



FALL 2026

CITY GUIDE



ST. JOHN'S

StJohns.ca

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City Guide

Information about the programs and services at 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™.

If you continue to receive unaddressed advertising after you have placed the note on your mailbox, submit a service ticket at **CanadaPost.ca** or call Canada Post Customer Service at 1-866-607-6301.

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Paid Parking Options

In all areas where public parking is available, look for signs that indicate the parking restrictions in the area. Note that payment is not required for parking after 6 p.m. on weekdays or on weekends. You do not need a cell phone for parking, you can use a pay station. [StJohns.ca/PaidParking](https://stjohns.ca/PaidParking)

Steps for using PayByPhone

1. Download the PayByPhone app

Find the app on the Google Play or Apple App Store on your smart phone. Search “PayByPhone” and look for the app that uses the above icon. Once downloaded, open the app to start the registration process.

2. Create an account

Find the person/gear icon. Click to begin to set up your account. You can enter multiple vehicles, payment info and more.

3. Enter the parking zone/location number

The app will ask the zone number of where you are parked. Look for on-street signage that indicates zone number.

4. Enter your vehicle information

You will add the license plate number and province as well as vehicle type and description.

5. Enter your parking duration

Add the amount of time you wish to park.

6. Extend your parking anytime

Add more time from wherever you are.

If you do not have a smartphone, you can call **1-866-234-7275** to make a payment.

There are also various private parking lots in the downtown, please look for signage in these areas as the restrictions differ from the City's.

Steps for using a Pay Station

You can visit a pay station to make your payment using a credit card, debit card (tap only), or mobile pay.

1. After you park, identify the zone you are in (on the nearby signage), go to the nearest pay station and press any button on the station to begin.
2. Select a payment method using the yellow buttons on the machine. Either tap (debit, credit or mobile pay) or insert your credit card.
3. Confirm your parking zone number. Stations will display the zone you are currently in.
4. Enter your license plate number. This is on the same screen as the zone confirmation.
5. Choose the amount of time you wish to pay for parking and confirm using the green button.
6. Make the payment either by tapping or inserting and removing your credit card.
7. The station will ask you if you would like a receipt when the transaction is processed to keep for you own records; you do not need to return to your vehicle with the receipt.



Curbside Recycling - Sort it Out

Sort recyclables into two bags – **containers** and **paper products**.

Learn more at CurbitStJohns.ca/Recycle



Containers



Aluminum trays

Aluminum cans

Aluminum foil (clean)

Milk & juice cartons
(including non-dairy alternatives)

Plastic trays & tubs

Plastic food containers

Plastic cleaning product containers

Plastic toiletries containers

Plastic drink bottles

Steel (tin) cans

Tetra Pak containers



Papers



Newspapers, flyers & junk mail

Magazines, catalogues & phone books

Writing and computer paper

Envelopes
(no bubble/insulated)

Books (remove hardcovers)

Boxboard

Egg cartons (cardboard only)

Take-out drink trays

Empty paper towel & toilet paper rolls (tubes only)

Corrugated cardboard



Not Accepted

- X Glass containers**
- X Disposable coffee cups**
- X Tissues & paper towels**
- X Wrapping paper**
- X Styrofoam**

Organic Waste and Recyclable Materials



Yard Waste

From May to November each year, yard waste bags are collected every second week, on the same day as your recycling.

The yard waste collection program is suitable for:

- leaves
- grass clippings
- plants, shrubs and weeds
- twigs and small branches with a maximum diameter of 2.5 centimeters
- soil and dirt, maximum 5 kg of total

All yard waste must be placed in paper yard waste bags that are securely closed, free of rips or tears and can be carried from the topside without tearing or spilling. Twigs and branches can be tied in bundles measuring a maximum of 60 cm x 60 cm x 30 cm (2ft x 2ft x 1ft).

Paper yard waste bags can also be dropped off at the Residential Drop Off at Robin Hood Bay, open Tuesday to Saturday from 8 a.m. to 4 p.m.

Backyard Composting

The City of St. John's, in partnership with the Memorial University Botanical Garden and MMSB, offers **FREE** basic introductory sessions about backyard composting. Sessions are offered online at anytime and are one hour in length. Once completed, St. John's residents can purchase a reduced-price backyard compost tumbler bin.

