

Safety tips for everybody - check out our Winter Safety Guide

City Guide

WINTER 2016

**What's in store
with winter
events**

see pages 24-25

**Your 2016
Garbage &
Recycling
calendars inside**

see pages 8-9

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The Child Who Won This Lawyer's Heart



When Ches Crosbie founded his law firm in 1991, his very first personal injury client was a young girl who was struck by a vehicle while riding her bicycle.

Ches Crosbie She suffered a serious head injury with devastating consequences. It was a catalyzing event for Ches. Through that case, he realized that the practice of law is about relationships and making a meaningful, lasting difference in people's lives. He knew his job was to get her a settlement that would ensure her quality of life forever.

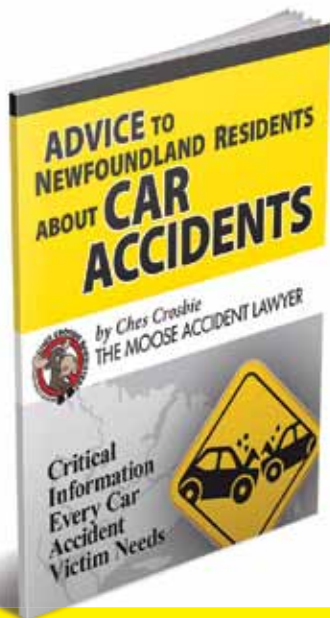
Being able to make such a difference in this girl's life was so gratifying that he founded Ches Crosbie Barristers Personal Injury Law Firm, and built a team of competent and compassionate injury lawyers to help him. And now, over

20 years later, he keeps a picture of this young client and her family at Ches Crosbie Barristers to inspire the work of his team and remind them of why they do what they do.

Ches Crosbie Barristers believes in empowering their clients to make the best decisions when confronted with life-altering events caused by accidents and injuries. That is why we provide numerous books to educate Newfoundland and Labrador residents about what to do if they've been involved in a car accident.

If you've been injured in a car accident, we want to help you get the very best outcome for your life and your loved ones.

BEFORE you talk to the insurance company or make any decisions about how to proceed with your car accident case, order our newest book, Advice to Newfoundland Residents About Car Accidents: Critical Information Every Car Accident Victim Needs.



In this book, you will find answers to important questions such as:

- What are the **10 biggest myths** surrounding lawyers in Canada
- How do you **decipher lawyer advertising** and see the truth behind the claims
- How can you **find the RIGHT lawyer** for your case
- What are the **eight questions** you should ask every potential lawyer
- The **top 12 most frequently asked questions** about a car accident injury
- **And more!**

"I've seen too many car accident victims make terrible mistakes on their claims before getting reliable information."

—Darlene Russell, Senior Lawyer



To request your FREE book, call (709) 400-0388 or visit www.NewfoundlandCarAccidentAdvice.com

See what others are saying...

"It's not very often that I pick up a piece of literature and read it from cover to cover, however, this book written by Mr. Ches Crosbie has to be one of the most informative pieces of literature that I have had the pleasure of reading, in recent memory. There is no doubt in my mind, that every Newfoundlander and Labradorian should acquire and absorb this book from cover to cover. I am personally unaware of any other document that can mirror Mr. Crosbie's fine work. Loaded with facts and well-seated advice, I would be remiss if I did not encourage everyone to take the time and energy to retain the information that so desperately needs to be disseminated." —Brent Cole, Whitbourne

Request your free copy today! Call (709) 400-0388 or visit www.NewfoundlandCarAccidentAdvice.com



Ches Crosbie Barristers has offices in St. John's and Bay Roberts but we help victims across all of Newfoundland and Labrador. We offer free consultations and there's no fee unless you collect.

Contact Your Council

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City Guide

St. John's 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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Questions? Concerns? ...4 easy ways to reach the City

Download our new app
Call 311 or 754-CITY
Submit online at stjohns.ca
Visit Access St. John's at City Hall



www.stjohns.ca/access-311

ST. JOHN'S

A City for All Seasons

St. John's is a city on the move. No matter the weather, you will find that there are always things to see and do in this great city we call home!

From E.J. Pratt's description of our "tide and wind and crag" to Wayne Chaulk's more wistful dreams of Saltwater Joys, our beautiful and rugged province has been a source of inspiration for poets, songwriters and artists for hundreds of years. One of my favorite songs is Ron Hynes' St. John's Waltz, which ends: "...so don't question or inquire what's been gained, what's been lost; in a world of romance don't miss out on the chance, to be dancin' the St. John's Waltz."

We, too, are inspired by this place. At the City of St. John's, that inspiration is expressed through our special events, activities, amenities and services, all supported by the investments we are making to secure a year-round, livable capital city.

In this City Guide you will read articles on our special winter events and outdoor activities; our recreation programs to keep you active and healthy throughout the long, dark months; and our preparations for the snow on our roads and sidewalks. We have also included a number of winter safety tips, based on the lessons we have learned from our snowplow operators, risk experts, fire fighters and partners in the police force.

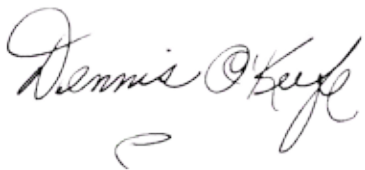
Being a "City for All Seasons" is one of our six strategic directions. Our goals, just to name a few, include:

- Developing a winter city strategy
- Supporting year-round, active transportation, and
- Promoting active, healthy living

Our plan to build a vibrant city where we want to live capitalizes on our history, our natural environment and our optimism for a bright future. To learn more about our strategic plan, I encourage you to visit our website at stjohns.ca.

As always, I hope you enjoy the City Guide and find it to be a useful source of information. We welcome your feedback and encourage you to be part of the discussion by registering at engage.stjohns.ca so that we can keep in touch with you about our latest plans and ideas. 

Bundle up and get out there this winter!



Mayor Dennis O'Keefe



Grey Sock Project

During the First World War women from our province knit over 65,000 pairs of socks and scarves for troops fighting overseas.

As part of First World War commemorations, the City of St. John's encourages knitters to knit socks and scarves to donate to individuals and organizations in need. Knitters and knitting groups wishing to participate, or charities wishing to receive knitted goods, can email:



recreation@stjohns.ca

Neighbourhood Watch



Are you concerned about crime in your neighbourhood?

Let's Connect and Protect!

Call 726-0180

neighbourhoodwatch@stjohns.ca



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

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New Format for Calendars

The format for our 2016 calendars has been changed to simplify how residents find their collection days. All Areas ending in A or B have been put on the same calendar page. Determine whether you are in an A or B Area, locate the colour for your Area on that page and follow that colour throughout the year.

We hope the new format makes it easier for residents to understand how holidays affect the waste collection schedule for the whole City.

Collection Changes after Holidays and Storms

Garbage and recycling is not collected on the eight holidays that are colored yellow and marked with a 'H' in your 2016 calendar.

After these holidays, or if garbage and recycling collection is cancelled due to a storm, all collection will be moved to the next day for the remainder of that week.

So, if a holiday or storm cancellation occurs on a Monday, people who would normally have collection on Monday bump to Tuesday, Tuesday to Wednesday and so on with Friday's regular collection being picked up on Saturday. The following week, everything returns to normal.

Here are some important dates to note for this 2015-16 holiday season:

- If you would normally have garbage day on Friday, December 25, 2015 (and with Saturday also being a holiday) please put your garbage out on Monday, December 28.
- If you would normally have garbage day on Friday, January 1, 2016 please put your garbage out on Saturday, January 2.

Confused? There's an APP for that!

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

Sign up for reminders

We offer a FREE service where you can sign up to receive weekly reminders of your garbage and recycling collection days. You choose what kind of reminder you want and when you get it! Reminders can be sent to you anytime of the day or night through:

- Email
- Text
- Twitter direct message
- Phone call (automated message)

Go to **www.curbitstjohns.ca** or call **311** or **754-CITY** (2489) to sign up for reminders.

Why the change?

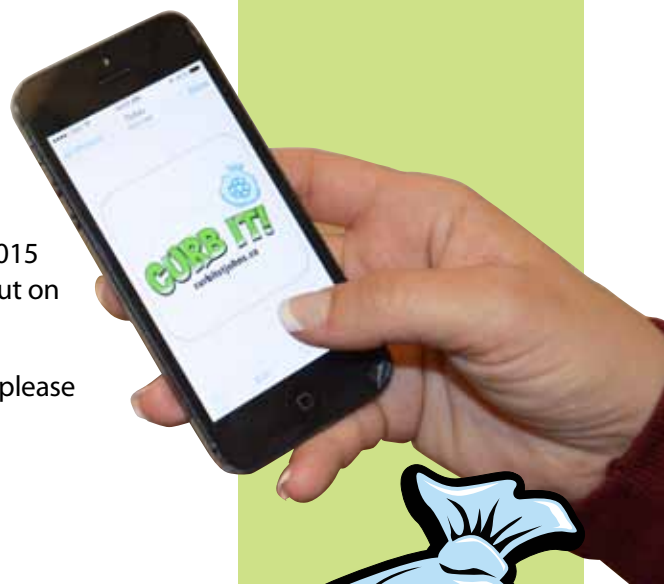
Before the new schedule, we had to collect two areas on one day. So, for a Monday holiday, our collectors had to pick up twice as much and travel twice the routes on Tuesday.

These double days are very physically demanding; collectors pick up approximately 9 tonnes each collection day, and some have picked up close to 30 tonnes on a double day. Following double days, we saw a rise in workplace injuries and lost time.

To minimize risk and create a safer workplace for our collectors, we introduced a primarily fixed schedule with a shift for holidays and storms.

2016 Holidays, No Collection

- New Year's Day
- Good Friday
- Victoria Day
- Memorial/Canada Day
- Labour Day
- Thanksgiving Day
- Remembrance Day
- Christmas Day
- Boxing Day



Find your
2016
garbage &
recycling
calendars on
pages 8-9

Sign up for
reminders at
www.curbitstjohns.ca
or call 311, or
download the
St. John's Waste and
Recycling app!

Garbage and Recycling Collection Calendar 2016



Calendar Area 1A to 5A

- Locate your area and normal garbage day to find your colour at right
- Garbage & recycling must be at the curb on your collection day between 6 and 8 a.m.
- Garbage must be fully covered from April 1 to November 30

For more information visit curbitstjohns.ca or call 311.

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

January 2016						
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Garbage and Recycling Collection Calendar 2016



Calendar Area 1B to 5B

- Locate your area and normal garbage day to find your colour at right
- Garbage & recycling must be at the curb on your collection day between 6 and 8 a.m.
- Garbage must be fully covered from April 1 to November 30

For more information visit curbitstjohns.ca or call 311.

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

January 2016						
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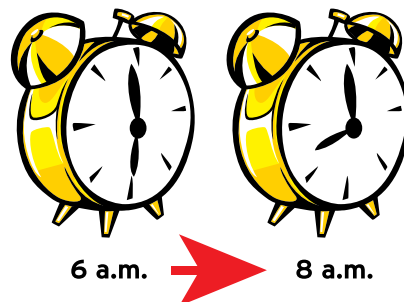
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Rules for Curbside Garbage

Put bags of garbage and recycling at the curb on your scheduled day only; no earlier than 6 a.m., no later than 8 a.m.

Birds or other animals can tear open garbage bags and create litter which is dirty, unsightly and gives rodents an easy food source.

When bags are put out too early, there is a greater chance of them being torn open by animals. Waste collection begins at 8 a.m. so put your garbage and recycling out by then to make sure you don't miss the truck.



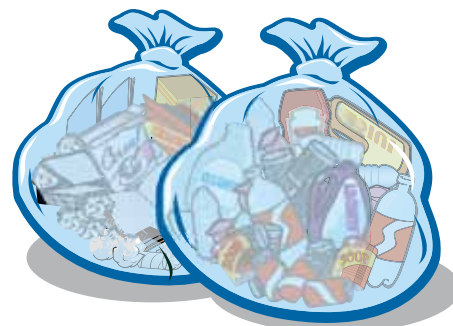
From April 1 to Nov. 30 garbage must be completely covered in a bin or with a net or blanket.

Covering garbage reduces the chance of bags being torn open by animals.



Recycling must be in see-through blue bags.

