



Activity

FALL 2016 / WINTER 2017

GUIDE

AQUATICS PROGRAMS SPORTS & RECREATION
COMMUNITY HAPPENINGS EDUCATION ARTS

Community, Development and Planning
www.CornerBrook.com





Message from the Mayor

On behalf of my City Council Colleagues, it is my pleasure to introduce the Fall-Winter 2016-2017 Activity Guide. Corner Brook and the Humber Valley Region has one of the most spectacular autumn seasons with brilliant red and golden colours blazing throughout the landscape making it a beautiful natural playground. For winter enthusiasts, our annual heavy snowfall guarantees lots of skiing, snowshoeing, snowmobiling, winter festivals and fun in the City.

City Council and staff work hard to ensure that quality programs and services are delivered to our residents. We take pride in everything that we offer and are committed to high quality, affordable programs for residents of all ages.

Whether you are a volunteer or a participant, becoming involved in cultural, social and recreational programs is the perfect ingredient to maintaining a healthy and balanced lifestyle. We have many City run programs and events, and programming from a variety of community groups, to keep you and your family active and engaged throughout the seasons.

Enjoy everything Corner Brook has to offer. Without a doubt we are a four-season destination offering activities and programs that everyone can enjoy.

Charles Pender
Mayor

MAYOR



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**GET INVOLVED!
GET ACTIVE!**

On the Cover

Main cover photo submitted to the City of Corner Brook

Cover photos: Theatre of Newfoundland & Labrador, Rapids Swim Club, Teddy Bear Picnic, Western Environment Centre, Janeway Children's Telethon, Royal Canadian Army Cadets.

Back Cover

Corner Brook Stream Trail and Bicycle Trail

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Arts and Culture Centre Pool Schedule

For daily swims please call 637-2546 or
Pool office call 637-2584 Monday – Friday 8:45-4:45.

Cost: \$2.25 Child (17 and under) \$3.00 Senior \$3.25 Adult
Lessons: \$35 Child (17 and under) \$45 Senior \$50 Adult
Pass: \$55 Senior \$60 Family

OPEN SWIM

Open to everyone for recreation swimming. Children under the age of 8 must be accompanied into the water by an adult.

FAMILY SWIM

Children of all ages must be accompanied into the water by an adult.

MASTERS LAP SWIM

Open to everyone who wishes to do length swimming.

EVENING ADULT SWIM

Must be 18 and over. One lane available for length swimming for 45 minutes.

DAY TIME ADULT SWIM

Length swim for swimmers of various abilities.

AQUASIZE CLASS

Drop in fitness class for adults and children in their late teens. Anyone attending this swim MUST participate in the class.

All floats (not attached to child) must remain in the shallow end during public swims. Bathing suits must be worn in swimming pool - NO t-shirts or cut offs permitted. Children must be able to swim the length of the pool to be allowed access to the deep end without floats. No viewing of any swims at this facility.

Children five and under have to STAY in the PRE-SCHOOL PROGRAM (Sea Otter, Salamander, Sunfish, Crocodile and Whale) until they are six years of age. Once they are six, they may proceed to the Swim Kids Program. These guidelines are set by the Canadian Red Cross Society.

Corner Brook Rapids Swim Club

INVITES YOU TO COME AND CHECK US OUT!

Do you enjoy swimming? If you said yes, the Rapids Swim Club could be for you. We have swimmers ranging in age from 7 to 20 years old.

Our club provides a Fall/Winter Season from September – June each year. Swim group schedules vary depending on your learning level but runs Monday – Saturday during

this time period with qualified coaches to provide you stronger swimming skills. And it is a great way to meet new friends during practice and at swim meets throughout the year.

WHAT WE OFFER:

PRE-COMPETITIVE PROGRAM

Ripples: Focus is on streamline, balance, body awareness, kick and breathing. Main strokes are front crawl and back crawl. Teamwork and fair play are learned.

Riptides: Focus is on maximizing racing technique, developing a competitive attitude and aerobic capacity. Butterfly, Breaststroke and Individual Medley become more important.

COMPETITIVE PROGRAM

Emphasis is placed on technique, conditioning and racing skills.

White Group: Practice 5hrs a week including one morning swim. Work on achieving Provincial Championship Standards and attend two provincial meets each year.

Blue Group: Practice 10 hours a week including three mornings swims. Work to achieve East Coast Championship Standards and attend three provincial meets each year.

Red Group: Practice 12hrs a week including three mornings swims. Focus on achieving National Standards. Attend at least five meets each year, depending on qualifying times.

If you would like more information, check out our website: www.cbrapids.ca. E-mail: cbrapids@gmail.com
Twitter: @cbrapids. Facebook: Corner Brook Rapids Swim Club. Web: www.cbrapids.ca



Rapids Swim Club Photo

Corner Brook Reflections Synchronized Swim Club

ARTS AND CULTURE POOL

See It Try It and swim into Synchro will be available during the summer months ages 5-18. Participants must be able to swim a length of the pool. Call 709-634-4716. Check out our activities on our Facebook page Corner Brook Reflections.

Humber Valley Rowing Club Photo



Running

Corner Brook Running Club

Its aim is to promote running for fun, fitness and competition in the City of Corner Brook and surrounding area.

CBRC MEMBERSHIP

We welcome and encourage runners of all abilities to become members of the CBRC.

Download a Membership Application from our website at www.cornerbrookrun.com to start enjoying the benefits now.

CORNER BROOK RUNNING CLUB SCHEDULE OF EVENTS

DATE	EVENT	LOCATION	START TIME
Sunday, Sept. 18	Terry Fox Run	City Hall	10:00 a.m.
Sunday Oct. 2 <small>Sponsor:Brothers & Associates</small>	10 km/Half Marathon /Full Marathon	West Street	From 8:00 a.m.
Friday, Nov. 11	CBRC Run to Remember	City Hall	1:00 p.m.
Sunday, Dec. 18	Christmas Run	West Street	2:00 p.m.
Sunday, Jan. 1	YMCA** Resolution Run*		1:00 p.m.

For more information on these events please visit the CBRC website: www.cornerbrookrun.com, nearer their scheduled time, except: *organized by YMCA.

Rowing

Humber Valley Rowing Club

TAKE ME TO THE RIVER - EXTENDED FALL SEASON FEE: \$80

The Humber Valley Rowing Club is pleased to announce that their season has been extended for the month of September, possibly October, weather permitting.

If you are an experienced rower and would like to put a team in or just sign up on your own, we would love to have you! We will also be holding a Learn-to-Row session for anyone that is interested in trying it out in preparation for next season. Date and cost for Learn-to-Row session to be announced.

Visit us at www.humbervalleyrowing.com for more information, check us out on Facebook or email us at humbervalleyrowing@gmail.com

Football

Touch Football League

Starting on Sunday morning and afternoons in September and running until November. Located at the soccer facility on Wellington Street. Designed to be non-contact so everybody has fun. Contact: rwheeler@cornerbrook.com

West Coast Cycle Association

Cycle Solutions

TUESDAY NIGHT MTB RIDES

We meet at various spots around town and usually announce where via social media, Cycle Solutions on Facebook or @cyclesolutions on Twitter.

Golf

Blomidon Golf Club

Beautiful Blomidon Golf Club, located in the heart of the city of Corner Brook and overlooking the beautiful Bay of Islands.

- Blomidon is a great place to host your wedding, party or business function.
- Green fee Specials such as 2 players and a cart anytime.
- Lessons available
- Our beautiful Clubhouse overlooks the Bay of Islands
- Memberships available.
- Blomidon features one of the biggest junior programs on the island.
- The rolling terrain and impeccably manicured fairways and greens makes Blomidon a treat for any level of golfer from the beginner to the low handicap.

Call the office for details 709-634-2523

Cross Country Skiing

Blow Me Down Trails

Phone 639-2SKI (2754)

E-mail: info@blowmedown.ca

The Blow Me Down Cross Country Ski Club is located off Lewin Parkway on Lundrigan Drive. The club has 42 km of groomed trails for both diagonal stride and skating and 6.5 km of lighted trails Tuesday to Friday from dusk until 9 PM. All trails are open to snowshoeing as well as 4.0 km of dedicated snowshoe trails.

At Blow Me Down Trails, there's something for everyone. Our trail system can accommodate all levels of cross country skiing ability, from the first time skier to the elite athlete; from the youngest member of your family to the oldest. Whether you are looking for a peaceful relaxing experience with nature or a tough workout. . . . We've got it all! Come check us out on Friday Nights for a half price ski pass and rental.

- Season Membership • Day Passes • Youth Programs
- Private Ski Lessons • Equipment Rental • Locker Rentals
- Heated Lodge with Full Service Cafe
- Ski Waxing Services

Youth Programs

Bunnyrabbit, Jackrabbit and Track Attack youth ski lessons at Blow Me Down Ski Club Saturday mornings 10:30-12 noon.

Location: Blow Me Down Cross Country Ski Club

PROGRAMS/LESSONS FOR KIDS:

BUNNY RABBIT: With Membership. \$50

JACK RABBIT: With Membership. \$130

TRACK ATTACK/JR. DEVELOPMENT: With Membership. \$130

The **Bunny Rabbits** program (ages 5yrs and under) introduces cross-country skiing both through organized activities, games, and play on skis.

The **Jackrabbit Program** (ages 6-9 yrs of age) is designed for the "FUNdamentals" stage of skill development. Skiers are generally placed into levels according to their age, ability, and previous ski experience.

The **Track Attack/ Jr Development program** is for skiers interested in continuing improvement of skiing and fitness and an introduction to training and racing.

The **Adult Stride group** get together during the fall to help skiers to improve fitness and to refine technique in preparation for the ski season.

Check our website for pricing and membership information www.blowmedown.ca

Snowshoeing

Blow Me Down Trails

Blow Me Down is not just for skiers. Snowshoers are always welcome on our trails, provided of course they don't trek on the groomed classic ski track. We are also in the process of getting signage for our several "snowshoe only" trails.

Did you know that our snowshoe only season pass is available for just \$75 + HST! That gives you access to any of our 42km of trails as well as our lodge, and it also means that you can take a moonlit walk on any of our night ski evenings from Tuesday-Friday. Snowshoe day passes are available for just \$15 for adults and \$7.50 for kids plus tax.

Every friday night Cycle Solutions will be hosting it's group snowshoe starting at about 7:00. This is open to anyone who has a day pass or season pass and a pair of snowshoes.

No snowshoes? No problem. contact Cycle Solutions for snowshoe rentals available 7 days a week. For more info visit: www.cyclesolutions.ca



Cycle Solutions Photo

Cycle Solutions

FREE SNOWSHOE ADVENTURE

Every Friday night at various locations around town, the Cycle Solutions crew will embark upon a FREE Snowshoe adventure. This is an event for all ages to come on out and enjoy the natural beauty that our community has to offer within its boundaries and without! We'll update you on location via our Facebook and Twitter feeds – just search Cycle Solutions on FB, and follow @cyclesolutions!



