



# CITY GUIDE

SPRING 2022



**City seeks nominations of groups and individuals for Applause Awards program**

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**Downtown on-street paid parking areas**

Pages 16-17

**5 simple things that you can do to combat climate change**

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ST. JOHN'S

[www.StJohns.ca](http://www.StJohns.ca)

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## City Guide

Information and stories about the programs and services of the City of St. John's; produced quarterly and distributed via mail to all households in the capital city. If you do not wish to receive unaddressed mail including the City Guide, put a note on or in your mailbox stating you do not wish to receive Canada Post Neighbourhood Mail™.

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*Blues group Stompbox perform at the Music @ Concert Series in downtown St. John's.*

# We are seeking Musical Talent

## Call for Performers

The City of St. John's is now accepting applications for the 2022 Call for Performers. The Call for Performers allows the City to showcase arts and cultural performances for special events like the Music @ Concert Series, dockside welcomes, and other City of St. John's hosted events and festivals.

## Music @ Concert Series

These performances showcase the incredible and diverse musical talent the city has to offer to both residents and visitors alike. Performances span genres such as jazz, folk, pop and more. Main acts are approximately 45 minutes long and are preceded by a youth performer opening act, coordinated through a partnership with the Newfoundland and Labrador Folk Arts Society.

## Dockside Welcomes

An animated introduction to our culture is provided through music, song and/or dance to welcome cruise ship passengers. The program is designed to be informative, entertaining, and engaging while showcasing Newfoundland and Labrador's talent.

## City of St. John's Hosted Events & Festivals

Performances at City of St. John's hosted events and festivals take place at various times throughout the year and reach a variety of individuals, in a family-friendly environment. Performance requirements vary based on the event or festival and may include Canada Day Celebrations, New Year's Eve Celebrations, and others as required.

Local musician Jim Payne has been a regular performer at the Music @ Concert Series.

"Performing at Harbourside Park is a good fit for us because our repertoire reflects some of the history of St. John's and the harbour. Between such a spectacular backdrop, a large lunchtime audience of people working downtown, shoppers and tourists, and a smooth and hassle-free sound setup and production organized by the City, it's a great event for musicians and audiences alike. Having an up-and-coming performer do an opening act also demonstrates the City's willingness to nurture and encourage young musicians, ensuring that the Music @ Concert Series will be able to feature local talent well into the future. It's always a pleasure to play there."



*Jim Payne*

## You can apply today!

Application deadline is Friday, March 18, 2022.

Complete the Call for Performers Application Form:

scan the QR code at right with your mobile device, or visit

<https://forms.office.com/r/NQa4Kyisa7>





# Nominations Open for St. John's Applause Awards

It's hard to stay positive when we are disconnected from one another in person. But what better time than now to focus on all the good that happens in our community! Help us recognize the many citizens and organizations that make our city great.

The St. John's Applause Awards, one of the largest recognition programs in the city, recognizes outstanding achievements of individuals and organizations in five major award categories. Nominations are now open in the following categories:

## **Heritage**

Recognizes commercial and residential property owners of Heritage Buildings or buildings in a Heritage Area for their work in rehabilitating, restoring and celebrating our rich built heritage.

## **Building Healthy Communities Volunteer**

Recognizes residents who have volunteered their time to support healthier lifestyles and environments within the City of St. John's. Awards are presented in Youth, Community Group and Adult/Senior categories.

## **Tourism**

As a result of challenging impacts from COVID-19, the City has modified the presentation of the Tourism Awards to present only the pinnacle Legend Award. This award recognizes an individual or organization who has made significant contributions to the enhancement of tourism over many years.

## **Youth of the Year**

Open to residents 12 to 18 years old who through their volunteering, extracurricular activities and community involvement have helped make St. John's a better place to live. Nominations are accepted for Junior and Senior Youth of the Year.

## **Senior of the Year**

Recognizes a senior 60 years or older who has made significant volunteer contributions to the city by improving the quality of life for citizens through community involvement. This award is sponsored by Tiffany Village Retirement Residence.

Look to your neighbours, colleagues, community leaders and local organizations and nominate them today. The winners will be recognized at an event this spring.

Submit your nominations by visiting [StJohns.ca/applause](https://StJohns.ca/applause) or call 311 or 754-CITY (2489). Deadline is March 31.



# 2021 Award Winners

Congratulations to the 2021 award winners! These residents made St. John's a better place to live.

## Heritage

During Heritage month in February 2021, certificates of recognition were awarded to:



Jennifer and Kirk Anderson for Canada House, 74 Circular Road for preserving or restoring the original character of a Heritage Building.



Isabelle Goodridge for Clifton, 71 Rennie's Mill Road for preserving or restoring the original character of a building in Heritage Area 1.



Bruce Blackwood for 29 Military Road and Donald Hayes for 27 Military Road for infill development that blends into a Heritage Area 1 neighbourhood.

## Building Healthy Communities Volunteer



Hannah Murphy, Youth Recipient



Charles Murphy, Adult Recipient

## Tourism



The Legend Award to Paul Pope of Pope Productions

## Senior of the Year



Patricia Wright

## Youth of The Year



Margaret Peters, Junior Youth of the Year



Jorja Hinks, Senior Youth of the Year

For more information on each award recipient or on upcoming award categories and eligibility criteria for the 2022 St. John's Applause Awards, please visit [StJohns.ca/applause](https://StJohns.ca/applause).

# A

## Area 1A to 5A, 2022

### Curbside Collection

Learn your area at [CurbitStJohns.ca](http://CurbitStJohns.ca) or call 311 or 754-CITY (2489).

- Waste must be at the curb between 6 and 8 a.m. on your collection day only.
- Automated: Garbage carts must be properly placed (ie. not on sidewalks/snowbanks).
- Manual: Garbage bags must be completely covered from April to November.
- Yard waste must be in paper yard waste bags; put at the curb on your recycling days from May to November.
- Cancelled collections (ie. storm, holiday) take place the next day along with that days regularly scheduled collection.

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

January						
M	T	W	T	F	S	
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17	18	19	20	21	22	
24	25	26	27	28	29	
31						

February						
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March						
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April						
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June						
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July						
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November						
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December						
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12	13	14	15	16	17	
19	20	21	22	23	24	
26 H	27	28	29	30	31	

# B Area 1B to 5B, 2022

## Curbside Collection

Learn your area at [CurbitStJohns.ca](http://CurbitStJohns.ca) or call 311 or 754-CITY (2489).

- Waste must be at the curb between 6 and 8 a.m. on your collection day only.
- Automated: Garbage carts must be properly placed (ie. not on sidewalks/snowbanks).
- Manual: Garbage bags must be completely covered from April to November.
- Yard waste must be in paper yard waste bags; put at the curb on your recycling days from May to November.
- Cancelled collections (ie. storm, holiday) take place the next day along with that days regularly scheduled collection.

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

January						
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February						
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28						

March						
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April						
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May						
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June						
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July						
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18	19	20	21	22	23	
25	26	27	28	29	30	

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

September						
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			1	2	3	
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12	13	14	15	16	17	
19	20	21	22	23	24	
26	27	28	29	30		

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

November						
M	T	W	T	F	S	
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7	8	9	10	11 <b>H</b>	12	
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28	29	30				

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

# Clear Bags and Staff Safety

In January, a new sanitation regulation came into effect requiring the use of clear bags for garbage put at the curb. In the winter 2022 City Guide, we outlined the economic and sustainability benefits of clear bags for garbage but did you know there are occupational health and safety reasons as well?

The main reasons we are requiring clear bags for garbage are to:

- increase recycling
- remove hazardous waste from garbage
- enhance safety for collection & landfill staff

We need to decrease the amount of waste and stop hazardous waste such as batteries from going to the landfill.

Since 2019, staff at the Robin Hood Bay Waste Management Facility have responded to more than 70 fires on the landfill. Staff are trained in how to respond to landfill fires, however, if they cannot be controlled the St. John's Regional Fire Department are called. Since 2019, SJRFD have responded to 5 fires on the landfill.

Once the fire is out, an investigation determines the cause of the fire, and through these we've learned:

- 35% are caused by batteries, the majority by rechargeable lithium-ion batteries left in toys, electronic devices and power tools
- 23% are caused by marine flares
- 12% are caused by chemicals, primarily swimming pool chemicals
- 30% are caused by an unknown source



Landfill staff have found full barbecue propane cylinders hidden in with household garbage. Staff are always looking for potential hazards, however, when dangerous products are camouflaged in other materials it puts everyone at risk.

Once collected at the curb, garbage is compacted in the back of collection trucks. We have been very lucky that we've only had to deal with minor incidents of fire in garbage trucks as disposing of highly flammable and combustible materials in regular garbage is dangerous.

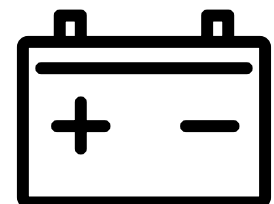
By requiring clear bags for garbage, our curbside collection staff as well as landfill staff will be better able to identify hazardous waste before they potentially cause a fire.

## How to properly dispose of batteries

Batteries, flares, chemicals and other hazardous waste from your home can be properly disposed of at the Household Hazardous Waste Depot open 8 a.m. to 4 p.m. on Wednesdays and Saturdays at the Residential Drop Off at the Robin Hood Bay Waste Management Facility, 340 East White Hills Road.

