

Water Street is open for business

see page 9

Kenmount Terrace Community Centre and Park is opening soon!

see pages 28-29

**City
Guide**
SUMMER 2019



C'mon in
don't
mind
the
mess



#LoveDowntown
#IDigWater

ST. JOHN'S

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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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APPRENEZ-VOUS À CONNAITRE SAINT-JEAN!

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348 Water Street

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

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Our City, Our Future: A New Strategic Plan for 2019-2029

The Strategic Plan is the City’s overarching strategy document, created to shape and direct our strategic decisions over the next ten years. The vision and the strategic directions are the drivers for change, developed through our year-long *Our City, Our Future* initiative, and they provide the foundation for the plan.

The four directions are the strategic pillars, each one includes goals that translate into specific strategic actions every year. The directions are designed to be longer term, for a period of ten years, with the goals designed for the life of Council. Each new Council will review and adjust them to reflect emerging and changing priorities.



VISION

St. John’s is a progressive city, shaped by its geography and history, where people want to live and feel they belong.

MISSION

Guided by our vision, values and strategic directions, we are a team of Councillors and employees delivering valued programs and services in a fiscally responsible manner, for the betterment of the entire community.

CORE VALUES

- Continue to Do Things Better
- Be Innovative
- Create a Positive Environment
- Be Respectful
- Take Ownership

GUIDING PRINCIPLE


We will work with partners and municipal neighbours to advance our strategic directions through cooperative and innovative approaches.

PROGRESS

Implementation of the Strategic Plan is managed by the City’s Senior Management Team.

Every year, the City will work to identify new initiatives that advance the goals and directions outlined here. Progress made on the plan will be available online on the City’s website with annual reporting on the strategic initiatives outlined for that year.

To realize our vision and achieve our goals we must work closely with our partners, our staff, and our residents. Together we can build a city that is sustainable today and in to the future.



To read the 2019 Action Plan, go to:
www.stjohns.ca
> City Hall
> Strategic Plan

The Four Strategic Directions



A SUSTAINABLE CITY

A city that is sustainable today and for future generations; economically, environmentally and financially.

Every decision the City makes impacts sustainability today and into the future. By focusing on policy and strategy that supports a vision for a strong economy, values the environment we live in, supports progressive land use planning, and clearly demonstrates value for money to residents, St. John’s will be an affordable and sustainable place to live and do business.

GOALS

- Be financially responsible and accountable
- Plan for land use and preserve and enhance the natural and built environment where we live
- Facilitate and create the conditions that drive the economy by being business and industry friendly; and being a location of choice for residents, businesses and visitors



A CITY THAT MOVES

A city that builds a balanced transportation network to get people and goods where they want to go safely.

Changing demographics mean the way people move around the city is shifting. Our transportation network needs to provide all people and businesses access to options for travelling where they want to go. By focusing on safety and balance this direction attempts to make a safer transportation network for everyone, regardless of their mode of travel.

GOALS

- Create a sustainable and accessible public transportation system
- Improve safety for all users on a well-maintained street network
- Expand and maintain a safe and accessible active transportation network



A CONNECTED CITY

A city where people feel connected, have a sense of belonging, and are actively engaged in community life.

Connections build cohesion, pride and ownership of place. This direction speaks to the City’s work within the community to enhance a sense of pride, belonging, place, and engagement and supports how we connect with each other, within our neighbourhoods, within the larger community, and with the City organization and Council.

GOALS

- Increase and improve opportunities for residents to connect with each other and the City
- Develop and deliver programs, services and public spaces that build safe, healthy and vibrant communities



AN EFFECTIVE CITY

A city that performs effectively and delivers results.

The City needs to have the right strategies, policies, procedures and tools in place to ensure a focus on the right things, while delivering the best services possible, and making decisions for the benefit of the community. Good governance and accountability drive performance.

GOALS

- Work with our employees to improve organizational performance through effective processes and policies
- Ensure accountability and good governance through transparent and open decision making

Home Fire Safety Checklist

Use this checklist to ensure you and your family or housemates are prepared and know what to do to prevent fires.

Inside the Home

- ☐ There are smoke alarms and carbon monoxide alarms on every level of the home and in each bedroom.
- ☐ You test smoke/carbon monoxide alarms once per month.
- ☐ Batteries are replaced yearly if your alarms are not hardwired.
- ☐ You can hear all alarms in the home, especially in sleeping areas.
- ☐ Smoke alarms more than 10 years old are replaced.
- ☐ Carbon monoxide alarms more than 7 years old are replaced.

NOTE: Check manufacturer’s instructions on alarm installation, testing, maintenance and replacement requirements.

Escape Planning

- ☐ Family/residents have prepared and practiced a home fire escape plan, including a meeting place.
- ☐ Everyone knows what to do once a fire starts, including who helps children, older adults and pets.
- ☐ Everyone knows two exits from each bedroom or sleeping area.
- ☐ Entrances are free and clear of obstructions.
- ☐ Overnight guests are aware of the home escape plan and meeting place.
- ☐ Everyone knows to call 911 in an emergency from a safe phone outside the residence.
- ☐ Everyone knows to get out and stay out. No one goes back in!

Kitchen

- ☐ Cooking is never left unattended.
- ☐ Check for cracked/worn electrical cords on appliances.
- ☐ Countertop appliances are unplugged when not in use.
- ☐ Curtains and towels are clear of heat sources.
- ☐ There is a fire extinguisher near the kitchen.

Living Areas


- ☐ Cracked/worn electrical cords are replaced as needed.
- ☐ Electrical outlets are never overloaded.
- ☐ Wires or electrical cords do not run under carpets/rugs.
- ☐ Extension cords are not used as permanent wiring.
- ☐ Gas and/or wood fireplaces have screens.
- ☐ Gas appliances are inspected annually.
- ☐ Wood fireplace chimneys are cleaned annually.
- ☐ Electronics have airspace to prevent overheating.
- ☐ Portable heaters are away from doorways, combustibles and high-traffic areas.
- ☐ Hallways are clear of obstructions.
- ☐ Candles are extinguished when you leave the room or LED battery-operated candles are used.
- ☐ Lamps are clear of combustibles like curtains or clothing.
- ☐ Bedroom doors are closed at night (this can save your life).
- ☐ Candles are extinguished before sleep or LED battery-operated candles are used.
- ☐ Windows open easily. If there are security bars, they can quickly and easily be opened from the inside.
- ☐ Second and third-level bedrooms have escape ladders.
- ☐ A phone is near your bed.
- ☐ No one smokes in bed.

For more information on home fire safety contact Fire Prevention:

576-3905

fireprevention@stjohns.ca

sjrfd.ca

 @SJRFD

Basement

- ☐ Electrical panel is clear of obstructions.
- ☐ Furnace and hot water tank are clear of obstructions and combustibles.
- ☐ The furnace room stores no flammables.

Garage

- ☐ Gasoline is stored in an approved container, NOT in the house.
- ☐ Used rags are stored in a metal container with a tight-fitting lid.
- ☐ A fire extinguisher is in the garage.
- ☐ Garage is kept clear of sawdust/wood shavings.
- ☐ No car is ever left idling in the garage.

Other

- ☐ Matches and lighters are always out of the reach of children.
- ☐ Important papers (e.g. documents, identification, heirlooms) are in a fire-resistant safe.

Outside the Home

- ☐ Cigarettes are never extinguished in planters, on grass, in peat moss or mulch.
- ☐ Barbeques and firepits are at least 3 metres (10 feet) from the house and from combustibles (siding, decks, etc.).
- ☐ Children stay a safe distance from barbeques and firepits.
- ☐ Firepits are never left unsupervised.
- ☐ There is no debris or dead vegetation near the house.
- ☐ Trees are pruned and thinned to reduce fuel potential.
- ☐ Woodpiles are stacked away from the house.
- ☐ Branches hanging over or touching the roof are trimmed back.



A more efficient way to repair water pipes

St. John's is an old city and some of our water pipes are old as well.

Water pipes are meant to last a long time, but over the year's corrosion materials may build up along the walls of the pipe. These built up materials can restrict water flow, and sometimes need to be removed so that water flow and quality is restored.

Historically, pipes that became too corroded would be dug up and replaced. This process is quite labour and cost intensive and causes considerable disruption to the area where the work is undertaken.

Today there are less disruptive methods where the pipe is 'replaced' without digging it up.

Cured-in-Place Pipe (CIPP) watermain lining is a trenchless technology which consists of the cleaning and structural rehabilitation of existing watermain by installing a CIPP liner.

The CIPP liner is an epoxy-impregnated flexible tube (similar to a fire hose) that is installed, inflated and cured



Did you know?

Since 2015, approximately 7,000 metres of CIPP watermain lining has been installed in various areas of the city and another 2,500 metres will be installed in the Rabbittown area in 2019.

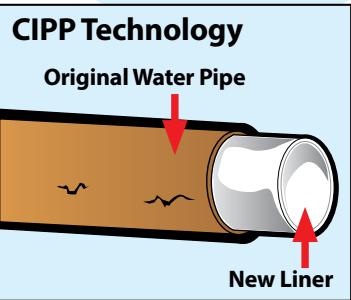
to form a hard and tight-fitting liner within the existing watermain. In a nutshell – it makes a pipe within a pipe!

Watermain rehabilitation using CIPP is primarily conducted through small access pits that are excavated at various locations in the existing watermain system such as at valves or hydrants.

Once the old pipes are cleaned and the CIPP liner is installed,

the pipe is inspected using robotic video equipment working inside the pipe itself, to confirm the liner is installed properly.

The water service connections are then reinstated, which is also done from inside the pipe using robotic equipment. The rehabilitated watermain is fitted with new valves and hydrants, and the site is reinstated.



Benefits of CIPP Watermain Rehabilitation

- Reduced maintenance issues and improved water service and quality.
- Extends the service life of existing watermain by an estimated 75 years.
- Much less excavation than watermain replacement, as work is completed from small access pits.
- Less disturbance to other infrastructure, traffic and residents.
- Less expensive than traditional watermain replacement.

Temporary Water Service

During construction, water is provided through an above ground temporary water piping system installed along the street. A service hose is connected to each home through an outside tap (hose bib).

These temporary mains use pipes that are approved for drinking water purposes. The temporary water piping system is fitted with fire hydrants and water sampling stations that are utilized by City laboratory staff every week to ensure the safety of the water.

If your house is connected to a temporary watermain, you can be

assured that your water is of the same quality and as safe to drink as the water supplied through the pipes buried in the ground.



Water Street open for business during construction project

On Monday, April 1, construction began on Water Street between Bishop's Cove and Ayre's Cove for the second phase of a five-year project to rehabilitate underground infrastructure.

Water Street is open during this project. Hours of construction are Monday to Saturday, 7 a.m. to 6 p.m.

Sign up to follow the project at: engagestjohns.ca.

Traffic

A section of Water Street between Bishop's Cove and Ayre's Cove is converted to a one-way street heading eastbound. Westbound traffic is temporarily detoured to Harbour Drive for the duration of the project. Beck's Cove is closed, and access given to local traffic only. See map below.

Parking

To facilitate the construction work, several parking meters are bagged throughout the work zone indicating no parking at those metered spaces.