Jeff Mottly Photo

Downhill Skiing

Discover Skiing

Never skied before? This program will help you discover the sport of skiing! Rental equipment, lift pass and a 1 1/2 hour beginner group lesson are all included.

Location: Marble Mountain

SKI LESSONS: No pre-registration required.

MONDAY TO FRIDAY:

Sessions begin at 10:00 a.m. and 1:00 p.m.

SATURDAY AND SUNDAY:

Sessions begin at 9:30 a.m. and 1:00 p.m.

Please register at the ticket counter at least half hour before lesson time.

Discover Snowboarding

Never been on a snowboard before? This two-hour beginner group lesson will help you learn the basics of snowboarding. For a great price, you get first class instruction, a lift pass and rental equipment for the day.

Location: Marble Mountain

SNOWBOARD LESSONS:

MONDAY TO FRIDAY:

Sessions begin at 10:00 a.m. and 1:00 p.m.

SATURDAY AND SUNDAY:

Sessions begin at 9:30 a.m. and 1:00 p.m.

Please register at the ticket counter at least half hour before lesson time. No pre-registration required.

Snow School

Anyone can learn to ski and snowboard and the Marble Mountain Snow School offers instruction for all ages and skill levels.

All instructors are accredited by the Canadian Ski Instructors' Association, the Canadian Association of Snowboard Instructors or the Canadian Ski Coaches Federation and are known for their teaching skills and patience.

Marble Kids' Kamp

Ages 3-6. Every week, kids get 1 1/2 hours of fun and excitement with our professional ski instructors.

TEN WEEK CAMP: Fee includes lift pass for lesson, 1 1/2 hour session, 10 consecutive Saturdays or Sundays.

Full Day Service

This service includes babysitting from 8:30 a.m. to 4:30 p.m., a one hour ski lesson, playtime and lunch. Fee includes lift pass for lesson. Please call 637-7606 to pre-book.

KIDS KAMP WALK-IN SERVICES ALSO AVAILABLE! CHECK AT THE TICKET COUNTER FOR AVAILABILITY.

Marble Krunchers

Ages 7+. Qualified instructors and coaches will guide your child through 3 or 6 hours of skiing each week. Get your young skier ready for jumps and bumps, race courses, ski teaching and great recreational skiing!

SATURDAY OR SUNDAY: 3 hours/week

SATURDAY AND SUNDAY: 6 hours/week
10 week program.

Intro to Ski Teaching

Ages 14+. Do you think you want to become an instructor? This course is for aspiring ski professionals who want to improve their skiing skills while preparing for the CSIA Level 1 Certification Course. 6 week program, 2 hour sessions.

Marble Riders

Ages 7+. Young snowboarders will sharpen their skills while having fun with our professional instructors. 10 consecutive Saturdays or Sundays. 1 1/2 hour sessions.

CONTACT 637-7601 OR THE SNOWLINE (DAILY SKI CONDITIONS) 637-SNOW (7669), FOR MORE DETAILS.
<http://www.skimarble.com>

Canadian Ski Patrol

Marble Mountain Patrol:

First Tracks, Last Run... First Aid and Fun!

If you are 18+, an intermediate/strong skier or rider wanting to volunteer with a proud, professional and passionate group...contact us today!

Our provincially accredited Advanced First Aid Course with CPR-C is offered this Fall. This will prepare you for Volunteering and having FIRST TRACKS this Winter.

Date, time & location: Beginning September (TBA/ evenings-weekends)

Contact Information: Tara Noseworthy, Zone President
Website: www.joinskipatrol.ca

Call/Txt: (709) 660 4061

skipatrolrocks@gmail.com



Saltos Gymnastics Club Photo

Cheer Infusion All Stars Cheerleading

Jr. Cheer: Ages 7-13

Sr. Cheer: Ages 14-18

New to Saltos in 2009, Saltos CHEER is designed to be fun, spirited and competitive. It concentrates on performing organized routines, combining dance, jumps, tumbling and stunting components. Since starting our cheer program in 2009 with our senior team, we have since added a Junior team in September 2011. Young athletes looking to develop their skills can join the Recreation Cheer program which is designed to help prepare athletes for the competitive CHEER stream.

Mini Recreation Cheer – Ages 5-8

Youth Recreation Cheer – Ages 9-12

Saltos Gym Champs Program

Saltos Gymnastics is pleased to offer an exciting gymnastics class designed specifically for children with Autism. Developed in partnership with The Autism Society – Western NL, this program provides opportunities to stimulate the mind, foster social skills and strengthen gross and fine motor skills, while providing children with Autism Spectrum Disorder (ASD) an alternative method for learning and developing new skills. **All ages**



Saltos Gymnastics Club Photo

Saltos Parkour Program

Jr Parkour: Ages 7-11

Sr Parkour: Ages 12+

Call it Parkour, Urban Running or Free Running - it's all the same.....FUN FUN FUN with flips, spins and crazy manovers that get you from one place to another without wasting time or energy!!!!

Parkour at Saltos focuses on rational movement in both the natural and urban environments. The focus is to move around obstacles with speed and efficiency. The main purpose is to teach participants how to move through their environment by vaulting, rolling, running, climbing and jumping.

Gymnastics

Saltos Gymnastics

Civic Centre Annex • 709.639.7080

office@saltosgymnastics.com; facebook/saltosgymnastics; twitter saltoselite; www.saltosnl.com

Offering online registration at www.saltosnl.com

We have something for everyone. Our gymnastics classes begin at 18 months with our Parent and Tot classes and continue through to our programs for teens and adults. We also offer a class tailored to children with Autism. Gymnastics is one of three foundation sports that Sport Canada recommends for youth.

SALTOS GYMNASTICS & CHEER CLUB:	
Programs	
Parent & Tot 18 months - 3 years	Mini Recreation Cheer 6-8 years
Kindergym 3.5 - 5 years	Adult Rec 18+ years
Cangym/Advanced Cangym 5+ years	Gym Champs (Autism Group) All Ages
Teen Rec/Senior Parkour 12+ years	Mighty Men (All boys Cangym) 5+ years
Junior Parkour 7-12 years	Recreation Trampoline Ages 7-10 & 11-14
Youth Recreation Cheers 9-12 years	
Registration is available online at www.saltosnl.com	

Broomball

Corner Brook Molson Men's Broomball League

The league starts with one or two open practices for new and returning players at the Corner Brook Civic Centre around mid-October, following an annual general meeting held in September.

A player draft is then held to choose teams and the four-team league usually begins its 15-game regular season play in late October. The regular season usually ends in February and is followed by two rounds of playoffs, which conclude in April.

All league games are played on Monday nights. An all-star team from the men's league is selected each season to play for the provincial championships held the first week of March each year.

For more information on the men's league, contact Corner Brook Broomball Association president Gary Kean at 660-7986, garykean24@gmail.com or check out Corner Brook Broomball on Facebook or at www.cbbroomball.com. You can also contact the league via Twitter at @cbbroomball.

The Women's Program

STARTS LATER IN THE SEASON

Practices and games leading up to the provincial championships held in early March. For more information please contact Megan Colbourne at megan_colbourne22@msn.com

Hockey

Corner Brook Minor Hockey Association (CBMHA)



Corner Brook Minor Hockey Association (CBMHA) The CBMHA offers a 22 week program providing for children ages 4- 21 years an environment to learn many different skills such as hockey techniques, sportsmanship and teamwork.

The goal of CBMHA is to provide a program to give each player the best possible chance to participate, have fun and succeed.

Registration takes place mid September with program starting October 3, 2016.

Check out our website www.cbmha.ca or our twitter account @cbmha for updates and details regarding registration. If you need more info, you can contact: info@cbmha.ca

Curling

The Corner Brook Curling Club



The Corner Brook Curling Club offers citizens the opportunity to participate in a wonderful winter sporting activity. Our membership consists of both new and experienced curlers. The Corner Brook Curling Club offers both recreational and competitive curling for all age and skill levels through our various programs. We extend an invitation to both individuals and teams to give the great sport of curling a try in 2016/2017. The club will be offering an opportunity for new curlers to receive instruction prior to the beginning of the season.

www.cornerbrookcurlingclub.com

Programs Offered:

SUPER LEAGUE CURLING For the competitive curler.

RECREATIONAL CURLING Fun and exercise for both the new and experienced curler.

SOCIAL CURLING A great evening to drop by for a little bit of curling to go along with a bite to eat.

MIXED CURLING A fun night of social curling for both male and female curlers. Popular with new curlers and couples.

LADIES AFTERNOON CURLING

Mid afternoon curling for ladies only.

JUNIOR CURLING

An after school program for junior curlers age 10 and up.

OPEN CURLING

No need to be a member of a team. We will combine new curlers with experienced curlers for great recreational curling.

CORPORATE EVENT RENTALS

Try a fun evening of curling for your next corporate event. Kitchen and Bar services are available.

WEEKEND BONSPIELS AND FUNSPIELS

Keep an eye out for various weekend events throughout the year. Sure to be a great time for all participants.





Brake's Gym Photo

BRAKE'S GYM KICKBOXING/BOXING: SUNDAY TO FRIDAY

SUNDAY		Kick Light Ages 6-10 6:00 - 7:00 p.m.	Ladies Kickboxing 7:00 - 8:30 p.m.	Teen/Adult Boxing 8:30 - 10:00 p.m.
MONDAY	Kick Light Ages 6-10 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Teen/Adult Kickboxing 7:30 - 8:30 p.m.	M.M.A 8:30 - 10:00 p.m.
TUESDAY	Junior Kickboxing Ages 10-15 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Boxing & Focus Mitt Session 7:30 - 8:30 p.m.	Boxing & Gym Work 8:30 - 10:00 p.m.
WEDNESDAY	Kick Light Ages 6-10 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Teen/Adult Kickboxing 7:30 - 8:30 p.m.	M.M.A 8:30 - 10:00 p.m.
THURSDAY	Junior Kickboxing Ages 10-15 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Boxing & Focus Mitt Session 7:30 - 8:30 p.m.	Boxing & Gym Work 8:30 - 10:00 p.m.
FRIDAY		Junior Kickboxing Ages 10-15 6:00 - 7:00 p.m.	Sparring & Gym Work 7:00 - 10:00 p.m.	

Contact: brakemma@gmail.com



CounterBalance Fitness Photo



CounterBalance Fitness

Corner Brooks ONLY 24hr Gym! With close to 3000 sq feet of facility space, CounterBalance has everything to make your training experience your most enjoyable!