Our collectors can easily identify and check your recycling when the bags are transparent blue. We have a 3% contamination rate (non-recyclables in with recycling) at our recycling facility – the lowest in Canada. Great job recyclers!



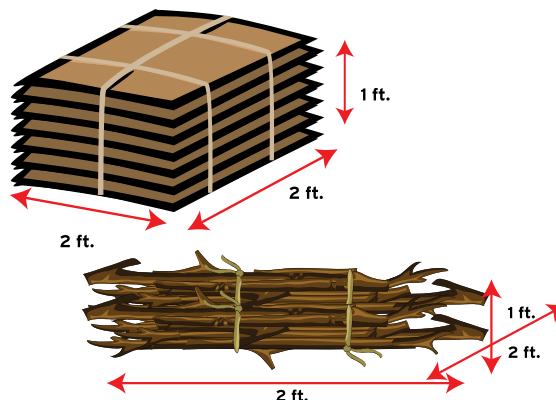
A maximum of 10 garbage bags and 10 recycling bags will be collected each pickup day.

Now that we have a curbside recycling program the amount of garbage people put to the curb can easily be reduced. Changing behaviors to reduce, reuse, and recycle is beneficial to our planet and extends the life of the landfill. Landfills are expensive to properly build, operate and close so the longer they last the better.



Bundled materials (branches, wood, carpets, etc.) must be less than 2 feet in length. A bundle should measure less than 2 feet by 2 feet by 1 foot. Cardboard can be in a blue bag or in bundles.

There is a hopper in each truck into which your garbage and recycling is fed. Bundles larger than 2x2x1 will not fit and could cause the hopper to jam, creating mechanical issues and downtime which costs money.



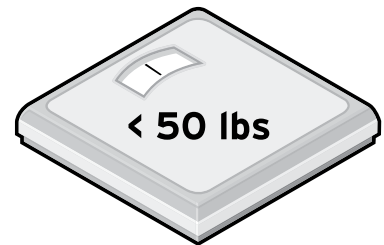
and Recycling Collection

Health & Safety

Everyone deserves a safe workplace and many of our rules are to reduce occupational health and safety issues for our staff who individually pick up approximately 1800 bags of garbage or recycling from 600 to 700 homes each collection day. Unsafe work conditions are not acceptable.

Bags and bundles must weigh less than 50 pounds.

Lifting bags or bundles that weigh over 50 pounds could cause serious back or shoulder injuries.



Do not pour or spray chemicals, such as bleach, on bags as animal repellent.

Chemicals can cause serious injuries especially if it gets in the eyes or on skin.



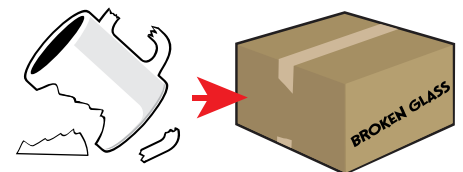
Hypodermic needles and other sharp objects must be placed in a puncture proof container.

When anyone is unwillingly pricked with a needle potentially serious medical and emotional issues can arise.



Broken glass must be clearly marked and packaged so sharp edges are not sticking out.

There have been serious laceration injuries to some of our collectors because broken glass was not properly packaged. Along with being injured, these employees have been unable to work for several weeks.



Garbage must be in regular sized garbage bags, not in supermarket-sized, kitchen catchers or larger industrial bags.

Multiple small bags increase the amount of bending, stretching, and reaching a collector has to do and gives rise to repetitive motion injuries. Large industrial size bags are difficult to grip from the top, which is the safest way to lift a bag.

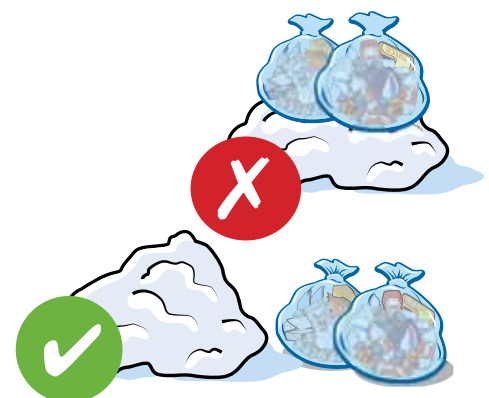


Containers of liquid are not collected.

Liquids are banned from disposal in the landfill plus they can spray on workers when the truck compacts your bags. Depending on the liquid there could be serious health and safety issues.

Do not put bags on snow banks.

Collectors can become injured if they are overextending and trying to reach bags. This can result in muscle strains or slip and falls. Put your bags at the curb in a place where our workers can safely reach them.



Curbside Recycling in three simple steps...

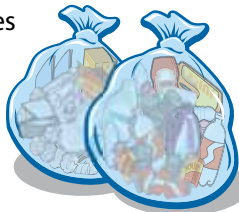
1. Sort It

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



2. Bag It

- Put papers and containers in separate see-through blue bags. Use see-through blue bags only.
- Place recyclables loosely in the bag – do not crush or flatten!



3. Curb It

Put your blue bags at the curb on recycling day, every second week. Learn your recycling & garbage days:

- Visit curbitstjohns.ca
- Call 311 or 754-CITY
- Get our App St. John's Waste & Recycling



What can be recycled at the curb?

For a detailed list use 'Put Waste in its Place' at www.curbitstjohns.ca

Separate bag for CONTAINERS



Aluminum Trays

e.g. pie plates, baking trays & more



Aluminum Cans

e.g. pop cans, beer cans & more



Milk & Juice Cartons



Plastic Trays & Tubs

e.g. butter & sour cream tubs, vegetable & fruit trays, plastic berry containers



Plastic Food Containers

e.g. ketchup, mustard, yogurt & more



Plastic Cleaning Product Containers

e.g. bleach, liquid laundry detergent, all-purpose cleaner, spray bottles, windshield wash bottles & more



Plastic Toiletries Containers

e.g. shampoo, liquid soap, mouthwash, contact lens solution, body wash & more



Plastic Drink Bottles

e.g. water, pop, liquor & more



Steel (Tin) Cans

e.g. soup cans, bean cans, tuna cans, coffee cans & more



Tetra Pak Containers

e.g. juice boxes, soup containers & more

Separate bag for PAPER



Newspaper, Flyers & Junk Mail



Magazines, Catalogues & Phone Books



Writing & Computer Paper

e.g. lined, white, coloured



Envelopes

paper and plastic window envelopes, but not bubble or insulated envelopes



Books

Remove hardcovers



Boxboard

e.g. cereal, cracker, detergent boxes, frozen food boxes & more



Egg Cartons

Just the cardboard kind, not the styrofoam kind



Take Out Drink Trays



Empty Paper Towel & Toilet Paper Rolls

Just the empty cardboard rolls, not the toilet paper or paper towels themselves



Corrugated Cardboard

Must be in a tied-up blue bag or bundled to no more than 2 ft x 2 ft x 1 ft



Do NOT put in curbside recycling:

Glass Plastic Bags Styrofoam Coffee Cups Fountain Drink Cups Paper Towels Wrapping Paper

blue is the new black

October 2015 marked the fifth anniversary for curbside recycling in St. John's.

From the very beginning, curbside recycling exceeded expectations with most St. John's residents participating. In recent years, however, we have seen a decline in tonnages collected at the curb.

To coincide with the fifth anniversary the City launched a new recycling awareness campaign – Blue is the New Black. We want to remind residents that it is fashionable to recycle, and what better way than through a stylish launch and campaign?!

The City approached the College of the North Atlantic's Craft & Apparel Design Program and challenged students to design and produce dresses made using only blue recycling bags, the same type that are used in the curbside recycling program. Their creations were spectacular and stunning. The students' hard work and creative flair was highlighted in each of their gowns.

The City of St. John's thanks the College of the North Atlantic for its support of this initiative through its Craft & Apparel Design Program, and thanks the local fashion community and the media for helping to make this a memorable and exciting event.



The winning blue bag dress was by designer & model Junlu Zhao, a second-year student of the Craft & Apparel Design Program at the College of the North Atlantic. As the winner Junlu received a \$500 grant from the City of St. John's.

WASTE / RECYCLING

Christmas Tree Drop off

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 Sunday, Dec. 27 to Sunday, Jan. 10
24 hours a day

Residential Drop-Off, 340 East White Hills Road
Tuesday, Dec. 29 to Saturday, Jan. 9
Tuesdays to Saturdays, 8 a.m. to 4 p.m.
Except Thursday, Dec. 31 closes at noon.

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trees into
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Winter Maintenance

Street Priority

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

To learn the priority level of your streets go to **www.stjohns.ca**, under Quick Links choose Snow Clearing and then Street Priority.

Priority 1: Major and minor arterials: streets that handle the most traffic

Priority 2: Collector streets: Metrobus routes that are not priority 1, steep streets that are dead ends, and streets adjacent to schools

Priority 3: Minor streets and cul-de-sacs

Priority 4: Private lanes maintained by the City

Where's My Plow?

Have you ever looked out the window during a snowfall and wondered where the plow is? Perhaps you can hear the plow and know it's on a nearby street but want to know which way it's traveling...

...it's easy to see when you check AVL-Where's My Plow.

Our heavy equipment is outfitted with Automatic Vehicle Location (AVL) technology that allows you to see where our plows are – primarily sanders and loaders – in real time.

Take a look at the AVL-Where's My Plow at **avl.stjohns.ca** or choose the first option in the Quick Links on our website **stjohns.ca**

We've used this AVL system for 10 years for public convenience and to monitor many aspects of our winter maintenance operations, including:

- the speed our vehicles are travelling;
- the number of kilometres driven per vehicle per shift;
- the routes our drivers are covering to avoid duplication or missed streets; and
- to track indicators that help us improve our service.

This year we've upgraded the AVL system to give us more detailed and accurate information, including a facelift to the AVL display on our website.

During the next snowstorm when you're inside and our snowplow operators are busy at work, sit back with a cup of tea, open up our website and check where the nearest plow is to you.



Every second counts

There are approximately 3,200 fire hydrants in the City of St. John's. Each one requires regular inspection and maintenance.

During the winter, this includes keeping the hydrants free of snow so they are readily available in case of an emergency.

City crews continually work to keep the hydrants free of snow but it can take more than a week to clear all of the hydrants after a heavy snowfall. Hydrants are cleared on a priority basis; high priority areas include schools and hospitals.

"If your home or business is on fire, every second counts," says Jerry Peach, Fire Chief of the St. John's Regional Fire Department.

"Firefighters lose precious time if they have to remove snow from a hydrant, and I urge you to take the time to help protect your property, and your neighbours too," adds Chief Peach. "Everyone will appreciate it if you keep the hydrants closest to you cleared."



Chief Jerry Peach



Keep me clean, not unseen!

- 'Adopt a hydrant' close to your property. Take the time to clear a path from the street to the hydrant. Clear the snow away from the top and sides of the hydrant.
- Do not bury or place snow on top of a hydrant.
- Report damaged hydrants by contacting Access St. John's:

Call **311**

Online www.stjohns.ca/access-311

iPhone or Android app, search: 311 St. John's

IMPOUND LOT		Just visiting	3 shifts of winter maintenance staff 
300,000 litres of brine sprayed in 2013 - 2014			
4 Anti-Icing Brine Trucks		FLEET TOOLBOX	
33,000 tonnes of salt spread each year			
42 vehicles equipped to spread salt			
		CHANGE	
6 Graders		FLEET TOOLBOX	
Record 648cm snowfall in St. John's 2000-2001			
413cm snowfall in St. John's 2013-2014			
335cm average snowfall in St. John's			
Full complement of winter maintenance staff work from late November to early April	 		 \$17.9 million, annual winter maintenance budget

its ter ance	FLEET TOOLBOX 51 Loaders 	68 staff per shift 	19 weeks of full staff complement 	FLEET TOOLBOX 42 Sander/ Plow Trucks 	 You get a \$45 ticket for parking on a snow route	CHANCE 	You get a \$45 ticket for parking during the on-street parking ban 	\$250  vehicle impound fee; plus \$25 per day that the car is in our yard	 Road weather Information 4 sites across city send temperature readings to Depot
--------------------	--	--	--	--	--	--	---	---	---



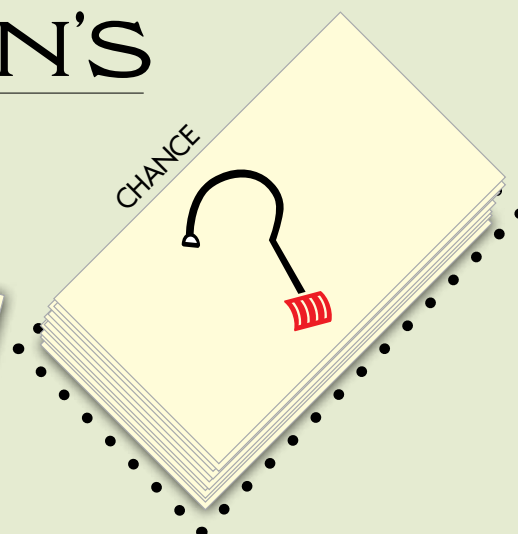
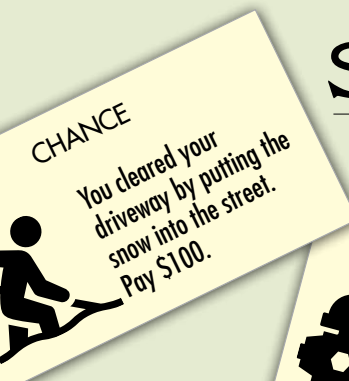
Snow clearing isn't a game to the City of St. John's. We know winters can be tough and over the past two years we have spent a lot of time and energy listening, evaluating, reviewing and planning better ways to deal with the winter elements.