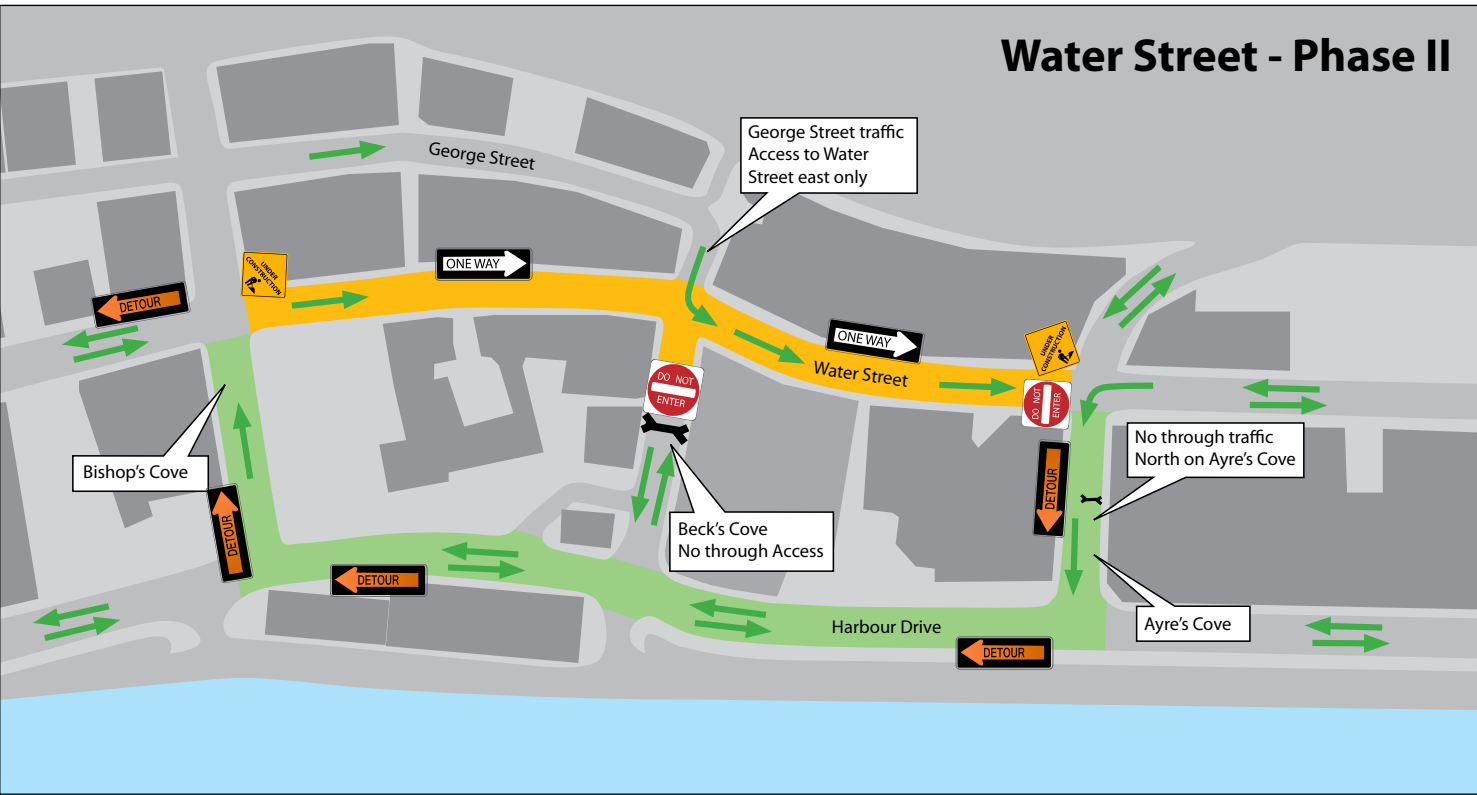
The section of Water Street, from Bishop's Cove to Ayre's Cove, is one-way traffic flow (eastbound only) until June 29.

Parking is available on both sides of the street heading east towards Ayre's Cove. Parking must be in the same direction as traffic flow.

Metrobus











Two Metrobus stops are affected with a Water Street detour in place – details are available on the Metrobus website.














The City of St. John's apologizes for any inconvenience. To report an issue, contact Access St. John's by calling 311 or 754-CITY, via the app 311 St. John's, or the online web submission.

































Area 1A to 5A, 2019

Garbage carts must be placed properly to ensure collection.












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











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

B Area 1B to 5B, 2019











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











After a holiday, remaining garbage and recycling days change to the next day that week only.





















Waste must be at the curb between 6 and 8 a.m. on your scheduled day. Garbage and recycling must be placed in the correct bins.














Garbage carts must be placed properly to ensure collection.















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











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





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Automated Garbage Phase II

The second phase of automated garbage collection begins in May. Once you receive your cart you are required to start using it for your garbage.

The locations for phase two of the program have been finalized. To check if you will be receiving an automated garbage cart in phase two go to:
curbitstjohns.ca/schedules

The City will begin delivering the wheeled carts in May; it will take a few weeks to complete deliveries to all remaining 28,000 households. When you receive your cart, it is important to put your address on the cart because if it goes missing it can easily be returned to you. The carts are supplied to participating households at no additional charge. If you damage or lose your cart, replacements will be charged at full-cost recovery. Recycling and paper yard waste bags are to be placed outside of the cart at least one metre (three feet) away from the cart.

Carts:

Hold four regular sized garbage bags approximately 60 cm x 90 cm (24 in x 36 in).

Has a radio-frequency identification (RFID) tag and individual serial numbers to identify the house to which the cart belongs. Residents who move must leave the cart behind as each cart is assigned to a property – not a person.

If lost or stolen, residents will be charged the full recovery cost of \$65 for the cart and \$25 if delivery is needed.

Recycling and yard waste bags do not go in the cart and must be placed at least one metre from the cart.

Your cart will be delivered with a user's guide attached to the lid with more details on cart placement, how to take care of your cart, answers to common questions and much more. It is important you read this guide to understand your role and responsibility in using the cart.

Residents Must:

Use the City-issued cart for garbage collection

Write their address in the white space provided on both sides of the cart

Keep the cart clean

Keep the cart secure

Place the cart properly for collection

Leave the cart at the assigned property – if you move, leave the cart behind

Must be placed at the curb by 8 a.m. on your collection day; and removed from the curb in the evening

MARK THE CART
Remember to put your address on your cart with a black permanent marker.

HANDY SPACE SAVING TIP
Using kitchen catchers or smaller bags to contain your garbage will allow you to create less voids when filling your cart.

Waste diversion staff can help you transition to using the City-issued cart: contact Access St. John's or go to **curbitstjohns.ca**

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

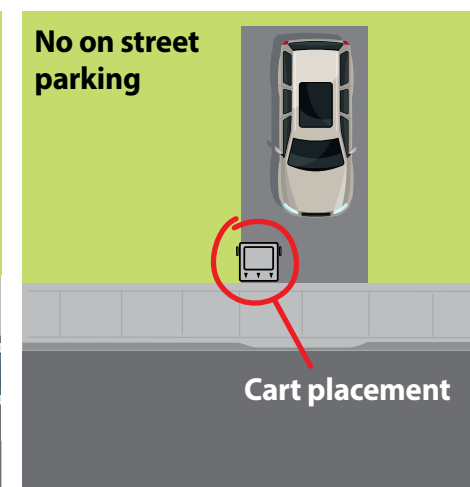
Placing Your Cart for Collection

The type of street you live on will dictate where you should place your Automated Garbage Cart. Carts must not be placed on any part of the sidewalk as they obstruct pedestrians including those with strollers, wheelchairs, scooters etc., and in the winter may also obstruct snow clearing equipment.



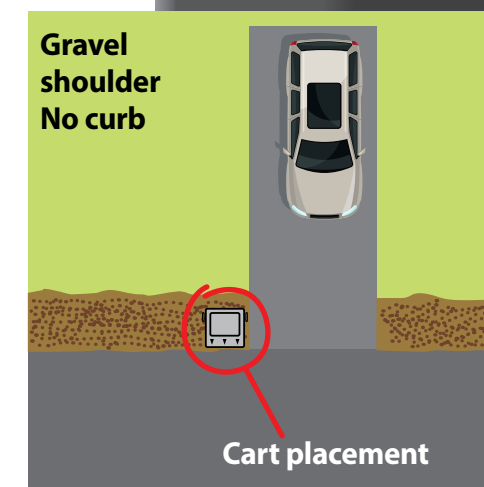
On-street parking is permitted

If on-street parking is permitted in front of your house, your cart must be put on the street in front of your driveway with the wheels backed into the curb so that the arrows on the cart lid are pointing toward the street. Some residents find it useful to place their cart at the end of their driveway somewhere closer to the middle to avoid cars that park too close to your driveway.



On-street parking is not permitted

If there isn't on-street parking permitted in front of your house, you must place your cart at the end of your driveway with the arrows on the top of the lid pointing toward the street.



No curb

If you do not have a curb in front of your house, place your cart on the shoulder of the road so the arrows on top of the cart lid are pointing toward the street.

A Smart Cart Guide

Store your cart as close to the house as possible, inside a garage, shed, backyard, outdoor storage unit, covered porch/ balcony, at the side of your home, or in your front yard against your home, garage or fence.

Inclement weather may affect collection, notifications will be sent out through our reminders and waste app by 7 a.m. Residents are asked to sign-up for "Reminders" or to download the St. John's Waste & Recycling APP by visiting **www.curbitstjohns.ca**.



Place your cart properly for collection (see above).

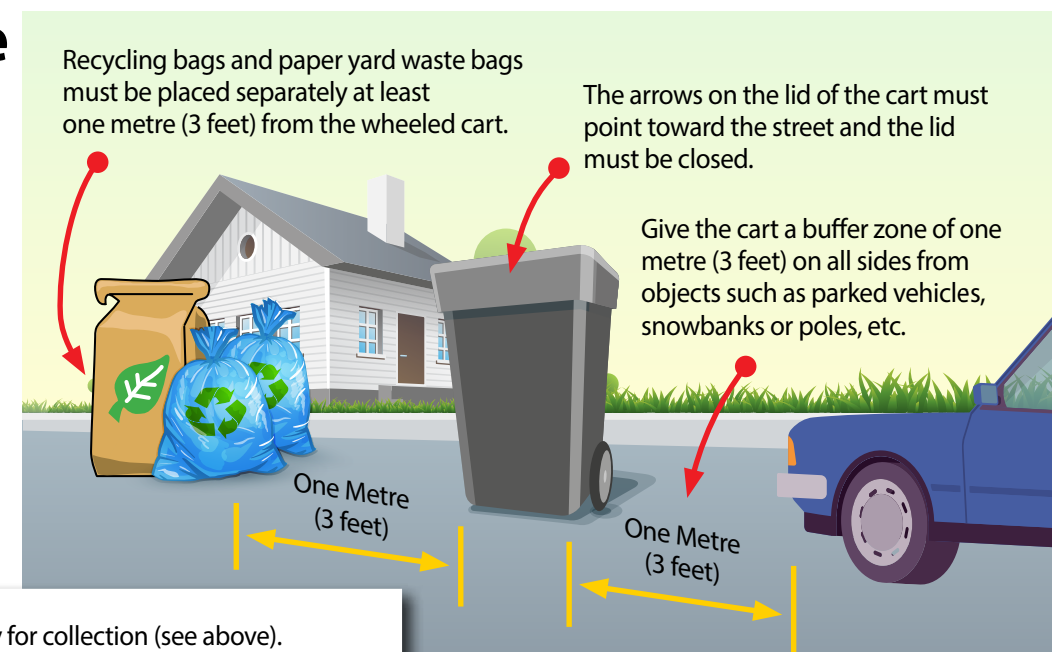
Place your cart between 6 a.m. and 8 a.m. Carts must be removed by 8 p.m.

In winter, do not place carts behind or on top of snow banks. Please make sure they are clearly visible and accessible.

Recycling bags and paper yard waste bags must be placed separately at least one metre (3 feet) from the wheeled cart.

The arrows on the lid of the cart must point toward the street and the lid must be closed.

Give the cart a buffer zone of one metre (3 feet) on all sides from objects such as parked vehicles, snowbanks or poles, etc.



Mulch Leaves and Grass Clippings

There’s no need to rake leaves or grass clippings, just mulch them with your mower. Spring, summer and fall are all suitable times of the year to mulch.

Benefits of mulching

Saves time: just mow and go. Leave clippings on the lawn. There’s no raking or bagging needed.

Saves money: There’s no need to buy bags for your leaves or grass clippings because you won’t have any. No need to buy extra fertilizer because the mulch adds nutrients to your lawn to keep it healthy and green.

Retains moisture: which reduces the need to water as often.

Provides food: for worms in your soil who naturally aerate it, making it healthier.

Tips for mulching

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

Just mow and go! Spend your extra time doing the things you enjoy! If you have questions about mulching, check our website or call Access St. John’s at 311 or 754-CITY to be put in touch with one of our waste diversion experts.



A SUSTAINABLE CITY

Backyard Composting

Using compost is the best way to fertilize your garden and lawn to promote the growth of healthy plants and grass that you enjoy during our warmer months. Plus it’s another great way to save space in the landfill and reduce greenhouse gas emissions.

It’s also a great way to recycle your leaves as backyard composting requires lots of ‘brown’ carbon-based material to balance the ‘green’ nitrogen-based food scraps, so that each properly decomposes into usable, nutrient-rich compost.

If you want to try backyard composting or want to learn more tips on how to make composting better and easier for you, the experts at the MUN Botanical Garden can help.