OUR EQUIPMENT:

Multi cage racks, smith machine, upper and lower body, core resistance machines, benches, multi-jungle functional cabling systems along with racks of free weights ,dumbbells/plates, fixed weighted bars, Kettle Bells, Med Balls, Slastic resistance bands, stability balls, BOSUs, balance boards, agility ladders, hurdles & More-completing two rooms for our resistance section. Our cardio section holds Cybex Treadmills, Octane Ellipticals and a Lateral-X Trainer, a Stairmaster Stepper, spin and recumbent bikes and two rowing machines for much cardio variety with Satellite music streams + TV along with FREE WIFI for our members!

THE MEMBERSHIP ADVANTAGE:

Gym Membership Pricing allows for 24 Hour Facility access. Members obtain a swipe pass card (\$25.00 refundable deposit necessary). On a 3 ,6, 9 or 12 month membership. Multiple payment options available!

Fitness and Wellness

Brake's Gym Kickboxing/Boxing

Brake's gym is Corner Brook's amateur combat sport and fitness facility. Offering a safe and healthy training environment; individuals of all ages and genders are welcomed to get active, participate or possibly compete in various sports, styles and activities!

Brake's offers a wide variety of classes with sport specific training apparatuses, equipment, structured classes & personal gym time. With certified Coaches and Personal Trainers at the gym at all times, Brake's Gym consists of quality training of various techniques, theory and knowledge.

YOUTH CLASSES

Classes are fun and sport specific, with heart pumping cardiovascular training and conditioning. Members will learn various kickboxing styles, self defence techniques, team work and respect. Youth kickboxing classes are offered to ages 6-10 (Kick Light) and 10-15 (Junior Kickboxing).

WOMEN ONLY CLASSES

Ladies kickboxing classes are suited for beginner to intermediate level members. Sessions are high paced and provide an incredible cardiovascular workout while also learning various kickboxing and boxing styles in a comfortable environment.

CO-ED CLASSES

Classes are available to anyone looking improve physical fitness, work on and learn certain techniques, or even become a world champ. Sessions teach different kickboxing, boxing and grappling styles using a wide variety of fitness techniques and equipment to help you reach your goals, what ever they may be.

PERSONAL TRAINING:

Our Team of professional & experienced Personal Trainers offer One-on-One & Buddy (Two-on-One) Private Session Packages, Group Personal Training Programs, Distance Coaching (online) Programs, Competition Prep, Muscle Gain, Fat Stripping, Fitness Testing, Nutritional Consultations & more! We have what you need to perform at your highest potential, feel your healthiest and look your best. As well we offer a variety of Personal Trainer & Master Trainer PT Certification courses! Train Smart, Get Results!

3 DAY FREE TRIAL!

406A O’Connell Drive; cbalancetraining.com; 634-4275; Facebook: CounterBalance Conditioning & Fitness Inc.



Epic Fitness Photo

Epic Fitness

Epic Fitness offers a variety of group fitness classes 4 days per week. Classes include Zumba, Zumba Step, Kickboxing, Yoga, Hooping, Kettlebell, Pilates and much more.

Please contact Terra Hynes for more information. Certified Fitness Instructor, Certified Zumba Instructor
Facebook Page: Epic Fitness
Website: www.epicfitnesswithterra.com
Telephone: (709) 638-0137

Forever Young Fitness Centre

Fitness centre offers a wide variety of exercise equipment to suit all your fitness needs. LifeFitness cardio equipment including treadmills, elliptical machines, stairclimbers, and upright & recumbent bikes. Also available are LifeFitness & Cybex weight selectorized machines & a wide array of free weights & accompanying benches. We feature a spacious stretching & core workout room, and newly opened Ladies Only area including LifeFitness user friendly equipment & cardio machines in a private setting. A juicebar & large change rooms also available at Forever Young Fitness Centre.

For more information contact Craig Anderson: 709-634-6665.

HOURS OF OPERATION Forever Fitness:	
DATE:	TIME:
Monday - Thursday	7:00 a.m. - 10:00 p.m.
Friday	7:00 a.m. - 8:00 p.m.
Saturday - Sunday	9:00 a.m. - 8:00 p.m.
Location: Corner Brook Civic Centre, 1 Canada Games Place	

Health and Performance Centre

Health and Performance Centre offers many service catering to Fitness and Wellness, from customized exercise programs prescribed by a Physiotherapist for the client with a complex health or injury history, to fitness training onsite in our beautiful new and modern facility provided by our own CanFit Pro Certified Trainer.

HPC FIT STUDIO

14 Main Street

Visit www.hpcfitstudio.com for schedule and class details

New to HPC is our Fit Studio. FIT Studio will house a variety of fitness classes tailored to the entire community, from the “new-to-fitness” clients, to the seasoned high end athletes. Our instructors are the most highly trained in their area and bring experience and expertise to ensure your best benefits and experience. Neala Griffin offers Therapeutic Yoga, which is a unique certification to the area, which gives her the ability to modify and plan her classes for injured clients and clients with complex health histories safely. Fitness is our best ally in treating, managing and preventing many health conditions and body aches and pains, and our team has been compiled with health and injury prevention in mind.

MORE FIT STUDIO HIGHLIGHTS:

- Free arthritis class once per week
- Thrive 60+ Fitness Class. Tailored to people 60+ years of age
- Pediatric development classes for babies

Watch our website for the most current schedule. Links to our live schedule, instructor and class descriptions, class registration and login will be able online: www.hpcfitstudio.com

Please send any questions or inquiries to hpcfitstudio@gmail.com and we will be happy to help you figure out which classes best suit you and your fitness level.

Follow us on twitter @HealthFITcb and @HPC_clinic and on Facebook - Health and Performance and FIT Studio

Stay tuned for updates on the new Health and Performance Medical Centre due to open in early September at 14 Main Street.

Soccer

Corner Brook Minor Soccer Association

CBMSA offers soccer programs for players of all ages and skill levels. We have our professional coach, student coaches, parent coaches and volunteers that help to add fun and learning to each session. CBMSA is a community partner with Canadian Tire Jumpstart program which families can apply directly with CBMSA when registering players for sessions. The program is there to help any player who wants to participate in our program, needs help with registration and/or equipment. We are only able to approve funding thru Jumpstart for our soccer program. We are always looking for volunteers to help with our program each year. Check www.cbmsa.ca for more information or email info@cbmsa.ca.

2016 Fall Soccer Session

Age Groups: U4 to U16
Date: 10 Weeks in Sept to Nov
Cost: U4 to U16 = \$80
Location: Wellington Street
Soccer Complex

2017 Winter Soccer Session

Age Groups: U4 to U16
Date: 10 Weeks in Jan to Mar
Cost: U6 to U16 = \$80
Location: TBA

Age Group Key: (Birth Year)

2013-2014=U4	2005-2006=U12
2011-2012=U6	2003-2004=U14
2009-2010=U8	2002-2001=U16
2007-2008=U10	

Outdoor Adventure

Marble Zip Tours

ZIPLINE, SPIDER CHALLENGE AND SNOWMOBILE TOURS

ZIPLINE

Marble Zip Tours offers an experience like no other in the province. It's a cross between parachuting and flying, and it's the ride of a lifetime. Nine zip lines and twelve platforms provide ample view points to overlook scenic Humber Valley. Marble Zip Tours (MZT) is incomparable to any other adventure tour. It's characteristics satisfy a diverse range of interests. MZT is designed to provide a one of a kind experience with thrill, excitement, and adventure, in an environmentally friendly manner that can be enjoyed by all ages, from eight to eighty!

SPIDER CHALLENGE

What is a High Ropes Course / Adventure park? It is a physical and mental challenge as a predominantly recreational activity. Neither climbing techniques nor special/specific physical fitness experience are necessary. Typical slogans are: Have fun, Test your Courage and Overcome your Own Fears. In an Adventure Park, the participants independently run a variety of trails of

increasing difficulty levels. Each trail consists of several poles or trees that are connected by different acrobatic elements.

Here at Marble Mountain, We have 3 levels. Beginner, intermediate, and advanced. The lowest level Being the easiest and the highest level the most difficult.

SNOWMOBILE

Marble Zip Tours (MZT) will be offering snowmobile tours and rentals. Take a day to enjoy the pristine Newfoundland backcountry during the winter season. Get some fantastic photo opportunities and enjoy the all-new Ski-doo snowmobiles at the same time. Our snowmobile rentals are located conveniently at Marble Mountain Ski Resort next to some of the best freshly groomed trails Newfoundland has to offer. You can choose to rent a snowmobile and explore the terrain with some friends/family or you can choose to go along with one of our experienced and friendly guides*. Please book your tour in advance, walk in customers are welcome however we advise reserving your rental ahead of time.

Located off Exit 8, Trans Canada Highway, Marble Mountain, Newfoundland.

MARBLE ZIP TOURS:	
EVENT:	COST:
Zipline	Child \$89; Adult \$99
Spider Challenge	Child \$39; Adult \$59 <small>Full Course</small>
Spider Challenge	Adult \$45 <small>First Level of Ropes Course</small>
Snowmobile	Call for Information
Registration Information: We always recommend booking in advance. Contact Information: 709-632-5463, email: info@marbleziptours.com	

Shred Sistas – Women's Group

For women who seek adventure, laughter and fun during fall, winter, spring, and summer. Shred Sistas is an open outdoor networking group that encourages females of all ages to be active. If you are interested, join the Newfoundland Shred Sistas facebook page where weekly events and activities are posted. Activities such as hiking, biking, snowboarding, skiing, camping, rock climbing, swimming, community events, information sessions, etc. The Shred Sistas then organize the activities for those interested in taking part. The fresh air, snow, water and soil are waiting ladies, let's explore together. To join the facebook page, search "Shred Sistas".

Rugged Edge

SNOWMOBILE & ATV RENTALS & GUIDED TOURS

Your adventure starts here! Discover the breath-taking natural beauty of our back country on a snowmobile or ATV rental from Rugged Edge. Take the route of The Newfie Bullet – Newfoundland’s former railway – or ride along our rugged coastline. Get your adrenaline pumping or take a leisurely cruise. Pick berries, ice fish, take photos, observe wildlife, experience a good old fashioned Newfoundland boil up in the woods – no matter what adventure you choose, the memories you make will last a lifetime. Customized group & private snowmobile & ATV tours available for all riding skill levels. Connect with Rugged Edge on Facebook, Twitter & Instagram to stay up to date on our community events, group rides, riding clinics, safety seminars, details & pictures of our latest adventures & more. Rugged Edge – Where Adventure Begins!

Visit: 8 Lundrigan Drive, Corner Brook
 Call: 709-634-6683 or toll free 1-877-781-3343
 Email: info@ruggededge.ca; Web: RuggedEdge.ca

IATNL - Humber Valley Hikers

Hiking season begins late April and ends the end of October. Hikes range from easy, moderately difficult, and very difficult.