Other options for hazardous waste disposal:

[RethinkWasteNL.ca](https://www.RethinkWasteNL.ca)  
[RecycleMyElectronics.ca/NL](https://www.RecycleMyElectronics.ca/NL)  
[RecycleMyCell.ca](https://www.RecycleMyCell.ca)  
[ProductCare.org](https://www.ProductCare.org)







# Curbside Waste Collection

The City of St. John's offers curbside waste collection that is available to properties that can follow the parameters of this service, including:

- Put at the curb between 6-8 a.m. on collection day only, must be at the curb by 8 a.m. Empty carts or bins and any uncollected waste must be removed from the curb by 8 p.m. on collection day
- Maximum 4 bags of garbage for each weekly collection; bags must be clear & colourless with a maximum of 1 opaque privacy bag (ie. black, white, etc) per week
- Unlimited number of blue bags of properly sorted recycling (containers & papers) per biweekly collection
- Unlimited number of paper yard waste bags per biweekly collection from May to November
- Garbage must be covered:
  - In automated collection areas with a City-issued cart, the cart lid must be completely closed with garbage inside
  - In manual collection areas, garbage must be covered from April to November; acceptable covers include nets and bins (plastic or metal)

The City of St. John's offers several tools that can help your household waste management system run smooth and efficiently – we encourage you to use these services.

## New to curbside recycling?

Are you new to curbside recycling and would like some help? Recycling starter kits include sample blue bags and clear bags, a decal of the most common household recyclables and more details about St. John's curbside recycling and garbage collection service.

Request a free recycling starter kit by emailing [curbit@stjohns.ca](mailto:curbit@stjohns.ca) or calling Access St. John's at 311 or 754-CITY (2489).

## Is it recyclable?

A listing of the most common household recyclables that can be put in blue bags at the curb is on our website: [CurbitStJohns.ca](http://CurbitStJohns.ca) > Recycle > Curbside Recycling; the listing is also in this issue of the City Guide.

## Put Waste In Its Place

If you have an item you need to dispose of but don't know if it's recyclable, garbage or if it can be used by others – use this search feature to learn options of how to properly dispose of it.

Use the search on our app St. John's Waste & Recycling or website [CurbitStJohns.ca](http://CurbitStJohns.ca).

## Sign up for reminders

Never miss a garbage or recycling collection day by signing up for reminders; you choose when and how you receive your weekly reminder:

- App notification
- Text message
- Email
- Twitter direct message
- Automated phone call message

Sign up for reminders:

- [CurbitStJohns.ca](http://CurbitStJohns.ca)
- free app St. John's Waste & Recycling
- call Access St. John's at 311 or 754-CITY (2489)

Whether you have the app or the reminder service, you will be sent alerts early on storm days so you will know if collection is postponed or going ahead.

## Separate bag for Containers



**Aluminum Trays**  
e.g. pie plates, baking trays & more



**Aluminum Cans**  
e.g. pop cans, beer cans & more



**Milk & Juice Cartons**



**Plastic Trays & Tubs**  
e.g. butter & sour cream tubs, vegetable & fruit trays



**Clamshell Plastic Trays**  
Take-out foods, sandwich and berry containers



**Plastic Food Containers**  
e.g. ketchup, mustard, yogurt & more



**Plastic Cleaning Product Containers**  
e.g. bleach, liquid laundry detergent, all-purpose cleaner, spray bottles, windshield wash bottles & more



**Plastic Toiletries Containers**  
e.g. shampoo, liquid soap, mouthwash, contact lens solution, body wash & more



**Plastic Drink Bottles**  
e.g. water, pop, liquor & more



**Steel (Tin) Cans**  
e.g. soup cans, bean cans, tuna cans, coffee cans & more



**Tetra Pak Containers**  
e.g. juice boxes, soup containers & more

## Separate bag for Papers



**Newspaper, Flyers & Junk Mail**



**Magazines, Catalogues & Phone Books**



**Writing & Computer Paper**  
e.g. lined, white, coloured



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



**Books**  
Remove hardcovers



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



**Egg Cartons**  
Just the cardboard kind, not the styrofoam kind



**Take Out Drink Trays**



**Empty Paper Towel & Toilet Paper Rolls**  
Just the empty cardboard rolls, not the toilet paper or paper towels themselves



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

### Wondering about an item not listed here?

Use 'Put Waste in its Place' at [CurbitStJohns.ca](http://CurbitStJohns.ca) or app St. John's Waste and Recycling



# What Happens to Curbside Recycling

Since 2010 the Recycling Facility at Robin Hood Bay has processed 75,000 tonnes of paper and container recyclables.

What happens to the recyclables after that? Where do they go and what are they made into?

## Is everything in blue bags recycled?

Yes, if it's recyclable.

The amount of garbage (non-recyclables) put in blue bags with recycling is the contamination rate. Since curbside recycling began in St. John's the contamination rate has been between 3% and 5% - this is the lowest across the country, where recycling contamination rates vary from 5% (us!) to 25%.

Our low contamination rate – due to bagging containers separate from papers, and by not including glass or plastic film (ie. plastic wrap) - makes our recycling a sought-after product in the marketplace and is why our curbside recycling program is so successful.

For years, the world's biggest recycling market was in China, however in 2018 changes to address high contamination rates closed this market to many.

This change has not impacted the City of St. John's and we've continued to supply the market with our recycling materials due to its low contamination; most of our recyclables go to Canadian markets.

Because we continue to produce a very clean product for manufacturers, you can be assured items are properly recycled, many of them in Canada.



Watch how recyclables are sorted at our recycling facility  
Search 'Journey of Recyclables' at  
[YouTube.com/CityofStJohns](https://www.youtube.com/CityofStJohns)

## Boxboard & Paper = Egg Cartons and Take Out Trays

Boxboard like cereal and cracker boxes and paper such as flyers, junk mail and office paper are sent to recyclers here in Atlantic Canada who make egg cartons and drink take-out trays.



## Aluminum & Steel = MORE Aluminum & Steel

All soup, tuna and bean cans, aluminum/tin foil, and drink cans made of aluminum are sold to recyclers in Quebec who make more aluminum and steel products including steel beams, automotive parts, cans and nails.



## Cardboard = MORE Cardboard

Corrugated cardboard has always been a product in-demand in the recycling marketplace. Since the rise in online shopping, manufacturers have a high demand for cardboard for shipping their products.

Cardboard from St. John's is sold to markets in Quebec to make more corrugated cardboard.



## Plastic = MORE Plastic products

Plastics such as containers and lids from food, drink and cleaning supplies are in high demand by manufacturers. Plastic recyclables are sold to markets in Ontario and Quebec where they are made into plastic lumber, corrosive-free piping, plastic bottles and toys.



The City uses proven continuous improvement (CI) tools and methods to tackle process problems and engage staff in problem solving. Learn more by searching 'continuous improvement' at [StJohns.ca](http://StJohns.ca)



# Continuous Improvement Success

## CASE STUDY ROAD MAINTENANCE

In October 2020, the actual quantities in the Crack Seal Program highlighted issues with the estimating process. The actual quantity was underestimated in some cases and exceeded the estimated amount by approximately a factor of 2 or 100%.

Staff examined and improved the estimating process for this and other projects.



### **The Challenge**

The goal was to improve the estimating process in the Crack Seal Program so that the estimated quantities were within 20% of the actual constructed quantities and to also improve on estimating quantities in other programs. This would improve both the quality and quantity of work completed to seal pavement cracks.

### **The Solution**

The project team met to discuss the problem, objectives, and scope of the CI project. The current state of the process was mapped and staff used CI tools to identify improvements to test and implement including:

- measuring cracks after rainfall when they were more visible
- while it is not possible to measure every crack for estimating purposes by foot, staff walked a few sites with a measuring wheel to double check the estimated quantity
- clarifying which types of cracks need to be measured for estimates; some types of asphalt cracking do not benefit from crack seal
- measuring the cracks during construction ahead of the crack seal crew
- prioritizing streets to ensure they do not get left behind year after year

At the end of the project in 2021, estimated quantities were significantly improved and were in line with the actual construction quantities which resulted in approximately 100% improvement in the estimating process. Approximately 128 streets were completed compared to approximately 93 streets the previous year. Based on this, the project was a major success. Staff will monitor and adjust solutions in future projects to keep the improvement in place.

### **How You Benefit**

Staff are able to complete more streets each year, there is reduced frustration, reduced administrative work of completing costing and budgetary paperwork, staff time is better used and historical data will be more accurate which improves estimates in the future. Stakeholders that benefited from this project include the inspectors, project managers, staff managers, contractors, finance and administration, procurement and the legal department. City residents also benefit by seeing more work completed with greater accuracy and efficiency.

*The City of St. John's is committed to continuously looking at what we do and how we do it to ensure we are performing effectively and achieving results. Through continuous improvement, we are making our processes more efficient to deliver more value to our citizens.*

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

Check out

**MyNewStJohns.ca**



**The City's  
Business  
Information  
Centre**



Are you an entrepreneur starting a new venture? Do you have questions about how to start a new business in St. John's? Contact us today.

The Business Information Centre is open for telephone or virtual appointments from Monday to Friday from 9 a.m. to 4:30 p.m. You can reach us at 709-576-8107 or at [business@stjohns.ca](mailto:business@stjohns.ca) to arrange a video call.