Thanks to partnerships the City has developed with the MMSB and the MUN Botanical Garden we offer free drop-in compost information sessions from April to November at the MUN Botanical Garden, 306 Mount Scio Road.

At the end of each session backyard compost bins are available for purchase (cash only). A standard bin costs \$50 and a tumbler bin \$75, both with HST included.

Summer Composting sessions

Day	Date	Time
Saturday	May 4	2 to 3pm
Monday	May 13	6 to 7pm
Sunday	May 26	2 to 3pm
Saturday	June 8	noon to 1pm
Wednesday	June 12	6 to 7pm
Tuesday	June 18	6 to 7pm
Sunday	July 7	2 to 3pm
Tuesday	July 16	6 to 7pm
Thursday	July 25	6 to 7pm
Saturday	Aug 10	2 to 3pm
Tuesday	Aug 20	6 to 7pm
Thursday	Aug 29	6 to 7pm

Needle Boxes

If you find a discarded needle, please do not touch it or pick it up. Please call Access St. John’s **immediately** at 311 or 754-CITY and provide as much detail as possible about the needle(s) location.

The City of St. John’s in conjunction with the Department of Health and Community Services, and the St. John’s Community Action Group on Harm Reduction, have provided metal sharps boxes throughout the city, as part of a harm reduction initiative.

The intent of these metal sharps containers is to provide a safe means of needle disposal.

Large, metal drop boxes for needle disposal can accept individual needles and larger containers filled with needles are located at:

- Quidi Vidi Lake (gravel parking lot off The Boulevard)
- Victoria Park (near Water Street entrance)

There are ten small containers for individual needle disposal only. These small containers are placed in various locations throughout the city.

Find the current location of these small disposal containers:
map.stjohns.ca/sharps



Additional Information
The AIDS Committee of Newfoundland & Labrador are available to the public to assist with the safe disposal of needles. The committee can be reached at 579-8656.

Neighbourhood Watch

Are you concerned about crime in your neighbourhood?

Call 726-0180 neighbourhoodwatch@stjohns.ca

Let’s Connect and Protect!

Supported by

ST. JOHN’S

Yard Waste Must be in Paper Yard Waste Bags

In fall 2018 the City held its second year of a mandatory leaf collection program in which leaves put at the curb for disposal had to be in paper yard waste bags. Leaves in plastic bags were not collected.

The program was a success with over 700 tonnes of leaves collected in paper yard waste bags, resulting in a savings of approximately \$47,320 in disposal fees that otherwise, would have been charged to the City of St. John's by the Robin Hood Bay Regional Waste Management Facility.

You read that right. Although the City of St. John's owns the Robin Hood Bay site we still pay by tonne to dispose of our waste there. The disposal fees charged at Robin Hood Bay for commercial and municipal waste haulers depends on the type of waste disposed:

- \$67.60 per tonne for garbage
- \$20 per tonne for recycling in blue bags
- Free for leaves and/or yard waste in paper yard waste bags

From May to November we will pick up your yard waste at the curb if it is in paper yard waste bags.

The yard waste paper bags will be collected at the curb on the same day as your recycling day, every second week. We will collect paper yard waste bags at the curb each year from May to November, and accept them at the Robin Hood Bay Residential Drop-Off all year round.

All of the paper bagged yard waste will be composted on-site at Robin Hood Bay.

There are many positive benefits to implementing mandatory paper bag use for yard waste, including:

- Paper yard waste bags will be set outside of the new automated carts, saving space in the carts for your true garbage
- Benefits the environment by keeping the material out of the landfill extending its life
- Financial benefit by saving the disposal fees charged by the Robin Hood Bay Waste Management Facility

If you will have yard waste to dispose of at the curb, download the free app St. John's Waste and Recycling or sign up for reminders at curbitstjohns.ca so you know what weeks to put out your yard waste bags.



What goes in a paper yard waste bag?

- ✓ Leaves
- ✓ grass clippings
- ✓ Plants and trimmings
- ✓ Branches less than 2.5 cms (1 inch) in diameter
- ✓ Sod
- ✓ Soil

Bags will be left at the curb if:

- They weight more than 22.5 kilograms (50 pounds)
- Yard waste is in plastic bags
- Rocks are included
- Large branches greater than 2.5 centimeters (1 inch) diameter



Recycle Your Leftover Paint

In 2018, residents of Newfoundland and Labrador recycled more than 150,000 litres of paint through Product Care Recycling paint program. Recycling your leftover paint not only helps to keep our environment clean, it also saves valuable resources and diverts waste from landfills.

Product Care Recycling paint program offers free drop-off at over 60 different locations in Newfoundland and Labrador. In St. John's there are multiple locations where you can drop off your leftover latex and oil-based paint, paint cans and all types of paint aerosols.

How to buy and store paint

In order to minimize waste and help save you money, make sure to buy the correct amount of paint for your project. Measure the area you will be painting and estimate how many gallons of paint will be needed. You can also ask your paint retailer to help you estimate how much paint your project will require.

Once you are finished painting, be sure to store any remaining paint properly so that it can be used later:

- Clean the rim of the can to ensure a proper seal.
- Pour 3mm (1/8 inch) of solvent on top of oil-based paint, or 3mm (1/8 inch) of water on top of latex paint to seal the surface then secure the lid.
- Alternatively, stretch plastic wrap over the can opening, replace the lid securely, and store paint upside down. This will create an airtight seal to keep the paint fresh until you're ready to use it again.
- Paint should be stored at temperatures between 3 and 35 degrees Celsius, away from heat sources and out of reach of children.

Reuse paint for future projects or share it with others

Reusing your leftover paint is the most cost-effective and energy efficient option. A few possibilities for reuse include:

- applying another coat to an area that needs extra protection,
- mixing smaller quantities of leftover latex paint together for use as a primer coat on a larger project, or
- keeping a small amount of paint for touch-ups later, using the storage instructions above.

If you have no other uses for your leftover paint, share it with someone who would be able to use it, such as a friend or neighbour.

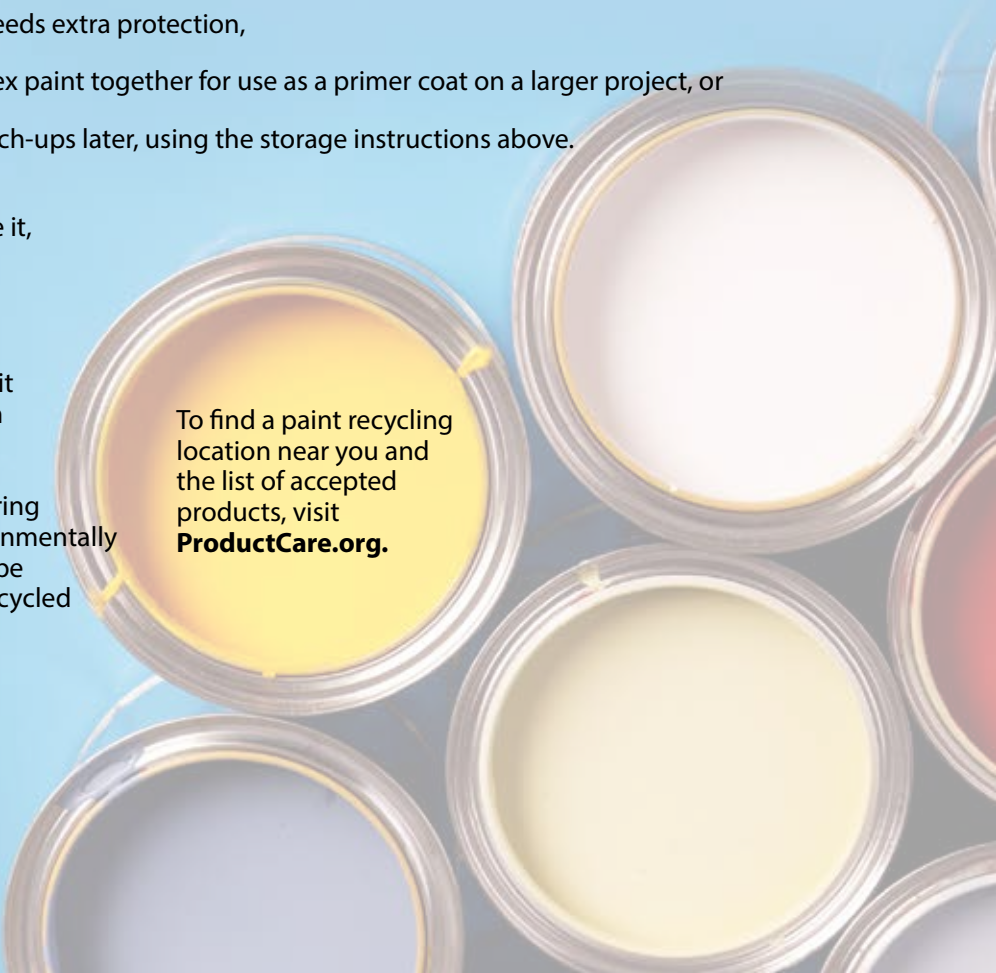
Recycle the leftovers

If you still have leftover paint, be sure to recycle it at one of the Product Care Recycling locations in St. John's or throughout the province.

Keep paint out of landfills and waterways and bring it to a Product Care Recycling location for environmentally responsible management. Depending on the type and quality of the paint dropped off, it will be recycled as paint or used for its energy value.

Help protect our beautiful city and province by recycling your leftover paint at a Product Care Recycling location.

To find a paint recycling location near you and the list of accepted products, visit **ProductCare.org**.



The City’s Secret to a Healthy Lawn

By Brian Mercer, Municipal Arborist
City of St. John’s

Once winter is done, the snow has melted from lawns and gardens and temperatures begin to rise, many of us start planning and preparing for the growing season.

Late May and early June are great times to give your lawn what it needs to have a healthy, robust season of growth. To start preparing, remove the burlap from your evergreens and other winter protection aids you’ve used. Rake up the fallen branches

and leaf debris remaining from the fall and clear your flower and shrub beds.

Once this spring garden work is done, you’re ready to start growing!

Having a weed free, healthy lawn that stays green all season doesn’t mean you have to use pesticides or other chemicals that can be bad for the environment. **The City of St. John’s does not use pesticides** as part of its turf management strategy. Another key component of maintaining a healthy lawn and garden is making sure your plants are

getting enough water. While this is typically not a problem in St. John’s, it’s important to make sure turf areas don’t dry out.

With respect to how much water to apply, a general rule of thumb for most plants is to keep the soil moist.

And of course, assuming all goes well, you’ll need to mow. Grass should be cut to a height of 5 – 7.5 cm. No more than 1/3 of the grass height should be removed at one time. How often you mow will be determined by the growth rate of your lawn.

Lawn care tips and practices

Here’s what the City does to maintain lawns, sports fields and other turf areas.

Apply lime

Soils in St. John’s are typically acidic. Applying lime helps to reduce the soil alkalinity. In addition to reducing acidity levels, application of pelletized lime also provides micronutrients for grass and makes turf areas less desirable for other ‘pest’ plants such as moss, dandelion, etc.

Fertilize

Fertilize your lawn to ensure grass has access to the nutrients required to support healthy growth. An example of a typical fertilizer mixture used by the City comprises 32% nitrogen, 12% potassium and 12% phosphorus (32-12-12).

Aerate

Aerate turf areas with either a core or slice aerator. Aeration is used by the City in high traffic areas such as sports fields where soil can become compacted. Aerating the soil by removing small plugs/cores or slicing the ground, allows water, air and nutrients to penetrate and promotes decompaction.

Topdressing and over-seeding

Spread high quality topsoil over areas where grass has become thin or worn, then put grass seed on top of it. Applying the soil first provides the soil-to-seed contact required for grass seed to germinate or start growing. The high-quality soil also provides the nutrients required to sustain healthy growth.



Residential ReLeaf - tree planting program

The City of St. John’s is relaunching the Community Roots residential tree planting program. Through this program homeowners in St. John’s can apply for a \$150 voucher towards the purchase of a tree to plant on their property.

This initiative will help the City in achieving its goal of enhancing the existing urban forest by having trees planted in residential areas throughout the city. The program will also help educate residents on

the benefits urban trees provide and raise awareness of the importance of planting and protecting trees in our community.

Applicants must be the owner of the property and are required to attend a tree care information session hosted by City staff. After completing the session, participants will be given a \$150 voucher to go towards the purchase of a tree from a participating local nursery or garden centres. City staff will

provide a list of trees available through the program and the participating businesses.