We are always trying to improve how we clear streets and sidewalks during the winter months. Please take a look around the board. There are many interesting facts to learn about snow clearing in St. John's.



SNOWOPOLY

ST. JOHN'S



	Average number of days you can't park on downtown streets overnight - 10
FLEET TOOLBOX	14 Loader Blower attachments 
	Average number of days you can't park on streets overnight outside downtown - 85
	Average number of days you that can't park on snow routes - 120
FLEET TOOLBOX	10 Tracked Sidewalk Units 
	1.6 km, distance from schools of sidewalks cleared
	134 km of sidewalks cleared in St. John's
FLEET TOOLBOX	11 Trackless Sidewalk Units 
	There are a total of 700 km of sidewalks in St. John's

 COMMUNITY CHEST	\$6.3 million, annual winter maintenance staff costs	\$3.4 million, annual salt and/or sand costs	CHANCE 	NEW WINTER TIRES  Pay \$500	204 heavy equipment staff 	 COMMUNITY CHEST	37 support staff 	GO TO SCHOOL Roads are cleared and safe. Sorry, no snow day! 
---	--	--	--	--	--	---	---	---

Winter Parking Restrictions

Streets with 'No Parking-Snow Route' signs

From December 1 to March 31 parking is prohibited 24 hours a day on streets designated as Snow Routes. Enforcement is continuous for 24 hours a day from December 1 to March 31 regardless of snow or street conditions.

These streets can be located anywhere in the City, not just downtown. These restrictions are necessary so ice control and snow clearing equipment can safely service the streets.

Streets outside the downtown area

The on-street parking ban is set to begin at **midnight, Wednesday, Jan. 6.**

We may implement the ban before then if there is a significant snowfall of at least 10 cm. If this occurs we will promote it on our website, social media feeds and through local media channels.

Streets inside the downtown area

For a complete list of downtown streets impacted by these restrictions check our website at www.stjohns.ca, choose 'Snow Clearing' in the Quick Links tab.

On-street parking is permitted throughout the winter (unless prohibited by signage) except when the streets are scheduled for snow removal operations.

The list of streets scheduled for snow removal is updated daily and is available after 3 p.m. at:

- **576-SNOW** (7669)
- www.stjohns.ca choose 'Snow Clearing' in the Quick Links tab
- Receive email updates, sign-up at www.stjohns.ca/st-johns-e-updates

Vehicles must not be on the streets scheduled for snow removal between 12:30 and 7:30 a.m. on the date indicated. Any vehicle impeding snow removal will be impounded at the owner's expense.

When do I need to move my vehicle?

If we are removing snow on your street from 12:30 to 7:30 a.m. on Wednesday, Feb. 3 this means you should move your vehicle before the clock strikes midnight on Tuesday, Feb. 2.

12:30 to 7:30 a.m. is in the very early morning (some might say overnight) while most people are sleeping.

\$45 fine for parking:

- on snow routes
- when on-street parking ban is in effect



Vehicle Impound Fees & Payment

Towing charge: **\$200** (current contracted cost)

Administration charge: **\$50**

Impounding fee: **\$25 per day or part 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.
8:30 a.m. to 5 p.m.,
Monday to Friday, by
cash, credit or debit card.



By calling 311 or 754-CITY
(2489) at anytime,
by credit card only.

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 require 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





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Sign up to our Go Explore Newsletter & find out about Snowshoe Demo Days and Friday Night Hikes this winter

 **outfitters**

7144495

Outdoor Programs

For more detail on these programs including course descriptions go to www.stjohns.ca, look under 'Living in St. John's', choose 'Recreation and Parks' then 'Outdoor Recreation'.

These courses require registration; see **page 29**. For more information call **576-8522, 576-8500** or email recreation@stjohns.ca.

Introduction to Snowshoe Making

Interested in snowshoeing? Why not make your own pair! Snowshoes will be modified bearpaw design. All necessary equipment will be provided. For 18+ years. \$52.50.

Sunday, Jan. 17 from 9 a.m. to 2 p.m.
Rotary 'Sunshine' Park Chalet

Snowshoe Adventures

Join us for a starlight snowshoe hike and mugup. All adventures will be weather dependent. Come dressed for the elements. All necessary equipment will be provided or bring your own gear. For 18+ years. \$11.

Friday, Feb. 12 from 7 to 9 p.m.

Three Pond Barrens, Pippy Park; meet at the top of Allandale Road

Friday, Feb. 26 from 7 to 9 p.m.

Southbrook Trail, Bowring Park; meet at the playground

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 the winter:

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

For more detail on program and costs, or to book an outdoor program, call 576-8522 or email recreation@stjohns.ca.

C.A. Pippy Park Winter Activity Centre – North Bank Lodge

In winter the Pippy Park campground is transformed into trails suitable for snowshoeing and cross country skiing, both classic and skate skiing, at no cost! Trails are lit for evening use.

Equipment for all ages is available for rent at the C.A. Pippy Park Winter Activity Centre.

A Cross Country Ski Sledge, Snow Coach, Hippocampe, and All Terrain Wheelchair are available, free of charge, for those with physical disabilities.

Introductory Cross-country Ski Lessons

Lessons are offered at the C.A. Pippy Park Winter Activity Centre at North Bank Lodge, 9 to 10 a.m. on Saturdays and Sundays at \$10 per person. Space is limited so be sure to pre-register by calling **737-3651** on the weekends, or **576-8522** during the week.

Ski and snowshoe rental

Call the **Info Line 737-3651** to make sure we're open!

Hours of Operation: Jan. 8 to April 17, 2015
(weather dependent)

Friday	Saturday	Sunday
6 to 10 p.m.	10 a.m. to 10 p.m.	10 a.m. to 5 p.m.

EQUIPMENT RENTALS AND LESSON FEES

	Rental/hour	Lessons
Single	\$5	\$10 per person
Family of three	\$10	N/A
Family or four	\$15	N/A
Cash, debit and Visa/ Master card / Amex are accepted. Identification is required to rent skis and snowshoes.		



Here we go loop The Loop!

Everyone loves The Loop! Families with children, young adults, seniors, community and service groups, and many others all skate together for free at Bannerman Park.

The Loop season

The Loop opens for the season when temperatures are consistently low enough to make and maintain the ice surface. 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.

When weather or ice conditions are unsafe and not suitable for skating, The Loop will close and we will update the Loopline – so be sure to call before you head out!

When temperatures consistently rise and the ice surface can no longer be safely maintained The Loop will close for the season. The Loopline will be updated and it will be announced on our website, social media, and through local media.

Parking

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.

The Loop hours

Once opened for the season The Loop is open daily from 10:30 a.m. to 11 p.m.

Ice resurfacing occurs each day from 8 to 10:30 a.m. On Fridays, Saturdays and Sundays the ice is also resurfaced beginning at 3:15 p.m. No skating is permitted while resurfacing is taking place.

All City parks close at 11 p.m. and Bannerman is no exception. The lights around The Loop will shut off at 11 p.m. each night.

**Call the
Loopline at
733-LOOP
(5667)
to learn if it's
open.**

The Loop is closed when...

There's more to ice than freezing temperatures. Many factors affect the quality of ice, which in turn affects when The Loop is open:

- High volumes of snow can delay our ability to clear the ice and prepare The Loop in time for the daily 10:30 a.m. opening.
- Periods of rain, drizzle and fog can play havoc on the ice quality, making it unsafe for skating.
- Rain and freezing rain adds ice to The Loop but it's poor quality ice and has to be removed before The Loop can open. Depending on the amount of precipitation this can cause delays for extended periods.
- Mixes of snow and rain require additional maintenance which delays the daily 10:30 a.m. opening. The delay is increased if you skate or walk on the ice surface before we can clear it. **Please stay off the ice** if we haven't begun our daily maintenance.
- High winds can cause snow drifting and mild winter winds can actually melt sections of the ice surface. To help alleviate this problem we have planted evergreen trees around The Loop in problem locations.
- High volumes of skaters can quickly wear away ice thickness. This requires additional maintenance time prior to the next day's opening. On occasion, shut down time throughout the day is required to build ice.
- During late winter and early spring the angle of the sun is higher than in early winter. This higher angle increases radiant energy and causes certain sections of the Loop to melt, making it unsafe to skate.



Loop Safety

For the enjoyment and safety of all:

- You must wear skates on the ice
- Skate forward at a leisurely pace; no racing or speed skating, backwards or figure skating
- Dangerous behavior (horseplay, throwing snow) is not permitted
- Skating aids are permitted, but other equipment is not (ie. hockey sticks, pucks, strollers, sleds, chairs)
- No more than two 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, while on the ice
- Do not stop on the ice; if you must stop move off the ice first
- Dogs or other pets are not allowed on the ice
- CSA approved ice skating helmets are recommended



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Field House 864-4422

Westerland Road, St. John's

CELEBRATE with ST. JOHN'S

A fun-filled winter

There are many things to see and do in St. John's, and the wintertime is no exception. Each season we offer many events and activities for our residents and visitors, and we have lots planned for this winter.

Festival of Music & Lights

Ring in the holiday season with our annual celebration of bright lights, festive music and free hot chocolate! Choirs perform as we officially switch on the beautiful light display. There is an accessible viewing area. Don't forget to bundle up and bring a non-perishable food item to donate to the food bank. Sponsored in part by NTV and OZ FM.

Saturday, Dec. 5, 2015

(inclement weather date is Saturday, Dec. 12)

5 p.m.

Bowring Park Duck Pond

FREE

New Year's Eve Festivities

Skating Party at The Loop

Join us for a family friendly New Year's Eve skating party. We'll provide the party favours and festive music - you bring the skates! Enjoy a free hot chocolate compliments of Beavertails.

4 to 6 p.m.

The Loop in Bannerman Park

FREE

New Year's Eve Fireworks

When the clock strikes midnight on December 31, St. John's is ready to ring in the New Year! Join the outdoor party with our live DJ and host from NTV and OZ FM as they count us down to midnight. We'll provide the party favours and fireworks, you just have to show up but be sure to bundle up in case of cold weather!

11:15 p.m. to 12:30 a.m.

Next to the Boathouse at Quidi Vidi Lake

FREE

St. John's Celebrates... Winter Festival

We're planning three days of action-packed free winter events from February 12 to 14, 2016. Check our website and social media feeds in mid-January as more details become available, but some of what's on offer includes...

- Light Parade, the festival kick-off in Bowring Park
- Kitchen Party, at the Quidi Vidi Village Plantation
- Snow Play, at Bannerman Park
- Free ski & snowshoe rentals, at Pippy Park
- Mega Play, at Macdonald Drive Junior High
- Valentines Sweetheart Skate, at The Loop

Enter our Contest – Name our Winter Festival

What's in a name? Lots!

What should we name our Winter Festival?
We tried several names but nothing stuck.
Now we're looking for something... better!

Email your suggestions to specialevents@stjohns.ca and put 'Festival Name' in the subject line. Please include your name, mailing address and phone number.

The deadline for submissions is noon on
Friday, Dec. 18, 2015.