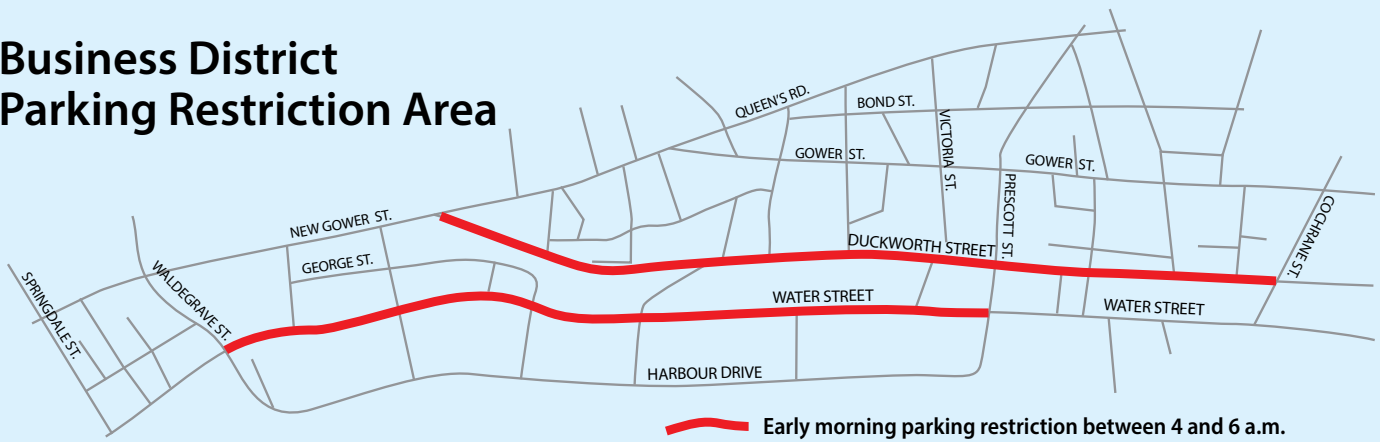


[stjohns.ca/doing-business](http://stjohns.ca/doing-business)



[twitter.com/Advantage\\_SJ](https://twitter.com/Advantage_SJ)

## Business District Parking Restriction Area



# Winter Parking Restrictions

To safely and effectively clear snow from streets, the City of St. John's restricts parking on streets by area, time of day, and/or dependent on operational requirements.

Violating winter parking restrictions can result in a ticket being issued or the vehicle being towed.



For more details of each winter parking restriction, check our websites:

[StJohns.ca/snow](http://StJohns.ca/snow)

[map.StJohns.ca/snow](http://map.StJohns.ca/snow)

## No Parking- Snow Route

From December 1 to March 31 parking is prohibited 24 hours a day, regardless of snow/street conditions, on streets with designated Snow Route signs.



## Downtown Scheduled as required 11 p.m. to 6 a.m.

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



## Business District 4 to 6 a.m. daily, once in effect

On-street parking in the Business District is restricted throughout the winter to allow for early morning snow clearing regardless of snow or street conditions.

## Outside the Downtown and Business District

Once in effect - 12:30 to 7:30 a.m. daily.

The on-street parking restriction outside the Downtown and Business District is in effect throughout winter regardless of snow or street conditions.

## 24 Hour Parking Restriction

Implemented as operationally required outside the Downtown and Business District

The Deputy City Manager of Public Works can implement a 24-hour parking restriction outside the Downtown and Business District when necessary for snow clearing and/or snow removal. When in effect, vehicles cannot park on streets outside the Downtown and Business District area at anytime. Notice of the 24-hour parking restriction will be posted on the City's website as a Public Advisory.



# Downtown Overnight Snow Removal

Downtown snow removal operations take place overnight between 11 p.m. and 6 a.m. when there is reduced pedestrian & vehicle traffic.

A complete list of streets included in the Downtown snow removal area can be found at [StJohns.ca/snow](http://StJohns.ca/snow).

Streets scheduled daily for snow removal visit [map.StJohns.ca/snow](http://map.StJohns.ca/snow).

## Is my street scheduled for snow removal?

Streets scheduled for overnight snow removal are normally posted by 3 p.m. each day.

To find out if your Downtown street is scheduled for overnight snow removal:

- Check [map.StJohns.ca/snow](http://map.StJohns.ca/snow)
- Sign up to receive an email by 3 p.m. each day, at [StJohns.ca/st-johns-e-updates](http://StJohns.ca/st-johns-e-updates)
- Call Access St. John's at 311 or 754-CITY (2489)
- Check for signs placed in snowbanks and at the ends of the street where we'll be removing snow

## Where to Park

When your street is scheduled for snow removal, you need to move your vehicle(s) off the street from **11 p.m. to 6 a.m.** on the dates indicated. Any vehicle parked on a street scheduled for snow removal at this time may be ticketed or towed at the owner's expense.

Alternate parking options include:

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

## If your vehicle is towed Impound Fees and Payments

Towing Charge: \$200

Administration Charge: \$50

Impounding Fee: \$25 per day

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

Payment Options:

- In person at City Hall  
8 a.m. to 4 p.m., Monday to Friday  
By cash, credit or debit card
- By calling 311 or 754-CITY (2489)  
7 a.m. to 11 p.m.  
By credit card only

Impounded vehicles can be picked up, after payment is made, by the registered owner/renter from 8 a.m. to midnight, seven days a week at 25 Blackler Avenue. We need to see proof of ownership, such as:

- Driver's license or other government identification with the same name and civic address as the vehicle registration
- For rental vehicles, the name and address on government identifications matches the name and address of the rental agreement



Get more Parking information, visit **StJohns.ca**

- >Living in St. John's
- >Streets, Traffic and Parking
- >Paid On-Street Parking

# Paid On-Street Parking

Throughout the downtown core, on-street parking is enforced by the City, using a combination of PayByPhone, Pay Stations, and Timed Parking Areas. There are two private parking garages open 24/7 downtown, located at 330 Duckworth Street and 351 Water Street (entrance on Harbour Drive).

See the parking map below for an overview of all parking options. Additional resources about how to use PayByPhone are available on the City's website.

Paid on-street parking is an important part of having a sustainable and effective transportation network and generates funding for City operations.

In all areas where public parking is available, motorists need to look for signs when parking to indicate the restrictions in the area.



## Look for On Street Signs

They will tell you how long you can park in a given area and whether payment is required. PaybyPhone signs will give you the location number to use for payment.





# PayByPhone Parking App - How it works

1.



## Download the PayByPhone app

Download the app now from the Google Play and iOS App Store.

Once in the app store search for PayByPhone or PayByPhone Parking.

The first entry displaying the icon above is the one you want to get. Once the app is loaded on your device, find the app and open it.

2.



## You can create an account

In the top right corner of your screen is a person/gear icon. Click this to begin to set up your account. This will help you park faster. You can enter vehicles, payment card info and more. If you do not want to set up an account, just enter a location code.

3.



## Enter your location number

The app will start by asking the location number of where you want to park. Look at the street sign at the location where you want to park and enter it.

**Note:** There may be more than one location with the same number. Be sure to choose the location on the correct street in the City of St. John's.

4.



## Enter your vehicle information

You will add the license plate number and province as well a vehicle type and description. You can even upload a photo of your vehicle.

5.



## Enter your parking duration

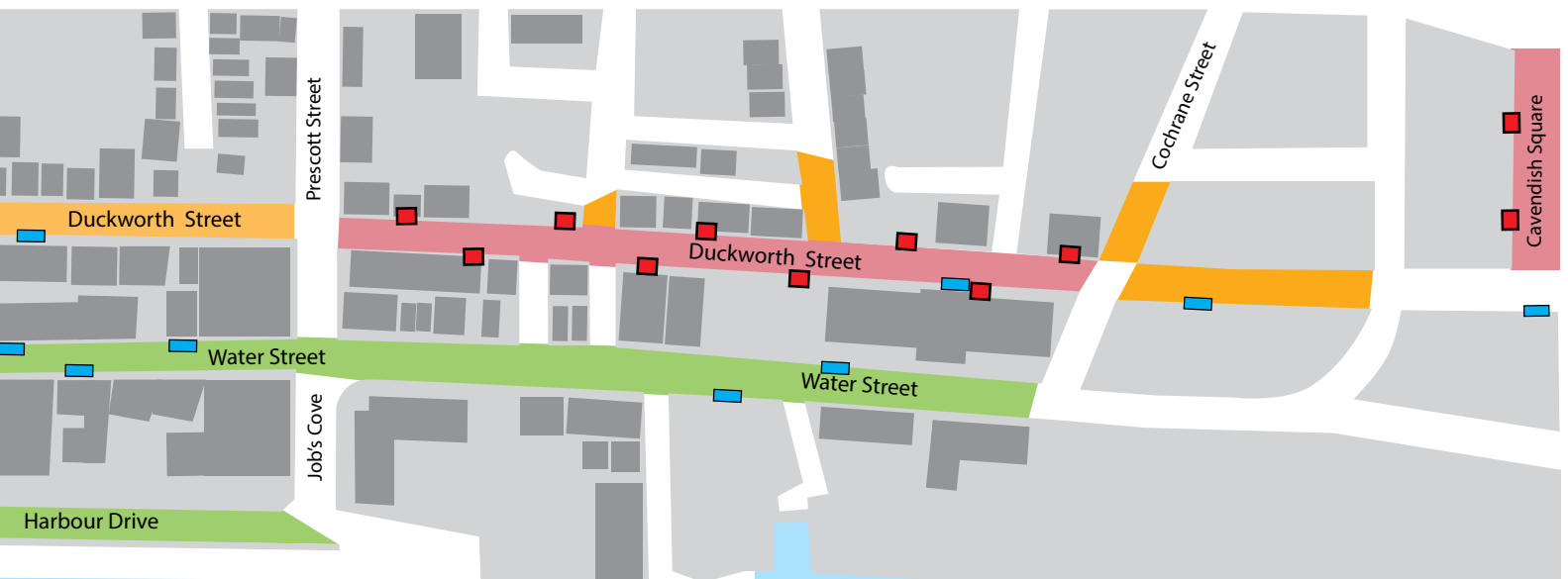
Add the time duration you wish to park. Check the details then confirm your selection.

6.



## Extend your parking anytime

Add more time from wherever you are. Simply open the app and add time to your current parking meter.