To register for an online session visit:

[Mun.ca/BotanicalGarden/Learn/Composting](https://mun.ca/BotanicalGarden/Learn/Composting)

For more details

CurbitStJohns.ca/Recycle/Yard-Waste and
CurbitStJohns.ca/Recycle/Backyard-Composting

Keep Recyclable Materials Out of the Landfill

Do your part to protect the environment and prevent fires at the landfill by recycling materials safely and responsibly. Items such as batteries, electronics, paint, used oil and other hazardous waste should never be placed in regular garbage. Instead, they can be dropped off at the Residential Drop-off Facility at Robin Hood Bay. Household Hazardous Waste is accepted from 8 a.m. to 4 p.m. Wednesdays and Saturdays while all other items are accepted Tuesday to Saturday from 8 a.m. to 4 p.m. Additional drop-off locations are located throughout the community through the organizations listed below.

Recycle Your Batteries, Canada!

Visit **RecycleYourBatteries.ca** to find a drop off location.

Electronic Products Recycling Association (EPRA)

Recycle your end of life electronics, learn more at **RecycleMyElectronics.ca/NL**

Product Care (Paint Recycling)

Learn more about paint recycling locations and paint share programs at **Productcare.org/NL**

Atlantic Used Oil Management Association (Atlantic UOMA)

Visit **RecycleMyOil.ca** to find a drop-off location close to you for used oil, glycol, filters, oil/glycol containers (up to 50 litres capacity) and lubricant oil and brake cleaner aerosol containers.

Recreation Registration



Programs are subject to cancellation, based on minimum registration numbers or instructor availability.

Program Registration	St. John's Residents	Residents of Other Municipalities
Fall children, youth, fitness, outdoor, adult and seniors programs	10 a.m. Thursday, July 30, 2026	10 a.m. Tuesday, August 4, 2026
Swimming lessons and aquatic leadership	7 a.m. Tuesday, August 25, 2026	7 a.m. Thursday, August 27, 2026

Registration Options:

Online: **StJohns.ca/REConnect**

In-person: H.G.R. Mews Community Centre, 60 Blackler Avenue or Paul Reynolds Community Centre, 35 Carrick Drive.

By phone: 709-576-8499 or 709-576-8631

Telephone registration is available after 10 a.m. on registration day.

You must ensure your account is activated and up-to-date at least 72 hours before the registration time.

To view all program details, schedules and to register visit **StJohns.ca/REConnect**.



Outdoor Programs

Learn new skills and have fun with our outdoor programs.

Girls Rise Outside: For girls and gender-diverse youth ages 12 to 15, this program builds confidence, self-esteem and connection to nature through outdoor skills and team-building activities.

Winter Wreath Making: Enjoy crafting a beautiful seasonal wreath that you can hang in your home or give as a thoughtful handmade gift. 18+

Family Programs: Archery, Canoeing, Fire Building and Wilderness Survival (only one family member is required to register).

All programs are under \$90, making it easy to find an adventure that fits your budget. Equipment for all programs is provided.

Group outdoor programs are available at Rotary 'Sunshine' Park for community, youth, school and corporate groups. To learn more, visit **StJohns.ca/OutdoorPrograms** or email Outdoor@StJohns.ca.

Children and Youth



The City of St. John's children's programs are HIGH FIVE® Accredited — the national standard for excellence. Safe. Inclusive. FUN. Led by trained, caring staff. Give your child confidence and friendships that lasts year round. Learn more about some of our programs below!



To view all course details and to register visit StJohns.ca/REconnect or scan the QR code. Registration is also available in person and by phone.

Preschool

Our part-time preschool program helps children build confidence through play. With a focus on socialization, early learning, and physical literacy, children develop fundamental movement skills through fun, engaging activities tailored to their interests and abilities.

Led by caring staff, programs run at the Paul Reynolds Community Centre and Southlands Community Centre.

For children attending Kindergarten in September 2027. Preschool is offered three times per week from September to December for \$495. Monthly payments are available.



National Child Day Events

In honour of National Child Day, we will celebrate with free events including our annual Move It Family Fun Event on **November 14 from 10 a.m. to noon at the Kenmount Terrace Community Centre**. Activities will include games, bouncy castles and a sensory-friendly zone. Mascots may be present. Visit StJohns.ca/NationalChildDay for details closer to the event.



Playgroups

Playgroup: provides an opportunity for young children and their guardians (ages 5 years or younger) to be active and socialize, in a safe and welcoming environment. Offered at the H.G.R. Mews, Kenmount Terrace and Southlands Community Centres. \$2 drop-in fee, no registration necessary.

Kilbride Drop-in Play: offered by the Kilbride to Ferryland Family Resource Coalition for children age 6 and under to learn, play and meet new friends. Free, visit www.kffrc.com for more information.

