement.

Community Gardens

and St. John's

The City of St. John's recognizes community gardens contribute towards building local and sustainable food systems. Community gardens also help individuals and families access nutritious and affordable food at the neighbourhood and community level.

Healthy City St. John's compiled a guide for residents interested in starting a community garden on City-owned land. The guide outlines the necessary steps and considerations to take before starting a community garden on City-owned land.



Growing Community Gardens in the City of St. John's:
A Guide for Community Gardens on City-Owned Land
Read it at: **stjohns.ca**

- > Living in St. John's
- > Your City
- > Healthy Communities



Contact Us
healthycommunities@stjohns.ca
576-8628

Find us
Online!

ST. JOHN'S



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@CSJCityCouncil
@SJRF
@HumaneServicesStJohns
@KilbrideLionsCommunityCentre
@SouthlandsCommunityCentre
@KenmountTerraceCommunityCentre



CityofStJohns



@CityofStJohns

Give the Gift of Play

Donate to a child in need

- stjohns.ca/real
- 576-8684
- Drop by the H.G.R. Mews or Paul Reynolds Community Centres

