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families!

City Guide

SUMMER 2017

Making a Splash!

Paul Reynolds Community Centre opening to public
pages 42-43

ST. JOHN'S

www.stjohns.ca



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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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St. John's, NL A1C 5M2

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Draw: April 26, 2017

**2 Mother's
Day Draws**

2 Bonus Draws of
\$10,000 each

Deadline: Midnight, May 21, 2017
Draw: May 31, 2017

**2 Father's
Day Draws**

2 Bonus Draws of
\$10,000 each

Deadline: Midnight, June 18, 2017
Draw: June 26, 2017

Neighbourhood Watch



A Neighbourhood Watch can be anywhere: a street, cul-de-sac or block of apartments. There are people who want to reduce and prevent crime.

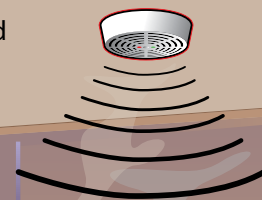
The Neighbourhood Watch Coordinator, in cooperation with the Royal Newfoundland Constabulary, can host a meeting to make sure you and your neighbours have all the details to get started.

726-0180
neighbourhoodwatch@stjohns.ca

Fire Safety

Every home needs a fire escape plan. Everyone needs to know what to do and where to go if there is a fire.

Make sure you have working smoke alarms on every level of your home, outside sleeping areas and inside sleeping areas. Test them monthly and change your batteries at least twice a year, or sooner if the alarm chirps to warn you the battery is low.



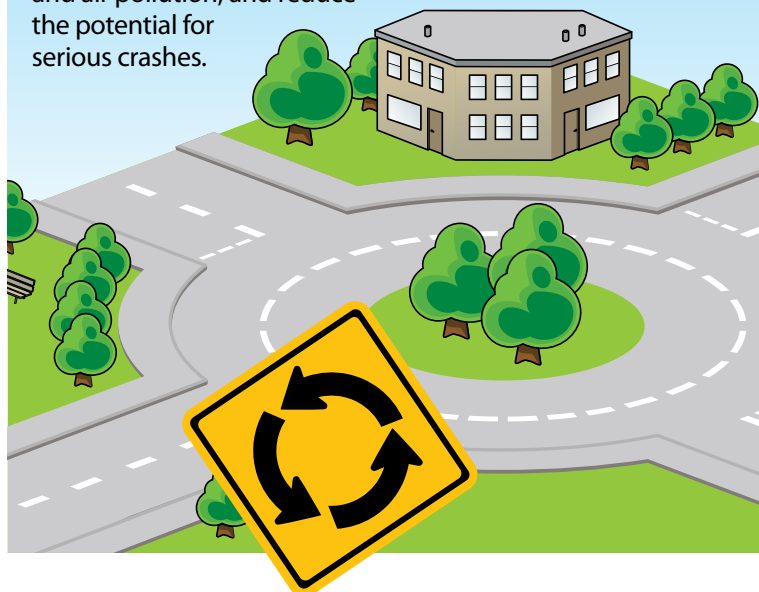
Fire Prevention
576-3905
fireprevention@stjohns.ca
sjrfd.ca

Municipal Awareness Day, May 10

Roundabouts

A roundabout is a circular intersection where two or more roads meet. Traffic circulates through them counter-clockwise, to the right of a center island. All entering vehicles must yield to traffic already in the roundabout.

Roundabouts increase traffic flow, leading to less idling and air pollution, and reduce the potential for serious crashes.



Traffic calming

Traffic calming is the art of using a physical traffic management technique to reduce the impacts of traffic on neighbourhoods.

Traffic calming tools:

- speed limits
- child at play signs
- speed humps
- deflectors
- sidewalk bump-outs
- traffic lights
- pedestrian crosswalks and lights
- roundabouts



What not to Flush

Only the 3Ps should be flushed – pee, poo and (toilet) paper.

Many products labelled 'flushable' do not break down in the waste treatment process.

Do not flush:

- Feminine hygiene products
- Flushable wipes (all kinds)
- Dental floss
- Tissues, napkins and paper towels
- Food, fat
- Oils and grease
- Cotton balls
- Cotton swabs
- Bandages
- Condoms
- Cigarette butts



Humane Services

Our goal is to provide for the needs of an animal until it is reclaimed by its owner or placed in a new home.

Spaying and neutering is very important to control the pet population and for your pets health and well-being. We have a subsidized spay/neuter program for residents of St. John's needing financial assistance.



Animal Care & Adoption
Centre, 81 Higgins Line

Monday to Friday: noon to 4 p.m.
Saturday & Sunday: 3 to 5 p.m.

Municipalities provide a range of services that residents depend on every day, and that makes our community a great place to live, work and play.

ST. JOHN'S

Waste and Recycling

Recycling is clean, easy and environmentally responsible. Set up a waste sorting station in your home.

Electronic waste



Container recyclables

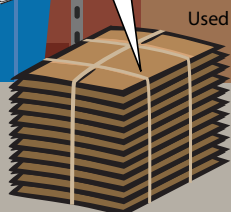


Metal recycling

Household hazardous waste



Paper and cardboard recyclables



Rat proof your property

If you have rats it doesn't mean your property is dirty, it means there is shelter and an open food source for them.

Remove food sources including bird feeders, pick up pet waste, and do not store garbage outside.

Remove potential shelters from your yard including lumber, rocks, building materials and unwanted items such as old furniture and appliances.





Downtown Street Cleaning 2017

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

When debris enters the storm sewer it can create blockages which can cause flooding or ponding in a low point of the street. In extreme cases this flooding can damage public or private property. We clean debris from catch basins to ensure the system is functioning properly and street cleaning helps keep this resource intensive work at a minimum.

Also, everything that enters the storm sewer ends up at the Riverhead Wastewater Treatment Facility, and costs money to treat before it leaves the facility. Reducing the amount that requires treatment reduces our operating costs.

Scheduled street cleaning occurs downtown from Monday, April 17 to Friday, September 22, 2017.

Downtown street cleaning takes place overnight between midnight and 7 a.m. and vehicles **must** be removed from streets scheduled for cleaning. Vehicles not removed will be ticketed a fine of \$30.

Unlike snow removal, the downtown street cleaning schedule is determined well in advance for the entire season. This means you can look up the cleaning dates for your downtown street now and mark these dates in your calendar.

Streets may not be cleaned on the scheduled dates due to parked cars, extreme weather or mechanical breakdowns. If this occurs, the next scheduled cleaning date is the next opportunity to clean the street.

To find your schedule visit
www.stjohns.ca
 >Living in St. John's
 >Streets, Traffic and Parking
 >Street Cleaning

Find out when your street will be cleaned:

NEW

map.stjohns.ca/StreetClean

A new way to learn what streets are scheduled for cleaning each night. All streets are listed and shown on a map, with a different colour to indicate if it's for both sides of the street, or just one (odd or even house numbers).

Searchable street listing



Search by address to learn all the dates your street is scheduled for cleaning, or search by date to learn all streets scheduled so you know where not to park.

Find it at stjohns.ca >Quick Links >Street Cleaning

Subscribe to our e-update



Receive a daily email, including a map, of the streets scheduled for cleaning that night.

Subscribe at stjohns.ca >
Quick Links >e-Updates

Not online?

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

Water Conservation

Every bit of water we drink must be treated, and as that costs money we are all responsible to use water efficiently.

Since 2002 a Water Conservation Order has been in place to ensure wise water use, especially during the summer when outdoor water consumption increases.

When can I use a sprinkler on my lawn?

Even house number

Tuesdays and Saturdays

6 to 8 a.m. and 8 to 10 p.m.

Odd house number

Thursdays and Sundays

6 to 8 a.m. and 8 to 10 p.m.

When can I use a hose with a shut-off nozzle?

You can water your garden, wash your vehicle or clean your siding or windows ANYTIME as long as you use a hose with a shut-off nozzle.

When can I water my new lawn?

Once you register with the City by calling Access St. John's at 311 or 754-CITY (2489), you will be able to water your new lawn between 6 and 8 a.m. and 8 and 10 p.m. every day for 60 days after the installation of your new lawn.

Keep our Water Clean

The City of St. John's has protected watersheds to ensure a clean, safe supply of potable water. Winsor Lake and Broad Cove River, Bay Bulls Big Pond, and Petty Harbour Long Pond provide the water used by almost 200,000 people in the northeast Avalon.

Help us protect the safety and quality of your drinking water.

Do not:

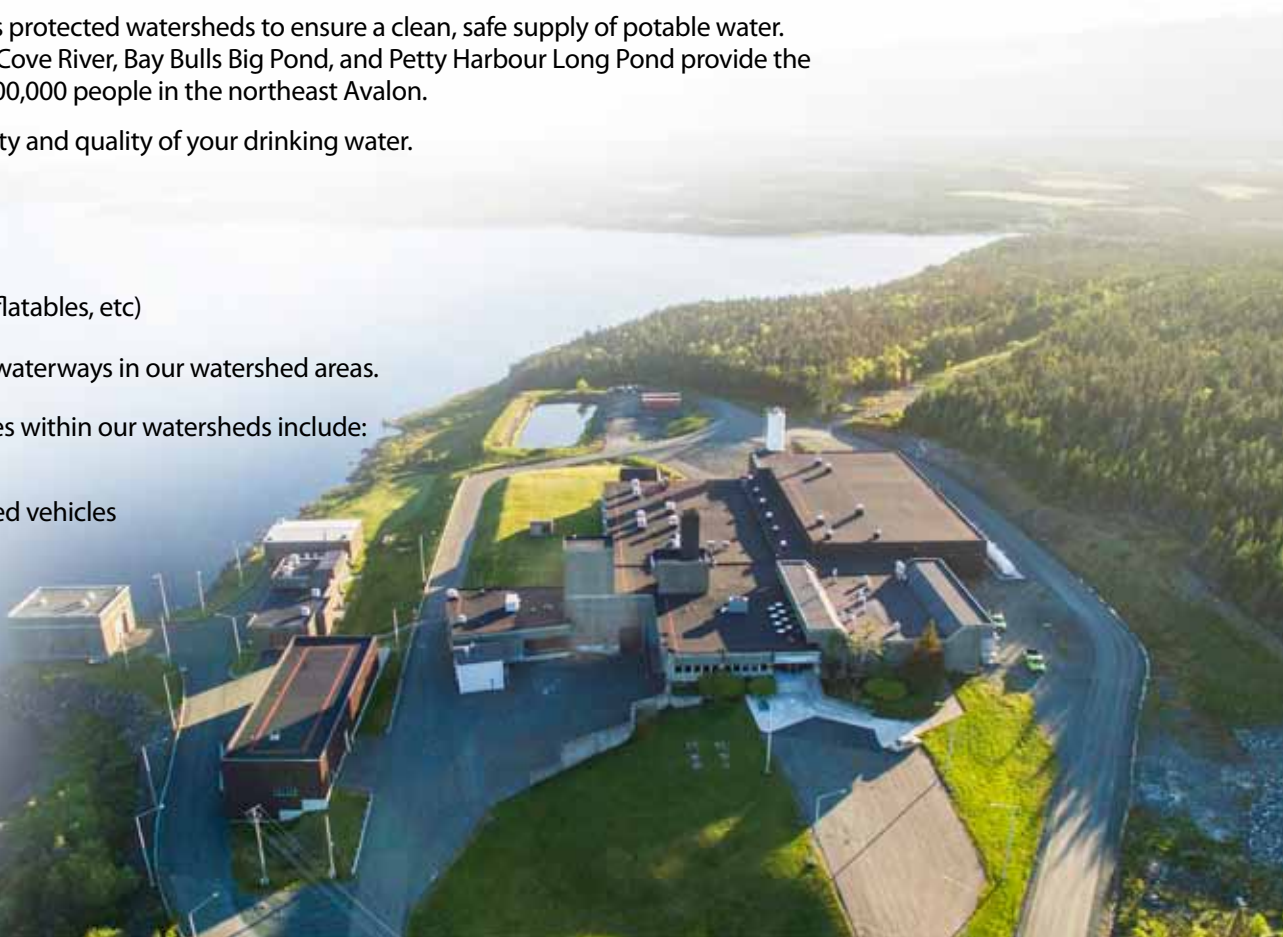
- Fish
- Swim
- Boat (canoe, inflatables, etc)

on any of the ponds or waterways in our watershed areas.

Other restricted activities within our watersheds include:

- Cutting wood
- Use of motorized vehicles
- Camping
- Fires

If you walk a dog in the watershed, keep them on a leash and pick up and properly dispose their waste.