NEW Play and Connect: Children and caregivers come together to play, learn and connect through free play, creative activities, songs, stories and social interaction. Children build skills and friendships while caregivers can connect with other families and become part of a supportive community. \$20 per child for 10 sessions. Registration required.



Family Programs

Open Gym Drop-ins: families can play their favourite court sports - basketball, volleyball, badminton, soccer and more! Offered at Southlands, Kenmount Terrace, H.G.R. Mews and Paul Reynolds community centres. \$2 drop-in fee, no registration needed. All ages (participants 12 & under must be accompanied by a guardian 16+).

Fun Days: various fun days take place throughout the fall at Rotary Park, Kilbride and Southlands community centres. From fall outdoor fun in October to festive holiday fun in December. Events are for all ages.



Youth Drop-ins

Looking for a free and fun activity for your teens? Our Youth Drop-In programs include sports, crafts, games and more - there's something for everyone! Open to youth in Grades 7 to 12. Offered at Shea Heights, Southlands, Kenmount Terrace and Paul Reynolds community centres.



Leadership

Home Alone Course: a one day safety and life skills program for children in grades 4 to 6 to develop independence to be unsupervised for short periods of time. Topics include online safety, fire safety, street smarts, emergency response, healthy eating and a home readiness plan.

Babysitting Course: a one-day course for participants who have completed grade 5. Learn first aid skills, gain confidence and how to care for children from birth to school age.

Both programs are offered at the Shea Heights and Southlands Community Centres from 9 a.m. to 4:30 p.m. for \$55.



Volunteer Junior Leader Program

October to December 2026

Volunteer Junior Leader provides junior high and high school aged youth with educational workplace experience mentored by a recreation practitioner. Designed to challenge youth while developing a sense of camaraderie through team building in a funfilled atmosphere.

For more information or to complete the online application visit **StJohns.ca/Volunteer**, email **Volunteer@StJohns.ca** or call 709-576-8630.

Adult Programs (18+)

Whether you want to paint, dance or simply meet new people, our Adult Programs offer relaxed, welcoming spaces to try something different.



To view all course details, schedules and to register visit StJohns.ca/REConnect or scan the QR code. Registration is also available in person and by phone. Details on page 6. Resident registration is July 30 at 10 a.m.



Art Programs

Unleash your creativity in our adult art programs! Enjoy guided beginner acrylic or oil painting or drawing classes in a welcoming environment. No experience needed - just bring your imagination! Create artwork you'll be proud to take home while socializing and learning new skills. All materials included.



Leisure and Learning

Knitting Circle: meet others, socialize while knitting or crocheting with others. Instructor not provided.

Learn to Knit: learn to knit projects with an instructor from start to finish such as dishcloths, scarf/cowl and a hat. Materials provided.



Fitness

Walk and Wheel: enjoy indoor walking or wheeling in the gym - perfect for staying active indoors. Bring indoor footwear and a water bottle to enjoy this free drop-in program. Offered Mondays, Wednesdays and Fridays from 12 to 1 p.m. at the Southlands Community Centre.

Open Gym Drop-in: grab a friend and come play your favorite court sports: basketball, volleyball, badminton, soccer and more! Offered Monday nights at 7 p.m. at the Kenmount Terrace Community Centre and 8 p.m. at the Southlands Community Centre. \$2 drop-in fee, indoor shoes are required. Ages 18+.



Music

Guitar (beginner, intermediate and advanced): Learn various chords, tuning, strumming and picking techniques. Improve skills in intermediate and advanced classes.

Ukulele (beginner): Learn the basics of ukulele including how to hold, tune, strum and play basic chords. No experience necessary. Must bring your own ukulele.

Keyboarding (beginner and intermediate): Learn how to play piano and read music in a fun, supportive class. Beginner is suitable for those with little or no experience and intermediate is suitable for those with experience who want to build on their skills. Classes are dependent on instructor availability.

Dance

Line Dance (beginner, intermediate and advanced): Beginners can learn simple steps and easy dances in a fun, relaxed setting, while intermediate/advanced dancers build on their skills with faster-paced routines and new sequences. No experience needed for beginner class.

Ballroom dance (beginner and intermediate): Learn popular styles in beginner like Foxtrot, Jive and Waltz, or build on existing skills in intermediate with more advanced partner dances including Tango, Cha Cha and Two-Step. Partner required.

A Time to Dance: An introductory class with an instructor that includes different genres of music and dance such as, Salsa, Merengue, Jazz and Samba.