## Parking Garage Options

- 1 351 Water Street (Paid Parking)
- 2 330 Duckworth Street (Paid Parking)
- 3 City Hall Parking Garage (Evenings and Weekends Only)



# Spring Care for your Trees and Shrubs

With the days getting longer and the temperatures starting to rise, tree buds are starting to swell. As your trees/shrubs begin to come out of dormancy and prepare for a new growing season there are some things you can do to encourage healthy growing.

Take a walk around your property and have a look at the condition of your trees and shrubs. Look for broken or hanging branches, dieback, damage (cracks, splits, oozing wounds) and browning. If you find any potential tree hazards in City trees you can report them by calling 311.

For assistance with trees:

- On private property - contact a Certified Arborist
- On City property - call 311 or 754-CITY (2489)
- Around power lines - contact NL Power

## Tips to promote a healthy growing season for your trees/shrubs



- **Clean up and remove old leaves around your trees.**  
Certain tree diseases, such as tar spot, will overwinter in fallen leaves. It is best to remove the leaves from the site and avoid mulching or burning them. The best way to remove leaves is to put them in paper yard waste bags. Set them at the curb on the same day as your recycling day from May until November.



- **Have your trees and shrubs fertilized.**  
In urban environments, soils are often lacking in proper nutrients for optimal growth. Fertilizer help ensure that your trees/shrubs have the nutrients that are required and specific to your plant. There are many different fertilizer options available. If you are unsure of your plants specific requirements, contact a professional for a recommendation.



- **Apply a layer of organic much.**  
A properly applied layer of mulch will help regulate soil temperature (both in summer and winter), increase soil fertility, improve soil biology, aeration, reduce moisture loss and reduce the likelihood of damage from lawnmowers and trimmers. Avoid applying too thick a layer and while dyed mulches are aesthetically nice, they are not recommended for trees/shrubs.



- **Prune your trees/shrubs.**  
Spring pruning is best if done before new growth develops. Try to remove no more than 10% of the plant. The main goal should be removing any dieback/winterkill, broken, and diseased sections. To encourage new spring growth, pruning is best done in the winter.

# 5 things you can do to combat climate change in St. John's



We all see the effects of climate change around us. Here in St. John's we've witnessed more frequent and severe rain, rising temperatures and more extreme weather. Breaking weather records in this province and around the world has now become common. We must all do our part to reduce greenhouse gasses and slow the warming effect on the planet. The following are five simple things you can do to help:

**1. Green your commute:** In St. John's transportation accounts for 49% of greenhouse gas emissions. There are many ways you can reduce transportation emissions while contributing to your health and saving a few bucks in the process:

- Walk or take public transit
- Ride a bike or advocate for bike lanes in your community
- Car-share
- Make your next vehicles an electric or hybrid vehicle
- Fly less (if you do fly, make sure you offset your emissions)

**2. Make your home more energy efficient:**

This can start as small as changing light bulbs to LEDs or as big as insulating your basement or attic. Install programmable thermostats and consider installing a heat pump. Wash clothes in cold water and hang to dry. Consider switching away from oil and propane as a source of heat. Look for the many ways around your house to save money and energy, too!

**3. Buy local food and compost:** Food grown locally has less distance to travel, which results in fewer emissions, a reduction in your carbon footprint and support to local farmers. If you don't live near a farmer's market, ask at grocery stores if they carry food produced in your region. If they don't, request that they start. Do your best to not waste food, and find out more about backyard composting

**4. Recycle, recycle, recycle:** The City of St. John's offers many recycling programs. Curb side recycling takes paper, cardboard, containers and yard waste. Items such as electronics, paint and tires can be recycled by using the Residential Drop-off at Robin Hood Bay.

**5. Plant a tree:** An important deed in our fight against climate change, planting a tree is good for the air and the earth. It can help protect our neighbourhoods from changes in climate. By acting as wind breaks and absorbing water, they also capture carbon dioxide and other harmful gases. Trees can increase property value and improve neighbourhoods.



The City of St. John's strives to be a Sustainable City today and for future generations. See how we are planning for sustainability at:

**StJohns.ca**  
> **Living in St. John's**  
> **Your City**  
> **Sustainability**



# REALize Potential

The City of St. John's supports REAL by providing all administrative costs including staffing. This means 100% of all donations go directly to placing children and youth in their desired programs. It is monetary and in-kind donations by individuals, businesses, community groups and organizations that make REAL successful. In 2021, City of St. John's employees donated over \$2500 to REAL through payroll deductions. In addition to thanking City of St. John's employees, we wish to extend our gratitude to all who support our program! Our success would not be possible without the amazing contributions of our supporters. If you are interested in becoming a recreation partner or making a donation, please contact us.

The REAL Vision is to provide opportunity for children and youth facing financial barriers to participate in recreation, music, dance, art, sports, leadership and learning programs.

It has been proven that regular physical and social activity improves self-esteem, self-concept, and self-worth in children and youth. Increased self-esteem can, in turn, contribute to better mood, increased life satisfaction and reduced symptoms related to anxiety and depression. In addition, children and youth learn better, solve problems more creatively and develop healthier brains. If you live in the City of St. John's and face financial barriers to registering your children in a recreation program, the REAL Program is here for you. Contact us today.

## How to apply:

1. Complete the REAL application in full and identify the activity of interest. Ensure the authorization is signed.
2. Attach proof of residency & proof of income.
3. Email, mail or drop off the application.
4. Applicants that have questions or require assistance please call 576-8684/4556 or email [real@stjohns.ca](mailto:real@stjohns.ca). If you have preferences of program times, please indicate on the application so REAL staff can try to find a program that will work for your child and family.

## Summer application deadline is April 17.

Applications can be accessed in the following ways:

- Online: [StJohns.ca](http://StJohns.ca) > Living in St. John's > REAL Program > Application Information
- Email: [real@stjohns.ca](mailto:real@stjohns.ca)
- In person at H.G.R Mews Community Centre, 40 Mundy Pond Road
- In person at Paul Reynolds Community Centre, 35 Carrick Drive
- In person at Recreation Administrative Office, 1 Crosbie Place
- In person at City Hall, 10 New Gower Street

Applications can be dropped off at the above locations or mailed/faxed to:

REAL Program  
City of St. John's  
P.O. Box 908  
St. John's, NL A1C 5M2  
Fax: 709-576-2308

# CONCERTS COMING SOON TO MARY BROWN'S CENTRE

## Blue Rodeo Many A Mile Tour with Special Guest Jenn Grant

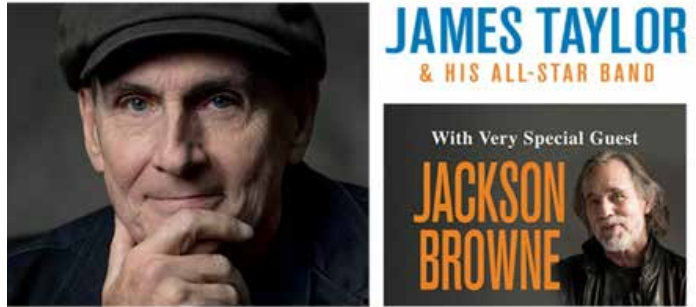
March 19 @ 8pm

Blue Rodeo's superb 16<sup>th</sup> studio album *Many A Mile*, *Blue Rodeo* resulted in 12 songs that are remarkably coherent, energized, and buoyed by a constellation of surprising textures and touches. From the twinkly, delicate "Symmetry of Starlight" — which soars on luminous pedal steel and angelic harmonies — to the twangy, seriously rollicking singles "When You Were Wild" and "I Owe It to Myself," *Many A Mile* is a snapshot of a peerless group at their peak.



## Chris de Burgh & Band April 13 @ 7:30pm

Worldwide hit maker, Chris de Burgh is excited to be bringing his *The Legend of Robin Hood and Other Hits Tour* across Canada. Fans can expect to hear a selection of songs from his new album *The Legend of Robin Hood* plus *Moonfleet*, *Into The Light*, *Spanish Train* and many other classic hits from an international career that spans 50 years.



## James Taylor & His All-Star Band with guest Jackson Browne

April 21 @ 7:30pm

For the first time ever, legendary singer/songwriter James Taylor & His All-Star Band with special guest Rock and Roll Hall of Famer Jackson Browne and his band will perform together across Canada.

## ZZ TOP with Special Guests CHEAP TRICK

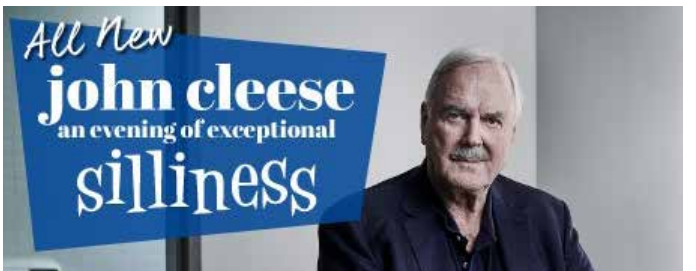
May 13 @ 7pm & May 14 @ 7pm

Rock and Roll Hall of Famers ZZ Top are bringing their 'Celebration with ZZ Top' tour to Canada and Cheap Trick will join as special guest. Fifteen studio albums, 30 million record sales and 5 decades later, "That Little Ol' Band From Texas" is still going strong, playing timeless hits like "La Grange," "Legs," "Sharp Dressed Man" and "Tush" to audiences the world over.



## John Cleese in "An Evening of Exceptional Silliness" May 1 @ 7:30pm

Don't miss the "One and Only" John Cleese as he takes a silly look at the world we live in and shares hilarious moments from his life. At 82 years of age—John Cleese is still the "World's Funniest Man". He made his mark as a member of the legendary Monty Python Troupe in the 1960's and has gone on to write, produce, direct and star in some of the greatest comedic hits of the last 50 years—receiving an Oscar nomination for best screenplay for *A Fish Called Wanda*.