You could win a \$200 Gift Card from The Outfitters.
The prize winner will be selected
by a random draw.


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www.theoutfitters.nf.ca

Funtastic Families

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Family Programs'. A series for the whole family from tot to grandparent, that puts a high priority on FUN while learning more about being active and healthy.

Family & Friends Learn to Knit

People that play together, stay together!
Spend quality time with a family member or friend while learning to knit.

Sundays, 2 to 4 p.m.

For ages 10+, \$28 per person

Quidi Vidi Village Plantation, 10 Maple View Road

Set 1: January 10 to 31

Set 2: February 7 to 28

**New
Program**

Family Healthy Eating

Eat Great & Participate staff will offer an interactive and informative session for families and caregivers about the importance of healthy eating for active living. Fun and healthy party snacks ideas will be discussed. While the grown ups learn, children are welcome to engage in fun activities supervised by our recreation leaders.

Saturday, February 27

NL Power Plex, 100 Crosbie Road

10 to 11:30 a.m.

FREE

**New
Program**

Move it!

Beat the winter blues, and get your family moving!
We have partnered with Sport NL and to offer a variety of learning and activity stations that are suitable for children, toddler to 12-years-old, and their parents or grandparents.

Saturday, Jan. 30

NL Powerplex, 100 Crosbie Road

10 a.m. to noon

FREE

Family Snow Adventure

Join us for a winter adventure in beautiful Bowring Park for snow play and snowshoeing. Bring your own snowshoes and poles as we have a limited quantity available. A Snow Coach, Sit Ski and Hippocampe are available for children with accessibility needs.

Sunday, March 6

1:30 to 3:30 p.m.

Bowring Park, meet at the playground

FREE

**New
Program**

Valentine's Day Events

Snow Play

Build a snowman, a snow fort, make snow angels or paint pictures in the snow. We'll have all the tools to help with your frozen creations. This event is weather and snow dependent.

1 to 2:30 p.m.

Bannerman Park playground

FREE

Mega Play

Come in out of the cold and join us for an action packed afternoon of mega fun and mega play. We'll have interactive games, bouncers and lots of free play for the entire family.

2:30 to 4:30 p.m.

Macdonald Drive Junior High

FREE

Sweetheart Skate

Enjoy Valentine's themed music, free hot chocolate and giveaways. This activity is weather dependent; call the Loopline 733-SNOW (5667) to learn if it's open for skating.

7 to 9 p.m.

The Loop in Bannerman Park

FREE





ARTS & CULTURE CENTRE

COMI

For more information a

ARTS AND CULTURE CENTRE PRESENTS



Poverty Cove Theatre Company

FALLING TREES

WRITTEN BY
MEGAN GAIL COLES

DIRECTED BY
EMMA TIBALDO

STARRING
GREG MALONE
STEVE O'CONNELL
BRIAN MARLER
DARRYL HOPKINS
EVAN MERCER

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OF A

CHARLIE BROWN

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SATURDAY, DECEMBER 12TH AT 7:00 PM

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RE/MAX PLUS REALT



7133265

Recreation Program Registration

City Residents

Thursday, Dec. 3 beginning at 8 a.m.

Residents of Other Municipalities

Thursday, Dec. 10 beginning at 8 a.m.

Save the Date!

Registration Options



Online:

Visit **www.stjohns.ca**, under Quick Links choose 'RECconnect' to register or create a new account.



By phone:

- 576-8499
- 576-8631



In person:

- **H.G.R. Mews Community Centre, 40 Mundy Pond Road**
- **Wedgewood Park Recreation Centre, 47 Gleneyre Street**



Please note:

When classes or programs are cancelled due to a holiday, fees are prorated.

We reserve the right to cancel programs/classes due to instructor availability or low registration.

Easter Daycamp

Have an Eggs-cellent Easter at one of our fun camps, for children grade 1 through 6, at:

- Kilbride Lions Community Centre
- Shea Heights Community Centre
- Southlands Community Centre
- Wedgewood Park Community Centre

March 28 to April 1

8 a.m. to 5 p.m.

\$110, includes lunchtime supervision

Registration begins Thursday, Feb. 25 at 8 a.m.

Does your child require inclusion support to participate? See page 30.

RECREATION

BRB. I'm Walking Outside!

Texting and walking means your head is down and your attention is on your phone. Pocket your cell and watch for slippery patches, oncoming vehicles and snow clearing equipment.



Protect your property



Mark objects to be avoided

Inclusive Services

Support for individuals to participate in programs offered by the Recreation Division may be available. For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's'; choose 'Recreation and Parks' then 'Inclusive Services'.

Sensational Playgroup

A drop-in playgroup for children with a variety of sensory needs, up to age 6, to learn, play and socialize. Siblings welcome. Respite and ABA workers also welcome. Cost is \$2. No cost for children under 6 months.

Wednesdays, 10 to 11:30 a.m.
Jan. 20 to May 18
Southlands Community Centre

Active Youth

For youth ages 15 to 21 with mild to moderate developmental disabilities to participate in recreation and leisure activities in a friendly, relaxed atmosphere with caring leaders. Registration, including an application, is due by Tuesday, Jan. 5, 2016. To learn more, contact the Inclusive Services staff.

Tuesdays, 7 to 8:30 p.m.
Jan. 19 to May 17
H.G.R. Mews Community Centre
\$108 for 18 sessions

Leisure Group Bookings

Offered year round 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.

Adaptive Equipment Loan Program

We have equipment that can assist persons with disabilities participate in recreation and leisure activities. Contact our Inclusive Service staff to inquire about having a loan of our equipment. Borrow a Hippocampe, All-Terrain Wheelchair, Snow Coach, Ice Sledge or a Sit Ski for Winter fun.



**NEW Ski
attachments**

Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events, may apply for an attendant pass. For more information contact us at **576-4450** or inclusion@stjohns.ca.

Program Subsidy

Available to individuals who experience financial barriers to participate in City of St. John's, Recreation Division programs. Subsidies for children and youth are referred to the R.E.A.L Program (see page 31).

Contact us:

For more information about any of these programs or services:

- **576-4450**
- inclusion@stjohns.ca

**Deadline to request
summer program inclusion
support is Sunday,
April 17, 2016**

**Check our webpage for a listing
of inclusion-related community
agencies and organizations
supporting a variety of needs.**

**See page 37 for
Red Cross Adaptive
Swim course**

**See page 46 for
Inclusion Leader
course**

R.E.A.L. Program

The Recreation Experiences and Leisure (R.E.A.L) Program provides opportunities to children and youth living in St. John's, up to the age of 18, in financial need. Learn more on our website www.stjohns.ca, look under 'Living in St. John's', choose 'Recreation and Parks' then 'Recreation Experiences and Leisure (R.E.A.L. Program)'. Contact our R.E.A.L. Program staff by emailing real@stjohns.ca or calling **576-8684** or **576-4556**.



How to Apply

Applications are considered one season in advance to ensure adequate time to process the requests prior to the program start date.

Application deadlines: Winter/Spring - Nov. 17 Summer - April 17 Fall - July 17

Be a R.E.A.L Program Supporter

We are fully dependent on community support. You can support this great program by donating spaces in recreation programs (i.e. gymnastics classes or music lessons), financially or in-kind through new or used recreation equipment.

Show your Support

For more information on how to become a R.E.A.L. Program supporter, please call **576-2574** or email: real@stjohns.ca

Thank you to our supporters!

FUNDING PARTNERS

(as of October, 2015)

Bell Aliant
Canadian Tire Jumpstart Program
CNA – Community Recreation & Leadership Class
Albert E. Hickman Foundation
Ice Caps Care Foundation
Imprint Specialty Promotions
Kiwani Club of St. John's
Lester's Farm Market
Lionpacer's Group of Rotary
Metrobus Transit
Newfound Cabs
NHLPA Goals and Dreams Fund
Clowe, Purcell & Friends Golf Classic
Rotaract Club of Memorial
Sandbox Gaming
That Pro Look
The Dance Spectrum Inc.
United Way of NL
Universal Corporate Wear
VOCM Cares
Wellness Coalition Avalon East

RECREATION ORGANIZATIONS

(as of October, 2015)

8 Limb Muay Thai
Alex Foley Academy of Martial Arts
Anna Templeton Centre
Ashley Feltham School of Dance
Association for New Canadians
Autism Society of NL
Avalon Karate Club
Avalon Minor Hockey Association
Avalon Sports Inc. - Techniplex
Barbara Ashley School of Dance
Bollywood Jig
Boys and Girls Clubs of St. John's
Boxfit
Cabot ITF Taekwon-Do
Campia Gymnastics
City Performance Academy
CLB Armoury
Connie Parsons School of Dance
Cowan Heights Youth Basketball League
Cygnus Gymnastics
Downey's Taekwon-Do
Dynamic Sounds Music Studio Inc.
Easter Seals NL
Edge Diving Club
Elton's Fighting Systems
Football NL
Froude Avenue Community Centre
Fusion Dance Studio

Girl Guides of Canada
Goulds Minor Hockey Association
Goulds Recreation
Greenbelt Tennis Club
Hanlon's Tae Kwon-Do Academy
Hi-Performance Taekwon-Do Studio
Jill Dreddy Dance Co.
Kid's Tree Learning & Music Centre
Long & McQuade
Macmorran Community Centre
MAX
Memorial University Fencing Club
Memorial University Judo Club
Memorial University Sea-Hawks
Camps and Leagues
Metropolitan United FC
Michael Foley's Academy of Martial Arts
Mile Zero Ultimate
Mount Pearl Basketball Association
Mount Pearl School of Dance
Mount Pearl School of Martial Arts
Mount Pearl Soccer Association
Mundy Pond Karate Club
New World Fitness
NL Ball Hockey Association
Newfoundland Blizzard Hockey
Prince of Wales Skating Club
Rabbittown Community Centre
Rainbow Riders
Sassy Tuna Studio
Scouts Canada

Shallaway NL Youth in Chorus
Shea Heights Softball Association
Soccer Tots
Sonny's Drum Studio
Sorensen School of Dance
Soulful Sounds Music Studio
St. Anthony Basketball
St. John's Legends Swim Club
St. John's Minor Baseball Association
St. John's Minor Hockey Association
St. John's Sea Stars
St. John's Soccer Club
St. Pat's Bowling Lanes
Steve Nash Youth Basketball - NL Basketball Association
Suzuki Talent Education Program
Swilers Rugby Football Club
Swilers Basketball Club
The Dance Academy
The Dance Centre
The Little Gym
The Munchkin Music Factory
The Works/ Aquarena
VIBE Studio of Dance
Virginia Park Community Centre
Wallnuts Climbing Centre
Waterford Valley Sports Association
Wiseman's Kenpo
YBC Bowling- Plaza Bowl
YBC Bowling – Holiday Lanes
YMCA

Platinum Supporters



Gold Supporters



Silver Supporters



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.

For details on programs and services at Southlands, Shea Heights and Kilbride Community Centre's go to **www.stjohns.ca** look under 'Living in St. John's', choose 'Recreation and Parks' then 'Community Programs'.

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	Gym Multi-Purpose room
Wedgewood Park Recreation Centre 47 Gleneyre Street 576-8631	Gym Multi-Purpose room
Southlands Community Centre 40 Teakwood Drive 364-5252	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
St. John's Cabot Theatre Bowring Park recreation@stjohns.ca	Outdoor theatre accommodates 750
Rotary 'Sunshine Park' Chalet Thorburn Road recreation@stjohns.ca	24 bunk beds Kitchen with dishwasher Outdoor barbeque
St. John's Recreation Centre Buckmaster's Circle recreation@stjohns.ca	Two courts ideal for soccer, basketball, and floor hockey



Kids play in the spacious multipurpose room at Southlands Community Centre

Birthday Parties

Looking for a place to hold a birthday party? Our party spaces fill quickly so book early to avoid disappointment!

Our birthday party slots are offered on the weekends. Drop in or call one of our centres to learn availability and to book a party. Fees range from \$126 to \$186 depending on the site and rooms rented.

We offer both gym and swimming parties at the H.G.R. Mews Community Centre and the Wedgewood Park Recreation Centre. Birthday party bookings are also available at Shea Heights, Southlands and Kilbride Community Centres.

Public swimming and fitness sessions - Drop In

We have two swimming pools both with a viewing area, wheelchair accessibility and pool lifts.