For further information or to have your e-mail address placed on our contact list for weekly notices, please call Judie Gushue at 709-634-4295 or e-mail: judiec@hotmail.com



IATNL Photo

Martial Arts

MARKUS KARATE SCHOOLS

355 O’Connell Drive
 Get fit and have fun! Karate Classes available for all ages 5 and up. Regular Karate Classes are held on Monday and Wednesday Nights.

- Markus Karate School also offers:
- Day Classes for adults
 - Little Ninja Classes for 3 & 4 yr olds
 - Self Defence Classes for all ages

For more information Contact: Bob Bennett 8th degree black belt at 640-0499 cell or info@markusenterprises.ca

Check out our facebook page:
www.facebook.com/markuskarateschools

Bennett’s Tae Kwon Do Academy

Corner Brook Civic Centre. New students are always welcome. We take students ages 4 to adult. All new students will receive two free classes. Classes taught by Master Raymond Bennett, 5th degree and Dora Bennett, 4th degree.



Bennett’s Tae Kwon Do Photo

BENNETT’S TAE KWON DO SCHEDULE:

MONDAY, WEDNESDAY AND THURSDAY

Little Tigers (Ages 4-8)	Children (Ages 9-15)	Children (Ages 9-15)	Adult (Ages 15 & up)
White Belt & Up	White & Yellow Belt	All High Belts	White Belt & Up
5:30 - 6:00 p.m.	6:10 - 6:55 p.m.	7:00 - 7:45 p.m.	7:50 - 8:35 p.m.

For more information please call Dora Bennett:
 638-3411 or 634-0529

Facebook: Bennett’s Tae Kwon Do Academy
 Raymond Bennett: raymond.bennett@nf.sympatico.ca

Jiu-Jitsu

A Canadian Martial Art and system of self-protection known as Can-Ryu Jiu-Jitsu. We are proud members of the Canadian Jiu-Jitsu Union.

Our modern style of Jiu-Jitsu combines skills in all ranges of self-protection including kicking, punching, trapping and grappling.

Classes are held every Monday and Thursday from 5:15 to 6:15 at the Humber Community YMCA, Millbrook Mall, Corner Brook, NL. (Classes are restricted to students 12 years of age and up.)

THAI BO FITNESS CLASSES

An 8 week Full Body Cardio Workout incorporating skills from Jiu-Jitsu, Muay Thai, Kickboxing, Karate and Tae Kwon Do. Next session starts in March. Call 709-660-1361 for more information.

Baseball

Corner Brook Baseball Association

The Corner Brook Baseball Association is currently developing fall and winter programming. Check their website: www.cbbaseball.ca for more information over the next months.

Special Olympics

SOCB (Special Olympics Corner Brook)

Special Olympics is a non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability. Almost every age is eligible for Special Olympics programming.

GROUP MEETS 3 NIGHTS A WEEK:

DATE:	EVENT:	TIME:
Monday:	Bowling at The Corner Brook Centre Bowl	6:15 p.m. - 8:00 p.m.
Wednesday:	Athletics at St. Gerard's Elementary	6:30 p.m. - 7:30 p.m.
Thursday:	Weight Training at the Humber Community YMCA	6:30 p.m. - 7:30 p.m.
Tuesday: (In season)	Cross-country skiing at The Blomidon Cross-Country Ski Park	2:30 p.m. - 4:00 p.m.
Saturday:	Snowshoeing East Side Sports Field	1:30 p.m. - 5:45 p.m.
Sunday:	Bocce Sunday	6:30 p.m. - 8:00 p.m.
Tues & Thurs: (In season)	Speed Skating Corner Brook Civic Centre	6:30 p.m. - 8:00 p.m.

To register: check out www.sonl.ca for up-to-date contact information for our local club.

Check out our athletes in action. They're online at www.sonl.ca/vikings video. For more information about this particular program you may contact Kim McDonald, Outreach Coordinator with SONL, at 709-293-1444 or by e-mail at:kimm@sonl.ca.

Women's Basketball

Corner Brook Women's Basketball

Ladies dust off your old sneakers and get ready to dribble! Come on out to our women's league this fall! Practices and even fun tournaments are awaiting you. Not sure of your skill level? Haven't played in a number of years? I bet you are way better than you think. A great relaxed crew who aim to enhance our fitness and skills and have fun too. Starting in early September. Give Tara a call to learn more! The location, date and time are to be announced.

Cost: Average \$5 per gathering

Contact Information: Tara Noseworthy 1-709-660-4061

Billiards

Pool League (Billiards) - Canadian Poolplayers Association (CPA)

Fall session starts in early September. Winter session starts in early January. Both 8-Ball and 9-Ball are played. All skill level of players are welcome. Come enjoy a fun night out by playing some pool in our fall and winter sessions. Must be 19 years of age or older. Located at Union Bar and Billiards (Union Street) and AJ's Bar & Billiards (Broadway). Contact Ervin Mitchelmore 638-5102 or erwin383@hotmail.com.

Bowling

Corner Brook Centre Bowl

League bowling beginning September 12th. Bowling schedule is as follows:

MIXED FUN LEAGUE - AGE 19+

Monday nights. Registration required. \$4 per game.

MEN'S LEAGUE - AGE 15+

Tuesday nights. Registration required. \$4 per game.

COMMERCIAL MIXED LEAGUE - AGES 17+

Wednesday nights. Registration required. \$4 per game.

PIONEER LADIES LEAGUE - AGES 15+

Thursday nights. Registration required. \$4 per game.

YBC PROGRAM - AGES 5-19

Saturday's from 11:00 a.m. - 6:00 p.m. \$8.25 per week. Registration September 12th. Starting September 12th.

FAMILY BOWLING

Family bowling is on Sundays from 12:00 p.m. - 6:00 p.m. Two hours of bowling for \$28.00. Each lane requires a minimum of 1 adult and maximum of 6 people.

MOONLIGHT BOWLING

Friday night 10:00 p.m. to 12 a.m. Saturday nights 7:30 p.m. to 9:30 p.m. and 10:00 p.m. to 12:00 a.m. Food services available.

Call 634-4934 or visit www.cornerbrookcentrebowl.com



Corner Brook Centre Bowl Photo

Speed Skating

Humber Valley's "Short Track", Speed Skating Club

This is the Olympic sport for you. No previous skating experience necessary to join .

The Humber Valley's "Short Track" Speed Skating Club is a non- profit sports organization offering various levels of skating programs from ages 5 to adult. These programs range from a Learn to skate program for beginners of all ages, a Learn to Speed Skate program and an Intermediate and a Learn to Train competitive program.

The "Learn to Train Competitive" program develops aspiring athletes who would like to advance to the National Level by competing in Speed Skating Canada's, Short Track or Long Track sanctioned meets hosted in other provinces throughout the season.

Coaches are professionally trained and certified through Speed Skating Canada's Elite Coaching Pathway Program and are dedicated to developing strong skaters. Throughout the world , learning the speed skating technique has been known to produce the strongest and fastest skaters on ice.

Our organization also supports and follows the Long Term Athlete Development Model (LTADM) developed by Sport Canada to keep sport FUN!!!

We skate in the Main Civic Centre arena on Tuesday and Thursday evenings from 630-830. Regular skating season usually begins first week in October and runs until mid March. Initial start dates vary each season due to the return of the ice in main arena.

Our "Unique Long Blade Speed Skates" are available for rental throughout the skating season at the arena. We are well stocked in various sizes, but of course are limited. So first come first serve.

Membership is also limited and spots are filled quickly. So don't miss your chance to be unique and join Canada's most exciting Olympic winter sport!!!!

For further information please contact Sharon Kam at 709-640-1050 or by email skspeedskatingnl@gmail.com. Skaters are also welcome to join anytime throughout the season if space available.

The HVSSC are members of Jumpstart Canada and Kid Sport NL so financial assistance with membership fees are also available through these resources .



Silver Blades Skating Club Photo

Skating

Silver Blades Skating Club

The Silver Blades Skating Club offers programs to skaters of all ages from September to May. Some of our programming includes canskate, star skate and synchro skating teams. Our canskate program runs on Wednesday evenings and Sunday afternoons and is offered to children aged 3 and up.

Registration for new skaters will take place on the evenings of September 7th and 11th, 2016 in the Kinsmen lobby.

For more information: Check out our website: www.silverbladesnl.ca; Email our Club Administrator at silverbladessc@outlook.com or our Registration Coordinator at registrationsbnl@outlook.com

Join our Facebook group <https://www.facebook.com/groups/825987570757158/>

Yoga

Yoga with Tina Coleman, RHT

A great way for women and men of all ages to melt away stress, improve flexibility, tone muscles and lose weight.

Call to discuss the best class for you:

Morning & evening classes available • Gentle or continuing yoga • Hot yoga • Kids yoga • Seniors yoga • Yoga for arthritis • Back maintenance • Yoga for athletes • Yoga for your heart • Meditation

To register, call 634-6207, text or call 638-4105, or send an email to tinacolemanyoga@gmail.com, kastinec@gmail.com or visit the website: tinacolemanyoga.com

SPORTS AND RECREATION ACTIVITIES www.CornerBrook.com



Humber Community YMCA

The YMCA has something for everyone! Offering a wide variety of opportunities for you to get strong and feel great. At the YMCA everyone is able to participate in programs regardless of their ability to pay the full fees. That's because the YMCA is open to everyone - all ages, backgrounds, abilities and financial circumstances.

PROGRAMS OFFERED:

Pound Rockout Workout

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series.

Tabata Training

High Intensity Intervals (20 seconds on, 10 seconds off) eight times through for a whole four minutes for each exercise. It's tough and a bit different from your usual structuring of HIIT workout.

Zumba Fitness

The Zumba Fitness Program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout - join the party!!

Zumba Gold

A modified slower paced Zumba class with a resistance component at the end and is intended for the Active Older Adult, New to Zumba individuals and pre & post natal women. Perfect for all fitness levels and so much FUN!!

Group Fitness Classes

Bootcamp, Stability Ball, Yoga, Circuit, Core, Step and Pump and many more! Classes are conducted in our new, modern, air conditioned studio and are lead by certified YMCA instructors. Classes are offered at varying times throughout the day to accommodate diverse schedules.

Gentle Gym

Designed for active older adults and focuses on building muscle strength and endurance and improving your overall fitness!

Orientations

Need help getting started or looking to shake up your routine... We provide free orientations to our Health and Wellness Center. Find the workout plan that works for you.

Age restrictions Youth 14 to 17 years of age are required to complete a parental consent form prior to using the Health and Wellness Center. All youth are encouraged to participate in an orientation prior to using the Health & Wellness Center.

Youths 13 and under must be accompanied by an adult and complete an orientation.

Playing to Learn

Our Playing to learn curriculum enables the YMCA to continuously improve the quality of programs and services provided to children. Please note: Children in the Playing to Learn Program must be no younger than 36 months and no older than 69 months.

Contact the YMCA for registration information.