For more details about this tree planting program and how to apply: email publicworks@stjohns.ca

Online at:
stjohns.ca > Living in St. John’s
> City Services > Tree Maintenance
> Residential ReLeaf



Rodent-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.

Rats are attracted to small spaces because they feel protected. If a space is small enough for rodents to access, but not for their predators such as cats and dogs, rats will make it a home.

Rats can make homes in anything that provides shelter including sheds and garages, wood or rock piles, under enclosed patios and stairwells and in unwanted items such as old water tanks, appliances, building materials and tires.

How to prevent rats

Remove food sources

- Do not store garbage outside; place it at the curb no earlier than 6 a.m. on your pickup day
- Remove bird feeders or attach catch basins so bird feed does not fall on the ground
- Do not store pet food, bird feed and lawn seed outside
- Compost properly – do not add fish or meat to backyard compost bins

Remove potential shelters


- Tall grass, weeds and vegetation next to buildings and fences should be removed
- Lumber, rocks, garbage, building material and other materials should be removed
- Do not enclose the base of patios and raised stairwells, not even with lattice
- Items that must be stored outside should be at least 46 cm (18 inches) off the ground and 30 cm (12 inches) from walls and fences

Rat proof your property

- Make it impossible for rats to get into any structure
- Use screens in drains and tightly seal where utilities enter buildings
- Install a metal kicking plate or heavy weather stripping beneath doors, including garage doors
- If building a patio or shed on a grade, bury sheet metal 30cm (12 inches) below the grade and skirting

Rat eradication is best done by a professional pest control operator. Look up ‘Pest Control Services’ in the Yellow Pages or online.





For more information visit:
www.stjohns.ca
>Living in St. John’s
>City Services
>Pest Control



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

Downtown Street Cleaning 2019

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

Scheduled street cleaning occurs from Monday, April 15 to Friday, Sept. 20.

Street cleaning takes place in the early morning between midnight and 7 a.m. and vehicles **must** be removed from streets scheduled for cleaning for the entire night. Vehicles not removed may be ticketed.

To check if your street is included, use the street cleaning look-up on our website. Outside the downtown street cleaning is not scheduled and occurs during the daytime and evenings.

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.

Find out when your street will be cleaned:



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.

Rent a Facility

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

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	Gym Kitchen Multi-Purpose room
Paul Reynolds Community Centre 35 Carrick Drive 576-8631	Gym Kitchen Multi-Purpose room
NEW - see pages 28-29 Kenmount Terrace Community Centre 85 Messenger Drive 576-6112	Gym Kitchen Multi-Purpose Room Meeting Room
Southlands Community Centre 40 Teakwood Drive 364-5129	Multi-Purpose room Kitchen Meeting room
Shea Heights Community Centre 130 Linegar Avenue 576-1023	Multi-Purpose room Kitchen
Kilbride Lions Community Centre 34 Fahey Street 368-0250	Multi-Purpose room Kitchen
Cabot 500 Theatre Bowring Park recreation@stjohns.ca	Outdoor theatre accommodates 750
Rotary 'Sunshine' Park Chalet Thorburn Road recreation@stjohns.ca	24 bunk beds Kitchen with dishwasher Outdoor barbeque
Foran/Greene Room fourth floor, City Hall civicfunctions@stjohns.ca	Full kitchen facility Accommodates up to 325 Audio visual equipment

Outdoor Sports Facilities

The City of St. John's has outdoor sport fields and pitches available for rental. Our outdoor sports facilities are open from June to mid-October, weather dependent.

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

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

For details on programs and services at our Community Centres
www.stjohns.ca
> Living in St. John's
> Recreation and Parks
> Community Programs

Birthday Parties

We offer both gym and swimming parties at the H.G.R. Mews and Paul Reynolds Community Centres. Depending on the type of party, number of guests, and the facility, costs range from \$140 to \$260.

You can also book space to hold a party at the Shea Heights, Kenmount Terrace, Southlands and Kilbride Community Centres. Contact the Centres for fees and availability or email recreation@stjohns.ca.



Racquetball Courts

Courts at the Mews 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



Recycle this guide when you have finished using it.



Be kind to the environment.

Recreation Registration

Program	St. John’s residents	Residents of other municipalities
Summer Programs	7 a.m., Thursday, May 2	7 a.m., Thursday, May 9

Registration Options



Online:
Visit www.stjohns.ca, under Quick Links choose ‘RECconnect’



In person:

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

Please note

We are no longer taking registration by phone on registration day.

Set up or update an account

Whether you register online or in person, you MUST ensure your account is activated and up-to-date **at least 72 hours** before the registration time. Contact us by calling 576-8631 or 8499, dropping by or going to stjohns.ca > Quick Links > RECconnect.

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 checkout. It’s that easy!

Course codes

We are now including codes for courses that require registration. When you log in to your RECconnect account you can enter the course code in the search function and it will bring you directly to that course. If you come to one of our facilities to register, you can give the staff the course code so they find the course you want.

Listings Key

Due to the large number of programs and classes, you will see that we are using tables and a shorthand key to list everything in the Guide.

Guide	Day	Guide	Month	Guide	Location
M	Monday	May	May	PRCC	Paul Reynolds Community Centre, 35 Carrick Drive
Tu	Tuesday	Jun	June	Mews	H.G.R. Mews Community Centre, 40 Mundy Pond Road
W	Wednesday	Jul	July	Kenmount	Kenmount Terrace Community Centre, 85 Messenger Drive
Th	Thursday	Aug	August	Southlands	Southlands Community Centre, 40 Teakwood Drive
F	Friday			Rotary	Rotary ‘Sunshine’ Park, off Thorburn Road
Su	Sunday			Kilbride	Kilbride Lion’s Community Centre, 34 Fahey Street
				Shea	Shea Heights Community Centre, 130 Linegar Avenue
				Bannerman	Bannerman Park Pool House, Bannerman Road
				Boathouse	The Boathouse at Quidi Vidi Lake, 10 Clancey Drive
				CNA	College of the North Atlantic, Prince Philip Drive
				MDE	Macdonald Drive Elementary, 100 Macdonald Drive

Program ages

Registration for most of our programs is based on a minimum and sometimes a maximum age.

Children must be the age listed on December 31, 2019.

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Fitness

Dryland & aquatic fitness is for ages 16+.

Wristbands must be worn by everyone in drop-in fitness sessions; receive your wristband from the front desk staff.

As drop-in fitness schedules often change, we are no longer printing them in this Guide. Check to find out what classes we are offering this season.

For up-to-date schedules:

- Call the Swim and Fitness Line 576-8408 (Mews) or 576-8155 (PRCC)
- www.stjohns.ca > Living in St. John’s > Recreation and Parks > Fitness
- Visit our Recreation Facilities
- recreation@stjohns.ca

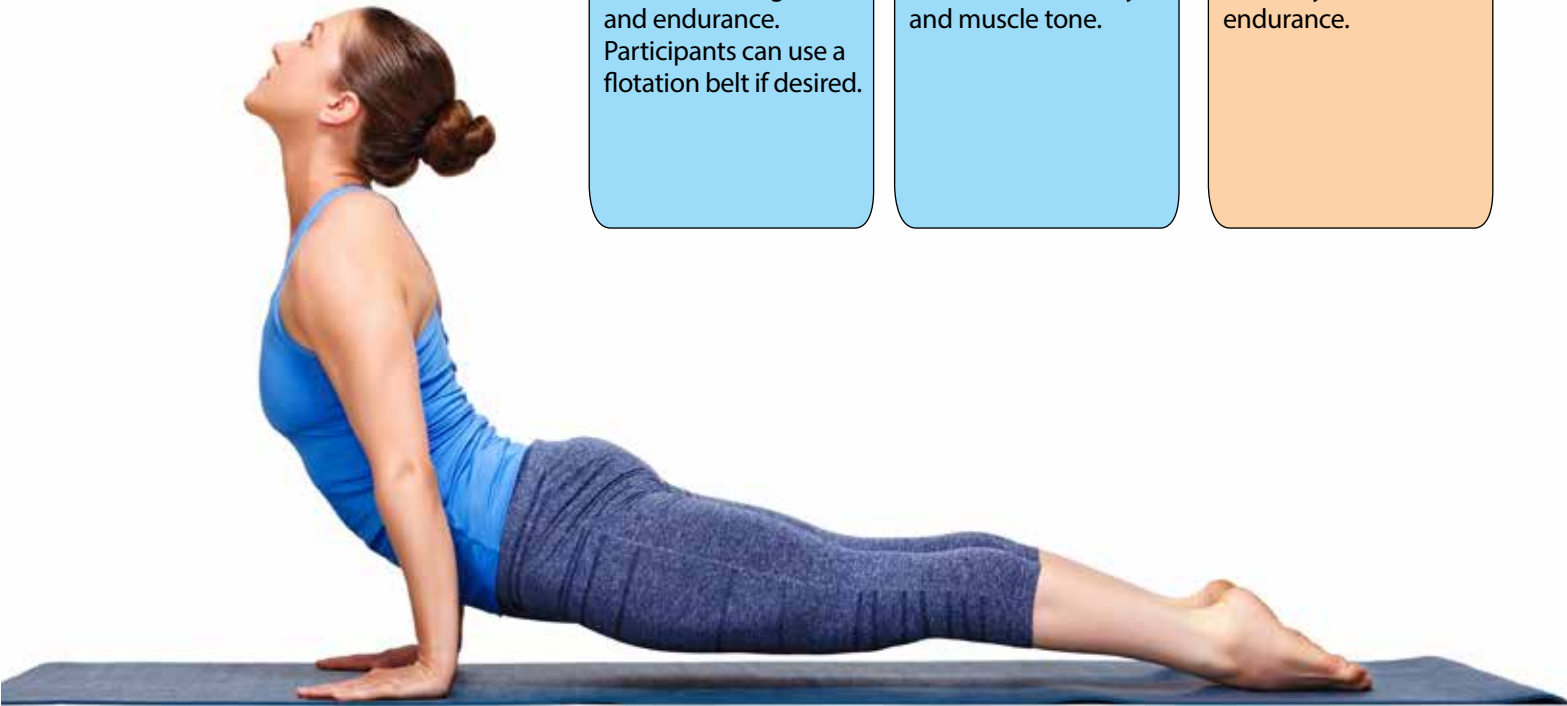
Age	Drop-in	10 pass	20 pass	30 pass
Youth 3-18 & Senior 65+	\$4	\$35	\$60	\$75
Adult 19+	\$5	\$45	\$80	\$105



Mixed Yoga

This summer we are offering a mixed yoga class so beginner and intermediate yogi can practice fundamentals together. This course requires pre-registration.

Mixed Yoga, 13273
Wednesdays
July 3 to August 21
7 to 8:15 p.m.
PRCC
\$70

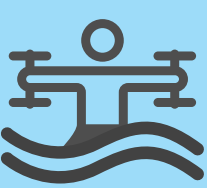


Deep Water Fitness



Held in the deep end of the pool, this no-impact workout is designed to improve joint movement, muscular strength and endurance. Participants can use a flotation belt if desired.