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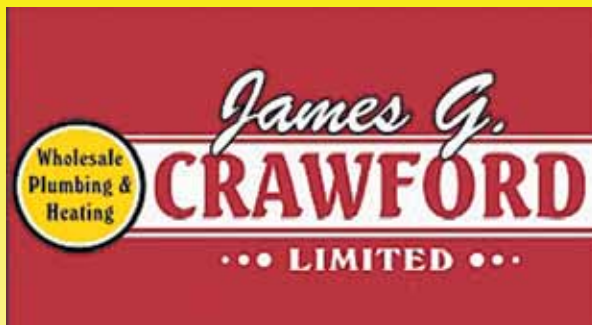


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709-576-4091

7465958



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Crawford's is committed to carrying a selection of quality brand names in the kitchen and bathroom fixture market to cater to the individual requirements of our client base.

Crawford's now displays a selection of these products in a bright new setting. Our customer service staff look forward to assisting you with your selection process as you choose your fixtures for your new home construction or renovation project.

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Phone : (709) 579-4062

Hours: Monday to Friday 8:00 a.m. to 4:45 p.m.



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Engage!
St. John's

Join the City's online engagement community



Did you know that the City has an online engagement platform to help us better connect with you, our residents?
It's a place where you can share your ideas on projects, initiatives and plans and stay updated on their progress.
Check out <http://engage.stjohns.ca> and join now.

R.E.A.L. Thanks

The R.E.A.L. Program would like to thank its funding partners and recreation organizations for continued support providing recreation and leisure opportunities to St. John's children and youth.

Become a R.E.A.L. Supporter

Call 576-8684 or 4556
email real@stjohns.ca

Platinum Supporters



Gold Supporters



Silver Supporters



St. John's Days

From June 23 to June 25 help us celebrate the incorporation of one of North America's oldest cities!

St. John's is a place that's steeped in tradition, history and culture. We are celebrating the City's birthday with historical characters, music and other fun-filled events throughout the city. We have something for all ages and interests.

Highlights include a family fun day, outdoor performances, rides on the Metrobus Trolley Line, a downtown photography session and a chance to experience tastes of our St. John's culture that you won't forget. Best of all, the events are ALL FREE – yes, including the Trolley Line rides!

As details are confirmed, event information will be posted on the City website calendar of events.

Canada Day Celebrations

Be the first people in the nation to start the celebration of Canada's 150th Anniversary of Confederation! With the participation of the Government of Canada, the City of St. John's and our event partners, this Canada Day Canada 150 celebration will highlight many of the reasons we are proud to call Canada home.

The day will start with a sunrise event at 6 a.m. at Signal Hill National Historic Site, followed by a day full of family fun and entertainment. The evening will be sure to entertain with a headline concert followed by fireworks at 10 p.m. Should weather conditions not be ideal, the fireworks will be rescheduled for July 2 at 10 p.m.

As more event details are confirmed, they will be posted at stjohns.ca/canada150.

Funded by the Government of Canada.
Financé par le gouvernement du Canada.



Canada

Célébrations de la Fête du Canada

Soyez parmi les premiers au pays à célébrer le 150^{ième} anniversaire de la Confédération!

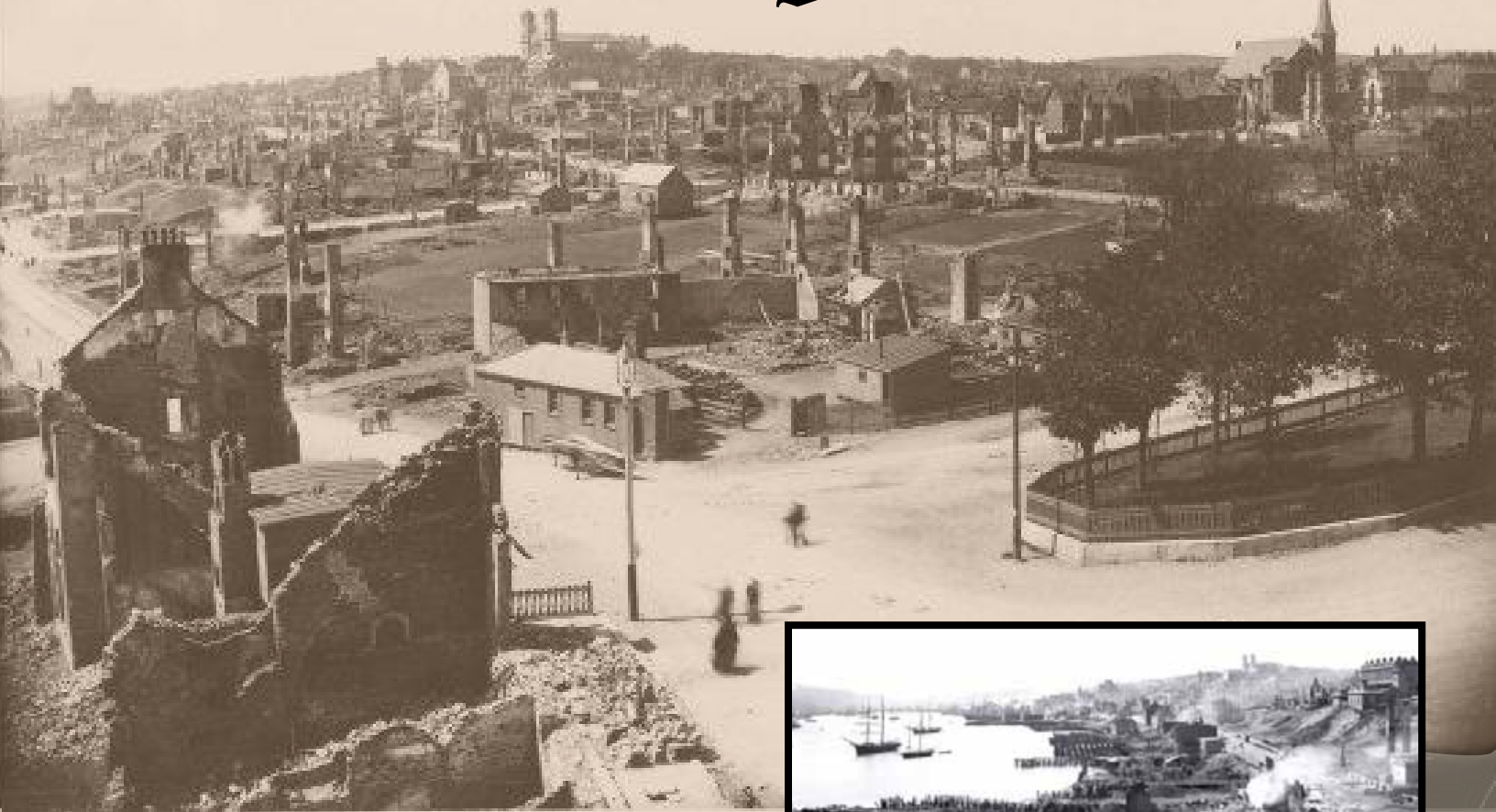
La ville de St. John's, avec l'appui du gouvernement du Canada et d'autres partenaires-clés, célébrera la Fête du Canada et le 150^{ième} anniversaire de la Confédération. Une belle occasion de mettre en valeur les nombreuses raisons pour lesquelles nous sommes fiers de notre pays.

Les festivités débiteront dès l'aube à 6h par un événement au lieu historique national de Signal Hill et continueront tout au long de la journée avec des activités familiales et amusantes. La fête se poursuivra en soirée avec un concert de grande envergure suivi de feux d'artifices à 22h. Dans l'éventualité où les conditions météorologiques ne seraient pas idéales, les feux d'artifices seront reportés au 2 juillet à 22h.

Plus de détails sur ces événements seront publiés sous peu au site web suivant : stjohns.ca/canada150



Remembering the Great Fire of 1892



View of the aftermath of the Great Fire of 1892. Looking west from the roof of a house on Devon Row. Image courtesy of the City of St. John's Archives.

This July marks the 125th anniversary of the Great Fire of 1892, which destroyed much of St. John's and is remembered as the worst disaster to befall the city.

Hot, dry weather and strong winds bolstered a fire which is believed to have begun in a stable near the intersection of Pennywell and Freshwater Roads. The blaze quickly spread through the streets leaving approximately 12,000 people homeless and the downtown commercial district wiped out.

In 1892 Bannerman Park housed many of the people left homeless by the fire in a makeshift tent city. It will be the centre of the City's commemorative activities on Saturday, July 8 and Sunday, July 9, 2017.

To mark the anniversary of the Great Fire, residents and visitors are invited to visit an archival photography exhibition, attend a song and story circle concert in the park and take part in a historical walk through the area affected by the fire.



View of the aftermath of the Great Fire of 1892. Looking west from the railway track, showing Devon Row and the harbour. Reproduced by permission of Archives and Special Collections (Coll. 137 05.01.012), Queen Elizabeth II Library, Memorial University of Newfoundland.

"And the poor inhabitants, where were they? It made the heart ache to see the groups of men, women and children, with weary, blood-shot eyes and smoke begrimed faces, standing over their scraps of furniture and clothing -- some of them asleep on the ground from utter exhaustion -- all with despondency depicted on their faces. They filled the park and grounds around the city. Many hundreds escaped with nothing but the clothes they wore. At least twelve thousand people were burnt out."

Rev. Moses J. Harvey, The Great Fire in St. John's Newfoundland, 8 July, 1892

Grasscycling

Do you 'Mow and Go'?

You should – there are many benefits!

Grasscycling is using your lawn mower to mulch the grass clippings when you mow your lawn. Instead of removing them, keep these clippings on the lawn.

For more detail
www.curbitstjohns.ca
 > Residents
 > Grasscycling

Mulching:

- **Saves you time;** just mow and go. Leave clippings on the lawn. There's no raking or bagging needed.
- **Saves you money;** there's no need to buy bags for your clippings because you won't have any. No need to buy extra fertilizer because your grass clippings add the nutrients to your lawn to keep it healthy and green.
- **Retains moisture** which reduces the need to water as often. See the water conservation article on page 7.
- **Provides food** for the worms in your soil that naturally aerate it, making it healthier.

How to Grasscycle:

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

Watch our grasscycling video on YouTube, search for:



@CityofStJohns



Create 'black gold' by backyard composting

Learn how easy it is to compost in your backyard and get what gardeners call 'black gold'. Again this year we've teamed up with the MUN Botanical Garden and the MMSB to offer FREE backyard composting sessions, with the option of purchasing a bin after the session.

Bins can be purchased after you attend an information session. Standard compost bins are \$40 while tumbler bins are \$55, including HST. Payment is by cash only and receipts are issued.

These sessions take place at the MUN Botanical Garden at 306 Mount Scio Road. There's no need to preregister – just show up!

Monday, May 1	2 to 3:15 p.m.
Sunday, May 7	noon to 1:15 p.m.
Monday, May 8	noon to 1:15 p.m.
Saturday, May 27	2 to 3:15 p.m.
Tuesday, May 30	2 to 3:15 p.m.
Wednesday, June 7	12:30 to 1:45 p.m.
Sunday, June 11	1 to 2:15 p.m.
Friday, June 16	11 a.m. to 12:15 p.m.
Saturday, June 24	2 to 3:15 p.m.
Saturday, July 1	2 to 3:15 p.m.
Tuesday, July 18	6 to 7:15 p.m.