HOURS OF OPERATION *Come and Play:*

DATE:	TIME:
Wednesday & Friday	9:00 a.m. - 12:00 p.m.
Tuesday & Thursday	9:00 a.m. - 12:00 p.m.

Location: All Saint's Church - Clarence Street
Kinsmen Center - St. Mark's Avenue

After School Program

The YMCA After School Program is a licensed child care program offered everyday throughout the school calendar year, excluding Statutory Holidays. YMCA strives to ensure children have the positive experiences, support and opportunities they need to thrive. Children in the After School Program must be no younger than 57 months and no older than 155 months.

For more information please contact 639-9676, visit www.humbercommunityymca.ca, or check it out at 2 Herald Avenue, Lower Level, Millbrook Mall.

Come drop into our gym featuring cardio fitness and weight training equipment

HOURS OF OPERATION:

DATE:	TIME:
Monday - Thursday	6:00 a.m. - 9:30 p.m.
Friday	6:00 a.m. - 8:30 p.m.
Saturday	8:00 a.m. - 7:30 p.m.
Sunday	Noon - 9:00 p.m.

Craft/Expo Fairs

2016 Wonderful Fine Market

A vibrant, welcoming community market showcasing local produce, baked goods and preserves, distinctive artisanal products and regional art - Tax Free!
Enjoy Live Music and Free Freshly Ground Coffee.

Corner Brook Royal Canadian Legion.

Accessible side entrance.

Saturdays, September 10 - December 17,
10 a.m. - 2 p.m. - FREE ENTRY

We're growing, and happy to welcome new vendors!
Vendor table - \$25, or \$15 with a \$50 lifetime Wonderful Fine Market Co-operative membership.

Join us on facebook! wonderfulfinemarket@gmail.com
wonderfulfinemarket.com

The 17th Annual Fall Craft and Gift Expo

Saturday, September 17, 2016
9am - 3pm

The CB Civic Centre, Main Box office Entrance

\$2 admission Kids free

With over 60 vendors, tastings, craft corner for the kids with a free craft along with many local talent work its a great Saturday thing to do.



Samantha Hoyles Photo

The Fall Grad and Bridal Expo

Saturday, October 15th • TBA

National Seniors Day

SEPTEMBER 30TH,
CIVIC CENTRE MEETING ROOMS
2:00 - 4:00 P.M.

Come out and celebrate the seniors in our community with live music, food and fun!

National Child's Day

DECEMBER 4TH,
CIVIC CENTRE STUDIO
2:00 - 4:00 P.M.

Come out and celebrate children and families in our community with games, bouncy castle and refreshments!

Christmas at the Studio

Saturday, December 3rd

The CB Civic Centre, Studio Entrance

11am - 8pm

Admission \$2 Kids Free

Over 120 Vendors, the largest expo on the west coast with everything under one roof including Santa! Get your pictures taken with Santa, Free Loot Bags, A scavenger hunt, samples and many local crafts for gift ideas.

The Winter Carnival Craft Expo

Saturday, February 18th

The CB Civic Centre Main Box Office Entrance

10am - 3pm

Atlanti-Con 5: Revenge of the Fifth SCIENCE FICTION AND POP CULTURE FESTIVAL

Atlanti-Con is a local fan-run inclusive science fiction / fantasy /comic book / video game / anime convention that celebrates all things pop-culture and geeky! Launching our fifth annual event on September 23rd-25th, 2016 we welcome people from all walks of life to come together and enjoy the various fandoms from classic science fiction to the newest video games! For guest information, tickets, general questions and more email jeff@atlanti-con.com, visit our website www.atlanti-con.com or follow us on Twitter (@atlanti_con) for up to date information.

Earlybird discounted tickets may be purchased online at our website or at Downtown Entertainment.

Full price tickets will be available at the door.
Schedule TBA.

Corner Brook Civic Centre Studio

September 23rd 5 P.M. – September 25th 6 P.M.





Events

The Teddy Bear Clinic

The Teddy Bear Clinic is an annual event that provides health promotion initiatives applied to a make-believe hospital setting. This allows children to explore their teddy bears having different procedures and check-ups performed... in hopes of eliminating fears of visiting the hospital. Western Regional School of Nursing provides educated nursing students to perform teddy-bear assessments, provide X-Rays, perform surgery, promote healthy eating, dental care and mental health.

It is a free event to the public but we gladly accept donations during the event for the Western Memorial Hospital Foundation. Check out our Facebook page, Teddy Bear Clinic 2016. For further information please contact Serina Greene at sgreene@grenfell.mun.ca or teddybearclinic@grenfell.mun.ca

Date: Sunday, October 16, 2016

Time: 2pm to 4pm

Place: Arts & Science Atrium, Grenfell Campus, MUN

Community Mental Health Initiative Inc.

CMHI Inc. is a not-for-profit community organization that promotes mental health through public awareness, education and the delivery of targeted services.

Some of our events this fall include:

WORLD SUICIDE PREVENTION DAY WALK 2016

September 12, 2016 at 7:00 pm.

Sponsor sheets are available and all proceeds support local suicide prevention initiatives.

MENTAL HEALTH LUNCH BUNCH

A monthly series of presentations on various health and wellness topics.

3rd Friday of every month

12 – 1:00 pm. (Bring your own lunch)

Summit Place – 112 Premier Drive

September – Suicide Prevention

October – Mental Health Care Treatment Act



WEEKLY SOUP KITCHEN AT SALVATION ARMY

Wednesdays from 4:00 – 5:30 pm

*Also looking for volunteers to make hot meals for our Soup Kitchen and to help with set up/clean up and serving. Please contact Heather at 388-4000

Like us on Facebook to see other upcoming events throughout the fall and winter.



Corner Brook Royals

The Royals are back for another great season and you don't want to miss a moment of Senior Hockey action! For more information on schedules, stats and highlights check out www.cbroyals.ca

Orienteering with Humber Rotary Club and Gallipoli Army Cadets

Sept. 24th, noon - 4:00 p.m.

Get your team together and join the members of Humber Rotary and the Gallipoli Army Cadets for a fun afternoon of Orienteering in the heart of Down Town Corner Brook. Home Base will be Majestic Lawn.

Corner Brook Ecumenical Advent Service

**The Cathedral of St. John the Evangelist Anglican
Sunday, November 27 at 7 pm:**

A program of Advent readings, hymns, and choir music.

Choir rehearsals: Sunday, November 13 at 3 pm at the cathedral, and Sunday, November 27 at 5:45 pm. All singers are welcome. Choir dress for November 27: black and white. No admission charge, but an offering will be taken for the local foodbank. PH: 634-2373



Relay for Life Photo

Fundraisers

Scotia Bank AIDS Walk for life

AIDS Committee Walk September 25th at Majestic Lawn - Come out and support this national event of awareness and fundraising to support programming and services for those living with HIV/AIDS.

Registration starts at 11:00 a.m.

Walk from 12:00 p.m - 2:00 p.m.

Relay for Life

The Canadian Cancer Society Relay for Life is more than just a fundraiser. It is an opportunity to get together with family and friends and celebrate cancer survivors, remember loved ones lost to cancer, and fight back in the hope of finding a cure for this terrible disease. Relay is fun, fulfilling, and your participation gives strength to our mission to eradicate cancer. Walk with us in this inspirational event as we come together and fight to make cancer history.

CORNER BROOK

Saturday, September 17 at

Corner Brook Civic Center Studio
12:00 noon – 12:00 midnight

DEER LAKE

Saturday, September 10 at

Hodder Memorial Stadium
12:00 noon – 12:00 midnight

For more information phone: 1-709-634-6542
Toll-free: 1-866-545-9533; Visit the website www.cancer.ca/relay or email western@nl.cancer.ca

Janeway Children's Hospital

OCTOBER: 5TH ANNUAL JAMARAMA

Jamarama is one of the Janeway's most important (and entertaining) fundraising events. The premise is simple... people all across Newfoundland and Labrador raise money and collect pledges to wear their pajamas to work, school or out-and-about on October 21st, 2016 in support of the Janeway and all our kids. Wearing pajamas is a sign of solidarity and support for sick kids – it lets them know that we understand what they are going through, and that we are fighting right alongside them. Raise Money. Wear PJs. Help Kids.

Location: Throughout Newfoundland and Labrador
Date: Friday, October 21, 2016

For more information please contact the Janeway – at 709-777-4640 or via e-mail at phyllis.kinsmann@easternhealth.ca. Registration information: www.JanewayFoundation.nf.ca

NOVEMBER: EXTRA LIFE GAMING MARATHON

In 2015, Extra Life gamers, through Children's Miracle Network Hospitals Extra Life event, raised a whopping \$31,609 in support of our province's only children's hospital!! The money you raise helps us care for children from birth to the age of 18 from all areas throughout

Janeway Children's Hospital Photo



Newfoundland and Labrador – we simply cannot do what we do for them without the support of people like you and your Extra Life teammates.

Location: Throughout Newfoundland and Labrador
Date: November 6, 2016 • Cost: Go to www.extra-life.org for details • Sign up online at www.extra-life.org

Contact Information: Jenine Kerrivan, Janeway Children's Hospital Foundation, Manager, Corporate Development
P: 709-777-4227; F: 709-777-4489; jenine.kerrivan@easternhealth.ca

FEBRUARY: LOG-A-LOAD FOR KIDS HOCKEY TOURNAMENT

2017 marks the 13th Annual LOG-A-LOAD FOR KIDS Hockey Tournament in which players generously donate their time to play hockey and fundraising for the Janeway Children's Health and Rehabilitation Centre. The winning team in this tournament is not determined by the number of goals scored, but by the amount of money raised for the Janeway.

In 2016, the LOG-A-LOAD FOR KIDS Hockey Tournament raised more than \$61,000 to help support our province's sick and injured children and their families.

Location: TBD • Date: February 3 & 4, 2017
Cost: Call Kelly Johnson below for details.

Registration Information: Kelly Johnson
Woodlands Department; Kruger Publication Papers
Corner Brook Pulp & Paper Ltd.; P: 709-637-3104; F: 709-637-3469; kelly.johnson@kruger.com or Jenine Kerrivan
Janeway Children's Hospital Foundation, Manager,
Corporate Development; P: 709-777-4227; F: 709-777-4489
jenine.kerrivan@easternhealth.ca

Fundraisers - continued

NLTA JANEWAY DAY IN THE SCHOOLS

Janeway Day in the Schools across Newfoundland and Labrador started out as a venture to collect recess money from teachers and students to help the Janeway Children's Health and Rehabilitation Centre. In many schools this idea has since been expanded, making the event even more fun and entertaining for everyone involved, as it sparks amazing creativity and generosity.

Location: Schools throughout NL • **Date:** Valentine's Day, February 14 (or the Friday beforehand)

DAY CARE DANCE-A-THON

Each year the Janeway Children's Hospital Foundation works with community members of all ages to ensure sick and injured children throughout Newfoundland and Labrador receive the best possible care. Day Care Dance-A-Thon provides an excellent platform for our youngest fundraisers to have fun while helping others. Ultimately, this event is a quick and easy way to teach children about giving back to the community, plus it's a great excuse to go dancing in the middle of the day.