## Dallas Smith – Some Things Never Change June 14 @ 7pm

Multi-Platinum award winning country star Dallas Smith has announced the details for his long-awaited return to the road with the 2022 *Some Things Never Change Tour* with *James Barker Band* and special guest *Meghan Patrick* plus emerging country artists *Shawn Austin*, *JoJo Mason*, *Kelly Prescott*, and *Manny Blu*.



**MaryBROWNS  
CENTRE**

Get tickets online at [mbcentre.ca](http://mbcentre.ca)



# Inclusive Services

## Contact us

For more information about any of these programs or services: Call 576-6972 or email [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca).  
Application deadlines for Inclusion Support:

Program	Inclusion Registration Date
Easter Camp	February 1
After School Programs	March 1
Pre-School Programs	March 1
Summer Programs	March 17

Inclusion Support Applications can be found:

Online at: [StJohns.ca](http://StJohns.ca) > Living in St. John's > Forms and Applications > Recreation

By emailing [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca)

By calling 576-6972

At the Paul Reynolds or H.G.R. Mews Community Centres

### TIME Together in Movement and Exercise

TIME (Together in Movement and Exercise) is a community-based exercise program for people with balance and mobility limitations who can walk 10 metres with or without aide. Registration is on referral from a physician, physiotherapist, registered nurse or nurse practitioner.

### Pursuing Active Lifestyles

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

### Ever Active

A low impact fitness class that allows participants to work at their own pace to improve muscle conditioning, flexibility and endurance while standing or using a chair as support. Please see the fitness page 28 for more details.

### Fit Finders

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

### Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events, may apply for an attendant pass. Please contact 576-4556 for more information.

### Financial Support

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



## Inclusive Services



For details visit: [StJohns.ca](https://www.stjohns.ca)

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

# Lululemon Expands the City's Adaptive Equipment Inventory

The City of St. John's would like to send a big thank you to Lululemon for adding 4 new pieces of adaptive equipment to our inventory! Lululemon corporate office asked for stores to share some of their most inspiring ideas that could create big change in their communities; Lululemon Avalon Mall pitched an idea to foster inclusion and accessibility in St. John's.

The vision was to gift Hippocampe Wheelchairs to the City of St. John's to improve access to the outdoors for people with mobility related barriers. Lululemon Avalon Mall were chosen from stores across North America to be funded by their community Initiatives team.

Funding was received to purchase three Hippocampe All-Terrain Wheelchairs and a Duet Cycle (coming soon!).

To celebrate, staff from the City of St. John's and Lululemon along with family and friends participated in a walk and wheel event at Bowring Park.

In addition to the Hippocampe and Duet Cycle, we also have a Hand Cycle available – perfect for navigating city trails and parks this spring!

### Reserve adaptive equipment in 3 easy steps:

Email [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca) or call 576-6972 to check availability.

New users - schedule an equipment orientation with staff.  
Returning users - schedule a pickup time with staff.

All users must complete and return adaptive equipment lending request form (available at the website below).

For more information on this free, lending service, please contact us or visit:

[StJohns.ca](https://www.stjohns.ca) > Living in St. John's > Recreation and Parks > Inclusive Services > Adults

# Recreation



Watch 'How to Set Up a RECconnect Account' at [YouTube.com/CityofStJohns](https://www.youtube.com/CityofStJohns)

## Registration

For the most current program and service offerings please visit [StJohns.ca/RECconnect](https://StJohns.ca/RECconnect).

Program Registration	St. John's residents	Residents of other municipalities
Spring Programs, Easter Day Camps	7 a.m., Thursday, March 3	7 a.m., Tuesday, March 8
Spring Swimming Preschool and Afterschool (2022-23)	7 a.m., Thursday, April 7	7 a.m., Tuesday, April 12
Save the Date - Summer Programs	7 a.m., Thursday, May 5	7 a.m., Tuesday, May 10
Save the Date - Summer Swimming	7 a.m., Thursday, June 23	7 a.m., Tuesday, June 28

### Registration Options



Online: [StJohns.ca/RECconnect](https://StJohns.ca/RECconnect)

In person:



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

No telephone registration available until after 10 a.m. on registration day.



Whether you register online, over the telephone or in person, you must ensure your account is activated and up-to-date at least 72 hours before the registration time. Call 576-8499 or 576-8631, drop by or at [StJohns.ca/RECconnect](https://StJohns.ca/RECconnect).

### Wish List

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

### Course Codes

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

### Waitlists

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



### Please Note

Due to the COVID-19 pandemic and the uncertainty of physical distancing requirements in the coming months, the City of St. John's spring programs may be postponed, adapted for reduced capacity or cancelled at any time.



### Cancellation

The City, at its discretion, may cancel programs at any time including but not limited to low registration and/or instructor availability.



### Program Ages

To register for most programs participants must be the age listed on December 31, 2022.



# Rent a Facility

City facilities can be booked for a variety of functions. Limited space is available due to the COVID-19 pandemic.

Facility	Details
<b>H.G.R. Mews Community Centre</b> 40 Mundy Pond Road 576-8499	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Kitchen</li> <li>• Multi-Purpose room</li> </ul>
<b>Paul Reynolds Community Centre</b> 35 Carrick Drive 576-8631	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Multi-Purpose room</li> <li>• Kitchen</li> <li>• Meeting Room</li> </ul>
<b>Kenmount Terrace Community Centre</b> 85 Messenger Drive 576-6112	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Kitchen</li> <li>• Multi-Purpose Room</li> <li>• Meeting Room</li> </ul>
<b>Southlands Community Centre</b> 40 Teakwood Drive 364-5129	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> <li>• Meeting room</li> </ul>
<b>Shea Heights Community Centre</b> 130 Linegar Avenue 576-1023	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> </ul>
<b>Kilbride Lions Community Centre</b> 34 Fahey Street 368-0250	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> </ul>
<b>Cabot 500 Theatre</b> Bowring Park specialevents@stjohns.ca	<ul style="list-style-type: none"> <li>• Outdoor theatre accommodates 750</li> </ul>
<b>Rotary 'Sunshine' Park Chalet</b> Thorburn Road recreation@stjohns.ca	<ul style="list-style-type: none"> <li>• Multi-Purpose Room</li> <li>• Kitchen with dishwasher</li> <li>• Outdoor barbeque</li> </ul>
<b>Foran/Greene Room</b> City Hall civicfunctions@stjohns.ca	<ul style="list-style-type: none"> <li>• Meeting Room</li> <li>• Kitchen</li> </ul>



For details on programs and services visit: **StJohns.ca**

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



## Birthday Parties

Contact the centres for fees and availability.

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

## Swimming Parties

H.G.R. Mews Centre  
Paul Reynolds Centre

Cost \$165.  
Call 576-8499 or 576-8631.



## Court Sports

H.G.R. Mews Community Centre has two courts designed for racquetball or handball.

All court reservations can be made seven days in advance by calling 576-8499 or dropping by the Mews Centre. Users must pay in advance for all court reservations.

Reservations are \$8 per 40-minute court reservation. No refunds or exchanges are permitted once a reservation is complete.

Maximum 4 players on a court at one time.



# Swimming

## Indoor Pools

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

- 25 metre pool
- one metre diving board
- leisure pool & play area (PRCC)
- viewing area

### Accessibility Features

- mechanical pool entry
- water wheelchair
- accessible changerooms
- zero depth beach entry (PRCC)
- water walker (PRCC)
- shower commode (PRCC)

### Canadian Red Cross Swimming Lessons



Swimming lessons are offered following current Red Cross guidelines.



For details visit: [StJohns.ca](http://StJohns.ca)  
 > Living in St. John's  
 > Recreation and Parks  
 > Swimming

### Ticket purchase/registration

Ticket purchase/registration is required for all swims. Walk-in space may be available.

Each swim ticket costs \$3. Once swim tickets are purchased the sale is final; refunds or credits will not be provided.

A REConnect account is required for ticket purchase/registration. Set up an account and purchase swim tickets at [StJohns.ca/REConnect](http://StJohns.ca/REConnect).

Registration is available one week at a time. Registration begins 9 a.m. on Saturdays, for the following week. For example: Ticket purchase is available 9 a.m. Saturday, March 4 for swims from March 5-11.

Maximum of 3 swimmers per lane, maximum of 5 swimmers per "bubble".

## Swim Descriptions

Children under 13 must be supervised by a 19+ year-old who must remain in the water at arms-length. Maximum three children to one supervisor.

### Lane Swim

Choose the appropriate lane (slow, medium, fast) based on ability. Maximum of 3 swimmers per lane. Suitable for swimmers 13+. Number of lanes may vary.

### Everyone Welcome Swim & Leisure

Leisure space is available for families/bubbles. Adult supervisors must remain in the water at arms-length from their children and are responsible to ensure physical distancing of those not in your bubble is always maintained.



# Swimming Lessons



For details visit: [StJohns.ca](http://StJohns.ca)  
> Living in St. John's  
> Recreation and Parks  
> Swimming

Programs may be offered in a modified format due to COVID-19 restrictions. Parents/ caregivers may be asked to get in the water during some swimming lessons. Notice of any changes will be given prior to registration.

Our swimming lesson program follows the Canadian Red Cross Swim model and runs at both the Paul Reynolds and H.G.R. Mews Community Centres from May 1 to June 25. See registration details on page 24.