Benefits of making and using compost:

- returns nutrients back to the soil, creating richer soil
- increases air space and microbes in the soil, creating healthier soil
- reduces use of fertilizers, and saves you money
- assists soil in retaining water much longer, reducing the need to water often see the water conservation article on Page 7
- reduces garbage sent to the landfill, extending the landfill's lifespan and reducing greenhouse gas production

For more detail
www.curbitstjohns.ca
 > Residents
 > Backyard Composting



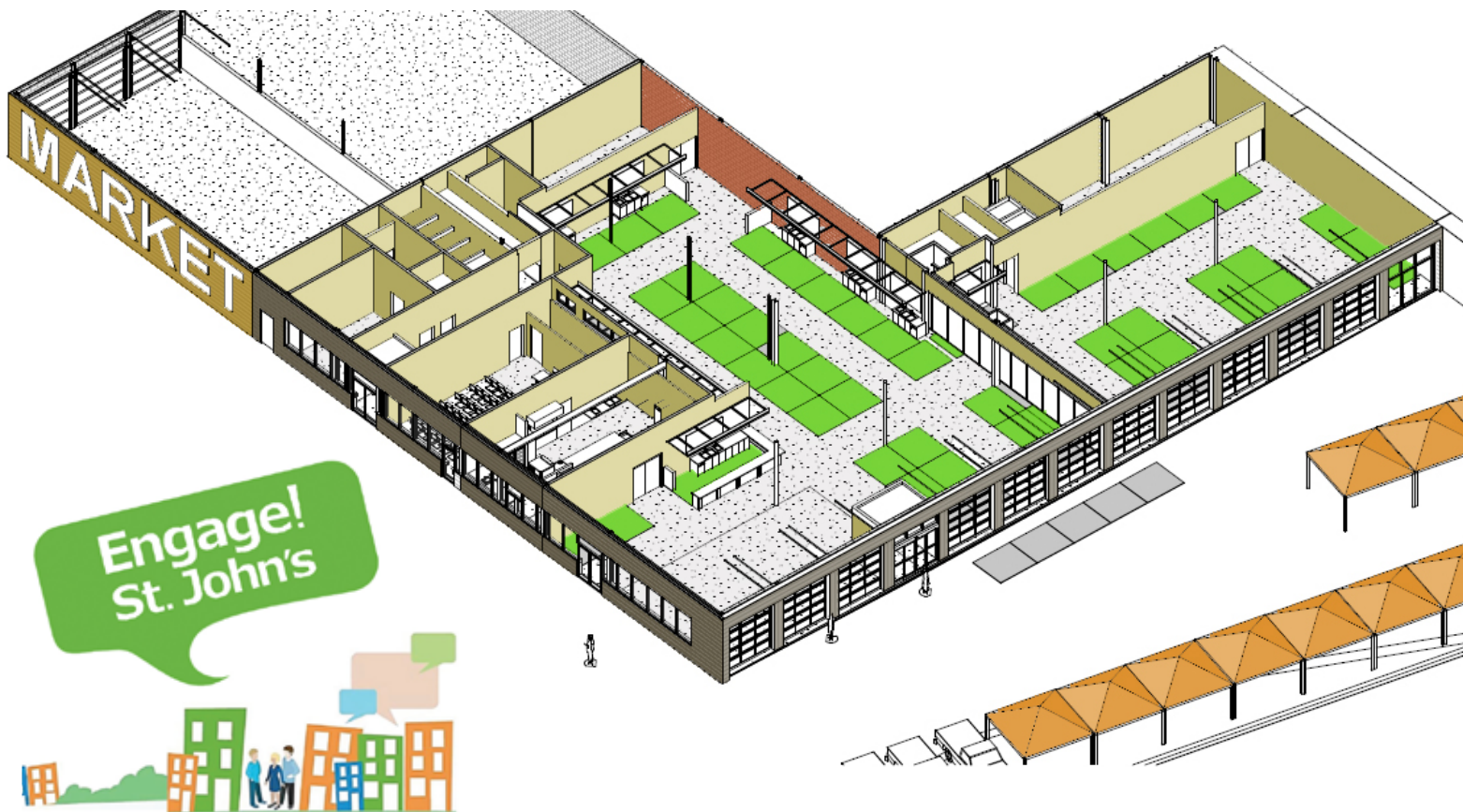
Construction Begins in June for New Community Market



There's a lot more to the new Community Market than you might realize!

Not only will the space be the new home of the St. John's Farmers' Market, it will also include space for meetings and gatherings and opportunities for outdoor vendors, all in the centre of the city.

Designs are being finalized and a tender for construction is on schedule to be issued in late April which means that shovels should be in the ground in June at the former site of the Metrobus Depot on Freshwater Road. A neighbourhood session is in the works for May to provide an update to neighbours and answer any questions they may have about the project. Additional opportunities to ask questions and get updates on the project will be provided at engagestjohns.ca.



A cleaner way to collect garbage

Understanding automated collection

Automated garbage collection uses specially designed wheeled carts and collection vehicles equipped with robotic arms. Residents place their garbage in the cart and on collection day the cart is put in designated spots by the curb. When the collection vehicle arrives the operator uses controls in the truck cab to pick up and dump the cart contents into the truck and then places the empty cart back at the curb.

The vehicles with robotic arms and carts will be used for garbage only. Recycling collection remains unchanged: blue bags of recycling will be collected from the curbside by hand in a separate truck.

The carts are owned by the City and assigned to each property. They have large wheels that are easy to roll over curbs, gravel, and snow. Carts are made from durable plastic and have a life span of 15-20 years. Residents are responsible for keeping their assigned cart clean and secure, and are required to use the City-issued cart.

The cost for bins will depend on size. Other municipalities have charged the cost to the homeowner as part of their tax bill on a one-time or annual basis. The size of the bins will be part of our online and in-person engagement; go to engagestjohns.ca to learn more.



Implementation is expected to begin in 2018 in a phased-in approach.

Why use automated collection?

We heard through our Budget 2017 consultations that this was something residents wanted to see the City do. Automated garbage brings many benefits to residents, employees and the environment.

Moving to automated collection allows us to continue our focus on waste diversion. The current bylaw allows each household to put 10 bags of garbage at the curb a week; the new approach will result in a

reduced number of bags and help divert waste. We also want to extend the life of the landfill at the Robin Hood Bay Waste Management Facility since there would be significant cost to build and operate a new landfill to service the region. Sending garbage to the landfill is the last option in the standard waste management hierarchy – which is to reduce, reuse and recycle.

In addition, the City's waste collection fleet needs to be replaced. The current trucks have reached the end of their life cycle and the timing is right to replace them with trucks that support automation.

Benefits of Automated Collection

Residents	Staff	Environmental
Reduction in litter Reduced rodent and pest problems Eliminates the need for nets and blankets No lifting heavy bags Lids are attached to bins	Reduces the potential for workplace injury Increased efficiency allows more to be done in one shift	Reduced bag limit promotes recycling which results in lower landfill costs to the City because of differing tipping fees Reduction in waste going to landfill reduces the volume of greenhouse gases produced

Why Waste Reduction is Important to You

Whether you live in the City of St. John's, in one of the neighbouring municipalities or anywhere on the Avalon peninsula, what you throw away in the garbage ends up in the landfill at the Robin Hood Bay Waste Management Facility.

Robin Hood Bay has been in use since the 1940s. In the early 2000s it officially became the regional waste management site, at a cost of \$56 million.

We've been using Robin Hood Bay to dump our waste for more than 40 years and the best case scenario estimates

that we can only use it for 30 years more. Thirty years might seem like a long time in the future but time flies, especially when it comes to investing in multi-million dollar projects!

Properly closing a landfill and opening a new waste management facility requires a significant investment. This is partially why Robin Hood Bay was chosen as the regional site in the early 2000s, rather than opening a new facility at the time.

This new capital investment is only one of the costs. Once a new landfill location

is chosen there will likely be increased operating costs for the City of St. John's because if the site isn't close by, garbage will have to be trucked a longer distance. Once the garbage arrives at the new site, the cost the City and businesses pay per tonne (the tipping fee) may also be higher than it is now.

The longer we can keep the Robin Hood Bay Waste Management Facility open the lower our costs will be.

To extend the life of the current landfill, keep material out of it. We can all do our part to keep Robin Hood Bay open as long as possible, including:

- Reduce the amount of waste you produce.
- Reuse what you can, and stay away from disposal one-time-use items such as plastic shopping bags.
- Recycle everything that we accept in blue bags.
- Properly dispose of hazardous waste, including recycling electronics.
- Backyard compost and mulch leaves and grass clippings.



Recycling Makes A Difference

Once you start to recycle, your volume of garbage will be less so you can use that extra space to store recycling.

The City's Waste and Recycling Division staff can provide you with a starter kit including blue bags, a list of what can be recycled and how to sign up for electronic reminders of your collection schedule. Our staff also provide suggestions about how to overcome any other barriers you may encounter when beginning to recycle. All you have to do is ask! We love to talk about waste, so please contact us.

Our Waste and Recycling staff is passionate about waste diversion and ensures all recyclables we collect have guaranteed markets that will purchase the material. The sale of the material

offsets some costs of the recycling program and, more importantly, we are diverting material away from the landfill to be recycled and reused.

Many residents, once they begin recycling, are surprised at how little garbage they have, not realizing until they start that recycling does make a difference.

It's never too late to start, or come back to, curbside recycling.

Learn what & how to recycle:
www.curbitstjohns.ca
publicworks@stjohns.ca
311 or 754-CITY (2489)





On September 26, 2017, municipalities in Newfoundland and Labrador will hold general elections.

Municipal elections take place every four years, as mandated by the Provincial Government, and occur on the last Tuesday in September.

While a number of individuals have publicly declared their intention to run for a seat on the City of St. John's Municipal Council in September, officially they are not considered candidates until after the nomination period.

So, why start talking about the municipal election so soon?

"It's critical that we get thinking about and talking about our upcoming election early," says Mayor Dennis O'Keefe. "Residents need time to ensure that they are registered with the City to vote, and with changes coming in 2017 to our ward boundaries we don't want to wait too long for people to know and understand where and how they will vote in this important election."

Every election is important, but municipal elections are the closest to home, having the most direct impact on day-to-day living.

Your city council sets the vision and the direction for how your municipal tax dollar is spent. From snow clearing and road construction to recreation and leisurely pursuits, Council set the tone for how your city operates, where resources are allocated and what are the priorities from year to year. Municipal elections are your opportunity to choose the people who will represent you and your neighbourhood, to champion for the things that matter most to you and to be your direct connection to the decisions that will impact you daily.

Conducting a ward look-up is easy.

If your street address is not listed or you are unsure how to use the ward look-up feature on the website, simply call 311 and one of the staff will be happy to assist you.

To find your Ward visit:
www.stjohns.ca
 >City Hall
 >Municipal Election
 >Ward Look-Up

Vote by mail kits can be returned through Canada Post by the deadline noted, or you can visit one of the satellite drop-off stations that will act as polling stations on Election Day. Locations and hours of operation will be advertised leading up to the election in September.

City Hall > Municipal Election > Ward Lookup

Ward Lookup

Use the form below to determine what ward an address is located in.

Street #: Street Name:

(Both Street # and Street Name are required.)

Current Term	
Location:	10 NEW GOWER ST
Ward:	2
Ward Map:	Map Of Ward 2
Councillor:	Jonathan Galgay - Councillor for ward 2

If you already know your current ward, click one of the links below to view it.

[Full Ward Map](#) [Ward 1](#) [Ward 2](#) [Ward 3](#) [Ward 4](#) [Ward 5](#)

2017 Election	
Location:	10 NEW GOWER ST
Ward:	2
New Ward Map:	Map Of Ward 2

If you already know your 2017 ward, click one of the links below to view it.

[Full Ward Map](#) [Ward 1](#) [Ward 2](#) [Ward 3](#) [Ward 4](#) [Ward 5](#)

Am I Registered?

The City's Voter List is modified from a list maintained by Elections Newfoundland and Labrador, carefully reviewed and revised by election staff.

If you are new to the city, have never voted before, or have moved since the last election, you may not be on the list or may receive the wrong mail kit. All eligible voters living in the City of St. John's should check to ensure they are on the Voter's List.

Don't lose the opportunity to share your views and have your voice in the 2017 Municipal Election!

Interested in running?

The nomination period is Tuesday, Aug. 22 to Tuesday, Aug. 29, 2017. Check the City's website for more details as they become available.

Vote by mail

The City of St. John's uses a vote by mail system and has been doing so since 2001. In early September, all registered voters will receive a kit in the mail outlining all the candidates for Mayor, Deputy Mayor and Councillors-at-Large, and (depending on where you live) your choices for Ward Councillor.

The City has five wards, with each ward representing about 20,000 residents.

About every ten years, the City reviews its existing wards. In 2016, this review resulted in changes to the ward boundaries, so it is critical that you look up your address on the City's website to see what ward you are in – it may have changed since the 2013 election (or the Ward 4 Byelection in 2016).



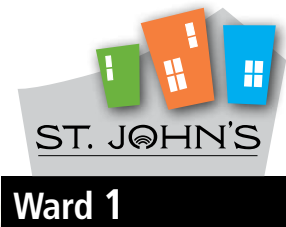
New Ward Boundaries

Ward boundaries are changing, especially in areas of the city that have experienced significant growth since the last boundary change over ten years ago.

These maps show the new and old boundaries. An alphabetical listing of streets that have changed wards are on pages 18 to 21. Take a close look through the list or use the ward look-up on our website to determine your ward based on your address.

Did You Know?

... ward boundaries and waste collection areas are **not** the same. Waste collection areas are based on a route through the city on a specific day; wards are geographically connected zones.