Location: Day Cares throughout NL • **Date:** Valentine's Day, February 14 (or the Friday beforehand)

MARCH: JANEWAY CHILDREN'S MIRACLE NETWORK TELETHON LAUNCH

Stay tuned for news and information for the 2017 Telethon Launch

Location: St. John's and Corner Brook

Date: March 2017 (Date TBD) • Stay tuned to www.JanewayFoundation.nf.ca for the latest news and updates on the 2017 Telethon Launches

Registration Information: Phyllis Kinsman, Janeway Children's Hospital Foundation, Manager, Communications and Events; P: 709-777-4640; F: 709-777-4489 phyllis.kinsman@easternhealth.ca

Parkinson Society NL

PARKINSONS SOCIETY NL, WESTERN CHAPTER/ SUPPORT – SHAKE, RATTLE & STROLL FOR PARKINSON'S

September 25th at Margaret Bowater Park 1:00 p.m - 4:00 p.m. – Come out for a stroll around the oval walkway, have fun and help raise funds for NL programs and services for people living with Parkinson's. You can also sponsor walkers, download sponsorship forms and donate funds by visiting our website: www.nlparkinson.ca with easy directions on how to donate.

Western Regional Hospital Foundation

The WRH Foundation inspires the community to join us in raising funds to improve healthcare for everyone in the Western Region of NL.

ANNUAL WRH FOUNDATION RADIOTHON

Join us for the Foundation's biggest fundraiser where the community comes together to help raise funds for priority medical equipment.

Location: 345 O'Connell Drive; Broadcast live on 570 VOCM and online at vocm.com/cfcb; **Date:** Friday, September 30th, 2016 from 7:00 AM to 7:00 PM

Call: 634-3111 to make your pledge. Start planning your fundraising event to help improve healthcare in our region. To get involved or for more information call 637-5353 or email foundation@westernhealth.nl.ca

25TH ANNUAL WRH FOUNDATION GALA

Begin the festive season with a group of friends or co-workers and enjoy "An Evening at the Moulin Rouge", with a champagne reception, gourmet meal, silent auction and dancing to live musical entertainment by 709. The fantastic décor and theme will transport you to a different time and place!

Location: Civic Centre Studio

Date: Saturday, November 19th, 2016 at 6:30 PM
Theme: An Evening at the Moulin Rouge

To book tickets or a table of 8 call the Foundation Office at 637-5353 or email foundation@westernhealth.nl.ca

Red Shoe Crew Walk

September 24th at Margaret Bowater Park
12:00 p.m. – 4:00 p.m.

Come out and enjoy a day supporting the Red Show Crew and raise money for Ronald McDonald House, a home away from home for sick children and their families attending the Janeway. There will be snacks, prizes and games for the whole family!

Active for Autism Walk

October is Autism Awareness Month and the local autism society is holding its 6th annual walk on Sunday October 16th.

For more information please contact western@autism.nf.net or call 637-7450.

Coldest Night of the Year

WALK WITH US ON SATURDAY, FEBRUARY 25, 2017

in the Coldest Night of the Year, a fantastically fun, family-friendly walking fundraiser that raises money for the hungry, homeless and hurting in 100+ communities across Canada.

The Humber Community YMCA & Community Mental Health Initiative serves people living with poverty in Corner Brook. Your involvement in this walk impacts hundreds of lives in a positive way, helping build a bright future that once seemed out of reach.

Website: www.coldestnightoftheyear.org

Community Groups/Centres

FAMILY OUTREACH RESOURCE CENTRE

The Family Outreach Resource Centre is a non-profit organization that provides support and programs for parents with children ages 0-6. We offer drop-in playgroups, parent and child programs, and Healthy Baby Club.



SERVICES OFFERED:

CHILDREN'S PROGRAMS:

- Drop-in playgroups at our centre located on O'Connell Drive and our outreach site at Humber United Church on Clarence Street
- Kindergarten readiness program for four year olds
- We also, offer a variety of age specific programs that focus on various developmental and social areas
- Transportation is provided

PARENT'S PROGRAMS:

- There are a variety of parent programs that are offered on a rotating basis
- These programs offer group interaction and help parents gain knowledgeable information and learn new skills
- Child care and transportation is provided

HEALTHY BABY CLUB:

Is a prenatal program promoting nutrition and positive lifestyle choices, to help families have the healthiest baby possible.

We offer:

- Guidance and information on a variety of health topics for you and your baby during and after pregnancy
- Free prenatal nutrition and childbirth information
- Free food supplements of milk, eggs and oranges
- Breastfeeding support
- Child care and transportation is provided

SOUTH SHORE FAMILY OUTREACH RESOURCE CENTRE (SATELITE SITE)

We offer a variety of programs for families with children ages 0-6. These programs include drop-in playgroups, parent and child programs, Healthy Baby Club and a Breastfeeding Support Group. These programs are held in the town halls of Lark Harbour and Benoit's Cove, which services the communities of Humber Arm South.

CONTACT US:

Family Outreach Resource Centre

PO Box 712, 355 O'Connell Drive, Corner Brook, NL A2H 6G7

Phone: 709-634-2316 Fax: 709-634-2319

www.familyoutreachresourcecentre.com

www.facebook.com/forccornerbrook

Lions Club

The Lions Club provide Service Projects which benefit our city, residents as well as the world community.

Sponsorships

1. The 511 Humber Air Cadets summer activities and camps
2. The RNC Dare program for Grade 6 students
3. The Victims of Violence program for kindergarten classes
4. The RNC Junior Police Program summer camp program
5. Two blind youth to attend Summer Camp Program
6. The summer soccer program
7. Victorian Order of Nurses Audlt Day Programs
8. Children's Wish Foundation
9. Western Memorial Regional Hosptial Foundation
10. Janeway Hospital
11. Lion Max Simms Memorial Hospital
12. Lions Foundation of Canada

Donations

The club makes donations to worthy groups. Requests must be made well in advance.

Fundraising

1. Tuesday night Bingo at 8:00 p.m.
2. VOCM Lions Radio Bingo
3. Summer Garage Sales at the Lions Club
4. 50/50 draws
5. Fish Cake luncheon

If you are interested in joining the Corner Brook Lions Club please contact with Lion Robert Day at 634-7208.

Community Groups/Centres - continued

Salvation Army Temple

Pioneer Club is a Bible based children's youth program for children aged 4 (as of Dec. 31, 2016) to Grade 6. Children sing songs, play games, and work on fun activity badges in a setting similar to VBS. All children receive a Pioneer Club T-shirt, a sash for their badges, and badges as they complete them. Location: Salvation Army Temple, O'Connell Dr.

Registration: Monday, September 19th at 6:15 p.m.

Contact info: Church office @ 634-5398

Salvation Army Temple	
PIONEER CLUB Youth Program	
DATE: Monday Nights	TIME: 6:15 - 7:20 p.m.
COST: FREE	

2590 Gallipoli Royal Canadian Army Cadet Corps CANADIAN CADET MOVEMENT

The Royal Canadian Army Cadets appeal to teenagers craving exciting outdoor activities where their personal limits as individuals and team-members will be tested. The hardcore outdoor-oriented will love the challenge!

Army cadets develop abilities in the use of map and compass, GPS technology, orienteering, first-aid, camping and survival skills, canoeing, abseiling, trekking, mountain biking, etc. As they get more experienced, some will be selected for parachuting, white-water rafting and glacier climbing. They will also learn to become outdoor leaders.

Location: 13 O'Connell Drive, Gallipoli Armoury	
THE ROYAL CANADIAN ARMY CADET'S:	
DATE: Sunday Evenings (Starting Sept. 11)	TIME: 6:00 - 9:00 p.m.
COST: Free REGISTRATION INFO: Free for youth 12-18 years of age Contact Info: Capt. Matthew Osmond, 709-632-5127, Matthew.Osmond@cadets.gc.ca	

The Corner Brook 511 Royal Canadian Air Cadets

Participate in a variety of fun and challenging activities. There is something for every youth no matter what their personal interest may be. We venture to the outdoors to learn survival skills for youth who enjoy the outdoors. Physical education and recreation is a part of our program and there are a variety of activities we engage in like

biathlon, hikes etc. We have a great music program for any youth who enjoys playing an instrument. We have hands on activities such as building model aircrafts and we introduce cadets to various tools and technologies linked to aviation. We offer the evolution of technology and the advancements of the aerospace era. In some cases a top senior cadet may be select to represent Canada at the world stage by participating in an international exchange.

Location: 13 O'Connell Drive, Gallipoli Armoury	
511 ROYAL CANADIAN AIR CADET'S:	
DATE: Parade Night: Wednesday	TIME: 6:15 - 9:00 p.m.
REGISTRATION AND UNIFORM: Free Ages: 12 - 19 years of age.	

Contact: **John McDonald** (Commanding Officer), **Terry Sooley** (training officer), **Mark Brothers** (supply officer): 709-660-1570

Corner Brook Sea Cadets

This program fosters the development of leadership skills, good citizenship and physical fitness. Sea Cadets specialize in sailing, seamanship, shipboard life, naval communications, power boat handling, boat repair, marksmanship, music, marine engineering and so much more. Selected cadets have the opportunity to attend international exchanges, to sail aboard a Tall Ship or participate in ship deployments aboard Canadian Navy and Coast Guard ships. We partake in sports, dances, parades, movies, bowling, swimming and so much more!

REGISTRATION Monday, September 5th	
DATE: Monday evenings commencing September 5th	TIME: 6:00 p.m. - 9:00 p.m.
Registration & Uniform: FREE Ages: 12 - 18 years Location: Gallipoli Armoury, 13 O'Connell Drive	

Website: www.curlingseacadets.com. Facebook Group: 184 Curling Sea Cadets. Twitter: 184CurlingSeaCd Instagram: CurlingSeaCadets. Contact **Jennifer Hartley**, Lieutenant (Navy); jennifer.hartley@cadets.gc.ca. Ph. 709-632-5272 (cell phone) or 709-634-7309 (Monday evenings). **Shannon Banks**, Commanding Officer, 184 Curling Sea Cadets. shannon.banks@cadets.gc.ca, 709-638-2090;

Royal Canadian Legion

Royal Canadian Legion Branch # 13 Corner Brook
The Royal Canadian Legion is the largest Veterans

Organization in the world and one of its aims and objectives is to serve veterans and their families. The Legion membership is open to everyone over the age of 19. We have three dart leagues, a mixed league, a ladies league and a mens league. Our building is available to rent for weddings, banquets, retirement parties, birthdays and business functions. The upstairs ballroom can seat 214 persons and the downstairs can seat 108 persons. Catering and bar services can be provided. During the week the legion opens at 12 noon on Tues, Wed, Thurs, Fri, Sat. We also have a private boardroom that seats 15 comfortably. Feel free to drop by with friends for a game of darts.