## Starfish / Duck / Sea Turtle

Parent & Tot lessons for 4 to 36 months of age children  
Maximum of one child to one adult  
One lesson per week of 30 minutes instruction & 20 minutes stay & play

\$36 for 8 lessons, \$31.50 for 7 lessons (holiday)

## Swim Preschool / Kids / Teens

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

## Adult Lessons

Suitable for basics to stroke development levels.  
One lesson/practice per week, 50 minutes instruction

\$60 for 8 lessons, \$52.50 for 7 lessons (holiday)

## Red Cross Swim – Adapted

A parent or aide may be required to support the swimmer in the water. One lesson per week, 45 minutes instruction

\$104 for 8 lessons, \$91 for 7 lessons (holiday)

A Red Cross swimmer intake form, due two weeks prior to program start, is required to participate. Contact Inclusive Services staff at **576-4450** or [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca).

## Private swimming lessons

Private or semi-private (two participants) 25 minutes instruction is available for all ages. If you choose semi-private lessons, participants must be within two levels of each other.

\$80 for 4 lessons, \$60 for 3 lessons (holiday)

Set 1: May 1-28

Set 2: May 29-June 25

# Aquatic Leadership

## Junior Lifeguard Club

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

## Red Cross Water Safety Instructor

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

For more details visit [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect).





For details and schedules visit: [StJohns.ca](http://StJohns.ca)

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

# Fitness

The City of St. John's offers a wide range of fitness opportunities for adults, age 16+, who want to live a healthy, active lifestyle. All fitness classes require pre-registration. Register at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect). Dryland and aquatic fitness are for ages 16+.

## YOGA

Participants must bring their own yoga mat.

### Beginner

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

### Intermediate

Improve postures learned in beginner yoga and additional challenging poses. Beginner yoga experience is required.

### Mixed

For beginners and intermediates to practice yoga fundamentals to increase strength, flexibility, and endurance.

### Relaxation

Beginner-friendly and incorporating mindfulness throughout the class, poses are done slowly to illicit the relaxation response and increase body-mind awareness.

### Yin Yoga

A quiet yoga practice for all levels and does not require previous yoga experience.

### Strong Body/Peaceful Mind

Improve your strength and flexibility in a Vinyasa style yoga class for all levels. If you can breathe, you can do yoga.

## Aquatic Fitness

Held in the deep and shallow end at the same time, these low to no impact classes involve high intensity movements designed to improve cardiovascular endurance, flexibility, and muscle tone. Flotation belts are available for use.

## Core Balance

A well-rounded workout for all levels that strengthens the core and lower back using body weight and equipment-based exercises.

## Body Pump

A total conditioning class for all fitness levels designed to challenge each participant's major muscle groups using effective body weight and equipment-based exercises.

## Adults in Motion

This low impact class uses body weight exercise and equipment to develop the participant's cardio and muscular strength endurance. Ideal for the older adult who is looking to meet new friends and others with common wellness goals.

## Ever Active

A low impact fitness class that allows participants to work at their own pace to improve muscle conditioning, flexibility and endurance while standing or using a chair as support.

## TIME

Together in Movement and Exercise, is a community-based program for people with a range of conditions affecting balance and mobility. Referral from a health care professional is required.

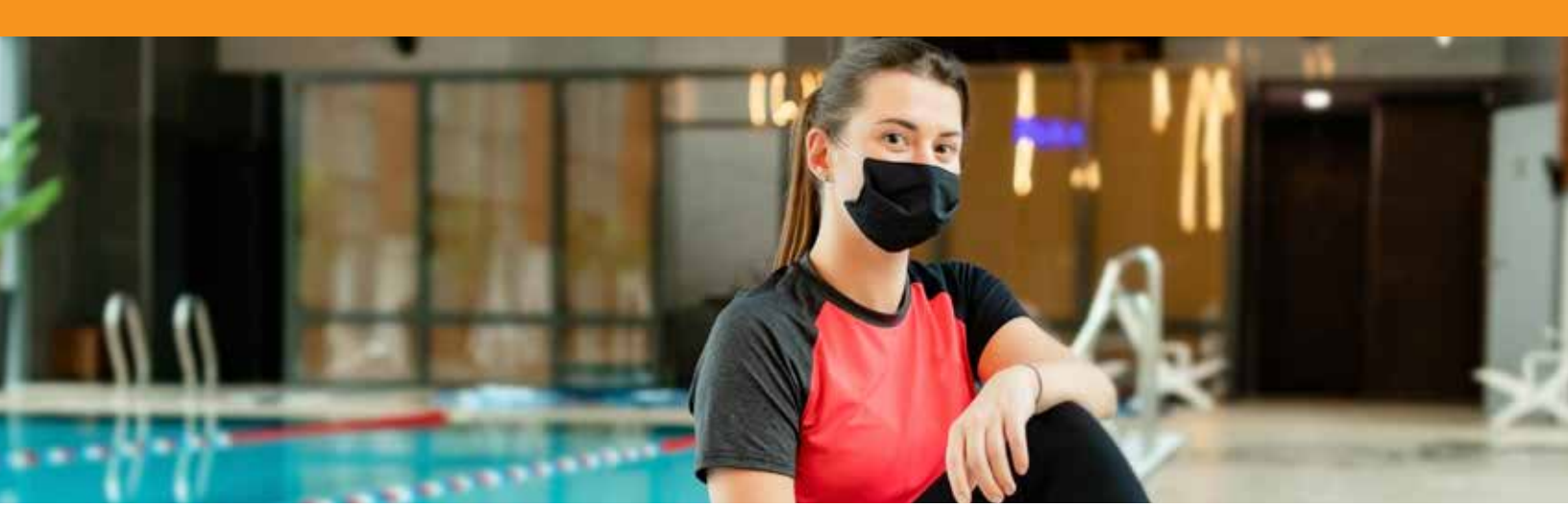
For up-to-date schedules:

- Call the Swim and Fitness Line 576-8408 (Mews) or 576-8155 (PRCC)
- Online [StJohns.ca](http://StJohns.ca) > Living in St. John's > Recreation and Parks > Fitness

Email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)



The City, at its discretion, may cancel programs based on COVID-19 guidelines, registration, and/or instructor availability.



## Swim Rules While Living with COVID-19

Swims are offered at a reduced level at each site. Check our website for the most up-to-date information about swimming.

Face masks must be worn in all City facilities including our community centres. Masks must be kept on at all times while in the change room and may be taken off once the swim/fitness class has begun. Masks must be put back on immediately following the swim/fitness class.

Swimmers are expected to stay within their bubble during the swim and keep a physical distance of at least 6 feet (2 metres, or arms lengths) away from other swimmers not in your bubble.

Please keep a physical distance of at least 6 feet from our lifeguard staff when possible. Our lifeguards remain rescue-ready and are willing to help you as always. If physical distancing cannot be maintained, lifeguards will work to ensure everyone's safety.



### Questions? Concerns?

ONE STOP CITY SERVICE  
**access 311**  
**stjohs.ca**

- App 311 St. John's
- Call 311 or 754-CITY
- Online at [stjohs.ca/contact-us](https://stjohs.ca/contact-us)
- Email [access@stjohs.ca](mailto:access@stjohs.ca)

**Where will your next ride take you?**  
Ride with Metrobus, earn AIR MILES® reward miles.\*



For details visit: [StJohns.ca](http://StJohns.ca)  
 > Living in St. John's  
 > Recreation and Parks  
 > Children's Programs or  
 > Youth Programs

## Children and Youth

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

Course	Ages	Day	Dates	Time	Location	Cost
Playgroup – Active	0-5	Tu	Until May 31	1:30-3pm	PRCC	\$2, FREE for under 6 months
Playgroup – Active	0-5	M	Until Jun 20	9:30-11:30am	Kilbride	Free
Playgroup	0-5	Tu Th	Until Jun 23	9:30-11:30am	Kilbride	Free
Playgroup - Mother Goose	1-2.5	M	Until May 30	11:30-12:30pm	Shea Heights	Free
Playgroup – Mother Goose	0-1	M	Until May 30	9:30-10:30am	Shea Heights	Free
Playgroup – Active	0-5	W Sa	Until Jun 4	10-11:30am	Southlands	\$2, FREE for under 6 months
Playgroup – Active	0-5	M Sa	Until Jun 4	10-11:30am	Kenmount	\$2, FREE for under 6 months

**Preschool**, for children attending kindergarten Sept. 2023. Registration begins 7 a.m. Thursday, April 7.

Course	Code	Ages	Day	Dates	Time	Location	Cost
Preschool	31825	4-5	M W F	Sept 19 – Dec 9	9am-noon	PRCC	\$462
Preschool	31826	4-5	Tu Th	Sept 20 – Dec 08	9am-noon	PRCC	\$336
Preschool	31827	4-5	Tu Th	Sept 20 – Dec 08	9am-noon	Southlands	\$336
Preschool	31828	4-5	W F	Sept 21 – Dec 09	9am-noon	Kenmount	\$308

**Easter Camp**, registration begins 7 a.m. Thursday, March 4

Course	Code	Day	Date	Time	Location	Cost
Camp Adventure 1	31813	M to F	Apr 18-22	8am-5pm	PRCC	\$125
Camp Adventure 2	31814	M to F	Apr 18-22	8am-5pm	PRCC	\$125
Camp Adventure	31815	M to F	Apr 18-22	8am-5pm	Southlands	\$125
Camp Adventure	31818	M to F	Apr 18-22	8am-5pm	Kenmount	\$125
Camp Adventure	31816	M to F	Apr 18-22	8am-5pm	Kilbride	\$112.50
Camp Adventure	31817	M to F	Apr 18-22	8am-5pm	Shea Heights	\$112.50