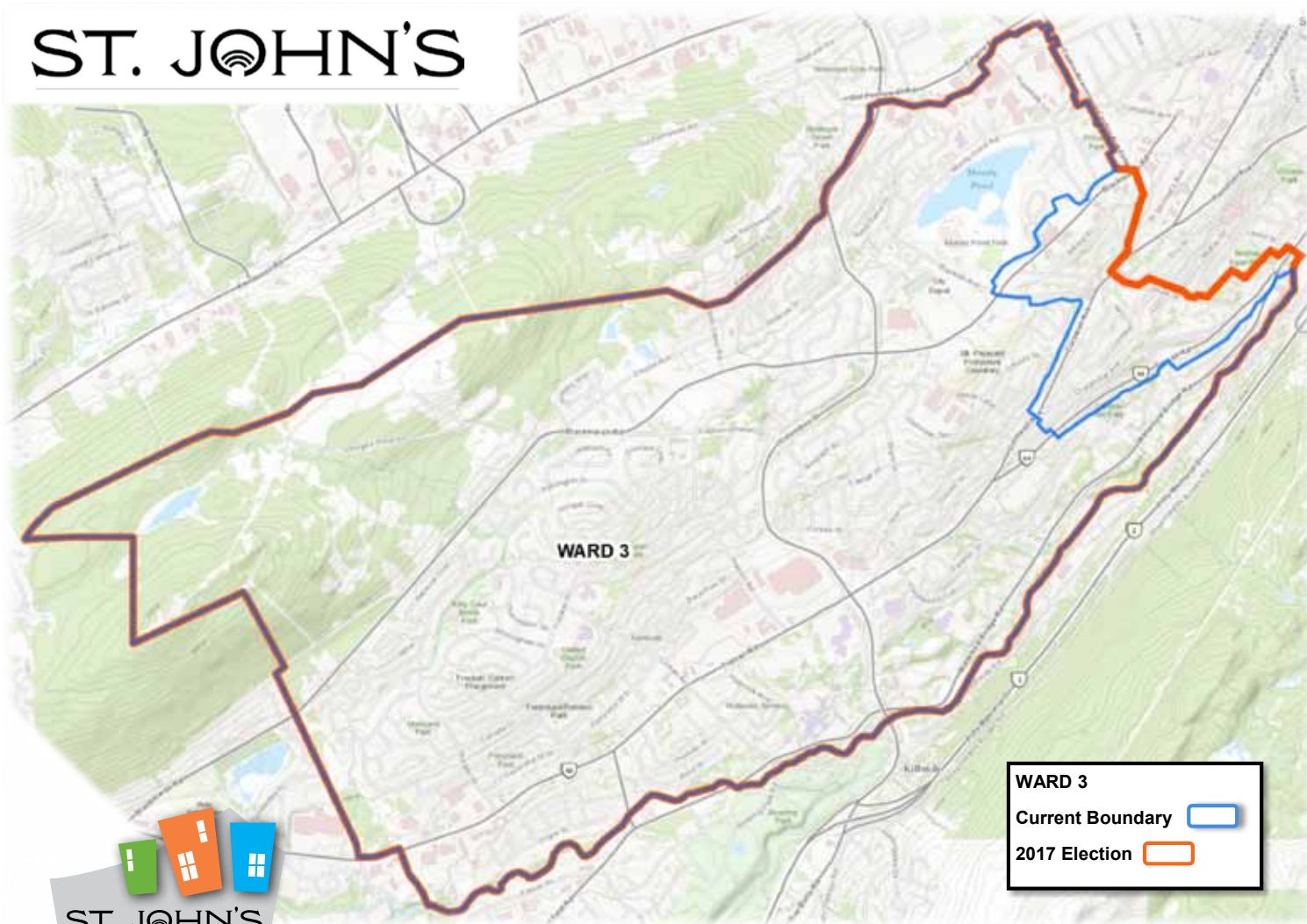


WARD 2Current Boundary 2017 Election **Ward 2****ST. JOHN'S**

	CURRENT WARD	NEW WARD
18 th Street	Ward 2	Ward 3
Airport Heights Dr	Ward 4	Ward 1
Albany Pl	Ward 2	Ward 3
Albany St	Ward 2	Ward 3
Alder Pl	Ward 4	Ward 1
Alexander Pl	Ward 1	Ward 2
Amelia St	Ward 4	Ward 1
Andrews St	Ward 1	Ward 2
Argus Pl	Ward 4	Ward 1
Arnold Loop	Ward 1	Ward 2
Augusta Crt	Ward 1	Ward 2
Autumn Dr	Ward 4	Ward 1
Avalon Terrace	Ward 2	Ward 3
Ayre Pl	Ward 1	Ward 2

	CURRENT WARD	NEW WARD
Bally Haly Pl	Ward 1	Ward 2
Barnwell St	Ward 4	Ward 1
Ben Avon Pl	Ward 4	Ward 1
Blackmarsh Rd (#38-158 and 45-137)	Ward 2	Ward 3
Blake Pl	Ward 1	Ward 2
Branscombe St	Ward 4	Ward 1
Burns Pl	Ward 1	Ward 2
Burry Port St	Ward 4	Ward 1
Cahill Dr	Ward 4	Ward 1
Canso Pl	Ward 4	Ward 1
Caravelle Pl	Ward 4	Ward 1
Carty Pl	Ward 1	Ward 2
Cassino Pl	Ward 1	Ward 2

ST. JOHN'S



WARD 3

Current Boundary

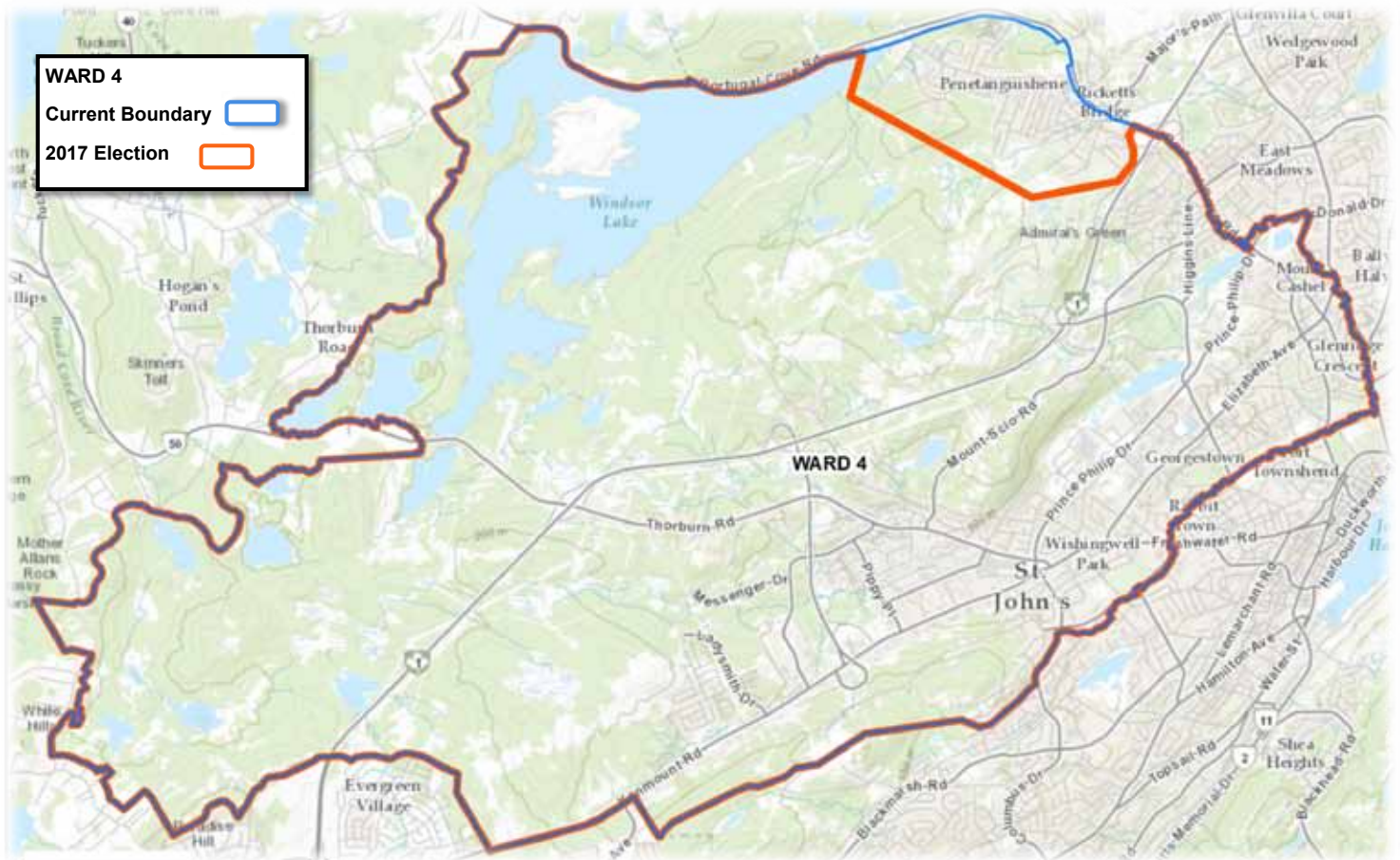
2017 Election

ST. JOHN'S

Ward 3

	CURRENT WARD	NEW WARD
Cedar Dr	Ward 4	Ward 1
Cessna St	Ward 4	Ward 1
Charter Ave	Ward 1	Ward 2
Charter Crt - P	Ward 1	Ward 2
Cherokee Dr	Ward 4	Ward 1
Churchill Ave	Ward 1	Ward 2
Cornwall Ave (# 2-82 & 1-83)	Ward 2	Ward 3
Cornwall Cres	Ward 2	Ward 3
Craigmillar Ave	Ward 2	Ward 3
Crambrae St	Ward 4	Ward 1
Davidson Pl	Ward 2	Ward 3
Drake Cres	Ward 1	Ward 2
Dumbarton Pl	Ward 4	Ward 1

	CURRENT WARD	NEW WARD
Durness St	Ward 4	Ward 1
East Dr	Ward 1	Ward 2
East White Hills Rd	Ward 1	Ward 2
Eastland Dr	Ward 1	Ward 2
Elderberry Pl	Ward 4	Ward 1
Eustace Lane - P	Ward 1	Ward 2
Fairwood St	Ward 1	Ward 2
Falcon Pl	Ward 4	Ward 1
Firdale Dr	Ward 4	Ward 1
Fisheries White Hills	Ward 1	Ward 2
Florizel Pl	Ward 1	Ward 2
Forde Dr	Ward 4	Ward 1
Fraser Pl	Ward 2	Ward 3
Gairlock St	Ward 4	Ward 1

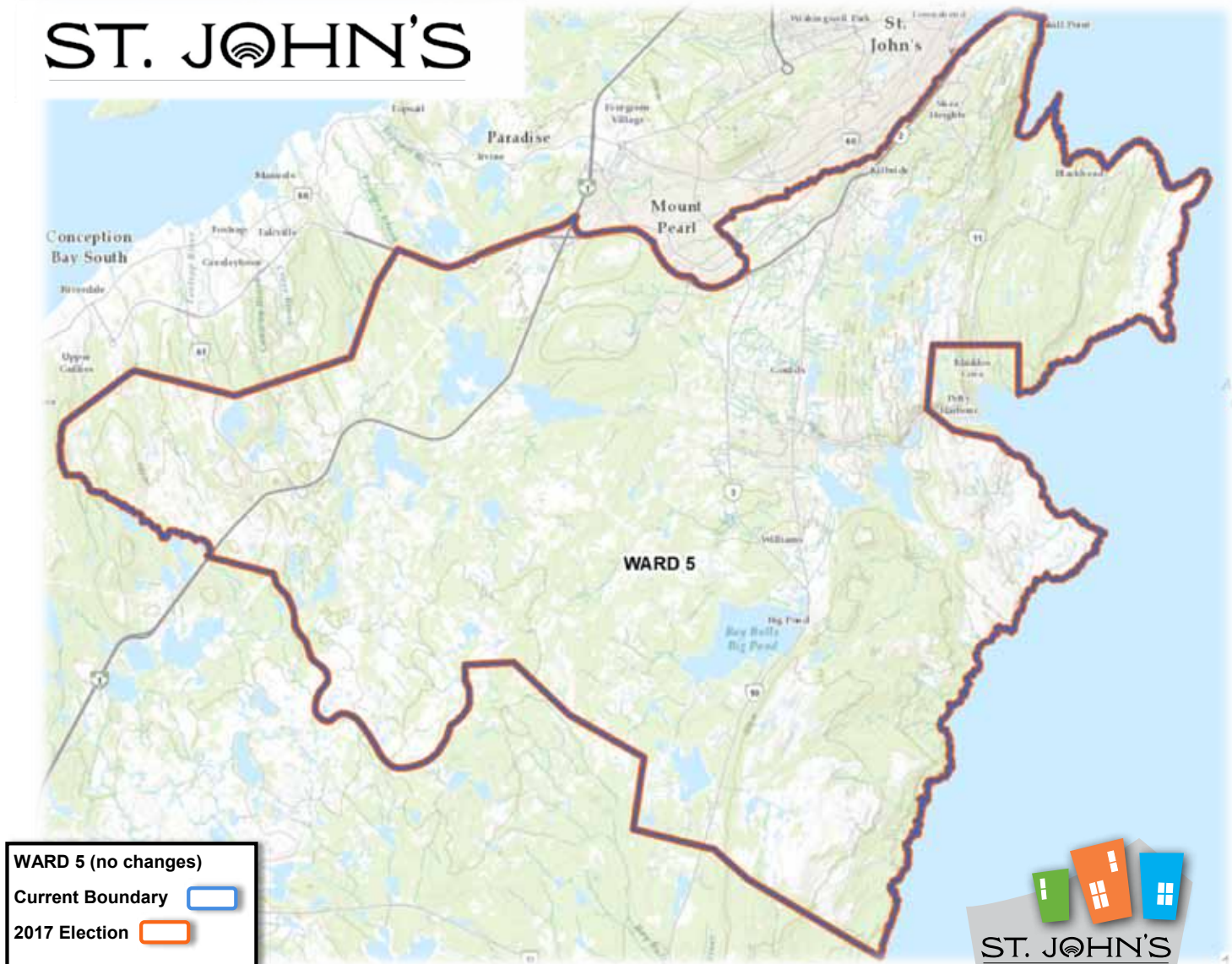


Ward 4

	CURRENT WARD	NEW WARD
Galaxy Cres	Ward 4	Ward 1
George's Loop	Ward 1	Ward 2
Glover Pl	Ward 1	Ward 2
Hall's Rd	Ward 4	Ward 1
Hamilton Ave (#344-368)	Ward 2	Ward 3
Hamilton Ave Extension	Ward 2	Ward 3
Harding Rd	Ward 1	Ward 2
Hercules Pl	Ward 4	Ward 1
Herder Pl	Ward 1	Ward 2
Inverness Pl	Ward 1	Ward 2
Janeway Pl	Ward 1	Ward 2
Jervis Pl	Ward 1	Ward 2
Jesseau Pl	Ward 4	Ward 1
Kenna's Hill	Ward 1	Ward 2
Kincaid St	Ward 4	Ward 1
King's Bridge Rd (The Boulevard To Winter Ave)	Ward 1	Ward 2