Newfoundland Traditional Dance: Experience the fun and energy of Newfoundland traditional dance in this lively drop-in program. Learn classic group dances, enjoy great music, and connect with others. No registration required.



Older Adults (50+)



These programs are for ages 50+ and require registration.

See page 6 for registration details. There are also many other adult programs that may interest you, see pages 10-11.

Contact Us

Call 709-576-8490, 709-576-5701
or 709-576-8411

Email Recreation@StJohns.ca or
AdultAndSeniors@StJohns.ca

Active for Life

September 14 to December 2

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

\$121

Kenmount Terrace Community Centre

Mondays and Wednesdays

1 to 2 p.m.

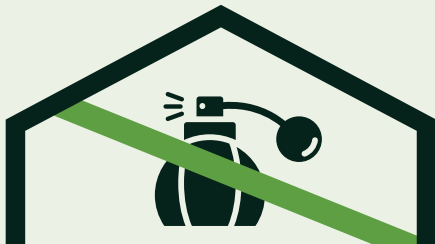
Code: 39411

Paul Reynolds Community Centre

Mondays and Wednesdays

9:30 to 10:30 a.m.

Code: 39412



Please note that all programs and events are **strictly scent-free** to ensure a comfortable experience for everyone.

Social Time

Socialize with friends while enjoying leisure activities, music, games and light refreshments.

H.G.R. Mews Community Centre

Mondays

September 14 to November 30

10:30 a.m. to 12:30 p.m.

\$22

Code: 39372

Paul Reynolds Community Centre

Tuesdays

September 15 to December 1

10:30 a.m. to 12:30 p.m.

\$24

Code: 39370

H.G.R. Mews Community Centre

Fridays

September 18 to December 4

10:30 a.m. to 12:30 p.m.

\$24

Code: 39371

Seniors Day 2026

October 1

Join us October 1 as we celebrate seniors with entertainment, light refreshments and exhibitors with information on all things seniors related. Registration is required if you require City busing, information is provided below. Metrobus, GoBus and the Community Bus will be free for seniors 65 and over.

FREE

Paul Reynolds Community Centre

noon to 3 p.m.



Events and Outings

Registration is required for all events and outings. Meal, refreshments and transportation are included. If you require accommodation to participate or have dietary restrictions we should be aware of, please email AdultAndSeniors@StJohns.ca or call 709-576-8411.

Outdoor Adventures

September 17

Take part in activities with our Outdoor team. Please dress according to weather as some activities may take place outside. \$17

Rotary Park
from 10 a.m. to 1 p.m.
Code: 39361

Social and Bingo

September 24

Enjoy time with friends with lunch and a game of Bingo! Prizes included. \$19

Kenmount Terrace Community Centre from 10 a.m. to 1 p.m.
Code: 39362

Bowl and Shop

October 6

Join us for a fun day of bowling and shopping. \$19

Various locations from 1 to 4 p.m.
Code: 39363

Halloween Dinner and Dance

October 29

Get ready for a spooktacular evening at our Halloween dinner and dance. Dress in your best costume. \$23

City Hall from 6:30 to 10:30 p.m.
Code: 39364

Neon Night Dinner and Dance

November 19

Shine bright with friends and dance the night away. \$23

City Hall from 6:30 to 10:30 p.m.
Code: 39365

Christmas Kitchen Party

December 3

Gather around and celebrate the holiday season with Newfoundland traditional music at our annual Kitchen Party. \$19

Shea Heights Community Centre from 12:30 to 4 p.m.
Code: 39366

Christmas Sweater Social and Bingo

December 8

Play bingo with friends in your favourite Christmas sweater. Prizes and lunch included. \$19

Kenmount Terrace Community Centre from 10 a.m. to 1 p.m.
Code: 39360

Christmas Dinner and Dance

December 10 & December 15

*** Participants can only register for one event.**

Celebrate the season with great company at our Christmas dinner and dance, entertainment included. \$23

City Hall from 6:30 to 10:30 p.m.
Code: 39367

Transportation

Transportation for special events is included in the event price. Please call 709-576-8594 the evening before the event to determine the bus schedule. Pick-ups occur at the following City facilities and apartment complexes:

- Bishop Meaden Manor
- Building #10 Pasadena Cres
- Churchill Square
- H.G.R. Mews Community Centre
- Kenny's Park Apartments Building #35 Tiffany Lane
- Maplewood Apartments
- Morgan Hollow
- Paul Reynolds Community Centre
- Shea Heights Community Centre
- St. George's Court Apartments
- St. Luke's Cottages/Babb Manor
- Thomas Estates
- Victoria Manor
- Wigmore Manor