H.G.R. Mews Community Centre, 40 Mundy Pond Road:

- 25 metre pool
- 1 metre diving board
- Co-ed steam room and dry sauna

Wedgewood Park Recreation Centre, 47 Gleneyre Street:

- 18 metre pool

Wristbands must be worn by all people participating in programs at our pools. Please see our front desk staff to receive your wristband. When there ask about our 10, 20 & 30 swim or fitness passes – the more you attend the more you save!

Swim & Water Fitness Costs

Age	Drop In Swim	Water Fitness
2 years and under	Free	n/a
Youth 3-18 & Senior 65+	\$2.25	\$3
Adult 19+	\$3.25	\$4
Family	\$2 adults, \$1 children	n/a
Steam/ Sauna	\$2.25	n/a

Swim Session Descriptions:

Everyone Welcome Swim	Children under 8 years old must be accompanied by a supervisor 16+ years old, who must remain at arms-length in the water at all times. Maximum 3 children to 1 supervisor; Leisure swim; toys available; Diving board open (Mews).
Family Swim	All children must be accompanied by a supervisor 16+ years old, who must remain at arms-length in the water at all times. Maximum 3 children to 1 supervisor; Leisure swim; toys available; Diving board open (Mews).
Youth Swim	Open to teens 12 to 18 years old. Leisure swim; toys available; Diving Board open (Mews).
Adult Swim	Open to adults 19+ years old. Lane swim, leisure area.

Fitness Session Descriptions:

Adults in Motion	Improve the strength of all muscles (including heart & lungs), bones and joints.
Aqua Jog	Low impact jogging in the water. Suitable for those with knee/leg injuries that prevent running on land.
Body Bar	Strength training using weighted bars, hand weights and stability balls for a well-rounded workout.
Deep Water Fitness	No impact fitness in the deep end of the pool. Suitable for all swim levels as flotation belts are used.
Kettlebell	Cardiovascular, strength and flexibility training; suitable for all levels from beginner to advanced.
Mixed Yoga	Suitable for beginner and intermediate yogis.
Older Adult Shallow Water Fitness	Low impact fitness in the shallow end of the pool for older adults or people new to aquatic fitness.
Shallow Water Fitness	Low impact fitness in the shallow end of the pool.
Stroller Fitness	Cardiovascular training for caregivers and babies in strollers.
Zumba	Cardiovascular training with Latin dance styles and music.

See **page 36**
for fitness classes
requiring registration

Rent a pool

To rent the pool at Wedgewood or Mews Centres (excluding birthday parties) call **576-8623** or email **recreation@stjohns.ca**



H.G.R. Mews Community Centre Pool Schedule, Jan. 10 to April 2, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.
Everyone Welcome Swim 2 to 3:20 p.m.	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Family Swim 3 to 3:50 p.m.
Adult Swim 9 to 10:20 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Youth Swim 6:30 to 7:20 p.m.
	Lane Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	All Lane Swim (no leisure area) 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Lane Swim 6 to 6:50 p.m.	Everyone Welcome Swim 7:30 to 8:50 p.m.
	Adult Swim 10 to 10:50 p.m.	Adult Swim 9 to 10:50 p.m.	Adult Swim 10 to 10:50 p.m.	Adult Swim 9 to 10:50 p.m.	Everyone Welcome Swim 8 to 9:20 p.m.	Adult Swim 9 to 9:50 p.m.
					Adult Swim 9:30 to 10:50 p.m.	

**H.G.R. Mews Community Centre Drop-in Fitness Schedule,
Jan. 4 to March 24 and April 3 to June 24, 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Shallow Water Fitness 10 to 10:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 10 to 10:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 10 to 10:50 a.m.
	Adults in Motion 11 to 11:50 a.m.	Adults in Motion 10 to 10:50 a.m.	Adults in Motion 11 to 11:50 a.m.	Adults in Motion 10 to 10:50 a.m.	Adults in Motion 11 to 11:50 a.m.
	Body Bar 6:30 to 7:20 p.m.	Older Adult Shallow Water Fitness 2 to 2:50 p.m.	Mixed Yoga 6:30 to 7:20 p.m.	Older Adult Shallow Water Fitness 2 to 2:50 p.m.	
	Zumba 7:30 to 8:20 p.m.	Zumba 6 to 6:50 p.m.	Kettlebell 7:30 to 8:20 p.m.		
Shallow Water Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	Step Circuit 7 to 7:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	
		Shallow Water Fitness 8 to 8:50 p.m.	Zumba 8:30 to 9:20 p.m.		
	Deep Water Fitness 9 to 9:50 p.m.		Aqua Jog 9 to 9:50 p.m.		

For H.G.R. Mews Community Centre Pool schedule from **January 3-9** and **March 25 to April 2, 2016** use the contact information below. Swimming pool schedules are **subject to change**.

To confirm the schedule: Call the Swim and Fitness Line **576-8408**, Email **recreation@stjohns.ca** or visit **www.stjohns.ca** go to Quick Links > Swim Schedules

Wedgewood Park Recreation Centre Pool Schedule, Jan. 10 to April 2, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 8 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Adult Swim 11 a.m. to noon	Lane Swim 7 to 8:50 a.m.	Adult Swim 11 a.m. to noon	Lane Swim 7 to 8:50 a.m.	Lane Swim 8 to 8:50 a.m.
Family Swim 2 to 3:20 p.m.	Adult Swim 11 a.m. to noon	Lane Swim noon to 1:50 p.m.	Adult Swim 11 a.m. to noon	Lane Swim noon to 1:50 p.m.	Adult Swim 11 a.m. to noon	Everyone Welcome Swim 2:30 to 3:50 p.m.
Everyone Welcome Swim 4:30 to 5:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim noon to 1:50 p.m.	Family Swim 5 to 5:50 p.m.
Adult Swim 9 to 10:20 p.m.	Everyone Welcome Swim 7 to 8:20 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 8:50 p.m.	Everyone Welcome Swim 6 to 6:50 p.m.
		Adult Swim 9 to 10:20 p.m.	Lane Swim 8 to 8:50 p.m.	Adult Swim 9 to 10:20 p.m.		Youth Swim 8 to 8:50 p.m.

**Wedgewood Park Recreation Centre Drop-in Fitness Schedule,
Jan. 4 to March 24 and April 4 to June 24, 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
Deep Water Fitness 9 to 9:50 a.m.		Deep Water Fitness 9 to 9:50 a.m.	Deep Water Fitness 10 to 10:50 a.m.	Deep Water Fitness 9 to 9:50 a.m.
Body Bar 7 to 7:50 p.m.		Body Bar 7 to 7:50 p.m.		
Zumba 8 to 8:50 p.m.	Deep Water Fitness 8 to 8:50 p.m.	Zumba 8 to 8:50 p.m.	Deep Water Fitness 8 to 8:50 p.m.	

For Wedgewood Park Recreation Centre Pool schedule from **January 3-9** and **March 25 to April 2, 2016** use the contact information below. Swimming pool schedules are **subject to change**.

To confirm the schedule: Call the Swim and Fitness Line **576-8155**, Email recreation@stjohns.ca or visit www.stjohns.ca go to Quick Links > Swim Schedules

**Southlands Community Centre Drop-In Fitness,
January 11 to March 24 and April 4 to June 16, 2016**

Monday	Wednesday	Thursday
Zumba 7 to 7:50 p.m.	Zumba 7 to 7:50 p.m.	Stroller Fitness 11 to 11:50 a.m.
Body Bar 8 to 8:50 p.m.	Body Bar 8 to 8:50 p.m.	

**Kilbride Community Centre Drop-In Fitness,
January 10 to March 23 and April 3 to June 12, 2016**

Sunday	Monday	Wednesday	Friday
Zumba 7 to 7:50 p.m.	Older Adult Fitness 11 to 11:50 a.m.	Older Adult Fitness 11 to 11:50 a.m.	Older Adult Fitness 11 to 11:50 a.m.



Adult Fitness

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Adult Programs'. These classes are for 16+ and registration is required (registration information on page 29) unless otherwise noted.

Type	Dates	Days	Time	Cost	Location
Zumba	Set 1: Jan. 11 to March 23 Set 2: April 5 to June 15	Mondays Wednesdays	7 to 7:50 p.m.	\$44 Except: \$40 for Set 2 Mondays	Southlands Community Centre
Stroller Fitness	Set 1: Jan. 14 to March 18 Set 2: April 7 to June 14	Thursdays	11 to 11:50 a.m.	\$40	Southlands Community Centre
Body Bar	Set 1: Jan. 11 to March 23 Set 2: April 7 to June 15	Mondays Wednesdays	8 to 8:50 p.m.	\$44	Southlands Community Centre
Beginner Yoga	Set 1: Jan. 4 to March 24 Set 2: April 4 to June 16	Mondays Thursdays Wednesdays	6:45 to 8 p.m. 10:45 a.m. to noon	Set 1: \$105 Set 2: \$87.50 Mondays \$96.25 Thursdays	Airport Heights Community Centre
Intermediate Yoga	Set 1: Jan. 4 to March 24 Set 2: April 4 to June 16	Mondays Wednesdays Thursdays	8:15 to 9:30 p.m. 6:45 to 8 p.m. 9:15 to 10:30 a.m.	Set 1: \$105 Set 2: \$87.50 Mondays \$96.25 Wednesdays & Thursdays	Airport Heights Community Centre
Power Yoga	Set 1: Jan. 6 to March 23 Set 2: April 6 to June 15	Wednesdays	8:15 to 9:30 p.m.	Set 1: \$105 Set 2: \$96.25	Airport Heights Community Centre
Mixed Yoga	Set 1: Jan. 5 to March 22 Set 2: April 5 to June 14	Tuesdays	6:45 to 8 p.m.	Set 1: \$105 Set 2: \$96.25	Airport Heights Community Centre
Yin Yoga	Set 1: Jan. 5 to March 22 Set 2: April 5 to June 14	Tuesdays	8:15 to 9:30 p.m.	Set 1: \$105 Set 2: \$96.25	Airport Heights Community Centre
Tai Chi Chih	Set 1: Jan. 25 to March 14 Set 2: April 4 to May 30	Mondays	10:30 a.m. to noon	\$80	Wedgewood Park Recreation Centre
Chow Medical Qigong	Set 1: Jan. 25 to March 14 Set 2: April 4 to May 30	Mondays	3:30 to 5 p.m.	\$80	H.G.R. Mews Community Centre
Beginner Pilates	Set 1: Jan. 5 to March 22 Set 2: April 5 to June 14	Tuesdays	5:45 to 6:35 p.m.	Set 1: \$84 Set 2: \$77	H.G.R. Mews Community Centre
Intermediate Pilates	Set 1: Jan. 7 to March 24 Set 2: April 7 to June 16	Thursdays	5:45 to 6:35 p.m.	Set 1: \$84 Set 2: \$77	H.G.R. Mews Community Centre
Relaxation Yoga	Set 1: Jan. 27 to March 23 Set 2: April 6 to June 15	Wednesdays	9:30 to 10:45 a.m.	Set 1: \$78.75 Set 2: \$96.25	H.G.R. Mews Community Centre

Racquetball

Reserve a court at the H.G.R. Mews Community Centre by calling 576-8499. We sell balls and rent racquets for \$3 each, with a deposit of \$20 or photo I.D.

	Drop-in	5 game pass	10 game pass
Cost per court	\$7.40 per person	\$28.50	\$51

Leagues take place at the H.G.R. Mews Community Centre and start the week of Jan. 4, ending the week of May 23.

League	Days	Time	Cost
Ladies (ages 16+)	Tuesdays	6 to 8:40 p.m.	\$68.25
Men's (ages 16+)	Wednesdays	5:20 to 9:20 p.m.	\$68.25
Mixed (ages 16+)	Thursdays	6 to 9:20 p.m.	\$68.25
Youth (ages 10-15)	Saturdays	10 to 11 a.m.	\$63



Swimming lessons

For schedules & descriptions go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Swimming'.