	CURRENT WARD	NEW WARD
Lambert Pl	Ward 1	Ward 2
Lancaster St	Ward 4	Ward 1
Langley Rd	Ward 1	Ward 2
Legacy Pl	Ward 4	Ward 1
Legion Rd	Ward 1	Ward 2
Logy Bay Rd (Even Side)	Ward 1	Ward 2
Mabledon Pl	Ward 1	Ward 2
Macbeth Dr	Ward 4	Ward 1
Macgregor St	Ward 1	Ward 2
Malka Dr	Ward 4	Ward 1
March St	Ward 1	Ward 2
Mccallum St	Ward 1	Ward 2
Mclea Pl	Ward 2	Ward 3
McNiven Pl	Ward 4	Ward 1
Middleton St	Ward 1	Ward 2
Mitchell Pl	Ward 1	Ward 2
Montague St	Ward 1	Ward 2
Mountbatten Dr	Ward 1	Ward 2
Navajo Pl	Ward 4	Ward 1
Newfoundland Crt - P	Ward 1	Ward 2
Newfoundland Dr	Ward 1	Ward 2
Newhook Pl	Ward 4	Ward 1
Oakmount St	Ward 4	Ward 1
O'Driscoll Pl	Ward 1	Ward 2
Otter Dr	Ward 4	Ward 1
Parker's Pond Rd	Ward 4	Ward 1

ST. JOHN'S



Ward 5

	CURRENT WARD	NEW WARD
Penetanguishene Rd	Ward 4	Ward 1
Pepperrell Rd	Ward 1	Ward 2
Pickmore Pl	Ward 1	Ward 2
Piper St	Ward 4	Ward 1
Placentia Pl	Ward 1	Ward 2
Pleasantville Ave	Ward 1	Ward 2
Pole Cres	Ward 1	Ward 2
RCMP White Hills	Ward 1	Ward 2
Rhodora St	Ward 4	Ward 1
Robin Hood Bay Rd	Ward 1	Ward 2
Roosevelt Ave	Ward 1	Ward 2
Ross Rd	Ward 1	Ward 2
Rutledge Cres	Ward 1	Ward 2
Ryan St	Ward 2	Ward 3
Sabre St	Ward 4	Ward 1
Savannah Park Dr	Ward 4	Ward 1
Selfridge Rd	Ward 1	Ward 2
Seminole Dr	Ward 4	Ward 1
Shaw St	Ward 2	Ward 3

	CURRENT WARD	NEW WARD
St. Andrew's Pl	Ward 1	Ward 2
St. John's Pl	Ward 1	Ward 2
Sugarloaf Pl	Ward 1	Ward 2
Sugarloaf Rd	Ward 1	Ward 2
Symonds Ave	Ward 2	Ward 3
Symonds Pl	Ward 2	Ward 3
Taylor Pl	Ward 1	Ward 2
The Boulevard	Ward 1	Ward 2
Tonbridge Pl	Ward 1	Ward 2
Topsail Rd (# 1 - 221 & 2 - 220)	Ward 2	Ward 3
Turnberry St	Ward 4	Ward 1
Ventura Pl	Ward 4	Ward 1
Veteran's Rd	Ward 1	Ward 2
Virginia Pl	Ward 1	Ward 2
Viscount St	Ward 4	Ward 1
Watson Cres	Ward 1	Ward 2
Watson St	Ward 1	Ward 2

Garbage and Recycling Collection 2017

A

Area 1A to 5A

- Learn your area at CurbitStJohns.ca or call 311 or 754-CITY (2489). Then match your area to the colour at the right and follow your colour throughout the year.
- After a holiday, garbage and recycling is collected the day after your normal collection day. Most holidays occur on a Monday, which means collection changes for all residents for that week only.
- Waste must be at the curb between 6 and 8 a.m. on your collection day only.
- Garbage must be completely covered from April 1 to November 30

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

January						
S	M	T	W	T	F	S
1	2 H	3 	4 	5 	6 	7 
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15	16 	17 	18 	19 	20 	21
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29	30 	31 				

February						
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12	13 	14 	15 	16 	17 	18
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March						
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26	27 	28 	29 	30 	31 	

April						
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23	24 	25 	26 	27 	28 	29
30						

May						
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7	8 	9 	10 	11 	12 	13
14	15 	16 	17 	18 	19 	20
21	22 H	23 	24 	25 	26 	27
28	29 	30 	31 			

June						
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18	19 	20 	21 	22 	23 	24
25	26 	27 	28 	29 	30 	

July						
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16	17 	18 	19 	20 	21 	22
23	24	25	26	27	28	29
30	31					

August						
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13	14 	15 	16 	17 	18 	19
20	21 	22	23	24	25	26
27	28	29	30	31		

September						
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17	18 	19 	20 	21 	22 	23
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November						
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December						
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17	18 	19 	20 	21 	22 	23
24	25  H	26  H	27 	28 	29 	30
31						

Garbage and Recycling Collection 2017

B Area 1B to 5B

- Learn your area at CurbItStJohns.ca or call 311 or 754-CITY (2489). Then match your area to the colour at the right and follow your colour throughout the year.
- After a holiday, garbage and recycling is collected the day after your normal collection day. Most holidays occur on a Monday, which means collection changes for all residents for that week only.
- Waste must be at the curb between 6 and 8 a.m. on your collection day only.
- Garbage must be completely covered from April 1 to November 30

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

January						
S	M	T	W	T	F	S
1	2 H	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April						
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						1
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9	10	11	12	13	14 H	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 H	23	24	25	26	27
28	29	30	31			

June						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July						
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23	24	25	26	27	28	29
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August						
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27	28	29	30	31		

September						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

October						
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8	9 H	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13 H	14	15	16	17	18
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December						
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					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 H	26 H	27	28	29	30
31						

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Learn French this Spring!

LOOKING TO **IMPROVE** ON EXISTING KNOWLEDGE?
GAIN A BASIC UNDERSTANDING? OR SIMPLY WISH TO
EXPLORE THE MARVELS OF THE **FRENCH LANGUAGE**?

We have a class
that is right for you!



The Francophone association offers adult night classes of all levels. Courses run for 10 to 13 weeks and fees vary from \$200 to \$255 (students and members benefit from a rebate)

- Beginner, Intermediate & Advanced Classes
- Sessions begins in May, September, and January.

www.acfsj.ca/education

7465375

Your go-to place for activities in French!



The ACFSJ offers a vast range of activities and services in French at the Centre des Grands-Vents: yoga, tai-chi, badminton, cooking classes, choir, French library, movies, concerts, space rental and much more! To become a member or to learn more, give us a call or visit our Website!

Association communautaire francophone de Saint-Jean
Centre scolaire et communautaire des Grands-Vents
65 Ridge Road, Suite 254, St. John's NL A1B 4P5

www.acfsj.ca **726-4900**



Recreation Registration

Summer Recreation Programs	
St. John's residents	7 a.m. Thursday, May 4, 2017
Residents from other municipalities	7 a.m. Thursday, May 11, 2017

Registration Options



Online:

Visit **www.stjohns.ca**, under Quick Links choose 'RECconnect'



In person:

- **H.G.R. Mews Community Centre**
40 Mundy Pond Road



By phone:

- **576-8499**

Make sure your account is up-to-date

Whether you register online, in person, or by phone you **MUST** ensure your account is activated and up-to-date at least 72 hours before the registration time. Contact us by calling, dropping by or going to **www.stjohns.ca** > Quick Links > RECconnect

A note about ages

Registration for our programs is based on a minimum and sometimes a maximum age. Children must be going to the grade level indicated or be the age listed on December 31, 2017.

Make a wish (list)

We strongly recommend you add the courses you intend to register for in your Wish List, **BEFORE** registration day. When registration opens just go to your wish list, add them to your cart and proceed to the checkout. It's that easy!

Did you know...

95 per cent of registration for our programs is completed online and most of them fill in less than five minutes.

Adult Learn to

These single session courses teach new skills over the summer months

Title	Day & Date	Time	Location	Cost
Drum Circle	Friday, July 7	10 to 11:30 a.m.	Paul Reynolds Community Centre	\$10
Christmas in July Holiday Craft	Friday, July 14	1:30 to 3 p.m.	Paul Reynolds Community Centre	\$15
Tea Thyme	Friday, July 21	10 to 11:30 a.m.	Paul Reynolds Community Centre	\$15
Paint a Summer Sunset	Wednesday, Aug. 9	10 a.m. to noon	Paul Reynolds Community Centre	\$15
	Wednesday, Aug. 16	1 to 3 p.m.	H.G.R. Mews Community Centre	
Introduction to styles of dance	Tuesday, Aug. 29	1:30 to 3:30 p.m.	Paul Reynolds Community Centre	\$10

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United Inc.

364-8848
www.stjohnshomes4sale.ca

7466580

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 our Community Centres
www.stjohns.ca
 > Living in St. John's
 > Recreation and Parks
 > Community Programs

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	Gym Kitchen Multi-Purpose room
Paul Reynolds Community Centre 35 Carrick Drive 576-8631	Gym Kitchen 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

Birthday Parties

We offer both gym and swimming parties at the H.G.R. Mews and Paul Reynolds Community Centres, and swimming parties at Bannerman Park in the summer.

You can also book space to hold a party at the Shea Heights, Southlands and Kilbride Community Centres. Contact the Centres for fees and availability.

Racquetball Courts

Courts at the Mews Community Centre are available for 40 minute sessions each day of the week, and can be reserved two days in advance by calling 576-8499. Equipment rentals are available for \$3, with a deposit of \$20 or photo ID.

Cost per person

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

Outdoor Sports Fields

The City of St. John's has 7 baseball fields, 17 softball fields and 18 soccer pitches available for rental. Our outdoor sports facilities are usually open from June to early October, but it is weather dependent.

For details or to inquire about rentals or an application form:

- stjohns.ca > Living in St. John's > Recreation & Parks > Recreation Facilities
- Drop in to the Paul Reynolds or Mews Community Centres or Access St. John's (first floor City Hall)

Book a swim for your day camp!

Bookings begin Thursday, June 1 for St. John's groups, and Thursday, June 8 for groups outside St. John's; call 576-8154 or email recreation@stjohns.ca.

Indoor pools available from June 26 to September 1 and outdoor pools from July 3 to August 25.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:45 to 11:30 a.m.	Bowring Park Bannerman Park		Bowring Park Bannerman Park		Bowring Park Bannerman Park
12:30 to 1:15 p.m.		Bowring Park Bannerman Park		Bowring Park Bannerman Park	
12:45 to 1:45 p.m.	Bowring Park Bannerman Park		Bowring Park Bannerman Park		Bowring Park Bannerman Park
2 to 2:50 p.m.	Paul Reynolds Mews Centre	Paul Reynolds Mews Centre	Paul Reynolds Mews Centre	Paul Reynolds Mews Centre	Paul Reynolds Mews Centre

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Swim and fitness

For the first time in several years, we have four pools open this summer!