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

Swimming



Swimming Lessons

For more details visit: StJohns.ca/Swimming

Swimming lessons are offered year-round and follow the Lifesaving Society Swim for Life Program and are available to swimmers of all abilities from the ages of four months to adult. Lessons are offered once per week and include the following programs:

- Parent and Tot 1, 2 and 3
- Preschool, Swimmer and Teen Lessons
- Adult Lessons
- Private Swimming Lessons
- Adapted Swimming Lessons*

*A parent or aide may be required to support the swimmer in the water; a swimmer intake form is required two weeks prior. Contact Inclusion@StJohns.ca for more details.

To register or view current offerings visit StJohns.ca/RECconnect.

Aquatic Leadership



Climb The Ladder To Become A Lifeguard!

Start your lifeguard training now with the following Lifesaving Society training programs. All prerequisite certifications must be submitted on the first day of the course.

Visit StJohns.ca/LifeguardTraining



Indoor Pools

H.G.R. Mews Community Centre,
60 Blackler Avenue

Paul Reynolds Community Centre,
35 Carrick Drive

Visit StJohns.ca/Swimming for swim descriptions, accessibility features and pool schedules. Schedules are also available by phone at 709-576-8155 (PRCC) and 709-576-8408 (Mews) or by email at Recreation@StJohns.ca.



Fitness

We have a variety of fitness classes available for all ages and abilities.

Drop-in programs: Aquatic Fitness, Adults in Motion, Core Balance and Body Conditioning.

Programs that require registration: Yoga, Body Conditioning (Southlands and Shea Heights Only) and Ever Active.

Recreation Support Services

We help provide support to participate in City of St. John's recreation programs.

Therapeutic Recreation Referrals

A therapeutic recreation referral must be submitted to the City's Certified Therapeutic Recreational Specialist (CTRS). The CTRS will connect participants to safe and supportive City programs for those who may experience physical, mental, social or emotional barriers. Participants may be referred by a professional or self-referral.

Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events may apply for a pass for their attendant. Please call 709-576-4556.

Adaptive Equipment Lending Program

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

Financial Support

Financial support is available for individuals facing financial barriers to participate in City recreation programs.

REAL Program

Requests for children and youth to participate in recreational programs are referred to the REAL Program. Contact Real@StJohns.ca.

Contact us

For more information about any of these programs or services:
709-576-6972

Inclusion@StJohns.ca

StJohns.ca/InclusiveServices

Donate to the REAL Program

Your support gives every child a chance

Visit StJohns.ca/REAL

Pursuing Active Lifestyles

September 22 to December 8

For individuals with mild to moderate developmental disabilities to participate in activities focusing on social, physical and emotional well-being. 18+
\$84

Paul Reynolds Community Centre

Tuesdays, 6:30 to 8 p.m.

Code: 39359

TIME™ Together in Movement and Exercise

September 22 to December 1

A community-based exercise program for people with balance and mobility limitations who can walk 10 metres with or without a walking aid. Registration is by referral from a physician, physiotherapist, registered nurse, nurse practitioner or certified therapeutic recreation specialist. 18+
\$200

Paul Reynolds Community Centre

Tuesdays & Thursdays, 11:15 a.m. to 12:15 p.m.

Code: 39358

Fit Finders

Offered to groups facing barriers to participate in recreation programs. Groups can experience activities in a safe, supportive environment with experienced recreation staff.

REAL
PROGRAM





TRAIL EXPLORERS

Join us in exploring the beautiful trails of St. John's through this inclusive program that promotes health, wellness, and community connection. Scan the QR for more information and to see the full schedule or visit **StJohns.ca/TrailExplorers**

For questions about Trail Explorers
email **healthyprograms@stjohns.ca**

If you require adaptive equipment to participate, learn more about the Adaptive Equipment Lending Program by emailing **inclusion@stjohns.ca** or calling **709-576-6972**.



PUMPKIN WALK

Bring your Jack O' Lantern and light up Bannerman Park at our annual Pumpkin Walk! Enjoy a live DJ and pop-up performances — we'll provide a light for your pumpkin.

All pumpkins will be composted after the event.

Learn more and explore accessibility features: **StJohns.ca/PumpkinWalk**

The Loop, Bannerman Park
Sunday, November 1
5:30 to 8:30 p.m.