### After School 2022-23, registration begins 7 a.m. Thursday, April 7

Course	Code	Day	Date	Time	Schools	Cost per month
PRCC – Discovery (ages 5-8)	32081	M to F	Sep 7/22 to Jun 22/23	3-5:30pm	Mary Queen of Peace Macdonald Drive	\$350
PRCC – Explore (ages 9-12)	32082	M to F	Sep 7/22 to Jun 22/23	3-5:30pm	Elementary Roncalli Elementary	\$350
Kilbride	32078	M to F	Sep 7/22 to Jun 22/23	3-5:30pm	Hazelwood	\$205
Kilbride	32079	Tu Th	Sep 7/22 to Jun 22/23	3-5:30pm	Hazelwood	\$82
Kilbride	32080	M W F	Sep 7/22 to Jun 22/23	3-5:30pm	Hazelwood	\$123
Shea Heights	32075	M to F	Sep 7/22 to Jun 22/23	3-5:30pm	St. John Bosco	\$205
Shea Heights	32076	Tu Th	Sep 7/22 to Jun 22/23	3-5:30pm	St. John Bosco	\$82
Shea Heights	32077	M W F	Sep 7/22 to Jun 22/23	3-5:30pm	St. John Bosco	\$123

Healthy Family Activities	Code	Age	Day	Dates	Time	Location	Cost
Archery - Family	31496	5+	Th	Apr 7-14	6-7:30pm	Kenmount	\$63 per family (max 4 persons)
Learn to Camp – Family	31498	5+	Su	May 15	1-4pm	Rotary	\$42 per family (max 4 persons)
Canoeing – Family	31497	5+	Sa	Jun 11	10am-12pm	Rotary	\$28 per family (max 4 persons)

### Leadership – requires registration

Course	Code	Ages	Day	Dates	Time	Location	Cost
Home Alone	31489	10-12	Tu	Apr 19	9am-4:30pm	PRCC	\$55
Home Alone	31490	10-12	Sa	Apr 30	9am-4:30pm	Southlands	\$55
Babysitting Course	31491	11-15	WTh	Apr 20-21	9am-1pm	PRCC	\$55

### Youth Drop Ins

Course	Ages	Day	Dates	Time	Location	Cost
Drop In	11-16	Tu Th Fri	Until Jun 10	12-1pm	PRCC	Free
Drop In	10-14	W	Until Jun 9	6:30-8pm	Shea Heights	Free
Drop In - Girls Only	10-14	Th	Until Jun 10	6:30-8pm	Shea Heights	Free
Drop In - Sports	10-14	Tu	Until Jun 8	6:30-8pm	Shea Heights	Free
Drop In	10-14	W	Until Jun 8	6:15-8:15pm	Southlands	Free
Drop In	10-14	M W	Until Jun 8	6-7:30pm	Kilbride	Free
Drop In	10-14	M	Until Jun 13	6-7:30pm	Kenmount	Free

## Youth Week

The City of St. John's is proud to celebrate National Youth Week from May 1 to May 7 annually.

Youth are a vital part of each community and contribute meaningful experiences through their participation in a wide variety of programs. Whether it is recreation, arts, civic engagement, drama, dance, sport, volunteerism, or leadership, their contributions help shape our city.

From May 1 to 7 we celebrate youth aged 12 to 18 by offering free events and opportunities. For all details check our webpage at [StJohns.ca](http://StJohns.ca) > Living in St. John's > Recreation and Parks > Youth Programs.

Learn how to nominate a deserving young person for Youth of the Year on pages 4-5.



### Cancellation

The City, at its discretion, may cancel programs at any time including but not limited to low registration and/or instructor availability.

## Adult Programs

For ages 18+ and require registration (see page 24) unless otherwise noted.

Art – requires registration						
Course	Code	Day	Dates	Time	Location	Cost
Drawing-Fence & Sand Dune	28584	F	May 27	6-8pm	Mews	\$16
Acrylic Painting-Ocean	28578	F	Apr 29	6-8pm	Mews	\$18
Acrylic Painting-Sunrise	28579	F	May 6	6-8pm	Mews	\$18
Acrylic Painting-River	28580	F	May 13	6-8pm	PRCC	\$18
Oil Painting-Apples	28581	Th	May 5-19	6-9pm	Mews	\$56
Water Colour Painting	28582	M	Apr 25-May 23	6:30-9pm	PRCC	\$60
Water Colour Painting	28583	Th	Apr 28-May 19	6:30-9pm	PRCC	\$60
Finger Painting-Lady with Umbrella	28585	F	Jun 3	6-9pm	Mews	\$23
Acrylic Painting-Spring	27695	Th	Apr 14	7:30-9:30pm	Southlands	\$18

Music						
Course	Code	Day	Dates	Time	Location	Cost
Beginner Guitar	28587	Th	Apr 28-Jun 2	5:30-7pm	Mews	\$40.50
Intermediate Guitar	28586	M	Apr 25-May 30	7:30-9pm	Mews	\$33.75
Advanced Guitar	28588	Th	Apr 28-Jun 2	7:30-9pm	Mews	\$40.50
Keyboarding Beginner	28589	Tu	Apr 26-May 31	9:30-10:45am	Mews	\$33.75
Keyboarding Beginner	28590	Th	Apr 28-Jun 2	9:45-11am	PRCC	\$33.75
Keyboarding Intermediate	28591	Tu	Apr 26-May 31	11:15am-12:30pm	Mews	\$33.75
Keyboarding Intermediate	28582	Th	Apr 28-Jun 2	11:30am-12:45pm	PRCC	\$33.75
Keyboarding Intermediate	28593	Tu	Apr 26-May 31	1:30-2:45pm	Mews	\$33.75
Ukulele Beginner	28594	Tu	Apr 26-Mar 31	6-7pm	PRCC	\$27
Ukele Intermediate	28568	Tu	Apr 26-May 31	7:30-8:30pm	PRCC	\$27

Handicraft – requires registration. Basic knowledge an asset.						
Course & code	Code	Day	Dates	Time	Location	Cost
Knitting Circle	28574	M	Apr 25-May 30	10:30am-noon	Mews	\$10
Rug Hooking-Hooked Bowl	28575	M	Apr 25-May 09	9am-noon	Mews	\$119 \$134 if hook & frame are needed
Learn to Knit	29375	Tu	Apr 26-Jun 14	7-9pm	Southlands	\$60





**Dance** - requires registration, unless otherwise noted.

Course	Code	Day	Dates	Time	Location	Cost
Beginner Line Dance	28609	Tu	Apr 26-May 31	11am-noon	Mews	\$27
Beginner Line Dane	25610	Tu	Apr 26-May 31	12:30-1:30pm	Mews	\$27
Time to Dance	28554	Tu	Apr 26-May 31	6:30-7:30pm	PRCC	\$27
Time to Dance	28555	M	Apr 25-May 30	1-2pm	PRCC	\$22.50
Beginner & Intermediate Line Dance	28556	W	Apr 27-Jun 1	12:30-1:30pm	Mews	\$27
Intermediate Line Dance	28557	W	Apr 27-Jun 1	2-3pm	Mews	\$27
Intermediate/Advanced Line Dancing	28558	Th	Apr 28-Jun 2	11am-noon	Mews	\$27
Intermediate Line Dance	28559	Th	Apr 28-Jun 2	12:30-1:30pm	Mews	\$27
Beginner Ballroom Dance	28560	Su	Apr 24-May 29	6:30-7:30pm	Mews	\$27 Partner required; partner must register as well
Modern Sequence Dance	28561	Su	Apr 24-May 29	8-9pm	Mews	\$27 Partner required; partner must register as well
Beginner Ballroom Dance	28562	W	Apr 27-Jun 1	6:30-7:30pm	PRCC	\$27 Partner required; partner must register as well
Newfoundland Traditional Dance*	28563	W	Apr 27-Jun 1	7:45-9pm	Mews	\$6.75 per class. Drop in.

\*This program will take place pending Public Health Guidelines

**Technology**, requires registration

Course	Code	Day	Dates	Time	Location	Cost
Technology for Beginners	28566	Tu	Apr 26-May 24	6-8pm	PRCC	\$60
Technology - Mobile Photography	28567	Tu	May 31	6-8pm	PRCC	\$12

**Leisure** – requires registration, unless otherwise noted.

Course	Code	Day	Dates	Time	Location	Cost
Bridge Level 1*	28572	Tu	Apr 26-May 31	9-11:30am	Kenmount	\$60
Bridge Level 2*	28571	W	Apr 27-Jun 1	9-11:30am	PRCC	\$60
Bridge Level 3*	28573	M	Apr 25-May 30	9-11:30am	PRCC	\$50
Social Time	28600	M	Apr 25-May 30	10am-noon	PRCC	\$10
Social Time	28901	F	Apr 29-Jun 30	10:30-12:30pm	Mews	\$12
Walk & Wheel	28603	Tu Th	April 26-June 2	10-11am	Shea Heights	Free
Walk & Wheel	28604	W	Apr 27-Jun 1	9:30-10:30am	Kilbride	Free
Walk & Wheel	28604	Tu Th	Apr 26-Jun 1	9-10am	Kenmount	Free
Walk & Wheel	28606	M W	Apr 25-Jun 1	9:30-10:30am 12:30-1:30pm	Southlands	Free

\*This program will take place pending Public Health Guidelines



# Older Adult Programs

These programs for ages 50+ require registration, see page 24 for registration details. There are also many other adult programs that may be of interest to you; see listings on pages 32-33.

## Contact Us

Call 576-8490 or 576-8411  
email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)

## Active for Life

This fall prevention fitness class will help older adults improve balance and flexibility to decrease the risk of falls.

Fitness					
Title	Days	Dates	Time	Location	Cost
Active for Life 28564	Tu Th	Apr 26 - June 2	1-2pm	Southlands	\$48
Active for Life 28565	M W	Apr 25 - June 6	1-2pm	Kenmount	\$48

## Events and Outings

Registration must be completed at least three days prior to the event, see page 24.