Indoor pools:

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

Outdoor pools:

Bowring Park, **NEW** pool house
Bannerman Park



Age	Outdoor Pools Swim	Indoor Pool Swim	Water Fitness			
2 and under	Free	Free	n/a			
Youth & Senior Ages 3-18 and 65+	Free	\$3	Drop In	10 pass	20 pass	30 pass
			\$4	\$35	\$60	\$75
Adult 19+	Free	\$4	\$5	\$45	\$80	\$105
Family Rate	Free	\$3 adults, \$2 children	n/a			
Steam/Sauna	n/a	\$3	n/a			

Everyone Welcome	Toys, diving boards, floats, flippers, balls, and water slides available based on site. 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.
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.
Adult Swim	Open to adults 19+ years old. Lane swim, leisure area.
Lane Swim	Swim in the appropriate lane based on swimming ability.
Leisure Swim	Children under 13 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.
Deep Water Fitness	No impact fitness in the deep end of the pool. Suitable for all swim levels as flotation belts are used.
Shallow Water Fitness	Low impact fitness in the shallow end of the pool.

Mixed Yoga

These classes are suitable for beginner and intermediate yogi and take place on Wednesdays, from July 5 to August 30.

Drop-in class, \$5 per session
7:30 to 8:20 p.m.
H.G.R. Mews Community Centre

Pre-registration class, \$80
7 to 8:15 p.m.
Paul Reynolds Community Centre



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Pork Chop Dinner

Phone: 576-4782



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Phone: 739-4355

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368-7928

26 Caribou Rd.
Corner Brook
637-6625

31A North Main St.
Deer Lake
635-0183



Scan to find us online

Aquatic Leadership

All aquatics leadership courses take place at the new Paul Reynolds Community Centre

For more detail
www.stjohns.ca
 > Living in St. John's
 > Recreation and Parks
 > Swimming

Red Cross Assistant Lifeguard

This week-long course introduces basic lifeguarding techniques used by swimming pool lifeguards. Expect a fun and action-packed experience with exposure to the knowledge and skills used by lifeguard teams. Please ask our aquatics staff for a swim test if you are unsure if this level is right for you.

For ages 12+, must be a strong swimmer.
 Weekdays, 9 a.m. to 4 p.m.

\$87.50

Set 1: July 17 to 21

Set 2: July 24 to 28

Set 3: August 14 to 18

Set 4: August 21 to 25



Red Cross Lifeguard

This course trains Assistant Lifeguards to be ready to supervise aquatic programs. Be pool deck ready by learning emergency preparedness, accident prevention, and leadership development. Develop excellent judgement skills during mock scenarios and focus on improving physical conditioning.

For ages 15+, must have Assistant Lifeguard or Bronze Cross certification, Includes Standard First Aid and CPR Level C

Weekdays, 9 a.m. to 4 p.m.

\$140

Set 1: July 3 to July 14

Set 2: July 31 to August 11

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Splash Pads

We practice water conservation at our splash pads and they both use recirculated and retreated water.

To ensure wise water use and that we aren't unnecessarily treating water that no one has been playing in, the water features at both splash pads are set on a four minute timer. This means they run for four minutes and then the water shuts off until you push the button to reactivate it.

Splash pads are open daily from 9 a.m. to dusk:

- Bannerman Park from July 2 to September 4
- Bowring Park from July 2 to August 27



New Bowring Park Pool House Completed

The City of St. John's, in partnership with the Bowring Park Foundation, has constructed a new \$3.5 million pool house to provide an enhanced recreation experience in Bowring Park.

Though the pool itself remains unchanged, the pool deck has been completely replaced, a new terrace area for non-swimming parents & supervisors has been installed, and the surrounding area has been extensively upgraded.



music @ concert series

The City's annual concert series is back for another year! The Music @ Harbourside lunchtime concert series runs from July 7 to September 22, every Friday at 12:30 p.m. in beautiful Harbourside Park.

Bring your lunch, your co-worker, or your family and friends and enjoy some of the finest musical talent the City has to offer!

Each concert opens with a youth performer coordinated through a partnership with the NL Folk Arts Society, and features a diverse line-up of musical main acts that span the genres: folk, rock, blues, hip hop, and more!

We also present weekend 'Music @' concerts at other great locations throughout the city; stay tuned to the City's website for the full schedule.



CELEBRATE
Art with Artists
 ST. JOHN'S

Bannerman Park - July 2 to August 27, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane & Leisure 11:45 a.m. to 12:30 p.m.	Lane & Leisure 11:30 a.m. to 12:15 p.m.	Lane & Leisure 11:45 a.m. to 12:30 p.m.	Lane & Leisure 11:30 a.m. to 12:15 p.m.	Lane & Leisure 11:45 a.m. to 12:30 p.m.	
Everyone Welcome 1 to 2 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1:45 to 2:45 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1:45 to 2:45 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1 to 2 p.m.
Everyone Welcome 2:15 to 3:15 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 3 to 4:15 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 3 to 4:15 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 2:15 to 3:15 p.m.
Everyone Welcome 3:45 to 4:45 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Family Swim 4:30 to 5:30 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Family Swim 4:30 to 5:30 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Everyone Welcome 3:45 to 4:45 p.m.
Everyone Welcome 5 to 6 p.m.	Everyone Welcome 5:45 to 6:45 p.m.	Everyone Welcome 5:45 to 6:45 p.m.	Everyone Welcome 5:45 to 6:45 p.m.	Everyone Welcome 5:45 to 6:45 p.m.	Everyone Welcome 5:45 to 6:45 p.m.	Everyone Welcome 5 to 6 p.m.

Bowring Park - July 2 to August 27, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane & Leisure 9:30 to 10:30 a.m.	Lane & Leisure 10:30 to 11:15 a.m.	Lane & Leisure 9:30 to 10:30 a.m.	Lane & Leisure 10:30 to 11:15 a.m.	Lane & Leisure 9:30 to 10:30 a.m.	
Everyone Welcome 1 to 2 p.m.	Lane & Leisure 11:45 a.m. to 12:30 p.m.	Lane & Leisure 11:30 a.m. to 12:15 p.m.	Lane & Leisure 11:45 a.m. to 12:30 p.m.	Lane & Leisure 11:30 a.m. to 12:15 p.m.	Lane & Leisure 11:45 a.m. to 12:30 p.m.	Everyone Welcome 1 to 2 p.m.
Everyone Welcome 2:15 to 3:15 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1:45 to 2:45 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1:45 to 2:45 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 2:15 to 3:15 p.m.
Everyone Welcome 3:45 to 4:45 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 3 to 4:15 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 3 to 4:15 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 3:45 to 4:45 p.m.
Everyone Welcome 5 to 6 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Family Swim 4:30 to 5:30 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Family Swim 4:30 to 5:30 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Everyone Welcome 5 to 6 p.m.
		Everyone Welcome 5:45 to 6:45 p.m.		Everyone Welcome 5:45 to 6:45 p.m.		

For more information on daily schedules please contact:

Bannerman Park Pool – 576-7671 Bowring Park Pool - 576-7708

email recreation@stjohns.ca

View schedules online at stjohns.ca, go to Quick Links > Swim Schedules

Water Fitness - July 2 to September 1, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9 to 9:50 a.m.		Shallow Water (Mews)	Shallow Water (Mews)	Shallow Water (Mews)	Shallow Water (Mews)	Shallow Water (Mews)
		Deep Water (Paul Reynolds)	Shallow Water (Paul Reynolds)	Deep Water (Paul Reynolds)	Shallow Water (Paul Reynolds)	Deep Water (Paul Reynolds)
7 to 7:50 p.m.	Deep Water (Paul Reynolds)	Shallow Water (Paul Reynolds)	Deep Water (Paul Reynolds)	Shallow Water (Paul Reynolds)		
8 to 8:50 p.m.		Shallow Water (Mews)		Deep Water (Mews)	Shallow Water (Mews)	
					Deep Water (Paul Reynolds)	

Paul Reynolds Community Centre - July 2 to August 26, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane & Leisure 7 to 8:50 a.m.	Lane & Leisure 6:30 to 8:50 a.m.	Lane & Leisure 6:30 to 8:50 a.m.	Lane & Leisure 6:30 to 8:50 a.m.	Lane & Leisure 6:30 to 8:50 a.m.	Lane & Leisure 6:30 to 8:50 a.m.	Lane & Leisure 7 to 8:50 a.m.
Family Swim 9 to 10:50 a.m.	Leisure Swim 9 to 10 a.m.	Leisure Swim 9 to 10 a.m.	Leisure Swim 9 to 10 a.m.	Leisure Swim 9 to 10 a.m.	Leisure Swim 9 to 10 a.m.	
Everyone Welcome 11 a.m. to 12:50 p.m.	Lane Swim 10 to 11:50 a.m.	Lane Swim 10 to 11:50 a.m.	Lane Swim 10 to 11:50 a.m.	Lane Swim 10 to 11:50 a.m.	Lane Swim 10 to 11:50 a.m.	Family Swim noon to 12:50 p.m.
Family Swim 1 to 1:50 p.m.	Lane & Leisure Noon to 2 p.m.	Lane & Leisure Noon to 2 p.m.	Lane & Leisure Noon to 2 p.m.	Lane & Leisure Noon to 2 p.m.	Lane & Leisure Noon to 2 p.m.	Everyone Welcome 1 to 2:50 p.m.
Everyone Welcome 2 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Family Swim 3 to 3:50 p.m.
Family Swim 4 to 4:50 p.m.	Lane Swim 4 to 5:45 p.m.	Lane Swim 4 to 5:45 p.m.	Lane Swim 4 to 5:45 p.m.	Lane Swim 4 to 5:45 p.m.	Lane Swim 4 to 5:45 p.m.	Everyone Welcome 4 to 5:50 p.m.
Everyone Welcome 5 to 6:50 p.m.	Everyone Welcome 6 to 6:50 p.m.	Everyone Welcome 6 to 6:50 p.m.	Everyone Welcome 6 to 6:50 p.m.	Everyone Welcome 6 to 6:50 p.m.	Everyone Welcome 6 to 6:50 p.m.	Family Swim 6 to 6:50 p.m.
Leisure Swim 7 to 7:50 p.m.	Leisure Swim 7 to 7:50 p.m.	Leisure Swim 7 to 7:50 p.m.	Leisure Swim 7 to 7:50 p.m.	Leisure Swim 7 to 7:50 p.m.	Family Swim 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.
Lane & Leisure 8 to 8:50 p.m.	Lane & Leisure 8 to 8:50 p.m.	Lane & Leisure 8 to 8:50 p.m.	Lane & Leisure 8 to 8:50 p.m.	Lane & Leisure 8 to 8:50 p.m.	Lane & Leisure 8 to 8:50 p.m.	Lane & Leisure 8 to 8:50 p.m.

H.G.R. Mews Community Centre - July 2 to August 26, 2017

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

For more information on daily schedules please contact:

Paul Reynolds Community Centre - Swim & Fitness Line 576-8155 or 576-8631

H.G.R. Mews Community Centre - Swim & Fitness Line 576-8408 or 576-8499

email recreation@stjohns.ca View schedules online at stjohns.ca, go to Quick Links > Swim Schedules

Book a pool

Book a swim for your daycamp, community group or birthday party, see page 27.

Swimming lessons

Children's concentrated lessons

During the summer we offer concentrated swimming instruction. Lessons run Tuesday through Friday for two weeks.