List of Events for September 2016 - March 2017

General Meetings	There are four General Meetings a year. Held on the 3rd Wednesday of the month at 7:30 p.m.
Meeting Dates	Published in the Western Star and on the bulletin board at the Legion.
Mixed Darts	Sunday's 7:00 p.m. - 10:30 p.m.
Ladies Darts	Tuesday's 6:00 p.m. - 11:00 p.m.
Men's Darts	Thursday's 7:00 p.m. - 10:30 p.m.
Card Games	Monday's 7:00 p.m. - 10:30 p.m.
Bingo	Thursday's 8:00 p.m. - 11:00 p.m.
<p>HOURS OF OPERATION: Wednesday: 12:00 - 6:00 p.m.; Thursday: 12:00 - 8:00 p.m.; Friday: 12:00 - 8:00 p.m.; Saturday: 12:00 - 6:00 p.m.</p> <p>CLOSED: Sunday & Monday from 12:00 - 6:00 p.m.</p>	
<p>Contact Branch 13, Royal Canadian Legion, 7 West Street behind BMO. For more information please contact the manager at 634-2040 or 634-5655</p>	
<p>Membership is \$40 per year. Both men and women are encouraged to join, must be 19 years and older.</p>	

Girl Guides

BLOMIDON DISTRICT GIRL GUIDES

Guiding provides a safe, all-girl environment that invites girls of all ages to challenge themselves, to find their voice, meet new friends, have fun and make a difference in the world. Girl Guides of Canada strives to ensure that girls and women from all walks of life, identities and lived experiences feel a sense of belonging and can fully participate. Girl Guides is an organization with over 100 years of history and a strong and growing future. Blomidon District of Girl Guides of Canada covers all Corner Brook as well as the entire Bay of Islands area. To register your daughter please visit <https://register.girlguides.ca/OnlineReg>

SPARKS (GIRLS IN KINDERGARTEN & GRADE 1)

- 1st Curling Sparks meets at Sacred Heart School (Curling Street) Wednesdays at 6:00 PM
- 5th Corner Brook Sparks meets at St. Michael's Anglican Church (Park Drive) Thursdays at 6:00 PM
- 6th Corner Brook Sparks meets at College of the North Atlantic (O'Connell Drive) Tuesdays at 6:00 PM.
- 8th Corner Brook Sparks meets at the Kinsmen Centre (St. Marks Avenue) Thursdays at 6:30 PM
- 1st Lark Harbour Sparks meets St. James All Grade School on Mondays at 6:30 PM
- 1st North Shore Sparks meets at Templeton Academy on Sundays at 5:30 PM

BROWNIES (GIRLS IN GRADES 2 & 3)

- 1st Curling Brownies meets at Sacred Heart School (Curling Street) on Wednesdays at 6:15 PM
- 10th Corner Brook Brownies meets at St. Michael's Anglican Church (Park Drive) Thursdays at 6:00 PM
- 21st Corner Brook Brownies meets at CC Loughlin School Tuesdays at 6:30 PM
- 1st Lark Harbour Brownies meets St. James All Grade School on Mondays at 6:00 PM
- 1st North Shore Brownies meets at Templeton Academy on Sundays at 5:30 PM

GUIDES (GIRLS IN GRADE 4, 5, & 6)

- 3rd Curling Girl Guides meet Sacred Heart School (Curling Street) on Tuesdays at 7:00 PM
- 1st Corner Brook Girl Guides meet at St. Gerard's School Thursdays at 6:20 - 8:00 PM
- 16th Corner Brook Girl Guides meet at St. Michael's Anglican Church (Park Drive) Mondays at 6:30 PM
- 1st Lark Harbour Girl Guides meets St. James All Grade School on Mondays at 6:30 PM
- 1st North Shore Guides meets at Templeton Academy on Sundays at 5:30 PM

PATHFINDERS (GIRLS IN GRADE 7, 8 & 9)

- 1st Corner Brook Pathfinders meet at Humber United Church Thursday nights at 6:30 PM

RANGERS (GIRLS IN GRADE 10, 11, 12)

- 1st Corner Brook Rangers meet Sacred Heart School (Curling Street) on Tuesdays at 7:00 PM.

If you have any questions, or would like to volunteer with Guiding, please contact Donna Eldridge, the Blomidon District Commissioner, at donnajeldridge@hotmail.com or by phone at 638 0950.

Coming in October - Mint Girl Guide Cookies!

For opportunities to volunteer with Guiding please visit www.girlguides.ca.

Community Groups/Centres - continued

Elks of Canada

Corner Brook Elks Lodge #505 promoting and serving community needs. Our Lodge membership is open to men and women 19 years and older.

We have a great bingo every Wednesday at 8:00 p.m. (doors open at 7:00 p.m.). During the Fall and Winter we host two Dart Leggues: Mixed on Sunday nights and Men's on Thursday night.

Our air conditioned and licensed upstairs club can comfortably accommodate 100 people and can be booked for weddings, anniversaries, birthdays, meetings or any other occasion. Bar service and catering can be provided as well. We also have two smaller downstairs rooms that can be booked for other community organizations or functions.

We are located at 9 Carmen Avenue, and can be reached for bookings, membership or other information at: 709-634-4043; Facebook: www.facebook.com/CornerBrookElks; Email: CornerBrookElks@hotmail.com; Twitter: [@CornerBrookElks](https://twitter.com/CornerBrookElks)

Rotary Club of Humber

Rotary Club of Humber meets every Tuesday 6 pm at the Greenwood Inn and Suites. New members can join us for a meeting to find out what Rotary can do for you.

Visiting Rotarian and New Members welcome! See our Facebook Page or call 634 4716 for more information on our various Community and International Projects.

Rotary Club of Corner Brook

Rotary Club of Corner Brook meets every Thursday from 12:30 - 1:30 pm at the Glynmill Inn. For more information please contact Elaine Huxter at behuxter@gmail.com or 634-1697.

Members of Rotary clubs, known as Rotarians, provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

Community Youth Network Corner Brook and Bay of Islands, YMCA Site Inc.

The CYN Youth Center in Corner Brook is a place for youth between the ages of 12-18. There are fun events happening throughout the year, which include movie nights, dance parties, pool tournaments, trivia night, and several outdoor activities. This is also a great place to come and hang with friends afterschool or on the weekend. Each month there are educational nights and presentations. At these events, those who attend have a chance to win CYN bucks to use towards prizes!

Keep checking our website for our monthly calendar of events at www.cyncb.com

Community Youth Network, Corner Brook 2 Herald Avenue, lower level of the Millbrook Mall	
DROP IN HOURS:	
DATE:	TIME:
Tuesday - Thursday	4:00 p.m. - 8:30 p.m.
Friday - Saturday	4:00 p.m. - 9:30 p.m.
Contact: CYN Youth Centre Coordinator at 639-1710 CYN is funded by the Office of Public Engagement.	

NORTH SHORE AND SOUTH SHORE:

CYN offers outreach on the North Shore and South Shore of the Bay of Islands. We offer programming in several communities. There is a CYN Youth Centre in Cox's Cove where youth can hang out and become involved in educational, recreational and social events.

For more information, please contact your CYN fieldworker or visit our website at www.cyncb.ca to check out the schedule updated monthly.

You can also contact the CYN Fieldworkers of the Bay of Islands: [North Shore Contact Information](#)
email: communityyouth_northshore@hotmail.com
[South Shore Contact Information](#)
Email: cynlarkharbour@hotmail.com

For more information on any of the CYN programs listed above or for information on Alternative Suspension or Emergency Housing, please contact the CYN Executive Director at 639-1720 or communityyouth.ymca@hotmail.com.



The Corner Brook Status of Women Council

The Corner Brook Status of Women Council will be hosting a 4 week Healthy Relationships educational program on Tuesdays starting Sept 13th until Oct 4th.

TAKE BACK THE NIGHT MARCH AND RALLY will take place Sept 16th. The march raises awareness about the need to end sexual violence in our communities.

STARTING SEPT 16TH, The Women's Centre at 2 Carmen Ave will be hosting an afternoon drop-in social on Fridays from 1-3pm. All are welcome!

OCTOBER 18TH IS PERSON'S DAY, a day to commemorate when women were finally recognized as "persons" under the law. Event to be determined.

WOMEN EMPOWERING WOMEN is a peer support group for women who have experienced violence. This program will run again this fall with a start date to be determined soon.

For all events please call 639-8522 for more details.

With our community partners, the Corner Brook Status of Women Council will host a memorial vigil on Dec 6th to remember the 14 women killed in Montreal at L'Ecole Polytechnique and to bring awareness to gender based violence. This event will take place at College of the North Atlantic at 11am.

SPCA

NL West SPCA



Our shelter is opened to the public Tuesday – Sunday 10am-1pm. . Animals for adoption and upcoming fundraisers can be viewed on our Facebook page, NL WEST SPCA, or our website nlwestspca.com

Museum

The Corner Brook Museum & Archives

Journey through time in one of Corner Brook's oldest buildings. Built In 1925 to house the Courtroom, Post Office, Customs and Telegraph Office, this heritage building is now home to collections of natural, cultural and social history of Corner Brook and Western Newfoundland.

The Corner Brook Museum and Archives will be conducting programming in the Fall and Winter including continuing our ongoing lecture series. Please watch local media and our twitter page for updates.

MUSEUM GUIDED TOURS AVAILABLE:

DATE:	TIME:
December - April	The Museum is closed, but prearranged group tours as well as archival services are available during this period. Please contact us to find out more or to book a time
May - June and Sept. - Nov.	Monday - Friday: 10:00 a.m. - 12:30 p.m.; 1:30 p.m. - 4:30 p.m.
July - August	Monday - Sunday: 9:00 a.m. - 5:00 p.m.

Admission: Adults - \$6.00; Youth - \$4.00

Location: 2 West Street, Corner Brook.

Please contact us: E-mail: Info@cornerbrookmuseum.ca.

Phone: 709-634-2518. Twitter: @cbrookmuseum

Western Environment Centre

Electric BikeShare Program

Conquer the hills of Corner Brook this fall with an electric bike! In partnership with Cycle Solutions, Grenfell Campus, and Environment Canada, the Western Environment Centre is proud to offer the Electric Bike Share Program. Pedal-assist bicycles can be rented from Cycle Solutions or from the Grenfell Campus Residence Complex. \$20 for a 24-hour rental and \$80 for a seven day rental. Bicycles will be available for rental until the end of October.