Shallow Water Fitness



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

Mixed Yoga



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



Children & Youth



Learn more at
www.stjohns.ca
>Living in St. John's
>Recreation and Parks
>Children's Programs
or
>Youth Programs

Preschool, requires registration. For children beginning Kindergarten Sept. 2020.							
Course	Code	Ages	Day	Dates	Time	Location	Cost
Preschool	13420	4-5	M W F	Sep 23-Dec 13	9am-noon	PRCC	\$476
Preschool	13490	4-5	Tu Th	Sep 24-Dec 12	9am-noon	PRCC	\$336
Preschool	13450	4-5	Tu Th	Sep 24-Dec 12	9am-noon	Southlands	\$336

After School, requires registration							
Course	Code	Days	Dates	Time	Students from schools	Cost per month	To learn if spaces are available click the links to REConnect on our website, or call 576-8499.
PRCC Discovery (grades K to 3)	13425	M to F	Sept.4/19 to June 25/20	3-5:30pm	Mary Queen of Peace Roncalli Macdonald Drive	\$350	
PRCC Explore (grades 4 to 6)	13858	M to F	Sept.4/19 to June 25/20	3-5:30pm	Mary Queen of Peace Roncalli Macdonald Drive	\$350	
Southlands	13423	M to F	Sept.4/19 to June 25/20	3-5:30pm	St. Peter's Newtown	\$350	
Kilbride	13421	M to F	Sept.4/19 to June 25/20	3-5:30pm	Hazelwood	\$205	
Shea	13422	M to F	Sept.4/19 to June 25/20	3-5:30pm	St. John Bosco	\$205	

Art Camps, requires registration							
Course	Code	Ages	Day	Dates	Time	Location	Cost
Explore Art Camp	13666	10-12	M-F	July 8-12	9am-4:30pm	PRCC	\$125
Explore Art Camp	13676	10-12	M-F	Aug 12-16	9am-4:30pm	PRCC	\$125

Leadership, requires registration							
Course	Code	Ages	Day	Dates	Time	Location	Cost
Explore Leadership	13677	10-12	M-F	July 22-26	9am-4:30pm	PRCC	\$125
Babysitters Course	13505	11-14	Tu	July 30	9am-4pm	PRCC	\$55
Babysitters Course	13506	11-14	Tu	Aug 20	9am-4pm	PRCC	\$55
Home Alone Safety	13504	10-12	Tu	July 16	9am-4pm	PRCC	\$55
Home Alone Safety	13507	10-12	Tu	Aug 6	9am-4pm	PRCC	\$55
X-Cellent Leader	13678	12-14	W-F	July 17-19	9am-4pm	PRCC	\$75

Workshops, require registration							
Course	Code	Ages	Day	Dates	Time	Location	Cost
Coding	14251	12-16	M-Tu	July 29 to 30	9am-4pm	CNA	\$50
Canoe	13410	12-16	W	Jul 31	2-4pm	Rotary	\$14
Rowing	13514	12-16	W	July 3	9am-noon	Boathouse	\$21
Rowing	13515	12-16	M	July 15	9am-noon	Boathouse	\$21
Art of Photography	13516	12-16	F	July 5	1-4pm	Bowring	\$21
Archery	13406	12-16	W	July 17	2-4pm	Rotary	\$14
Archery	13407	12-16	Th	Aug 29	2-4pm	Rotary	\$14
Stand Up Paddle Board	13408	12-16	F	July 19	10am-noon	Rotary	\$14
Stand Up Paddle Board	13409	12-16	Tu	Jul 30	2-4pm	Rotary	\$14
Kayaking	13403	12-16	Th	Jul 4	2-4pm	Rotary	\$14
Kayaking	13404	12-16	M	Aug 5	2-4pm	Rotary	\$14
Slackline	13405	12-16	M	July 8	2-4pm	Rotary	\$14

Day Camps, require registration. For children who have completed Kindergarten.						
Notes: - Camp Discovery 1 and 2 are two separate groups. Once registered there will be no switching or transferring between the groups. - Busing available for Camp Explore at Rotary 'Sunshine' Park only from Mews and Paul Reynolds Centres						
Course	Ages	Day	Dates	Time	Location	Cost
Camp Discovery 1	6-8	M-F	Weekly July 2 to Aug 26	8am-5pm	PRCC	\$125 per week
Camp Discovery 2	6-8	M-F	Weekly July 2 to Aug 26	8am-5pm	PRCC	\$125 per week
Camp Discovery	6-8	M-F	Weekly July 2 to Aug 26	8am-5pm	Southlands	\$125 per week
Camp Discovery	6-8	M-F	Weekly July 2 to Aug 26	8am-5pm	Kilbride	\$112.50 per week
Camp Explore	9-12	M-F	Weekly July 2 to Aug 26	8am-5pm	Southlands	\$125 per week
Camp Explore	9-12	M-F	Weekly July 2 to Aug 26	8am-5pm	Rotary	\$125 per week
Camp Explore	9-12	M-F	Weekly July 2 to Aug 26	8am-5pm	Kilbride	\$112.50 per week
Camp Adventure	6-12	M-F	Weekly July 2 to Aug 26	8am-5pm	Shea Heights	\$112.50 per week
Camp Adventure	6-12	M-F	Weekly July 2 to Aug 26	8am-5pm	Bowring Park	\$125 per week
Camp Adventure	6-12	M-F	Weekly July 2 to Aug 19	8am-5pm	MDE	\$125 per week
Camp Adventure	6-12	M-F	Weekly July 2 to Aug 26	8am-5pm	Kenmount	\$125 per week

Activity Centres, require registration. Full or half days available each week. No lunchtime supervision.						
Course	Ages	Day	Dates	Time	Location	Cost
Larch Park	6-12	M-F	Each week beginning July 3 to Aug 19	8:30am-noon 1-4:30pm	Larch Park *drop-off & pick-up at Rennie's River Elementary	Full days \$70 Half days \$35
Cowan Park	6-12	M-F	Each week beginning July 3 to Aug 19	9am-noon 1-4:30pm	Cowan Park *drop-off & pick-up at St. Matthews Elementary	Full days \$70 Half days \$35
Parkside	6-12	M-F	Each week beginning July 3 to Aug 19	9am-noon 1-4:30pm	Parkside Community Centre	Full days \$70 Half days \$35

Children & Youth

Bus Tour requires registration							
Course	Code	Ages	Day	Dates	Time	Location	Cost
Bell Island Adventure	14415	12-16	Th	July 11	9am-5pm	Drop off & pick up at Mews	\$40

Youth Camps, require registration. Busing is available for Camps at Rotary 'Sunshine' Park only from Mews and Paul Reynolds Centres							
Course	Code	Ages	Day	Dates	Time	Location	Cost
Camping Frontier	13413	12-15	M-Th Overnight W	July 8-11	9am-4pm	Rotary	\$127.50
Camping Frontier	13414	12-15	M-Th Overnight W	Aug 19-22	9am-4pm	Rotary	\$127.50
Cook it up!	14414	12-15	M-W	Jul 15-17	9am-4pm	Kenmount	\$75
Cook it up!	13682	12-15	W-F	Jul 31-Aug 2	9am-4pm	PRCC	\$75
Fun on the Water	13417	12-15	M-F	Jul 15-19	9am-4pm	Rotary	\$112.50
Fun on the Water	13418	12-15	M-F No session Regatta Day	Aug 5-9	9am-4pm	Rotary	\$90
Fun on the Water	13419	12-15	M-F	Aug 26-30	9am-4pm	Rotary	\$112.50
Outdoor Pursuits	13411	12-15	Tu-F	Jul 2-5	9am-4pm	Rotary	\$90
Outdoor Pursuits	13412	12-15	M-F	Jul 29-Aug 2	9am-4pm	Rotary	\$112.50
WILD for Animals	13681	12-15	M-W	Aug 26-28	9am-4pm	PRCC	\$75
Youth and the Arts	13679	12-15	M-F No session Regatta Day	Aug 5-9	9am-4pm	PRCC	\$100
Youth Move it!	13680	12-15	M-F	Aug 19-23	9am-4pm	PRCC	\$125
Duke of Edinburgh eligible 							
Backcountry Ventures	13415	12-15	M-Th Overnight W	July 22-25	9am-4pm	Rotary	\$127.50
Backcountry Ventures	13416	12-15	M-Th Overnight W	Aug 12-15	9am-4pm	Rotary	\$127.50
Duke of Edinburgh's Adventurous Journey	14416	14-16	M, M, Tu-W Overnight Tu	Aug 12, 19 and 27-28	9am-4pm	Rotary	\$127.50

We've made a commitment to children!

As a new **HIGH FIVE® Registered Organization**, we have taken the first big step toward enhancing the quality of our children's programs.

Find out how HIGH FIVE is making a difference in children's lives.
www.HIGHFIVE.org

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Outdoor Programs

All outdoor programs are for ages 16+, unless noted otherwise, and take place at Rotary 'Sunshine' Park off Thorburn Road. These sessions are cancelled only in extreme weather conditions; come prepared for the elements.

Canoe Paddle Night

Come and try out canoeing. Instructors will provide basic skills followed by a leisurely paddle around the pond. All equipment is provided.

Tuesday, July 9
6 to 8 p.m.
\$16
13392

Basic Kayaking, Paddle Canada Certification

An introductory kayaking course with emphasis on boat control, skills and how to be safe and have fun on the water. Complete course description is on RECconnect. Equipment is provided. Come prepared to be in the water.

Sunday, August 4
9 a.m. to 6 p.m.
\$80
13390

Tandem Canoeing Certification Course

This Paddle Canada certification course emphasizes boat control and the necessary knowledge and skills to be safe and have fun while on the water. All equipment will be provided. Participants should come prepared to be in the water.

Sunday, Aug 18
9 a.m to 5 p.m
\$80
13391

Family Canoeing

Bring the whole family for a leisurely paddle. Instructors will provide basic instruction followed by a group paddle. All equipment is provided.

Tuesday, Aug. 20
6-8 p.m.
\$20 per family, up to four people
13395

Kayak Paddle Night

Come and try out kayaking. Instructors will provide basic skills followed by a leisurely paddle around the pond. All equipment is provided.

Tuesday, July 16
6 to 8 p.m.
\$16
13393

For more details or to book an outdoor program, call 576-8522 or email recreation@stjohns.ca

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



Your chance to give it a try! Stand Up Paddle Board Night

SUP is the fastest growing water sport in North America. During this session you will learn the basic paddle board skills, followed by a group paddle. All equipment is provided.

Tuesday, July 30
6 to 8 p.m.
\$16
13394

from **Inside** to **Out**

Kenmount Terrace
Community Centre and Park
is a Great Place to Play

The City of St. John's is excited to welcome residents and visitors to our newest facility, The Kenmount Terrace Community Centre and Park at 85 Messenger Drive.

In 2015 the Kenmount Terrace Community Park Steering Committee, comprised of community members and City staff, was set up to guide the engagement process for the park. Various means of engagement took place and many of the concepts that were put forward during that process were incorporated in the final plan and construction of the Centre and Park.

For more information on the Kenmount Terrace Community Centre and Park please call 576-6112 and check www.stjohns.ca for updates on programs, services and facility rentals.



The Kenmount Terrace Community Centre and Park has many features, including:

- Full-size gymnasium featuring court lines for basketball and volleyball, six attached basketball nets, dividable gym option.
- Multipurpose room with dividable wall to create two spaces.
- Kitchen amenities include a stove top, ovens, microwaves, large island, coolers, freezer and industrial dish washer.
- The Activity Lobby Area is a large open space overlooking the park.
- Looped asphalt trail which is 2.5 metres wide, 500 metres in length will provide contoured active walking surface or 'track' that links all the park's activity zones and spaces.
- The park entrance at Arial Street provides pedestrian/bike access and a play area for residents within the neighbourhood radius.
- Playground featuring a rubber surface, freestanding play activities, large play structure with multiple options, swings, merry-go-round, spider climbing web and inclusive play options.
- Splash pad has a variety of water features to keep all cool during the summer.
- Skate park is a long linear park with sloping aspects that includes a variety of rails, ramps, transitions and boxes.
- Outdoor basketball and ball hockey court with three 3-on-3 court areas and basketball nets.
- Dog parks built in the natural setting with one for larger dogs and one for small dogs.

Swimming

We have four pools open this summer!

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

Outdoor pools, open Tuesday, July 2 to Sunday, August 25:
Bowring Park
Bannerman Park

All of our outdoor pools have accessible pool lifts.

Swim Costs

Age	Indoor Pools				Outdoor Pools
2 and under	Free				It is FREE to swim in our outdoor pools
Youth & Senior Ages 3-18 and 65+	Drop-in	10 pass	20 pass	30 pass	
	\$3	\$27.50	\$50	\$67.50	
Adult 19+	\$4	\$37.50	\$70	\$97.50	
Family Rate	\$3 adults, \$2 children				N/A
Steam/Sauna	\$3				



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

For up-to-date swim schedules:

Online [stjohns.ca](#) > Quick Links > Swim Schedules

Call the swim & fitness lines:

- Paul Reynolds Community Centre, 576-8155
- H.G.R. Mews Community Centre, 576-8408
- Bannerman Park Pool, 576-7671
- Bowring Park Pool, 576-7708

Email recreation@stjohns.ca

Splash Pads

Starting this summer the City of St. John's will have three outdoor splash pads operating at City parks.

Splash pads at Bowring Park, Bannerman Park and Kenmount Terrace Park are open daily from 9 a.m. to dusk, from July 2 to September 2.

We practice water conservation at our splash pads and they 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 our 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 them.



Book a swim for day camp!