Session A: July 4 to 14, \$48 for 8 lessons
 Session B: July 18 to 28, \$48 for 8 lessons
 Session C: Aug. 1 to 11 (except Regatta Day), \$43 for 7 lessons
 Session D: Aug. 15 to 25, \$48 for 8 lessons

H.G.R. Mews Community Centre		
Level	Session A & C.	Session B & D
Sea Otter	10 to 10:45 a.m.	4 to 4:45 p.m.
Salamander	4 to 4:45 p.m.	5 to 5:45 p.m. 10 to 10:45 a.m.
Sunfish	5 to 5:45 p.m.	11 to 11:45 a.m.
Crocodile/Whale	11 to 11:45 a.m.	
Level 1	10 to 10:45 a.m.	11 to 11:45 a.m. 5 to 5:45 p.m.
Level 2	11 to 11:45 a.m. 4 to 4:45 p.m.	10 to 10:45 a.m. 5 to 5:45 p.m.
Level 3	11 to 11:45 a.m. 5 to 5:45 p.m.	11 to 11:45 a.m. 4 to 4:45 p.m.
Level 4	10 to 10:45 a.m.	10 to 10:45 a.m. 5 to 5:45 p.m.
Level 5	10 to 10:45 a.m. 5 to 5:45 p.m.	10 to 10:45 a.m. 4 to 4:45 p.m.
Level 6	11 to 11:45 a.m. 4 to 4:45 p.m.	11 to 11:45 a.m.
Level 7/8	5 to 5:45 p.m.	4 to 4:45 p.m.
Level 9/10	4 to 4:45 p.m.	
Paul Reynolds Community Centre		
Level	Session A & C.	Session B & D
Sea Otter	10 to 10:45 a.m.	4 to 4:45 p.m.
Salamander	11 to 11:45 a.m.	10 to 10:45 a.m. 5 to 5:45 p.m.
Sunfish	5 to 5:45 p.m.	11 to 11:45 a.m.
Crocodile/Whale	4 to 4:45 p.m.	
Level 1	11 to 11:45 a.m. 4 to 4:45 p.m. 5 to 5:45 p.m. (C only)	10 to 10:45 a.m. 4 to 4:45 p.m.
Level 2	10 to 10:45 a.m. 5 to 5:45 p.m.	11 to 11:45 a.m.
Level 3	10 to 10:45 a.m.	11 to 11:45 a.m. 4 to 4:45 p.m.
Level 4	10 to 10:45 a.m. 4 to 4:45 p.m.	11 to 11:45 a.m. 5 to 5:45 p.m.
Level 5	11 to 11:45 a.m.	10 to 10:45 a.m. 5 to 5:45 p.m.
Level 6	11 to 11:45 a.m.	10 to 10:45 a.m.
Level 7/8	4 to 4:45 p.m.	
Level 9/10	5 to 5:45 p.m.	4 to 4:45 p.m.
Teen Basic (A only)		
Teen Strokes (B and D only)	5 to 5:45 p.m.	5 to 5:45 p.m.

For more detail
www.stjohns.ca
 > Living in St. John's
 > Recreation and Parks
 > Swim Programs



Red Cross Swim Adapted

Mondays, July 3 to August 21 (except July 11), \$84
 Paul Reynolds and H.G.R. Mews Community Centres

4 to 4:45 p.m.
 5 to 5:45 p.m.

A parent or aide may be required to support the swimmer in the water. For more information or to volunteer for this program call 576-4450.

Children's, once a week

Saturdays, from July 8 to August 26 (8 lessons)
 Paul Reynolds Community Centre

Parent & Tot, \$32

Preschool and Swim Kids, \$48

Time	Levels
9 to 9:45 a.m.	Starfish/Duck/Sea Turtle (Parent & Tot) Sea Otter Level 3 Level 6
10 to 10:45 a.m.	Salamander Level 1 Level 4 Level 7/8
11 to 11:45 a.m.	Sunfish Crocodile/Whale Level 5 Level 9/10

Inclusive Services

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

For more detail and descriptions of these services please visit www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >Inclusive Services

NEW EQUIPMENT

- Pool lift at Bannerman Park
- See page 42 to learn about accessibility at the new Paul Reynolds Community Centre.



Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to learn about the basic skills needed for active living. Participants take part in recreation and leisure activities in a friendly, relaxed atmosphere with caring leaders.

Tuesdays, July 4 to Aug. 29
 \$48
 Paul Reynolds Community Centre

Youth: ages 15 to 21, 6:45 to 8 p.m.
 Adults: age 22 and above, 8 to 9:15 p.m.

Attendant Pass

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

Adaptive Equipment Loan Program

We have equipment that can assist people with disabilities to participate in recreation and leisure activities.



An all-terrain wheelchair designed for outdoor settings including trails, splash pads and parks.

Accessible Playground Equipment

An accessible playground is located in Bowring Park.

Accessible swings are located in playgrounds at:

Bannerman Park
 Bowring Park
 Froude Avenue
 McNiven Place
 Penney Crescent
 Spruce Meadows
 St. Mary's (near school)



Financial Support

Financial support is available for those facing financial barriers to participate in City of St. John's Recreation Division activities. Requests for financial assistance to participate in programs for children and youth are referred to the R.E.A.L. Program.

Contact us

For more information about any of these programs or services:

576-4450

inclusion@stjohns.ca

Application deadline for next season (fall) is July 17, 2017.

For a listing of inclusion-related community agencies and organizations visit our website.

Children's Programs

Most programs require pre-registration, unless otherwise noted.

Registration begins Thursday, May 4 at 7 a.m., see page 26 for details. If your child requires support to participate, call 576-4450 or email inclusion@stjohns.ca.

There's still space in some of our 2017-18 Active Preschool and After School programs. Visit the website for details.

A note about ages

Children must be going to the grade level indicated or be the age listed on December 31, 2017.



Move It

Pop up events to get the whole family moving outside!

Everyone is welcome to these FREE events!

Bowring Park 1 to 3 p.m.
Saturday, July 15
Saturday, Aug. 5

Bannerman Park 1 to 3 p.m.
Sunday, July 29
Sunday, Aug. 19

NEW Explore Art

Join us for a week of creative activities including painting, sketching, origami, jewelry making, and much more to explore your artistic abilities. For ages 10 to 11 (grade 5 or 6).

July 17 to 21
9 a.m. to 4:30 p.m.
Paul Reynolds Community Centre
\$112.50

Explore Leadership

Develop confidence, leadership, and planning skills and learn that sharing your time and talents can benefit your community. For ages 10 and 11 (grade 5 or 6).

Aug. 14 to 18
9 a.m. to 4:30 p.m.
Paul Reynolds Community Centre
\$112.50

For more detail
www.stjohns.ca
> Living in St. John's
> Recreation and Parks
> Children's Programs



Home Alone Safety Course

A one-day safety and life skills program for ages 9 to 12 to develop independence to be supervised for short periods of time. Learn fire safety, emergency preparedness, how to create a home readiness plan and more.

9 a.m. to 4 p.m.
\$50
Paul Reynolds Community Centre

Course 1: Wednesday, July 12
Course 2: Wednesday, August 9



Babysitters Course

Learn the basics of babysitting children from birth to school age. First aid, and emergency response. Bring a doll and lunch. For 11 to 13 year-olds.

9 a.m. to 4 p.m.
\$50
Paul Reynolds Community Centre

Course 1: Tuesday, July 13
Course 2: Tuesday, August 10

Summer Day Camps

School is out and day camp is in!

These weekly camps run weekdays from 8 a.m. to 5 p.m. beginning June 26 and end September 1, and cost \$112.50 per week.

Keep your children active this summer with swimming, off site trips, sports and outdoor fun! Children must be going to the grade level indicated or be the age listed on December 31, 2017.

Camp Discovery, for ages 6 to 8 (grades 1 to 3)

Paul Reynolds Community Centre
Southlands Community Centre
Shea Heights Community Centre (\$80/wk, part of phased-in increase)
Kilbride Lion's Community Centre (\$80/wk, part of phased-in increase)

Camp Explore, for ages 9 to 12 (grades 4 to 6)

Southlands Community Centre
Shea Heights Community Centre (\$80/wk, part of phased-in increase)
Kilbride Lion's Community Centre (\$80/wk, part of phased-in increase)
Rotary 'Sunshine' Park, transportation provided:

Paul Reynolds Centre: pick up 8:15 a.m.; drop off 4:45 p.m.

Mews Centre: pick up 8:30 a.m.; drop off 4:30 p.m.

Camp Adventure, for ages 6 to 12 (grades 1 to 6)

Be among the first groups of summer campers in the new Bowring Park pool house! Drop off (8 - 8:45 a.m.) and pick up (4:30 - 5 p.m.) is at the west gate. Staff will be there.

Activity Centres: July 4 – August 25

Activity Centres for 6 to 12 year-olds run from 9 a.m. to noon and 1 to 4:30 p.m., and cost \$52.50 per week or \$26.25 per week for half days. Children participate in games, sports and outdoor fun! Please note - there is no supervision over lunch and early drop off is available at 8:30 a.m.

Larch Park, drop off at Rennie's River Elementary
Spruce Meadows Park, drop off at Macdonald Drive Elementary
St. Mary's Park, drop off at St. Mary's Elementary
Cowan Park, drop off at St. Matthew's Elementary



The best way to play™



Youth Programs

For more detail
www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >Youth Programs



Cook It Up!	Build the essential skills needed to conquer the kitchen. These hands-on classes are taught by a professional chef. For ages 12 to 15, location to be determined.	\$67.50 9 a.m. to 4 p.m. Aug. 21 to 23
Paul Reynolds Community Centre program times 9 a.m to 4 p.m., for ages 12 to 15		
Youth and the Arts	Acting, improv, painting, mixed media, poetry, and sculptures.	\$92.50 July 31 to Aug. 4
WILD for Animals	Learn about veterinary medicine and ways to help with animal emergencies and rescue to receive Basic Pet First Aid.	\$67.50 Aug. 28 to 30
Move It!	A fun-filled week of adventure, action games and sports.	\$112.50 Aug. 7 to 11
Rotary 'Sunshine' Park program times 9 a.m to 4 p.m. transportation provided Paul Reynolds Centre: pick up 8:15 a.m.; drop off 4:30 p.m. Mews Centre: pick up 8:30 a.m.; drop off 4:45 p.m.		
Fun on the Water	Learn basic paddling techniques of canoeing, kayaking and Stand up Paddle Boarding (SUP). For ages 12 to 14	\$112.50: July 17 to 21 \$92.50: July 31 to Aug. 4
Outdoor Pursuits	Develop skills in wilderness survival, outdoor cooking, fire building, boating, archery and more! For ages 12 to 14	\$112.50 Course 1: June 26 to 30 Course 2: Aug. 14 to 18
Camping Frontier	Build skills and prepare for an overnight camping experience. For ages 12 to 15	\$112.50 Tuesday to Thursday, with overnight Wednesday Course 1: July 4 to 6 Course 2: August 22 to 24
Backcountry Adventures	Build skills of boat handling, outdoor cooking and back country camping. End the week with an overnight adventure of exploration and paddling. This course is Duke of Edinburgh eligible. Ages 12 to 15	\$127.50 Monday to Thursday, with overnight Wednesday Course 1: July 24 to 27 Course 2: August 7 to 10



Bus Tour – Bell Island Adventure

Experience why Bell Island has been called the most haunted island in all of North America! After the ferry ride we'll tour underground mines, and trek through a tunnel to Grebe's Nest Beach which is full of exposed layers of shale, siltstone and sandstone. We'll visit the lighthouse and you'll get a chance to sit in musical icon Harry Hibbs' chair, and of course we'll enjoy some tasty food at lunch!

For ages 12 to 16: \$35

Thursday, July 20

Drop off 8:15 a.m., pick up 4:30 p.m. at Mews Community Centre

Youth Drop In

A variety of activities in a great new space, for ages 12 to 16. \$3

Thursdays, 7 to 8:30 p.m.

July 6 to August 24

Paul Reynolds Community Centre

Youth Learn...

These mini-programs let youth explore and try new skills. For ages 12 to 16.

Animal Care	Animal Care & Adoption Centre, 81 Higgins Line	\$14 Wednesdays, 6 to 8 p.m. Course 1: June 28 Course 2: Aug. 16
Archery	Rotary 'Sunshine' Park	\$21 Tuesdays, 1 to 4 p.m. Course 1: July 25 Course 2: Aug. 8
Art of Photography	Bowring Park Pool House	\$21 1 to 4 p.m. Wednesday, July 5
Fixed & Slide Seat Rowing	Quidi Vidi Lake Boathouse	\$21 9 a.m. to noon Course 1: Thursday, June 29 Course 2: Tuesday, July 4 Course 3: Tuesday, July 11 Course 4: Tuesday, July 25
Geo Caching	Rotary 'Sunshine' Park	\$21 1 to 4 p.m. Monday, July 17
Kayaking	Rotary 'Sunshine' Park	\$21 1 to 4 p.m. Monday, August 14
Outdoor Cooking	Rotary 'Sunshine' Park	\$28.50 1 to 4 p.m. Monday, July 31
Stand Up Paddle Board	Rotary 'Sunshine' Park	\$21 Tuesdays, 1 to 4 p.m. Course 1: July 25 Course 2: August 8



Most of these programs require pre-registration. See page 26 for registration information.

If you require support to participate contact our Inclusive Services staff at 576-4450 or 6972 or inclusion@stjohns.ca.

Youth Leadership

X-CELLENT Leader

A fun and interactive program with a focus on team dynamics and inclusion, self-esteem building and leadership skills.

Ages 12 to 14: \$63

9 a.m. to 4 p.m., Wednesday to Friday

Course 1: July 12 to 14

H.G.R. Mews Community Centre

Course 2: July 26 to 28

Paul Reynolds Community Centre

Youth Outdoor Leader

A fun and adventurous program with a focus on training for leadership and outdoor skills.

Ages 14 to 18: \$81

8 a.m. to 5 p.m., Tuesday to Thursday

August 30 to September 1

Rotary 'Sunshine' Park

Paul Reynolds



- 25-metre lane pool
- Leisure pool
- Two waterslides

The Pools

The Paula Kelly Aquatic Centre is named for one of the most successful swimmers to ever emerge from this province. Ms. Kelly was born and raised in Wedgewood Park where she learned to swim at Wedgewood Park swimming pool. She went on to become the only Newfoundlander to qualify and be named to Canada's Olympic Swim Team.