Classes begin the week of January 10 and end the week of April 2, and are offered at:

- H.G.R. Mews Community Centre
- Wedgewood Park Recreation Centre

Starfish / Duck / Sea Turtle

Parent and Tot lessons for children 6 to 36 months of age
1 lesson per week of 30 minutes instruction and 20 minutes stay and play
\$36 for 12 lessons; \$55 for 11 lessons

Swim Preschool / Kids / Teens

1 lesson per week, 45 minute class
\$60 for 12 lessons; \$55 for 11 lessons

Low Ratio Preschool / Kids

1 lesson per week, 45 minute class
\$120 for 12 lessons; \$110 for 11 lessons

Adult Lessons / Masters Swim Club*

1 lesson/practice per week, 50 minute session
\$72 for 12 lessons; \$66 for 11 lessons

*If you can swim 400m front crawl with short breaks and are looking to improve your endurance and technical skills in a masters level environment – this class is for you!

Red Cross Swim – Adapted**

1 lesson per week, 45 minute class
\$120 for 12 lessons; \$110 for 11 lessons

** An Inclusive Service Application is required to participate in this program upon registration – **see page 30**.
A parent or aide may be required to support the swimmer in the water.

Private swimming lessons

Private or semi-private (2 participants) 25 minute lessons are available.
If you choose a semi-private lesson, participants must be within two levels of each other.

- Set 1: January 10 to February 6
- Set 2: February 7 to March 5
- Set 3: March 6 to April 2
- Set 4: May 1 to 28
- Set 5: May 29 to June 25

For details on lesson days & times go to www.stjohns.ca and in the 'Quick Links' choose 'RECconnect'.



Aquatic Leadership Courses

We're always looking for lifeguards to join our team. Start your lifeguard training now so you qualify when the Paul Reynolds Community Centre at Wedgewood Park opens in 2017 - we'll have lots of positions to fill! For more detail and complete description of aquatic leadership courses go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Swimming'.

Swim Patrol

(Rookie, Ranger and Star)
Ages 8 to 12, must be able to swim.
Courses start the week of Jan. 10 and May 1. \$80



H.G.R. Mews Community Centre
Tuesdays, 5 to 5:45 p.m.
Thursdays, 6 to 6:45 p.m.

Wedgewood Park Recreation Centre
Wednesdays, 6 to 6:45 p.m.
Saturdays, 10 to 10:45 a.m.

The Bronze Star

Ages 12+, must be able to swim.
Courses start the week of January 10 and May 1. \$80



H.G.R. Mews Community Centre
Tuesdays, 6 to 6:45 p.m.
Thursdays, 5 to 5:45 p.m.

Wedgewood Park Recreation Centre
Wednesdays, 5 to 5:45 p.m.
Saturdays, 11 to 11:45 a.m.

The Bronze Medallion

Ages 13+, must be able to properly swim front & back crawl and breaststroke.



Classes are on Sundays; courses occur Jan. 10 to 31, and April 24 to May 15.
\$174.95 with Canadian Lifesaving Manual (CLSM); \$148.70 without CLSM

H.G.R. Mews Community Centre
First two weeks: 9 a.m. to 5 p.m.
Last two weeks: 9 a.m. to 1 p.m.

The Bronze Cross

Ages 14+, must possess the Bronze Medallion. Includes Standard First Aid and CPR Level C.



Classes are on Sundays; courses occur Feb. 7 to March 6, and May 22 to June 19.
\$239.75 with Canadian Lifesaving Manual (CLSM); \$213.45 without CLSM

H.G.R. Mews Community Centre
First four weeks: 9 a.m. to 5 p.m.
Last week: 9 a.m. to 1 p.m.

The National Lifeguard Course

Ages 16+, must possess the Bronze Cross.



Classes are on Sundays; courses occur Jan. 31 to March 13, and April 24 to June 5.
\$226.15 with Alert in Lifeguarding Action Manual; \$198.30 without.
\$266.15 with Alert Manual and Standard First Aid; \$233.30 without Alert Manual and with Standard First Aid

H.G.R. Mews Community Centre
9 a.m. to 5 p.m. One additional evening practice to be determined week 1.

Retake / Recertification

H.G.R. Mews Community Centre,
Sundays, 9 a.m. to 1 p.m.
\$100; \$135 if taking Standard First Aid & CPR Level C
One additional evening practice per week, to be determined in week 1.

National Lifeguard Retake/Recertification Schedule

Courses offered	Practical exam	Standard First Aid & CPR, 2 to 5 p.m.
Jan. 10 to 24	Jan. 24	Jan. 17
March 20 to April 3	April 3	March 27
June 12 to 26	June 26	June 19



Red Cross Water Safety Instructor (WSI)

The former instructor courses have been revamped into one Red Cross Water Safety Instructor (WSI) course with four components which gives the opportunity to practice and perfect swim strokes and skills before undertaking the skill evaluation.



**NEW
revamped
course**

Course component	Description	Dates	Details
Stroke/Skills Clinics <i>Optional but recommended</i>	An opportunity to practice and perfect swim strokes and skills before the evaluation.	Sundays Set 1: Jan. 10 and 17 Set 2: April 10 and 16	9 a.m. to 1 p.m. H.G.R. Mews Community Centre
Skill Evaluation	A mandatory evaluation that requires a pass to begin the Online Modules.	Sundays Set 1: Jan. 24 Set 2: April 17	9 a.m. to 1 p.m. H.G.R. Mews Community Centre
Online Modules	A mandatory component featuring interactive elements, activities, videos and mini-games. Learning is applied to the Teaching Experience and Classroom & Pool sessions.	It will take 12 to 20 hours to complete all modules. Set 1: Complete between Jan. 25 and Feb. 6 Set 2: Complete between April 18 and May 16	An instructor will be available for questions and guidance during three hour drop-in sessions
Teaching Experience	Required minimum of 8 hours co-teaching with a certified Red Cross WSI; four hours each at preschool & school-aged levels.	Begins when Online Modules are completed. Hours must be completed by: Set 1: Saturday, Feb. 27 Set 2: Saturday, June 4	Teaching hours available seven days a week at both: H.G.R. Mews Community Centre Wedgewood Park Recreation Centre.
Classroom and Pool	After completing the Teaching Experience, these sessions build upon newly found knowledge and skills.	Set 1: Sundays, Feb. 28 to March 27 (excluding March 13) Set 2: Sundays, June 5 to 26	9 a.m. to 1 p.m. AND 2 to 5 p.m. H.G.R. Mews Community Centre

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We Look Good!**

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when you
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deluxedrycleanersnl.ca

579-5696
159 Pennywell Rd.
Mon. – Sat. 8 a.m. – 6 p.m.

579-4241
Churchill Square
Mon. – Sat. 9 a.m. – 6 p.m.

739-5696
Fall River Plaza, Torbay Rd.
Mon. – Fri. 8 a.m. – 6 p.m.
Sat. 9 a.m. – 6 p.m.

747-5698
16 Centennial Square, Mt. Pearl
Mon. – Fri. 8 a.m. – 6 p.m.

Cub Cadet Three Stage Snow Blowers

SPECIFICATIONS:

- 420cc 4 cycle engine
- Electric Start
- Power Steering
- Clearing width from 24" to 30"
- Heavy duty reversible polyskid shoes
- 6 forward / 2 reverse gears
- Heated Grips
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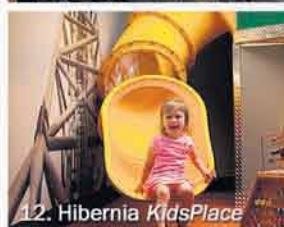
9. The Great Rock Wall



10. The Titanic Story



11. Oil & Gas Gallery



12. Hibernia KidsPlace



13. Steele 3D & 2D Theatre



14. GEO-VISTA PARK

FEB 13th Cupcakes with Cupid!

A deliciously fun event for the whole family. Join the staff for cupcake decorating and more! Tickets available in January!

MAR 12th Rockin' Paddy's Day Kids' Party!

Bring the kids to celebrate the 'greenest' day of the year with fun-filled activities including movies, crafts, games, a photo booth and more! Tickets available in February!

MAR 26th It's Back! The Easter Eggstravaganza!

Eggcellent Easter movie, egg hunt, eggciting science demos, cool crafts, face painting and pictures with the Easter Bunny! Tickets available in February!

SEE GEOCENTRE.CA FOR DETAILS ON THESE AND OTHER FAMILY FUN EVENTS!

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NOTICE TO CUSTOMERS

We will be moved as of April 1st, 2014.

We will be temporarily located at 15 Goldstone Street, Unit Number 2
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7125389



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Children's Programs

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Children's Programs'.

Registration begins **Thursday, Dec. 3, 2015 at 8 a.m.**, unless otherwise noted. See **page 29** for details on how to register.

Active Playgroup – Drop In

For parent/caregivers and children birth to 5 years old. No cost for children under 6 months.



See p.30 for
Sensational
Playgroup for
children with extra
sensory needs

Facility	Days	Time	Cost
Wedgewood Park Recreation Centre	Tuesdays and Thursdays Jan. 12 to May 26	10 to 11:30 a.m.	\$2
Southlands Community Centre	Mondays and Saturdays Jan. 11 to June 18	10 to 11:30 a.m.	\$2
Shea Heights Community Centre	Tuesdays and Thursdays Jan. 12 to June 16	9:30 to 11 a.m.	\$2
Kilbride Lion's Community Centre	Tuesdays and Thursdays Jan. 5 to June 23	9:30 to 11:30 a.m.	Free. Offered by the Kilbride to Ferryland Family Resource Centre. Call 747-8532 for more information.

Active Preschool

A part-time preschool program for 4-year-olds who will be attending school in September 2016. This is a great opportunity to prepare your child socially, cognitively and physically before they attend Kindergarten.

Airport Heights Community Centre
January 11 to May 13

9 a.m. to noon on Mondays, Wednesdays & Fridays
\$465

After School Programs

We have spaces available for the current school year at all of our locations. For details or to register go to our webpage, listed above.

Registration
for Easter
Daycamp begins
Thursday, Feb. 25
at 8 a.m.
See page 29
for registration
information.



Be a Helmet Head

When sledding and skating, protect your head by wearing a CSA approved helmet. Accidents can happen, especially when everyone is having fun and paying less attention to the risks.

Children Learn To...

These mini programs offer children, ages 6 to 12, the opportunity to explore and try new skills in a specific leisure activity. Cost for each course is just \$13.50.

Fit-N-Fun

Get fit and healthy by trying fitness, active games and the children will enjoy a healthy snack that they prepare. Children can share new healthy habits with the whole family.

Course 1: Saturday, Jan. 23, 1 to 3 p.m., Southlands Community Centre
 Course 2: Monday, Jan. 25, 6:30 to 8:30 p.m., Shea Heights Community Centre
 Course 3: Saturday, Jan. 30, 10 a.m. to noon, Kilbride Lion's Community Centre

Explore Art

Develop your artistic talents through outlets of creativity including painting, crayon and collage art.

Course 1: Saturday, Feb. 6, 10 a.m. to noon, Kilbride Lion's Community Centre
 Course 2: Saturday, Feb. 6, 1 to 3 p.m., Southlands Community Centre
 Course 3: Monday, Feb. 8, 6:30 to 8:30 p.m., Shea Heights Community Centre

Baking

The kitchen becomes an action-packed classroom where children measure and bake their way to new found knowledge and skills. Children will enjoy their baked treats at the end of class, and have the recipes to take home!

Course 1: Saturday, Mar. 19, 10 a.m. to noon, Kilbride Lion's Community Centre
 Course 2: Saturday, Mar. 19, 1 to 3 p.m., Southlands Community Centre
 Course 3: Monday, Mar. 21, 6:30 to 8:30 p.m., Shea Heights Community Centre

Kids on the Go

This program provides an opportunity for children to enjoy various games and activities. Each week has a specific theme as well as plenty of participation choices. Cost is \$15.

Kilbride Lion's Community Centre

Course 1: For ages 6 to 8, Fridays, Feb 4 to 18, 6 to 7:30 p.m.
 Course 2: For ages 9 to 12, Fridays, Mar. 4 to 18, 6:30 to 8 p.m.



See page 46 for
 Children's Leadership courses

Home Alone Safety
 Babysitters Course

See p.36 for ages 10 to 15 Racquetball League information

Youth Programs

For more details and course descriptions go to www.stjohns.ca, look under 'Living in St. Johns', then 'Recreation and Parks' and choose 'Youth Programs'.

Some of these programs are drop-in while other require pre-registration. See **page 29** for registration information.

Free Drop-In

An opportunity for youth to participate in a range of activities such as sports, cooking, leadership development and team building. Supervision provided by Recreation staff.