Book a swim at one of our indoor or outdoor pools for your summer day camp.

Bookings begin:
Wednesday, June 5 for St. John's groups

Thursday, June 13 for groups outside St. John's

To book call 576-8154 or email recreation@stjohns.ca.

Dates day camp swims are available:

Indoor Pools: Mews and Paul Reynolds,
July 2 to Aug. 30

Outdoor Pools: Bowring and Bannerman,
July 2 to Aug. 23

	Monday	Tuesday	Wednesday	Thursday	Friday
12:30 to 1:15 p.m.		Bowring Park		Bowring Park	
12:45 to 1:30 p.m.	Bowring Park Bannerman Park		Bowring Park Bannerman Park		Bowring Park Bannerman Park
1:45 to 2:30 p.m.		Bannerman 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

Swim Descriptions

Family

A time for families of all ages to enjoy fun and fitness in the pool together!

All children must be supervised by a 16+ year-old, who must remain in the water at arms-length. Maximum 3 children to 1 supervisor.

Toys and diving board available. Splash pad and slides available at PRCC.

At PRCC, birthday parties may also be taking place.

Lane

Choose the appropriate lane – slow, medium, or fast – based on ability.

Children under 13 must be supervised by a 16+ year-old, who must remain in the water at arms-length. Maximum 3 children to 1 supervisor.

Everyone Welcome

Enjoy a fun-filled aquatic environment!

Open to all ages. Children under 8 must be supervised by a 16+ year-old, who must remain in the water at arms-length. Maximum 3 children to 1 supervisor.

Toys and diving board available. Splash pad and slides available at PRCC.

Adult

Swim for adults 19+ years-old.

Choose the appropriate lane – slow, medium, or fast – based on ability.

At PRCC, the leisure pool and other fun features may or may not be available as aquatic fitness classes may be taking place.

Leisure

Only at PRCC.

An ideal time for all ages to play or relax in the leisure pool!

Open to all ages. Children under 13 must be supervised by a 16+ year-old, who must remain in the water at arms-length. Maximum 3 children to 1 supervisor.

Toys available. Splash pad and slides available.

Swimming lessons

Our swim levels and lessons follow the Canadian Red Cross Swim program model and run at both Paul Reynolds Community Centre and H.G.R. Mews Community Centre. Visit our website for details on classes and age requirements.

For details on lesson days and times go to www.stjohns.ca

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

Red Cross Swim Adapted

Mondays, July 8 to August 19 (except July 15), \$78
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.

A Red Cross Swimmer Intake Form, due two weeks prior to program start, is required to participate. Contact Inclusion Services staff at **576-4450** or inclusion@stjohns.ca.

Children's, once a week lessons

Paul Reynolds Community Centre
Saturdays, July 6 to August 24 (8 lessons): \$52,
\$36 for Parent & Tot

H.G.R. Mews Community Centre
Mondays, July 8 to August 19 (6 lessons): \$39

Children and Youth, daily lessons

During the summer we offer daily swimming lessons in two-week blocks from Tuesday through Friday.

See facing page for course offerings, dates and times.

Private Lessons

Private or semi-private (two participants) 25 minute lessons are available for all ages. If you choose a semi-private lesson, participants must be within two levels of each other. Lessons take place at Mews or Paul Reynolds Community Centres; at PRCC lessons are booked based on participants swimming level.

Once a week, Mondays:

Mews and PRCC: 10, 10:30, 11 or 11:30 a.m.
PRCC only: 4, 4:30, 5 or 5:30 p.m.

\$60: July 8, 22, 29
\$60: Aug 5, 12, 19

Daily, Tuesday to Friday for two weeks:
July 2 to 12, \$160 for 8 lessons
July 16 to 26, \$160 for 8 lessons
July 30 to Aug 9 (except Regatta Day), \$140 for 7 lessons
Aug 13 to 23, \$160 for 8 lessons



Children and Youth, daily lessons

H.G.R. Mews Community Centre				
Level	July 2 to 12 \$52 for 8 lessons	July 16 to 26 \$52 for 8 lessons	July 30 to August 9 (not Regatta Day) \$45.50 for 7 lessons	August 13 to 23 \$52 for 8 lessons
Sea Otter	10 to 10:45 a.m.	4 to 4:45 p.m.	10 to 10:45 a.m.	4 to 4:45 p.m.
Salamander	4 to 4:45 p.m.	10 to 10:45 a.m. 5 to 5:45 p.m.		10 to 10:45 a.m. 5 to 5:45 p.m.
Sunfish			5 to 5:45 p.m.	
Crocodile/Whale				
Level 1	10 to 10:45 a.m.	10 to 10:45 a.m.	10 to 10:45 a.m.	
		11 to 11:45 a.m.		11 to 11:45 a.m.
	5 to 5:45 p.m.	5 to 5:45 p.m.		5 to 5:45 p.m.
Level 2	11 to 11:45 a.m.	11 to 11:45 a.m. 4 to 4:45 p.m.	11 to 11:45 a.m.	
				4 to 4:45 p.m.
Level 3	4 to 4:45 p.m.		11 to 11:45 a.m.	11 to 11:45 a.m.
Level 4	11 to 11:45 a.m.	5 to 5:45 p.m.	5 to 5:45 p.m.	5 to 5:45 p.m.
Level 5	5 to 5:45 p.m.			10 to 10:45 a.m.
Level 6			4 to 4:45 p.m.	
Level 7/8	5 to 5:45 p.m.		5 to 5:45 p.m.	4 to 4:45 p.m.
Level 9/10	4 to 4:45 p.m.		4 to 4:45 p.m.	
Paul Reynolds Community Centre				
Level	July 2 to 12 \$52 for 8 lessons	July 16 to 26 \$52 for 8 lessons \$36 for Parent & Tot	July 30 to August 9 (not Regatta Day) \$45.50 for 7 lessons	August 13 to 23 \$52 for 8 lessons \$36 for Parent & Tot
Starfish, Duck & Sea Turtle (Parent & Tot)		10 to 10:45 a.m.		10 to 10:45 a.m.
Sea Otter	10 to 10:45 a.m.	4 to 4:45 p.m.	10 to 10:45 a.m.	4 to 4:45 p.m.
Salamander	4 to 4:45 p.m.	11 to 11:45 a.m. 5 to 5:45 p.m.	4 to 4:45 p.m.	
				5 to 5:45 p.m.
Sunfish	11 to 11:45 a.m. 5 to 5:45 p.m.		11 to 11:45 a.m. 5 to 5:45 p.m.	11 to 11:45 a.m.
Crocodile/Whale	10 to 10:45 a.m.	10 to 10:45 a.m.	10 to 10:45 a.m. 4 to 4:45 p.m.	10 to 10:45 a.m.
Level 1	10 to 10:45 a.m.	11 to 11:45 a.m.	11 to 11:45 a.m.	11 to 11:45 a.m.
	4 to 4:45 p.m.	4 to 4:45 p.m.	4 to 4:45 p.m. 5 to 5:45 p.m.	4 to 4:45 p.m.
Level 2	11 to 11:45 a.m. 4 to 4:45 p.m.		11 to 11:45 a.m.	11 to 11:45 a.m.
		10 to 10:45 a.m.		
Level 3		11 to 11:45 a.m. 4 to 4:45 p.m.	10 to 10:45 a.m.	
			5 to 5:45 p.m.	4 to 4:45 p.m.
Level 4	10 to 10:45 a.m.	10 to 10:45 a.m.	10 to 10:45 a.m.	10 to 10:45 a.m.
		5 to 5:45 p.m.		11 to 11:45 a.m.
Level 5	11 to 11:45 a.m.	11 to 11:45 a.m.	4 to 4:45 p.m.	10 to 10:45 a.m.
Level 6	5 to 5:45 p.m.		11 to 11:45 a.m.	5 to 5:45 p.m.
Level 7/8	4 to 4:45 p.m.	5 to 5:45 p.m.	5 to 5:45 p.m.	
Level 9/10	5 to 5:45 p.m.	4 to 4:45 p.m.		4 to 4:45 p.m.
Teen Basic	5 to 5:45 p.m.			
Teen Stroke		5 to 5:45 p.m.		5 to 5:45 p.m.

Aquatic Leadership



For more details on courses visit www.stjohns.ca
> Living in St. John's
> Recreation and Parks
> Swimming

Course	Code	Age	Date	Time	Pool	Cost
Junior Lifeguard Club	14274	10-13	Jul 2-5 and 9-12	10-11:50am	PRCC	\$72
Junior Lifeguard Club	14276	14-16	Jul 16-19 and 23-26	10-11:50am	PRCC	\$72
Junior Lifeguard Club	14275	10-13	Jul 30-Aug 2 and Aug 6-9	10-11:50am	PRCC	\$63
Junior Lifeguard Club	14277	14-16	Aug 13-16 and 20-23	10-11:50am	PRCC	\$72
Red Cross Assistant Lifeguard	14270	12+	July 9-12 and 16-17	9am-5pm	PRCC	\$175
Red Cross Assistant Lifeguard	14271	12+	Aug 5-6, 8-9, 12-13	9am-5pm	PRCC	\$175
Red Cross Lifeguard	14272	15+	July 25-26, 29-31 and Aug 1	9am-5pm	PRCC	\$225
Red Cross Lifeguard	14273	15+	Aug 16, and 19-23	9am-5pm	PRCC	\$225
Red Cross Water Safety Instructor	14269	15+	Jul 8 and 22-24	9am-5pm	PRCC	\$425
Red Cross Standard First Aid & CPR	14267	15+	Jul 18-19	9am-5pm	PRCC	\$125
Red Cross Standard First Aid & CPR	14268	15+	Aug 14-15	9am-5pm	PRCC	\$125

Junior Lifeguard Club

A new initiative of the City of St. John's to help young swimmers, ages 10 to 16, bridge the gap between our Canadian Red Cross swimming lesson program and our Lifeguard certification program. Junior Lifeguard Club focuses on improving participants' physical strength, endurance, strokes, rescue skills, first aid and CPR skills. A main focus of this program is to ensure participants have fun while building team work, self-confidence and leadership skills.

Red Cross Assistant Lifeguard

This course is designed to introduce participants to 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. Candidates must be at least 12 years-old and possess strong swimming skills. Please ask our aquatics staff for a swim test if you are unsure if this level is right for you.

Red Cross Lifeguard

Note: prerequisite for Red Cross Lifeguard is Standard First Aid & CPR Level C Certification

This course prepares Assistant Lifeguards to be trained and ready to supervise aquatic programs. Participants train to be pool deck ready by learning emergency preparedness, accident prevention, leadership development and work to develop excellent judgement skills during mock scenarios while focusing on improving their physical conditioning. Candidates must be at least 15 years-old and must have a Red Cross Assistant Lifeguard or Lifesaving Society Bronze Cross certificate. The development of the professional Lifeguard is a key element of this program.



Red Cross Standard First Aid & CPR Level C

This is a comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills that meet the guidelines from the Canadian Red Cross. This is a prerequisite for the Red Cross Lifeguard Course.

Red Cross Water Safety Instructor

Focusing on how to teach the Red Cross Learn to Swim Program, this course involves pool, classroom, an online component and an in water co-teaching experience. Topics covered include stroke development, stroke corrective strategies, emergency response skills and much more. Minimum 15 years of age. All strokes in the Red Cross Learn to Swim Program performed at level 10.

Clean Water Healthy Swimming

Please follow these easy steps for a clean and healthy pool:

- 1 Don't feed your children 2 hours before swimming.
- 2 If your child has diarrhea, please don't send them swimming.
- 3 Take your child to the bathroom before swimming.
- 4 Make sure your infant/toddler wears a properly fitted swim diaper and please check diapers every 30-60 minutes.
- 5 Shower before entering the pool and avoid swallowing pool water.

Let's keep it clean,
we're all in this together.



Inclusive Services

Learn more about any of the programs and services listed here, of how we can help, by contacting our Inclusive Services Team:

576-4450
inclusion@stjohns.ca

Application deadline for next season (fall) is July 17, 2019.

Adaptive Equipment Loan Program

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



An all-terrain wheelchair designed for outdoor settings including trails, splash pads and parks is available to sign out.



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

Accessible Playground Equipment

Accessible playgrounds are located at Bowring Park and Kenmount Terrace Community Centre and Park.