- Full-sized 6,700 square foot gymnasium
- Outdoor playground
- Fitness area

Gym and Fitness

William Gladney Gymnasium is named for the Chairperson of the Board of Trustees of the Local Improvement District of Wedgewood Park when the original swimming pool was built in 1972.



Accessibility features include:

- Automatic sliding door main entrance
- Open concept lobby
- Accessible counter heights at front desk and in washrooms
- 91 centimeter (36 inch) doorways
- Therapeutic warm water leisure pool with zero depth beach entry
- Gender neutral washrooms
- Accessible showers
- Adult size change table
- Hydraulic lift and water wheelchairs

Accessible

Open this

Community Centre



Energy Efficient

Cross laminated timber panels in roof:
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It is estimated pay-back period on the capital cost of this system is only seven years.

- 1,500 square foot dedicated children's area
- 1,500 square foot senior's area
- Dedicated youth room
- Several multi-purpose spaces

Francis Lambe Children and Senior's Room is named for a long-time resident and vocal advocate for recreation and leisure in Wedgewood Park. Ms. Lambe lived in Wedgewood Park for over 40 years. She was a member of the original Wedgewood Park Recreation Commission and worked tirelessly to build community and sport initiatives in the community.

Two multipurpose rooms are named for major thoroughfares in the area: The Gleneyre Multi-Purpose Room and The Birchwynd Multi-Purpose Room.



Play Spaces

Summer

Outdoor Programs

All outdoor programs are for ages 16+, take place at Rotary 'Sunshine' Park off Thorburn Road and go ahead only if weather permits; come prepared for the elements.

Introduction to...

Tandem Canoeing	Learn the basic canoe strokes and techniques including equipment selection, entering and exiting a canoe, pivots and turns. Equipment is provided.	Sunday, July 9 9 a.m. to 1 p.m. \$32
Stand Up Paddle Board	Learn how to properly and safely get on, off and navigate your paddle board. Come prepared to be in the water. Equipment is provided.	Course 1: Sunday, July 16 9 a.m. to noon, \$24 Course 2: Sunday, Aug. 20 9 a.m. to noon, \$24
Kayaking	Learn basic kayak strokes and techniques including paddle grip, boat fit and adjustment, launching and landing. Equipment is provided.	Sunday, Aug. 13 9 a.m. to 1 p.m. \$32

For more detail

www.stjohns.ca

>Living in St. John's

>Recreation and Parks

>Outdoor Recreation

Paddle Canada Certification

Introductory courses with emphasis on boat control, skills and how to be safe and have fun on the water. Equipment is provided. Come prepared to be in the water.

Lake Canoe Skills Introduction Tandem

Sunday, July 30
9 a.m. to 6 p.m., \$80

Basic Kayaking Skills

Sunday, August 27
9 a.m. to 6 p.m., \$80

Duke of Edinburgh's International Award, Adventurous Journey

Designed to provide the skills necessary to complete the Adventurous Journey portion of the Bronze Award. It includes preliminary training, the Bronze practice and qualifying journeys.

Ages 14 to 16

\$127.50

July 10 to 13

Monday to Thursday, with overnight Wednesday
Rotary 'Sunshine' Park





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Ages 6-14

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Adults 50+ Outings and Events

We'll be visiting lots of interesting places and attractions in St. John's and throughout the Avalon Peninsula this summer – join us!

You must pre-register at least three days before the outing – see page 26 to learn how to register. Price includes transportation to and from the outing, admission price and taxes and lunch or light refreshments depending on the length of the outing.

For more detail

www.stjohns.ca

>Living in St. John's

>Recreation and Parks

>Seniors Programs

June 1 Seniors Day Foran/Greene Room, City Hall

This event includes information sessions, exhibitors, keynote speaker, refreshments and entertainment.

Noon to 4 p.m. - Free

June 22 Opening Party Shea Heights Community Centre

Summer is here! Beat the heat and cool off with friends; entertainment and lunch.

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

June 27 Picnic in the Park Bannerman Park

Spend the afternoon lounging in the pool house and take in a popular site close by.

11 a.m. to 3 p.m. - \$15

June 29 Avondale, Bareneed and Carbonear!

Explore beautiful Avondale, lunch at the Old School House in Bareneed, and shop in Carbonear.

9 a.m. to 6 p.m. - \$60

July 4 Matinee Dinner Theatre Ferryland

A memorable day you won't soon forget! Have a cold plate dinner while watching a show.

10 a.m. to 4 p.m. - \$51

July 6 Party in the Park Bowring Park Bungalow

Enjoy local entertainment and refreshments at this annual event you won't want to miss.

Noon to 3:30 p.m.
\$5 (includes transportation only)

July 11 Church Tour Downtown St. John's

Be a tourist at home! Tour historic churches and stop for a snack in Bannerman Park.

1 to 4 p.m. - \$15

July 13 Lunch at the Plaza Bidgoods Plaza, Goulds

Shop 'til you drop and have a bite to eat at the Plaza.

11:30 a.m. to 3:30 p.m.
\$25

July 18 Christmas in July Bingo H.G.R. Mews Community Centre

It's Christmas in July! Play 12 games of Bingo, themed prizes and food included.

1 to 4 p.m. - \$15



July 20 Bell Island Tour

Take a trip on the ferry over to Bell Island. We'll tour the mines and other attractions, and have a lunch. Weather dependant

9 a.m. to 4 p.m. - \$35



July 25 Rotary 'Sunshine' Park

Sing a few tunes under the stars and around the campfire. If it's too cold or rainy we'll be inside at the Chalet.

6 to 8:30 p.m. - \$15

July 26 Government House Garden Party

We'll bring you to and from this annual public event. Weather dependant.

1 to 4 p.m.
\$6 (includes transportation only)

July 27 Evening Dinner Theatre Ferryland

If you can't make the matinee earlier in the month come to the evening show!

5 to 11:30 p.m. - \$64

August 1

Bingo
Paul Reynolds Community Centre,
Wedgewood Park

Postage stamp, four corners or inside square
 – there will be lots of prizes to win!

1 to 4 p.m. - \$15

August 8

Rotary 'Sunshine' Park

Join us for a barbecue and take in
 a variety of games and activities.

4:30 to 7 p.m. - \$15

August 11

Summer Social
Southlands Community Centre

Spend a jam packed afternoon with good friends,
 good food and good times.

1 to 4 p.m. - \$15

August 15

Around the Bay for the Day

We'll shop in Kelligrews, eat in Salmonier
 and visit a local fish market.

10 a.m. to 5 p.m. - \$37

August 17

Closing Party - City Hall

Celebrate and reminisce a memorable
 summer with music and friends.

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

June 1

Seniors Day 2017

This **FREE event** includes information sessions,
 exhibitors, keynote speaker, refreshments and
 entertainment.

Noon to 4 p.m.
 Foran/Greene Room, City Hall

**Seniors ride Metrobus
 for FREE on June 1!**

Contact us for more information.



For more information about
 programs for ages 50+:

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

SCENT FREE

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



TRANSPORTATION

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

Building # 10 Pasadena Cres
 Building # 25 Tiffany Lane
 Ricketts Manor
 Riverhead Towers
 Keane Place Apartments
 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

If the bus cannot fit into the
 parking lot it will park at the
 entrance to the lot.

July 6

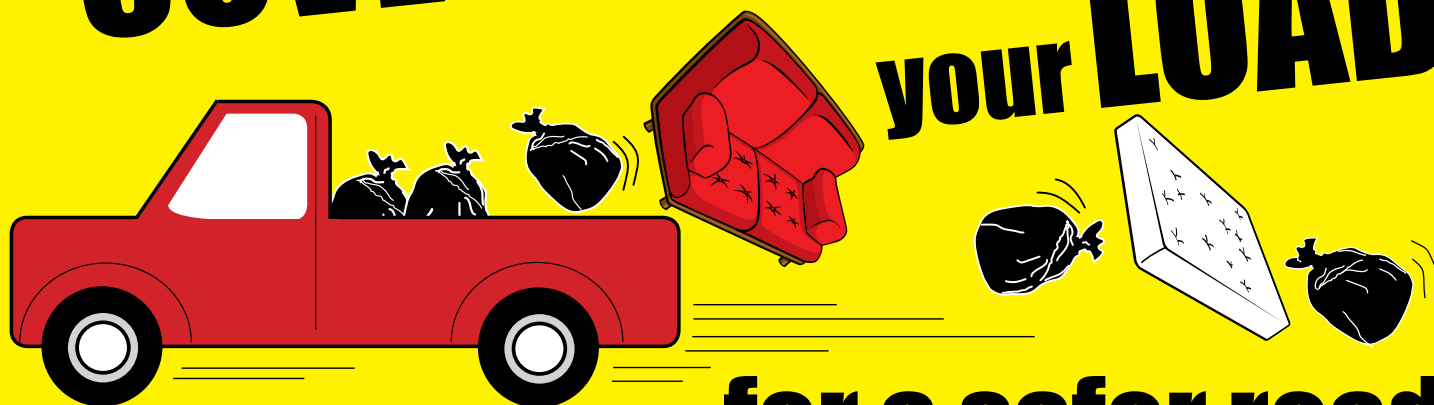
Seniors Party in the Park

The Party in the Park is free to attend if you
 have your own transportation. Rainy day
 venue is St. Teresa's Parish Hall.

Noon to 3:30 p.m.

Contact us for more information.

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Out of the Pan... and Into the Fire

Cooking Safety

Cooking fires are the number one cause of home fires and injuries, and the leading cause of fires in the kitchen is unattended cooking. Never leave food you are cooking unattended, whether you are cooking inside or outside the home.

Oven and stovetop

Whether you are simmering, baking, roasting or boiling food, check your dish regularly and use a timer to remind you of the cooking food. Never leave frying, grilling or broiling food unattended. If you need to step away, turn off the burner.

Do not cook if you are sleepy or have consumed alcohol or prescription drugs that may cause drowsiness. Do not wear loose clothing when cooking as a dangling sleeve can easily catch fire or can hook a pot handle causing it to tip over. Keep anything that can burn away from the stove such as oven mitts, paper towels, dish towels, etc. and never store them in the oven.

Keep pot lids nearby so that if the pot catches fire, you can carefully slide the lid on it and turn off the stove. **DO NOT MOVE** a pot that is on fire from the stovetop! Similarly, if there is a fire in the oven keep the door closed and turn off the oven before calling 911.

Do not deep fry food in a pot of oil on the stovetop. Use an approved, thermostatically controlled deep-fryer and do not leave the kitchen while using it.

Wipe up any spills as built up grease can catch fire and always have a fire extinguisher mounted in the kitchen, and check the pressure gauge monthly.

Always have a properly charged fire extinguisher in the kitchen.

For kitchen use it's recommended to have a multipurpose fire extinguisher, such as one for Class A-B-C fires.



When deep frying, only use an approved, thermostatically controlled deep fryer



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It's grill time

Propane grilling

If you live in an apartment or condominium building, check with the building management or board to learn if barbecues or grills are permitted and what the provisions are for propane cylinder storage.

Only use grills outdoors. Follow the manufacturer's installation instructions to make sure you have it in a location that has enough clearance from combustible overhangs, decks, walls, fences, etc. and always keep your grilling area clear of tree and shrub branches and leaves, or anything else that can catch fire.

Before lighting the grill, clean it by removing grease or fat build up, including the catch trays.

Always make sure the lid is open before lighting it and keep children and pets at least three feet away while you light it and during cooking.

Never leave your grill unattended.

Periodically check the propane tank hose for leaks. An easy way to do this is to make a soapy water and rub that over the hose – if it is leaking there will be bubbles. If there is a leak and the grill is lit, turn off the propane and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call 911.

If the flame goes out while you are grilling, turn the grill and gas off and wait at least 15 minutes before re-lighting it. If you smell gas while cooking, immediately move away from the grill and call 911. **DO NOT MOVE** the grill.



Periodically check the propane tank hose for leaks. An easy way to do this is to make a soapy water and rub that over the hose – if it is leaking there will be bubbles.

Charcoal grilling

If you use a starter fluid, make sure you only use charcoal starter fluid. Keep charcoal starter fluid out of the reach of children and away from heat sources.

Never add charcoal starter fluid (or any other flammable liquids) to the fire once it is lit. Never leave the barbecue unattended.

When you are finished grilling, let the coals completely cool before disposing them in a metal container with a metal lid, away from the home and anything that can burn.



For more information contact
Fire Prevention:

Call **576-3905**

Email **fireprevention@stjohns.ca**

Online **www.sjrfd.ca**



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