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

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

Events and Outings – requires registration (50+)						
Title	Code	Day	Date	Time	Location	Cost
Social and Bingo	28549	Th	May 5	10am-1pm	Kenmount	\$24
Senior Prom	28550	Th	May 19	6:30-10:30pm	City Hall	\$29
Outdoor Adventures	28551	F	May 27	10am-1pm	Rotary “Sunshine” Park	\$22

## Transportation

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

Building # 10 Pasadena Cres	Thomas Estates
Building # 25 Tiffany Lane	Morgan Hollow
St. George’s Court Apartments	Mt. Pleasant Manor
Kelly’s Brook Apartments	St. Luke’s
Kenny’s Park Apartments	Victoria Manor
The Bristol	Wigmore Manor
Maplewood Apartments	

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



## Community Gardens - Grow, Eat and Learn

There is an increased recognition of the need to reduce our dependence on imported food and to grow and produce more of our own. No place is this more evident than in the increased number of residents in St. John's developing their own backyard gardens or becoming involved in community gardens.

Aside from improving access to nutritious food, involvement in a community garden can provide many other benefits, including a sense of belonging and the opportunity to develop new social connections.

A desire to bring people in her community together inspired Chelsey and her neighbours to establish a community garden at the Kenmount Terrace Community Centre. "We thought a community garden would be a great way to grow our own food and to build a sense of community within our neighbourhood," says Chelsey. This garden has grown to include ten raised beds, including one designed to meet the needs of those with decreased mobility.



Being involved in community gardens also provides endless opportunities to learn and share knowledge—from discovering what produce varieties work best in our climate, to what compost 'recipe' gives the greatest chance of success, to how to preserve carrots and beets once the growing season ends. As Chelsey notes, "There is just so much to learn and so much to experience by being involved in a community garden." She attributes much of what she has learned about gardening to conversations she has had with other more experienced gardeners. She hopes to start passing on this passion and knowledge to her young daughter, who will start her gardening 'career' in 2022.

### **How to become involved in a community garden in St John's**

Do you know of a place in your neighbourhood that you think would be suitable for a community garden? Do you have a group of friends or neighbours who are interested in growing their own food? If so, please email us at [healthycommunities@stjohns.ca](mailto:healthycommunities@stjohns.ca) or call 576-8628 to start the process of turning your vision into a reality.

Alternatively, you can contact one of the existing gardens directly to see if they have beds available. For a list of gardens currently operating in St. John's visit the Food First NL website at [nlfoodaction.ca](http://nlfoodaction.ca) or the Food or the Food Producers Forum website at [foodproducersforum.com/nl-grown](http://foodproducersforum.com/nl-grown).



For details visit: [StJohns.ca](http://StJohns.ca)

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

# Outdoor Programs

Outdoor – for ages 18+						
Course	Code	Day	Date	Time	Location	Cost
Navigational Skills	31819	Su	Apr 24	9am-2pm	Rotary	\$40
Wilderness Survival	31820	Su	May 08	9am-2pm	Rotary	\$40
Archery	31821	Th	May 26-Jun 9	6:30-8pm	Kenmount	\$36
Family Courses						
Family Archery	31496	Tu Th	Apr 7- Apr 14	6-7:30pm	Kenmount	\$63 per family, up to four people
Family Learn to Camp	31498	Su	May 15	1-4pm	Rotary	\$42 per family, up to four people
Family Canoe	31497	Sa	June 11	10am-12pm	Rotary	\$28 per family, up to four people
Ages 8 to 12						
Bike Trail Ride	31822	Sa	May 29	9:30am-12pm	Rotary	\$15

## Group Outdoor Programs

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

Programs offered in spring:

- archery
- geocaching
- outdoor cooking
- shelter construction
- orienteering
- fire building
- map & compass
- Duke of Edinburgh Preliminary Training

## Corporate Outdoor Program

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

For more details and contact information visit: [outdoorcorporateprogram.StJohns.ca](http://outdoorcorporateprogram.StJohns.ca)

## Contact Outdoor Programs

576-8522  
[outdoor@stjohns.ca](mailto:outdoor@stjohns.ca)



# WE ARE HIRING

SUMMER EMPLOYMENT



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

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

Day camps, activity centres and outdoor pools throughout the city require program staff, outdoor instructors, lifeguards, tourism officers and logistical staff to effectively run for the season.

Successful applicants will receive hands-on, practical training in a fun team-based learning environment, including:

- High Five - Canada's quality standard for children's recreation and sport
- Standard First Aid & CPR
- Leadership, professional development, team dynamics and more

## Apply by April 1

The application deadline for summer employment opportunities is Friday, April 1. See all our job listings and learn how to apply at [StJohns.ca/careers](https://www.stjohns.ca/careers).

ST. JOHN'S

# Humane Services

## Frequently Asked Questions



576-6126

[humaneservices@stjohns.ca](mailto:humaneservices@stjohns.ca)

[@HumaneServicesStJohns](https://www.facebook.com/HumaneServicesStJohns)

[StJohns.ca](http://StJohns.ca)>Living in St.John's>Animal Care and Adoption

The City of St. John's Humane Services Division has a Facebook page where we regularly post pictures and information of our adoptable animals, pet care tips and much more. If you have a Facebook account please consider following us at [facebook.com/HumaneServicesStJohns](https://www.facebook.com/HumaneServicesStJohns).

We regularly receive questions – many of them about pet adoption - through our Facebook page, email account [humaneservices@stjohns.ca](mailto:humaneservices@stjohns.ca) or phone number 576-6126.

Here are some of the most common pet adoption related questions we receive and their answers. If your questions aren't answered here please contact us.

### What are your visiting hours?

Due to the COVID-19 pandemic public drop in is not available at the Animal Care and Adoption Centre, 81 Higgins Line. Visits are available by appointment only; contact us by telephone or email. When we are ready to re-open without appointments it will be announced on our Facebook page and the City website through a Public Service Announcement.

If you wish to meet some of our adoptable cats before submitting an adoption application, visit the Mad Catter Café where some of our cats temporarily live.

### Do you have any kittens, cats, puppies or dogs available for adoption?

To view the current listing of animals available for adoption, including a picture and short profiles, visit our website and choose 'Adoptable Pets'. This page is updated regularly so that only pets in our care that are available for adoption are listed.

### How do I adopt an animal from the City of St. John's?

Thank you for considering adopting a pet from our shelter! Please go to our website and choose 'Adoptable Pets'. Along with pictures and short profiles of our adoptable animals, on this page you will also find a link to our adoption applications.

Complete the appropriate application and return it by email to [humaneservices@stjohns.ca](mailto:humaneservices@stjohns.ca). Once your application has been approved one of our staff will contact you. At that time you can make an appointment to meet our adoptable animals. You can also visit the Mad Catter Café to meet some of our adoptable cats.

### I have an animal emergency...

Please call Access St. John's at 311 or 754-CITY (2498).



124 Duckworth Street

709-552-9406

[madcattercafe.com](http://madcattercafe.com)

The Mad Catter Café is a coffee house and cat lounge all in one! All cats in the lounge are available for adoption and are provided by the City of St. John's Animal Care and Adoption Centre.

You are not required to be interested in adoption in order to visit but should you fall in love with your new furry friend, staff can provide you an adoption application form.

Due to the COVID-19 Pandemic guests must reserve space in the lounge online or by telephone before visiting.



Learn more about our programs and services:  
visit **StJohns.ca**

>Living in St. John's

>Fire and Emergency Services



# Outdoor Burning

As spring approaches and dry conditions are present, the dangers of burning increases. Keep the safety of your family, your property – and that of your neighbours – in mind before you consider striking the first match.

The St. John's Regional Fire Department are often asked if open air burning or backyard fire pits are permitted. The answer is yes, but only when certain conditions are met.

## Outdoor Fireplaces

Outdoor fireplaces are allowed without a permit if they are used safely and properly. Only burn seasoned wood in a fire pit. Never burn garbage or recyclables such as newspaper or cardboard; put those at the curb on your regular collection day. Also, make sure wind speeds are 25 kilometres per hour or less before you start a fire.

### *When using outdoor fireplaces, they must be:*

- Installed according to the manufacturer's instructions
- Located at least 3 metres from any building, structure or other combustible material
- Capable of completely containing & enclosing the fire
- Equipped with a spark arrestor or a screen to prevent sparks and embers from escaping
- Placed on a firm, level surface with a non-combustible base beneath it that extends at least a half metre completely outside the perimeter of the fireplace
- Always supervised by an adult with access to a fire extinguisher, bucket of water or another water source while operating

For more information contact Fire Prevention  
**576-3905**

Email [fireprevention@stjohns.ca](mailto:fireprevention@stjohns.ca) or visit [SJRFD.ca](http://SJRFD.ca)

## Open Air Fires

An open-air fire is defined as a fire in any open place, yard, field or area, whether in a barrel or not. A permit is required for all open air burning.

There are very stringent regulations associated with open air burning. The biggest factor is meeting the required clearances from combustible materials. You must have an area that is at least 15 metres from anything combustible.

If you are planning to conduct open air burning this spring, please contact the Fire Prevention Division at **576-3905** or [fireprevention@stjohns.ca](mailto:fireprevention@stjohns.ca) to arrange an inspection of your property so we can determine if it meets safety requirements.

### *What to look for...*

These are features and site requirements for outdoor fireplaces to ensure a safe backyard burning experience:

- Lots of room, located at least 3 meters from any building, structure or combustible materials
- A frame that encloses the fire
- Screens that help prevent sparks from escaping
- A firm, level, non-combustible base surface that extends at least half a metre beyond the outside perimeter of the fireplace

# Let's be Clear with our Waste

Garbage  
now goes in  
clear bags



ST. JOHN'S

[CurbltStJohns.ca](http://CurbltStJohns.ca)