Accessible swings are located in playgrounds at:

- Bowring Park
- Kenmount Terrace Community Centre
- Bannerman Park
- Paul Reynolds Community Centre
- Froude Avenue
- McNiven Place
- Penney Crescent
- Spruce Meadows
- St. Mary's (near school)



Attendant Pass

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

Financial Support

Financial support is available for those facing financial barriers to participate in City of St. John's Recreation Division activities. Requests for children and youth are referred to the REAL Program (see opposite page).



A REAL Success Story

The REAL Program has been offering recreation and leisure experiences to children and youth in financial need in St. John's for 17 years.



In that time over 27,000 kids have taken part and we often hear positive feedback from their parents or families about what the REAL Program means to them. Here is one such letter we recently received:

"Four years ago we joined the REAL Program. Our family was going through some issues and it was decided that my son needed to be involved in a sport. I decorated his room with hockey decor because I really wanted him active and to have a sport that he was interested in. After all my efforts and discussions, I decided to enroll him in Kempo.

"We were seeing a Child Psychologist at that time to help us through changes after we lost my mom to breast cancer. The doctor referred us to the REAL Program, and my

son started Kempo on his 10th birthday.

"Through Kempo my son improved in every aspect of his life and I loved watching him in tournaments and achieving his stripes and belts. His fine motor skills and confidence improved and I watched him become a martial artist.

"I was disappointed when he decided he didn't want to partake in Kempo anymore but after a few months he was introduced to Muay Thai. We were more than happy that he found a different form of martial arts to keep his interest peaked and so far, he is excelling. If it was not for the solid foundation he learned at Elton's Fighting Systems, as well as finding himself as a person, the transition would have not been so smooth. The REAL Program and Elton's

were a positive influence for my son, particularly as both my parents fell ill at the same time. His athletic ability and healthy lifestyle did wonders for him and his spirit while our family was going through such a difficult time.

"This Christmas past my son wanted his own real tree. He and my brother chopped one down to put it in our downstairs hall. On Christmas morning his new sparing gear for Muay Thai was there and his very own punching bag to train at home. It was a reminder to us that not everyone can afford to be involved in sports, and that we have come so far. I'm not sure where we would be if we had not been introduced to the REAL Program and ultimately Elton's Fighting Systems.

"It was promises of the future and having people in your

corner who believe in you, guide you and help set you on your journey. It was not about having fancy decorations or being in the best shape but about the love of the sport and having what you need to exceed.

"Thanks to the REAL Program for helping us embark on this journey and for giving us the tools we needed to get ahead. It was a real Christmas in our home this year and we are excited for the future but thankful for how we got here."

If you or your organization are interested in donating to the REAL program please contact us!

Become a donor:
576-8684 or 4556
real@stjohns.ca

Donate using REConnect

Do you use REConnect to register your child for our recreation programs or summer camps? Please consider making a donation to REAL during check out.



REAL Supporters



Metrobus



BellAliant

HIGH FIVE Accreditation

The City of St. John’s Recreation division is the first entity outside the province of Ontario to achieve HIGH FIVE™ accreditation!

Annette Oldford recalls the excitement while attending her first training program with HIGH FIVE in Welland, Ontario a number of years ago - and she was hooked. “I told the trainer on my last day, ‘I will be the master trainer for Newfoundland.’ She said, ‘Well, that’s ambitious!’ but I knew we just had to make it happen here.”

Today, Annette laughs at the memory and her ‘hutzpah’ but the reality is, she did accomplish her goal and, since that fateful day in 2004, Annette and her dedicated team have trained over 6,700 leaders in the HIGH FIVE principles of healthy development in Newfoundland and Labrador.

Recreation NL has taken the lead for the province in spreading the HIGH FIVE program, with City of St. John’s staff including Annette playing a principle role.

“HIGH FIVE is a child-centered program, which is what I love about it most,” explains Annette. “Everything from the programs to the policies supports the healthy development of kids, which is what we’re all about.”

A former early childhood educator who joined the City 19 years ago, Annette is now Supervisor of Family and

Leisure services in the City’s Recreation division so she knows first-hand the benefits of HIGH FIVE programming. “The quality of our programs is outstanding, and the five key principles that make up HIGH FIVE - play, mastery, friends, participation and a caring leader – result in less issues, less administration and best of all a better program for our young participants.”

The HIGH FIVE program is trusted by over 400 organizations across Canada, the country’s only nationally recognized quality assurance framework for excellence in recreation programming. In January of this year, we proudly learned that the City of St. John’s Recreation division is the first entity outside the province of Ontario to achieve HIGH FIVE accreditation.

Accreditation is the highest recognized level of quality and safety in children’s sport and recreation. Organizations that have achieve Accreditation are distinguished by their focus on healthy child development in all aspects of their operation, from programming to policies and procedures. This year the HIGH FIVE program is expanding to include older adults.

All City recreation programs are evaluated with the HIGH FIVE QUEST II tool, a scientifically

validated tool that scores recreational programs on safety, supervision, staff engagement and program support.

“We are pleased to have achieved an overall score of ‘excellence’ confirming the high standard of recreational services offered by the City of St. John’s,” said Councillor Jamie Korab, Council lead for Community Services. “HIGH FIVE has a positive impact on not only on participant experiences but also on their satisfaction and enjoyment.”

Annette and team are proud of what the City has accomplished and are happy for the support and ownership the program has always received from Councillors, recreation staff and parents alike: “Quality recreation opportunities are essential for healthy

child development. Watching our leaders and participants develop competency and confidence fuels my passion.”

We want to celebrate our accreditation milestone with the community and further raise the importance of quality recreational programs. Join us at these free community events!



“Through HIGH FIVE I have learned so much about children and what an influence I have on them every day at camp”

Recreation Leader



Caring leaders at Southlands Community Centre on HIGH FIVE Day



Celebrate HIGH FIVE with us!

Saturday, April 27

Free Everyone Welcome Swims

10-11:50 a.m.
H.G.R. Mews Community Centre

2:15-3:45 p.m.
Paul Reynolds Community Centre

Sunday, April 28

Neighbourhood Celebrations, 2-4 p.m.

Pop in to one of our Community Centres for a fun-filled family event.

Wear HIGH FIVE colours purple or yellow!

Paul Reynolds Community Centre
35 Carrick Drive

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

Southlands Community Centre
40 Teakwood Drive

Kilbride Community Centre
34 Fahey Street

Shea Heights Community Centre
130 Linegar Avenue

Gould’s Community Centre
509 Main Road

“The difference in my child this summer is amazing, the leaders have brought her out of her shell, she has friends! Her school teachers won’t believe she is the same kid.”

Parent of child enrolled in Camp Discovery

Seniors Summer Outings

June 25
Opening Party & Bingo
The Hub, 21 Merrymeeting Road
Summer is here! Beat the heat and cool off with friends, and enjoy a barbecue and bingo with \$0.25 cards.

noon to 3:30 p.m.
\$22
\$17 if using GoBus
13319

June 27
Harbour Grace, Bareneed and Carbonear
Spend the day touring in a Motorcoach while eating traditional food, shopping and visiting historic sites along the way. Lunch and admissions are included.

9 a.m. to 6 p.m.
\$65
14349

July 4
Party in the Park
Bowring Park Bungalow
Join us for local entertainment at this annual concert and party on the grounds of the Bowring Park Bungalow. The concert is free and the cost is for transportation to and from the party.

1 to 4 p.m.
\$5 (includes transportation only)
14350

The Party in the Park is free to attend if you have your own transportation. We will postpone by one day due to weather, with back-up date July 5. Contact us for more information.



June 6 is Seniors Day

Paul Reynolds Community Centre
This event includes information sessions, exhibitors, guest speakers, refreshments and entertainment. Transportation is available, call us to reserve your space.

Noon to 4 p.m.
FREE



July 10 & 31
Swim and Pool Party
Bannerman Park Pool House
Join us for a senior pool party with food, refreshments and activities. Swimming is included but not mandatory.

10 a.m. to 1 p.m.
\$17
\$12 if using GoBus
July 10: 13355
July 31: 14411

July 11
Bell Island
Take a trip on the ferry over to Bell Island to enjoy this fun-filled day by touring the mines, visiting other popular tourist attractions and enjoying lunch on the island.

9 a.m. to 6 p.m.
\$40
14351

July 17
Bowring Park
Spend the day exploring Bowring Park and take part in what it has to offer, including lawn bowling. A barbecue lunch will be provided and other activities will be determined based on the weather.

10 a.m. to 3 p.m.
\$22
\$17 if using GoBus
14358

July 19
House of Assembly and RNC Tour
Spend the morning on a private tour of the House of Assembly and the new RNC headquarters. Finish the morning off with a refreshing treat.

9 a.m. to noon
\$17
14408

July 22
Outdoor Adventures
Rotary 'Sunshine' Park
Experience the outdoors and take part in outdoor expeditions such as canoeing and archery. This outing includes walking, and exposure to water.

Noon to 3 p.m.
\$15
\$10 if using GoBus
14361

July 25
Christmas in July Bingo
Paul Reynolds Community Centre
It's Christmas in July so let's play 12 Games of Bingo! Christmas games, prizes and bingo cards for \$0.25 with themed food and refreshments.

1 to 4 p.m.
\$15
\$10 if using GoBus
14407



August 1
Explore Placentia
Enjoy this Motorcoach tour while experiencing Newfoundland traditional food, and historic sites along the way. Lunch and admissions are included.

9 a.m. to 6 p.m.
\$65
14364

August 6
Bowling & Bidgood's
Spend the afternoon bowling with friends and finish the afternoon shopping in Bidgood's Plaza

1 to 4 p.m.
\$15
14365

August 13
Bingo & Social
Paul Reynolds Community Centre
Postage stamp, four corners or inside square - lots to be won, see you there! Cards are \$0.25 each. Light refreshments provided.

1 to 4 p.m.
\$15
\$10 if using GoBus
13325

Date to be determined*
Ferryland Dinner Theatre
Enjoy a matinee of this popular dinner theatre. Entertainment, transportation and a cold plate meal is included.

10 a.m. to 5 p.m.
\$55

*details will be available on RECconnect before registration day May 2

August 15
Outdoor Cooking
Rotary 'Sunshine' Park
Join us for an evening under the stars. Enjoy light snacks, music and a campfire! This is an outdoor event so please dress accordingly. In the event of inclement weather, activities will take place inside the Rotary Park Chalet.

4 to 7 p.m.
\$15
\$10 if using GoBus
14368



Contact Us

Call **576-8490** or **576-8411**

email
recreation@stjohns.ca

August 20
Around the Bay for the Day
Salmonier and Kelligrews
Spend the morning on Salmonier Line and finish the afternoon in Kelligrews at a local market for fresh local vegetables and fish. The tour includes walking and comfortable footwear is recommended. Lunch will be provided.

9 a.m. to 5 p.m.
\$45
14371

August 22
Closing Party
City Hall
Celebrate and reminisce a memorable summer with an evening of good friends, food and entertainment.

6:30 to 10:30 p.m.
\$22
\$17 if using GoBus
13331



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

Transportation - events and outings

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

Bishop Meaden Manor	Maplewood Apartments
Building #10 Pasadena Cres	Thomas Estates
Building #25 Tiffany Lane	Morgan Hollow
Riverhead Towers	Mt. Pleasant Manor
St. George's Court	Victoria Manor
Kelly's Brook Apartments	Wigmore Manor
The Bristol	
Building #35 Kenny's Park Apartments	

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



Paul Reynolds Community Garden

In 2018, Healthy City St. John's and community partners started a community garden at the Paul Reynolds Community Centre. This project was made possible through the Community Health Living Fund from the Government of Newfoundland and Labrador's Department of Children, Seniors, and Social Development.

This community garden had a successful yield in year one and is now planning for year two. Community gardens are healthy community assets that help build local and sustainable food systems by improving access to healthy foods, green space, and social connections.

Benefits of participating in a community garden

- There are many positive outcomes of being involved with a community garden, including:
- building wellness for individuals, families and communities
 - providing opportunities to eat more vegetables and fruits
 - be physically active
 - support mental well-being
 - build social connections in the community
 - intergenerational and cultural transfer of skills and knowledge
 - build inspiration for other community development initiatives

Why are community gardens important for a healthy community?

Community gardens can help improve food security for residents by increasing their access to locally grown food.

Community gardens are also important places where social connections can be made. Community gardens create spaces for people of diverse backgrounds to get to know each other and for cultural exchange to occur. They can also be a welcoming and inclusive space for seniors living in communities and provide an opportunity for cross-cultural sharing of food skills and feelings of community belonging for all involved.