Kilbride Lion's Community Centre	ages 12 to 16	Jan. 11 to June 15	Mondays & Wednesdays 6:30 to 7:30 p.m.
St. John Bosco School	ages 10 to 14	Jan. 12 to June 14	Tuesdays 6:30 to 8:30 p.m.
Southlands Community Centre	ages 12 to 16	Jan. 12 to June 16	Tuesdays, Thursdays & Sundays 6:30 to 8:30 p.m.
Shea Heights Community Centre	You-th Say ages 12 to 16	Jan. 13 to June 15	Wednesdays 6:30 to 8 p.m.
Shea Heights Community Centre	For Girls only ages 10 to 14	Jan. 14 to June 16	Thursdays 6:30 to 8 p.m.

Girls Active Lifestyles (G.A.L.'s)

An opportunity for girls to build confidence, self-esteem and develop their strengths in a supportive learning environment, surrounded by strong women role models. For ages 12 to 16: \$35

H.G.R. Mews Community Centre
Feb. 4 to March 24
Thursdays, 7 to 9 p.m.



Show us your talent

Do you dance? Sing?
Play in a band? Act?

Maybe you do handstands while juggling water balloons with your feet!

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

Our annual youth talent show is for ages 10 to 14.

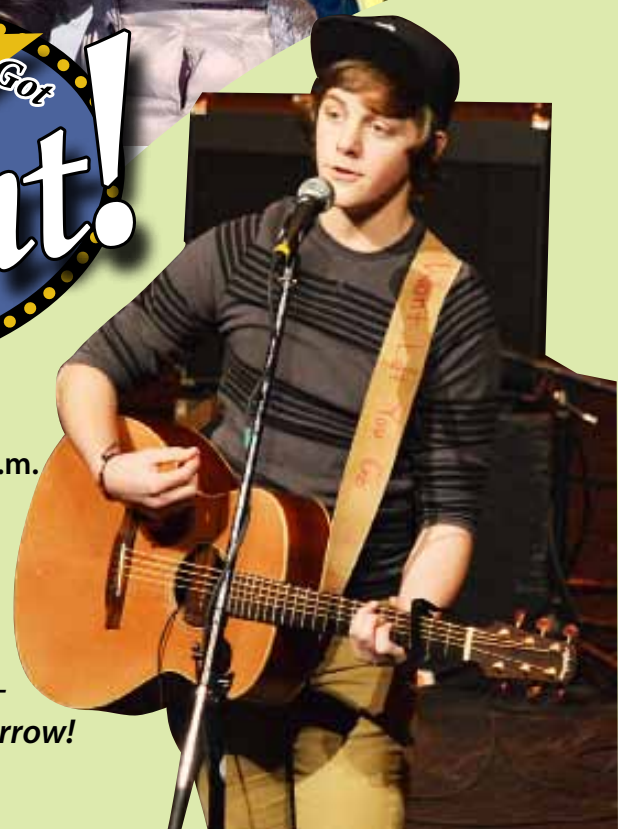
For information or to receive an application, email recreation@stjohns.ca, call **576-8630** or drop in to either the H.G.R. Mews Community Centre or the Wedgewood Park Recreation Centre.



Sunday, Feb. 28 from 2 to 5 p.m.
LSPU Hall, 3 Victoria Street

Application Deadline: Feb. 15

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





Youth Learn To...

These mini-programs let youth explore and try new skills. All courses are for ages 12 to 16 years.

Skate	For those who have always wanted to skate or just want to improve their skills. Join our skating instructor for an hour of learning and fun. Skates available if needed.	\$13.50 Bannerman Park Loop & Pool House	Tuesday, Feb. 9 6 to 8 p.m.
Classic Cross Country Ski	If you've never skied before, or have been a frustrated skier, this course will help get you started on the right track. All equipment is provided.	\$13.50 C.A. Pippy Park Winter Activity Centre	Tuesday, Feb. 23 6 to 8 p.m.
Robotics	Learn how programs work and how to program your own robot. All necessary materials provided.	\$20 College of the North Atlantic, Ridge Road Campus	Tuesday, March 8 5 to 8 p.m.
Architectural Design	Learn how to build 3D graphical models of buildings using computer software.	\$40 College of the North Atlantic, Ridge Road Campus	Tuesday, March 15 & Wednesday, March 16 5 to 8 p.m.

More programs for youth...

Ball Hockey

Take part in a recreational ball hockey night, when teams will be assigned on a nightly basis. Registration is required. For ages 12 to 16: \$25

H.G.R. Mews Community Centre
Jan. 31 to March 20
Sundays, 6 to 7:15 p.m.



Beginner Guitar Lessons

Learn the basics of guitar care and musical theory, while being introduced to chords and songs. For ages 11 to 16: \$31

H.G.R. Mews Community Centre
Jan. 25 to March 21
(excluding March 14)
Mondays, 6 to 6:50 p.m.



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Leadership Programs

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Leadership' or email recreation@stjohns.ca

The City of St. John's believes leadership builds community and offers diverse opportunities to empower all ages and abilities to develop skills.

Strengthening Children's Mental Health

This full day workshop will provide parents, caregivers, educators and coaches the tools to recognize mental health issues and stress in children and offers positive strategies to prevent and combat these concerns. Certificates of completion are provided for this nationally recognized program. For ages 18+, \$50

Saturday, Feb. 20
Southlands Community Centre, 40 Teakwood Drive
9 a.m. to 4 p.m.

Inclusion Leader

This course focuses on developing a leader's advocacy for inclusion in recreation and leisure settings. Topics include empathy, mentorship, multiculturalism, ability, gender identity and mental health. For ages 15 to 18, \$43.

Gonzaga High School, 20 Smithville Crescent
Feb. 3 to April 13 (excluding March 30)
Wednesdays, 3:30 to 5:30 p.m.

Babysitters Course

You'll learn the basics of caring for children from birth to school age, first aid and emergency response. For 11 and 12 year olds this one-day course runs from 9 a.m. to 4 p.m. – bring your lunch! Cost \$45.

Course 1: Saturday, Jan. 23, Kilbride Lion's Community Centre
Course 2: Wednesday, Mar. 30, Airport Heights Community Centre
Course 3: Friday, April 1, H.G.R Mews Community Centre

Home Alone Safety Course

A one-day safety and life skills program for children in grades 4 to 6 to develop independence. Just \$45 for this 9 a.m. to 4 p.m. course to learn fire safety, emergency preparedness, how to create a home readiness plan and more! Bring your lunch.

Course 1: Saturday, Feb. 27, Southlands Community Centre
Course 2: Tuesday, Mar. 29, Airport Heights Community Centre
Course 3: Thursday, Mar. 31, H.G.R Mews Community Centre



Awareness Session

What is Physical Literacy and Fundamental Movement Skills? Good Question!

Join us to learn about the importance of children moving with confidence and skill and it's impact on being active for life.

Parents, caregivers, educators and coaches welcome. This is a FREE session.

Wednesday, Jan. 20
NL Sports Centre, 100 Crosbie Road
7 to 8:30 p.m.



Adult Learn To... Craft

Take part in a monthly craft session, learn new skills and share ideas with others. Each class costs \$20 and materials are provided.

Title	Day	Date	Time	Location
Winter Centrepiece	Monday	Jan. 18	6:30 to 8:30 p.m.	Shea Heights Community Centre
Winter Faux Porcelain Jar	Thursday	Jan. 21	12:30 to 2:30 p.m.	Southlands Community Centre
Quilled Paper Valentine Display	Thursday	Feb. 11	12:30 to 2:30 p.m.	Southlands Community Centre
Spring Décor	Monday	March 7	6:30 to 8:30 p.m.	Shea Heights Community Centre
St. Patrick's Day Canvas Decor	Thursday	March 10	12:30 to 2:30 p.m.	Southlands Community Centre

Bridge

Learn how to play the card game of Bridge, or improve your skills in a social environment. All classes take place at the H.G.R. Mews Community Centre.

Beginner, Level 1

Tuesdays, 9:15 – 11:45 a.m.

Set 1: Jan. 12 to Feb. 16, \$44
Set 2: April 19 to June 14, \$65

Beginner, Level 2

Wednesdays, 9:15 – 11:45 a.m.

Set 1: Jan. 13 to Feb. 17, \$44
Set 2: April 20 to June 15, \$65

Social

Wednesdays, 2 to 4 p.m.,

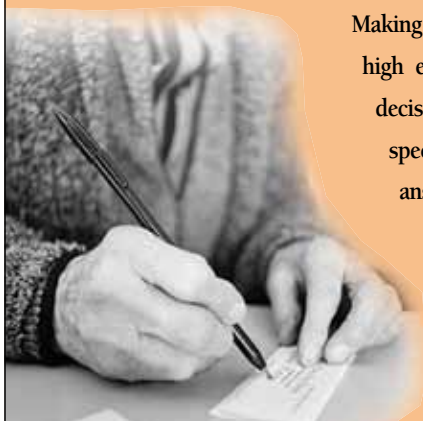
\$60 to register for all, or Drop-in fee
\$6 per session

Set 1: Jan. 13 to March 16
Set 2: April 13 to June 15

See page 25 for
NEW Family & Friends
Learn to Knit
program!

RECREATION

A funeral home is no place to make hasty decisions.



Making decisions without the added pressure of grieving, high emotions and facing sudden expenses is a smart decision, and preplanning can also offset inflation. We specialize in just such matters... please call if we can answer any questions.



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Mount Pearl – 73 Commonwealth Ave.
364-1937

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Adult Dance Classes

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Adult Programs'.

Registration is required for these 19+ classes (registration information on page 29) unless otherwise noted.

Dance Programs

Meet new people and have a fun filled workout. Please wear comfortable clothing and footwear. All classes take place at the H.G.R. Mews Community Centre and cost \$40.

Course	Description	Days	Dates	Times	Requirements
Ballroom Dance 1	Learn the Foxtrot, Jive and Waltz.	Sundays	Set 1: Jan. 17 to March 20 Set 2: April 10 to June 12	7:45 to 8:45 p.m.	Registration with a partner is required. Intended for beginners.
Ballroom Dance 2	Ballroom dance steps set to 16 bars of music including the Kathryn Waltzes, Melodie Foxtrot, Square Tango, and others.	Sundays	Set 1: Jan. 17 to March 20 Set 2: April 10 to June 12	9 to 10 p.m.	Registration with a partner is required.
Newfoundland Traditional Dance	Learn the Lancer, various square dances, longways, reel and cotillion. For beginners or dancers with some experience.	Wednesdays	Set 1: Jan. 13 to March 16 Set 2: April 13 to June 15	7:30 to 9 p.m.	\$6 per drop in class
Irish Social Dancing	Learn The Siege of Ennis, The Walls of Limerick and other traditional dances.	Mondays	Set 1: Jan. 11 to March 21 (No class March 14) Set 2: April 11 to June 13 (No class May 23)	10 to 11:30 a.m.	\$6 per drop in class
Beginner Line Dance	Learn the basic steps of line dance including the grapevine, the shuffle and the pivot turn.	Tuesdays	Set 1: Jan. 12 to March 15 Set 2: April 12 to June 14	11 to 11:50 a.m.	
Intermediate Line Dance	Level 1 - Learn more step routines to keep your line dance lively.	Thursdays	Set 1: Jan. 14 to March 17 Set 2: April 14 to June 16	12:15 to 1:15 pm.	Beginner Line Dance, or equivalent, is an asset.
	Level 2 – Participants will be introduced to routines with higher level of difficulty from level 1.	Thursdays	Set 1: Jan. 14 to March 17 Set 2: April 14 to June 16	11 a.m. to noon	
		Fridays	Set 1: Jan. 15 to March 18 Set 2: April 15 to June 17	1 to 2 p.m.	

Safe Play

Children love to have fun in the snow! Make sure they are safe by reminding them to be careful around snow banks – snow pushed by snow plows is full of road gravel and potentially other hazards. Remember that banks are typically unstable and not safe for tunneling.



Adult Music Classes

Learn how to play or improve your technique & learn new songs.