Get involved

Healthy City St. John's is seeking volunteers to serve on a garden committee to contribute to the planning, promotion, and care of the Paul Reynolds Community Garden.

The garden welcomes all those interested in volunteering for the summer 2019 season; examples of duties include:

- Planning new additions to the community garden (such as garden beds, benches, pathways, etc)
- Promoting the community garden to new gardeners
- General care of the community garden (such as spring clean-up, weekly cleanup of garden tools, fall clean-up (winterizing the garden) etc)

If you or someone you know is interested in learning more about community gardening, finding or stating a community garden in your neighbourhood or participating in the Paul Reynolds Community Garden, connect with us by emailing healthycommunities@stjohns.ca or calling 576-8628.



This project is funded in part by:

City of St. John's
Government of NL

Community partners of the Paul Reynolds Community Garden include:

Healthy City St. John's
St. John's Local Immigration Partnership
Food First NL
Association for New Canadians
Multicultural Women's Organization of NL
Memorial University Office of Student Life
The Home Depot

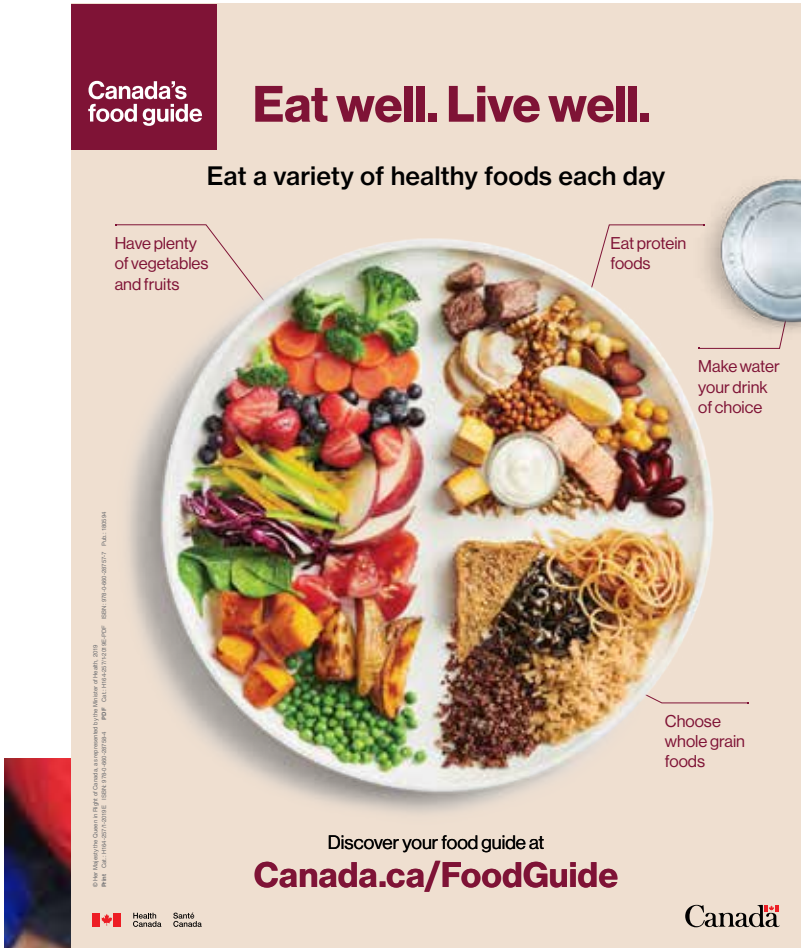


Canada's Food Guide

Canada's Food Guide is a healthy eating guide produced by the federal government department Health Canada.

Updated in January 2019, the new guide recommends having plenty of vegetables and fruits, choosing whole grain foods, eating an assortment of protein foods and making water your drink of choice. The new guide focuses more on healthy eating habits - healthy eating is more than the foods you eat; it's also about where, why and how you eat.

Review Canada's Food Guide, including supporting resources such as tips and recipes, at: food-guide.canada.ca



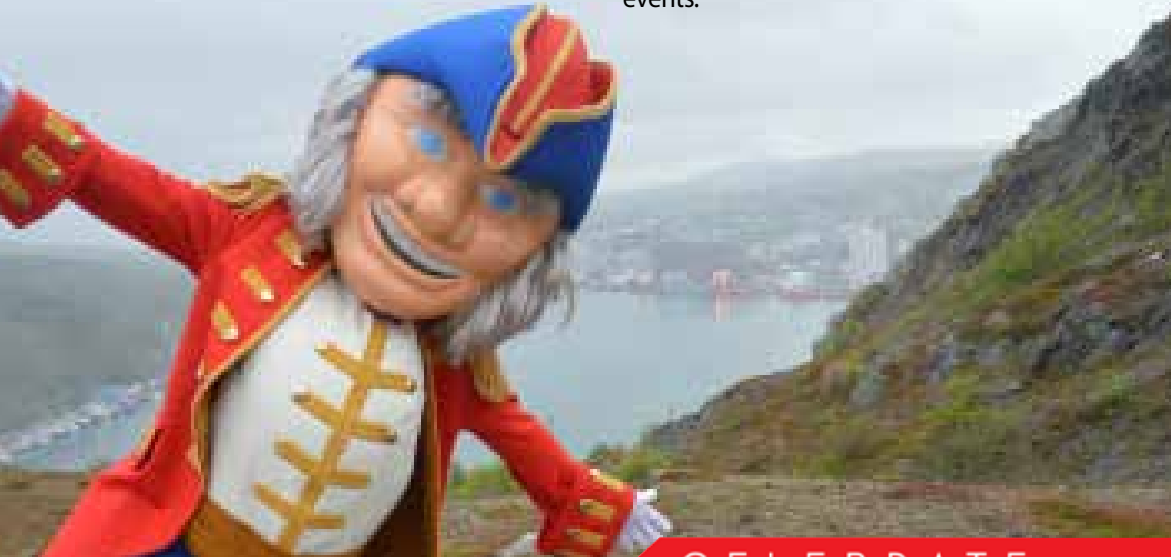
Summer Fun

St. John's Days

From June 21 to 24 help us celebrate the incorporation of our city!

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, and all events are FREE – including rides on the Metrobus Link!

Highlights include a family fun day, a film screening, musical performances, open house events and a chance to experience a taste of our St. John's culture that you won't forget. As details are confirmed, event information will be posted on the City website calendar of events.



Canada Day

On Canada Day there's something for everyone, from sunrise to sunset!

With support from the Government of Canada, the City of St. John's and event partners will highlight many of the reasons we are proud to call Canada home.

Be the first in the country to start the Canada Day celebrations. The day begins with a sunrise event at 6 a.m. at Signal Hill National Historic Site, followed by a day full of family fun and entertainment at King George V Park beginning at 1 p.m. The evening will be sure to entertain with an 8 p.m. concert at Quidi Vidi Lake 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 on the City website calendar of events.

Canada Day Festivities

- 6 a.m. Sunrise event at Signal Hill
- 1 p.m. Family fun and entertainment at King George V Park
- 8 p.m. Concert at Quidi Vidi Lake
- 10 p.m. Fireworks at Quidi Vidi Lake



The Link: Your connection to attractions this summer



The Link connects downtown, Signal Hill and Quidi Vidi Village with stops at numerous attractions. Service begins during St. John's Days and continues until late September.

Stops for The Link are near:
Signal Hill National Historic Site
Johnson GEO Centre
Quidi Vidi Village
The Railway Coastal Museum along Water Street
Provincial Historic Sites:
The Commissariat
Newman Wine Vaults

The Link allows customers to 'hop-off' at any stop along the route, browse around and then hop back on the next Link bus to move to another attraction.

An individual day pass for The Link is \$10, or for a group of up to five people just \$25. Regular Metrobus fares can also be paid each time a customer boards The Link, which is a great option for those only travelling a few stops.

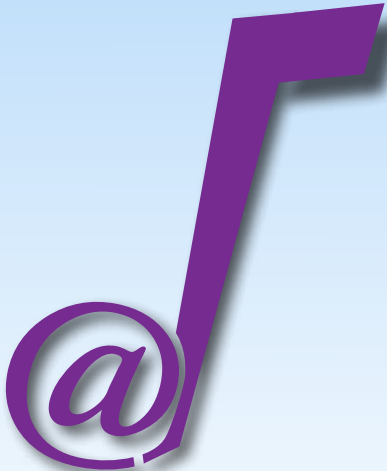
Learn more at:
metrobus.com/thelink

music @ 2019

The City's concert series is back for another year! Each concert opens with a youth performer coordinated through a partnership with the NL Folk Arts Society and features a diverse line-up of main acts that span musical genres.

Music @ Harbourside is the flagship event of our concert series, however we continue to expand and bring music to even more locations, thanks to community and corporate partnerships. Once all venues and performers are confirmed, the complete schedule will be updated on the City's website.

Bring your family, friends, neighbours, and coworkers to enjoy some of the finest musical talent St. John's has on offer!



	Atlantic Place	Harbourside Park	Bannerman Park	Bowring Park
	Fridays, 12:30-1:30 p.m.	Every Friday, 12:30-1:30 p.m.	Sundays, 2-3 p.m.	Sundays, 2-3 p.m.
	June 7 and 14	June 21 to Sept. 13	July 7 and Aug. 4	July 14 and Aug. 25
		Rain venue is the Atlantic Place Atrium		



Only the 3Ps should be flushed – Pee, Poo and toilet Paper!

Many products labelled “flushable” do not break down and cause problems at the Riverhead Wastewater Treatment Facility



Do not flush:

feminine hygiene products
flushable wipes (all kinds)
dental floss
tissues, napkins and paper towels
food and fat
oils and grease
cotton balls and swabs
bandages, condoms and cigarette butts

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.
8 to 10 p.m.

Odd house number
Thursdays and Sundays
6 to 8 a.m.
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 contacting 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.



Rehoming a pet

The City's Humane Services division receives a significant number of inquiries from pet owners who, for one reason or another, can no longer keep their pets.

Both cats and dogs who are facing the prospect of going to a new home may go through an adjustment period of varying degrees of stress. Animals who were once well cared for, healthy and happy in their original homes, may not be ideal candidates for a shelter environment.

Pet owners with the best intentions of wanting to find a new responsible owner through a shelter's adoption program may not necessarily realize the toll it takes on their pets. It is this type of pet that does not 'show well' to potential adopters due to their reactions to the strange sounds, smells and overall activities of shelter life.

Humane Services recommends pet owners make every effort to place their pets privately with new, loving families before making the decision to go to a shelter.

Surrendering your pet to a shelter

If a pet owner has exhausted all of these suggestions, surrendering the pet to a shelter may be the only option.

Please be aware that there may be a fee to sign over a pet depending on the shelter or adoption center's policy. Consider the organization's adoption and screening process as well as their follow up procedure once a pet is adopted in a new home.

If the local shelters are at capacity, ask if they will profile a privately owned pet on their website.

Giving up a treasured family pet is difficult. Keeping the animal's stress level to a minimum is extremely important with as little change in routine as possible. Planning, research and preparation may save the pet owner some heartache and will successfully prepare the animal to adapt to a loving, caring home.



Tips on how to re-home your pet

Prepare a short biography of your pet including a picture. List any special training, general behaviors, medical history and nutritional needs.

Be honest to prospective adopters. Full disclosure will help a pet owner find a new home that is a good fit for their beloved pet.

Ask trusted friends, family and coworkers whether they are interested or know somebody who may be interested in adopting a pet.

Social networking on animal rescue sites, including on social media, may help a pet owner let potential adopters know they are seeking a new home for their animal.

Conduct a home visit once a potential owner contacts you. Consider interviewing the individual and ask for references to make sure your pet's next home is forever.

Learn more at
www.stjohns.ca
>Living in St. John's
>Animal Care and Adoption

A close-up photograph of a hand turning a silver door handle. The hand is holding a keychain with a house-shaped key and a small metal tag. The door is white with a yellow vertical stripe.

Opening the right door can change your life

A great home is just a call away.

The City's Non Profit Housing
Division has one to four
bedroom units available to rent
for those on a tight budget.

These units are comfortable
and well maintained.

ST. JOHN'S

Contact us or complete an application:

Online at stjohns.ca>Living in St. Johns>
City Services>Non Profit Housing

In person at the Access Centre, first floor, City Hall

Email housing@stjohns.ca

Call 576-8196