Beginner Guitar

Dates & Cost	Day	Time	Location
Set 1: Jan. 11 to March 21, \$54 (No class March 14)	Mondays	7:30 to 9 p.m.	H.G.R. Mews Community Centre
Set 2: April 11 to June 13, \$49 (No class May 23)			
Set 1: Jan. 13 to March 16, \$54 Set 2: April 13 to June 15, \$54	Wednesdays	7:30 to 9 p.m.	Charles. E. Warr Pavilion, Adams Ave.
Set 1: Jan. 14 to March 17, \$54 Set 2: April 14 to June 16, \$54	Thursdays	9:15 to 10:45 a.m.	H.G.R. Mews Community Centre



Intermediate Guitar

Thursdays, 11 a.m. to 12:30 p.m., \$54
H.G.R. Mews Community Centre

Set 1: Jan. 14 to March 17
Set 2: April 14 to June 16

Advanced Guitar

Thursdays, 1:30 to 3 p.m., \$54
H.G.R. Mews Community Centre

Set 1: Jan. 14 to March 17
Set 2: April 14 to June 16

Keyboarding

Tuesdays,
H.G.R. Mews Community Centre, \$54
Level 1: 9:15 to 10:45 a.m.
Level 2: 11 a.m. to 12:30 p.m.
Level 3: 1:30 to 3 p.m.

Set 1: Jan. 12 to March 15
Set 2: April 12 to June 14

Adult Painting Classes

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Adult Programs'. Registration is required for these 19+ classes (registration information on page 29) unless otherwise noted.

Learn the basics required to paint a beautiful picture. No experience needed for any of our painting courses, all skill levels are welcome even if you have never picked up a paint brush. Each course you will complete your very own masterpiece! Bring out the creative side you thought you never had.

Acrylic

Classes take place on Fridays from 6:30 to 8:30 p.m. at the H.G.R. Mews Community Centre and cost \$16.

Course 1: Jan. 15 and 22
Subject: Landscape

Course 2: Feb. 5 and 12
Subject: Books

Course 3: Feb. 19 and 26
Subject: Window with Flower Box

Course 4: March 4 and 11
Subject: Chickadee

Course 5: April 15 and 22
Subject: Sunset

Course 6: April 29 and May 6
Subject: Red Rose

Course 7: May 13 and 20
Subject: Cardinals

Course 8: May 27 and June 3
Subject: White Lily

Oil

Classes take place on Thursdays from 6:30 to 9:30 p.m. at the H.G.R. Mews Community Centre and cost \$36.

Course 1: Jan. 21 to Feb. 4
Subject: Bleeding Heart Plant

Course 2: Feb. 11 to 25
Subject: Red Coffee Cup

Course 3: March 3 to 17
Subject: Hydrangea

Course 4: April 14 to 28
Subject: Lighthouse

Course 5: May 5 to 19
Subject: Puffin

Course 6: May 26 to June 9
Subject: Boat

Water Colour

Classes take place on Mondays from 6:30 to 9 p.m. at the Quidi Vidi Village Plantation and cost \$50.

Course 1: Jan. 18 to Feb. 8
Course 2: Feb. 15 to March 7
Course 3: April 11 to May 2
Course 4: May 9 to June 6



Seniors Programs

These programs require registration, unless otherwise noted. See **page 29** for registration information. For more information about Seniors Programs call **576-8490** or **576-8411** or email **recreation@stjohns.ca**.

Social Recreation Program

A social program for older adults to interact and participate in an array of activities: cards, recreational games and general interest topics.

Come join us - the kettle is always on! \$2 drop-in fee.

Kilbride Lion's Community Centre

Thursdays, Jan. 28 to March 24 10 to 11:30 a.m.

Shea Heights Community Centre

Monthly activities; drop by or call 576-1023 for details.



Lifelong Learners

These general interest courses are for ages 50+ and give participants the opportunity to continue building skills and knowledge. Each course occurs on Tuesdays and Thursdays from 10 a.m. to noon, and costs \$30.

Getting to Know Them

Part 1: January 19 to February 4 Part 2: May 10 to 26

Bannerman Park pool house, Bannerman Road

More than 12,000 Newfoundlanders served in World War 1, approximately 6,000 of whom were members of the Royal Newfoundland Regiment. Another 4,000 were with the Canadian Army. Others served in British, American, Australian, South African, and Indian Regiments, and in other naval and air forces. Over two hundred of them were women. Each one of them has a story to tell. Come learn about some of them and the fascinating lives they lived.

Instructor: Bert Riggs



Intermediate Digital Photography

February 2 to 18

Southlands Community Centre, 40 Teakwood Drive

This course is a continuation of Beginner's Digital Photography, designed to help you capture quality photographs. Whether you take photos with a compact digital camera or a larger DSLR, this course will help you move out of the auto mode and into more advanced modes. Beginner Photography or equivalent is an asset.

Instructor: Melanie Courage



Easter Rising - Ireland 1916

March 1 to 17

Bannerman Park pool house, Bannerman Road

The Easter Rising, also known as the Easter Rebellion, was an armed insurrection in Ireland during Easter Week 1916. The Rising was mounted to end British rule in Ireland and establish an independent Irish Republic, while the United Kingdom was heavily engaged in World War 1. It was the most significant uprising in Ireland since 1798.

Instructor: Michael Boyle



Special Events

Events are a great way for those 50+ years old to become active and socialize, whether on the dance floor or around the dinner table. Registration must be completed three days prior to the event.

See **page 29** for registration information.

Meal, refreshments and transportation is included in the registration fee.

Glitz and Glamour

Thursday, Jan. 14

6:30 to 10:30 p.m., \$19

(\$14 if using GoBus)

City Hall, Foran/Greene Room

Pancake Day Brunch

Tuesday, February 9

11:30 a.m. to 3:30 p.m., \$17

(\$12 if using GoBus)

The Hub, 21 Merrymeeting Road

Valentines Day Party

Thursday, February 11

6:30 to 10:30 p.m., \$19

(\$14 if using GoBus)

City Hall, Foran/Greene Room

St. Patricks Day Party

Thursday, March 17

6:30 to 10:30 p.m., \$19

(\$14 if using GoBus)

City Hall, Foran/Greene Room

Hawaiian Party

Thursday, April 14

6:30 to 10:30 p.m., \$19

(\$14 if using GoBus)

City Hall, Foran/Greene Room

Spring Fling

Tuesday, May 12

12:30 to 4:30 p.m., \$19

(\$14 if using GoBus)

Shea Heights

Community Centre,

130 Linegar Avenue



TRANSPORTATION

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:

Black Shore Court
Building # 10 Pasadena Cres
Building # 25 Tiffany Lane
Ricketts Manor
Riverhead Towers
Kean Place Apartments
St. Clare Manor
St. George's Court Apartments
Kelly's Brook Apartments
Kenny's Park Apartments
The Bristol
Maplewood Apartments
Thomas Estates
Morgan Hollow
Mt. Pleasant Manor
Victoria Manor
Wigmore Manor

These Boots are Made for Walkin'

No matter how well the snow is removed from parking lots or sidewalks, there will still be places that are slippery. Wearing the right shoes is the single most important thing you can do to stay safe when walking outside. Boots with rubber soles and non-slip treads are best, and shoe grippers or traction cleats add another layer of safety.



Walk like a penguin

- Bend slightly and walk flat footed
- Point your feet out slightly
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance

For more information
about Seniors' Programs

call **576-8490** or **576-8411**

email **recreation@stjohns.ca**

website **www.stjohns.ca**

->Living in St. Johns

->Recreation and Parks

->Seniors Programs

SCENT FREE -
Individuals who
wear scented
products may be
refused attendance
to the outing, at the
discretion of
City staff.

Fireworks are a BLAST – Celebrate Safely

Consumer fireworks, designed for recreational use by the public, are deemed low-hazard firework articles and require no training to use.

However, they are **explosive devices**, and are capable of causing injury and damage if not used according to the manufacturer's recommended instructions. A person must be a minimum of 18 years old to purchase and set off fireworks.

Common consumer fireworks:

Roman Candles
Sparklers
Fountains
Wheels
Volcanoes
Mines
Snakes

- **Purchase from authorized vendors.** Before you buy ask to see their permit issued by the St. John's Regional Fire Department. Approved fireworks have bilingual labels.
- **Transport in your trunk** in a non-sparking container with a lid.
- **Do not smoke** when loading, transporting, unloading or handling fireworks.
- **Store properly** in a cool, dry place away from children. A maximum of 10kg of fireworks can be stored in homes.
- **Read the instructions** on each firework before you set it up or light it. Children should never handle fireworks.
- **Use outdoors in a clear, open area** away from buildings, vehicles, and overhead power line. Check the manufacturer's required clearances on each package.
- **Fill a bucket with water** and keep it close by in case of malfunction or fire. Dispose used fireworks, duds (misfires) and debris in a bucket of water. Never attempt to re-light duds.
- **Use a hard surface** for ground-based fireworks (Fountains and Mines). Grass is not suitable so lay down wood or plywood.
- **Bury aerial fireworks**, such as Roman candles, in the ground to half its length or in a large pail filled with earth or sand.
- **Give them space.** Spectators should be at least 20 meters away.
- **Protect yourself.** Wear safety glasses or goggles – regular prescription glasses or sunglasses are not suitable and may contribute to injury. Wear non-flammable clothing such as cotton; never wear synthetic fibers such as nylon or polyester. Never put any part of your body or head over the fireworks.
- **Check the wind** and light fireworks with prevailing wind blowing away from spectators.
- **Clean up.** Wait 30 minutes after the fireworks display has finished to check for duds and clean up debris. Dispose everything in a pail of water and check the area again in the morning.

To Report An Emergency:

Dial **911**

Contact Information

St. John's Regional Fire Department,
Office Hours: 9 a.m. to 4:30.p.m.

Administration Phone:

Phone: 576-8644

Fire Prevention Division :

Phone: 576-3905

After Hours Information (Non-Emergency)

Phone: 722-1234

Email: fire@stjohns.ca

Website: sjfrd.ca

Pets & Fireworks

For many pets the loud, sharp noise and sudden bright lights of fireworks can be terrifying. Pets have been known to harm themselves, damage property, or flee in fear during fireworks displays. For owners of fearful pets, fireworks can also be a source of anxiety and leave owners feeling helpless when they can't alleviate their beloved pet's distress. Here are a couple helpful hints to get your pet safely through this New Year's.

Think ahead.

Regular exercise contributes to an overall sense of well-being in our pets and makes them better able to cope with sudden stresses. On days that fireworks are expected, ensure that your pet gets an extra-long walk, run, and/or playtime. This will ensure they are nice and relaxed before the fireworks start. Avoid going for walks or letting them out unattended after dark when fireworks might occur.



Distract.

The less they hear and see the better. Pick a spot in the house that is away from windows and well insulated from sound, yet provide their normal comforts. It is important to visit this 'happy place' routinely and provide lots of enrichment and positive interactions because if your pet only visits this room during fireworks they will quickly come to know it as a scary place. During fireworks you may need to provide some additional background noise like a radio or tv, as well as include extra special toys and treats.



Remain calm and happy.

Resist the urge to get upset along with your dog, this will feed their anxiety and just upset them more. The best thing you can do for your pet is to remain bright and happy and act as if nothing scary is happening.

Seek veterinary advice.

If your dog's phobia is extreme (eg. chewing through doors or harming themselves) it would be wise to speak to your veterinarian to discuss your pet's specific needs.

*By Dr. Heather Hillier
City of St. John's Humane Services Shelter*

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Henna Tattoos and Artwork and Nail Art Frenchy's Thrift Store offers a unique service to our customers. We specialize in Henna tattoos and nail art. We offer individual or group services. Our henna tattoos can be completely original or traditional. You can decide the design and style you are looking for and we will help achieve the look you have in mind. Henna Tattoos are made with henna leaves but a similar art work is possible with glitters in a variety of colours. The glitter will not last as long as henna, but it would be great for special occasions, weddings, a night out or everyday wear. Call and book your appointment today!

BROKEN PHONE SERVICE 749-3601

Have a broken screen? Phone shutting off? Buttons not working like they should? We can repair all of these problems and more.

Call, Text, or Email for a free quote and to setup an appointment for repair. Most repairs are completed in under 30 minutes!

Here is just a short list of the repairs we perform

- Screen Repair
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- Charging Port repair
- Speaker and Microphone repair
- Camera Replacement (front and rear)
- Unlocking

If the repair you need is not listed above, don't hesitate to contact me. These are just some of the most popular repairs I perform.

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