When you rent a bike, you can also enter our photo contest! Contest participants are asked to take a photo of the bike in a scenic, interesting or unique location in the western region. Photos can be sent to info@wecnl.ca, via Twitter @WECNL or posted on our Facebook site: www.facebook.com/wecnl. There will be a winner for each month (July, August, September and October) as well as a season winner at the end of October. Monthly winners will receive a full day bike rental for free (\$20 value), and the season winner will receive a full weekly rental (\$80 value) to use for the 2017 season.

Contact info: Katie Temple, Executive Director; Western Environment Centre, 86 West Street, Suite 6; Email: info@wecnl.ca; Website: www.wecnl.ca; Twitter: @WECNL; Facebook: www.facebook.com/wecnl



Cruise Ships

Corner Brook Port Corporation - Cruise Schedule 2016

SEABOURN Seabourn Quest*
Monday, September 5
Time: 0800-1700 • Passengers:
450 • Crew: 330

OCEANIA Regatta
Tuesday, October 4
Time: 1200-2100
• Passengers: 684 • Crew: 400

FRED OLSEN Boudicca
Thursday, September 15
Time: 0900-1700 •
Passengers:880 • Crew 329

PRINCESS Caribbean Princess
Wednesday, October 5
Time: 0800-1700 • Passengers:
3082 • Crew: 1200

CRUISE & MARITIME VOYAGES Marco Polo
Saturday, September 17
Time: 0800-1500 • Passengers:
906 • Crew: 354

PHONENIX REISEN Amadea
Friday, October 7
Time: 0800-1700 • Passengers:
600 • Crew: 250

SILVER SEA Silver Whisper
Monday, September 19
Time: 0900-1800
Passenger: 382 • Crew: 302

OCEANIA Regatta
Tuesday, October 18
Time: 0800-1600
• Passengers: 684
• Crew: 400

OCEANIA Regatta
Monday, September 26
Time: 0800-1700• Passengers:
684 • Crew: 400

Washrooms at Margaret Bowater Park will be open at these times.

CIVIC CENTRE SCHEDULE OF EVENTS 2016-2017:

- September 9th **Rock the Annex** (Studio)
- September 17 **Relay for Life** (Studio) **and Fall Fair** (Meeting Rooms)
- September 23 – 25 **Agrifoods & Garden Show** (Main Arena)
- September 23 – 25 **U13 Female Division HPP** (Kinsmen Arena)
- September 23 – 25 **Atlanti-Con Sci-fi Convention**
- October 15..... **Wedding Show** (Studio)
- October 21 – 23..... **Long Range Quilters** (Meeting Rooms)
- October 26..... **Sesame Street Live** (Main Arena)
- November 19 **Hospital Gala** (Studio)
- February 10–12, 2017... **Silver Blades Competition** (Main Arena, Kinsmen Arena)
- February 18, 2017..... **Winter Carnival** (Meeting Rooms)
- March 3 – 5, 2017..... **Captain Cook Hockey Tournament** (Main Arena, Kinsmen Arena)

This list is subject to change

Winter Carnival

Corner Brook Winter Carnival

Get ready to celebrate the Corner Brook Winter Carnival's 47th Anniversary!

February 17th - February 26th, 2017.

Come out and enjoy the 47th Corner Brook Winter Carnival from Friday, February 17th – Sunday, February 26th, 2017.

Don't miss "Leif the Lucky" as he emerges from his wintery hut once again to officially open Winter Carnival 2017!!!

Don't miss out on the greatest 10 days of fun filled events! From our Opening Ceremonies at City Hall and Margaret Bowater Park, sponsored by the City of Corner Brook, and the many community sponsored events to the Leifling contest for our younger kids and the Ambassador contest for our youth.

This winter celebration has something for everyone!

<http://cornerbrookwintercarnival.ca>
or email cbwc@nf.aibn.com

Trails

Corner Brook Stream Trail

The trail winds through the city, following the meandering Corner Brook Stream. The trail is groomed and has rest areas throughout the three diverse sections of the trail.

The downtown trail features the Glynmill Inn Pond where a family of swans is the star attraction. You can access this part of the trail via:

- Glynmill Inn - 1B Cobb Lane
- Margaret Bowater Park - O'Connell Drive
- City Hall - 2 Mount Bernard Avenue
- Sir Richards Squires Building - O'Connell Drive at Mount Bernard Avenue
- Park Street - next to Sorrento's
- Corner Brook Port

The upstream section takes walkers through an exciting natural gorge area offering spectacular views. The sunset from this area is amazing! Access this part of the trail via:

- Crockers Road - near Exit 5, Trans Canada Highway. Three Bear Mountain offers walkers a panoramic view of the City of Corner Brook. A short walk will bring you to information panels on the various scenes that you are able to view from this spot. Access point is:
- From the parking lot of O'Connell Centre located at 1 Hospital Hill

Online maps and trail descriptions are available at

www.cbstream.com

Library

Corner Brook Public Library

4 West Street, Corner Brook, NL A2H 0C1; (709) 634-0013

HOURS OF OPERATION: Sept. 2016 - May 2017

DATE:	TIME:
Sunday/Monday	CLOSED
Tuesday to Thursday	10:00 a.m. - 8:30 p.m.
Friday	9:00 a.m. - 5:00 p.m.
Saturday	10:00 a.m. - 5:00 p.m.



Regular programming: *All regular programs run from September through May and are subject to change*

INFORMATION SESSIONS:

Representatives from Corner Brook businesses, organizations, charities, etc., provide the public with detailed information and answer any questions or concerns regarding the entity they represent. The sessions occur monthly and the specific time for each session varies but will be announced in advance. No registration is required.

TOT TIME:

Half an hour of stories and activities for children 18 months – 3 years. Held bi-weekly, every 2nd and 4th Tuesday of the month from 10:30 – 11:00, registration is required.

PRESCHOOL STORYTIME:

Half an hour of stories and activities for children aged 3 – 5 years. Held every Saturday morning, from 10:30 – 11:00 a.m., registration required.

KIDS' CORNER:

An hour of literacy-based activities and crafts for children aged 6 – 10 years. Held on every third Wednesday of each month from 6:30 – 7:30 p.m., registration is required.

BOOKWORMS BOOK CLUB:

A book club for children aged 9 – 12 years. Held on the 1st Thursday of the month, from 6:30 – 7:30, registration is required.

TEEN BOOK CLUB (SNICKERDOODLES):

A book club for ages 13-17 years. Held on the 3rd Thursday of the month, from 6:30 – 7:30 p.m., registration is required.

ASK A PROFESSIONAL SERIES:

For High School Students attending Corner Brook High School. This is a pilot initiative towards volunteer hours for Students participating in Career Education and those interested in learning about various career opportunities in the workforce. This will be held every second Wednesday from 6:30 to 8:00 p.m. Interactive sessions, mentoring for students and information provided.

ADULT BOOK CLUB:

A book club for adults, held on the 4th Tuesday of the month from 6:30 – 7:30, registration is required.

ADULT SOCIAL CLUB:

This group of adults meet to color, play cards, have fun playing board games and so much more, held once a month on the 2nd Tuesday of the month from 6:30 – 7:30, registration is required.

CREATIVE WRITING GROUP:

This is open to interested persons who have a passion for writing and editing, held on the 1st Tuesday of every month from 6:30 – 8:00, registration is required.

NATIONAL FILM BOARD

On the fourth Thursday of every month, starting at 7:00 pm, a film from the National Film Board is presented. This is open to the public for viewing. Please drop by, sit back and enjoy a “free” movie night.

EVERY CHILD READY TO READ

This Department of Education supported initiative is being held at Libraries throughout the whole Province. Program involves activities for Parents/Caregivers and their Children aged 0 - 5 to learn how talking, singing, reading, writing and playing with your child helps them to become lifelong learners! Reading is essential to school success. Start now to help your child get ready to read! The Five Sessions include: “Fun for Children and Parents/Caregivers”, “Fun with Letters”, “Fun with Words”, Playtime Fun” and “Fun with Math and Science”.

All programs take place on the children’s (2nd) floor of the library and are free of charge. Specific dates and times will be posted on our website as well as our Twitter feed and Facebook page. To register for programming visit us in person at 4 West Street or call 634-0013. Please note that online registration is not available.

Find us online! www.nlpl.ca; Facebook: Corner Brook Public Library; Twitter: @CBNLLibrary



Post Secondary Education

Western Newfoundland and Labrador School District operates five elementary schools, two junior high schools, and one high school in Corner Brook. The schools are located throughout the city and school busses are available to children who live too far to walk to the school. In addition, the Catholic School Foundation of Corner Brook operates a private school.

Grenfell Campus Memorial University

A campus of Memorial University of Newfoundland, is the largest post-secondary institution in the city.

Grenfell has 1,400 students and offers 16 undergraduate degree programs in sciences, arts, fine arts, business, and nursing.

Address: University Drive. Phone 709-637-6200.

College of the North Atlantic

Has more than 800 students and offers diplomas in engineering technology, business, information technology, health, applied arts, industrial education, and a unique concentration of tourism-natural resources programs.

Address: O'Connell Drive. Phone: 709-637-8530.

Academy Canada

Is the largest independent career college in Eastern Canada. The Corner Brook campus has 400 students in their trades and technology programs, which include carpentry, electrical, plumbing, welding, cooking, esthetics, business, and office administration.

Address: University Drive. Phone: 709-637-2100.

Grade Schools

PRIMARY-ELEMENTARY SCHOOLS

C.C. Loughlin Elementary

Located near the centre of the city and offers French Immersion, an opportunity for your child to be educated in French; however, there is an English program at the school as well.

Address: Citadel Drive. Phone: 709-639-8988.

Humber Elementary

Located in the eastern part of Corner Brook in the Humber Heights neighbourhood.

Address: St. John's Avenue. Phone: 709-634-6333.

J.J. Curling Elementary

Located in the Curling area which is in the western part of the city. Address: Woodbine Ave. Phone: 709-785-2814.

Sacred Heart Elementary

Located in the Curling area. Address: Curling Street.

Phone: 709-785-5119.

Immaculate Heart of Mary

Catholic private school offering grades junior kindergarten to grade 9.

Address: 112 Humber Road. Phone: 709-634-1700.

St. Gerard's Elementary

Located in the centre of the city near the hospital.

Address: Montgomerie Street

Phone: 709-639-8945. Junior High Schools.

Junior High School

Corner Brook Intermediate

Located on 11 Mount Bernard Ave, Corner Brook NL.

Phone: 709-639-9541

High School

Corner Brook Regional High School

Located in the central area of the city.

Address: 12 University Drive Corner Brook, NL

Phone: 709-634-5258

School Zones and Bus Transportation

The school your child will attend depends on where you live in the city. The school board assigns areas of the city for each school to coordinate the bus routes to each school.

The exception is the students in French Immersion programs at C.C. Loughlin Elementary and Presentation Junior High. Students may attend these schools, regardless of where they live.



Theatre



Theatre Newfoundland & Labrador

TNL's The Sara...h McDonald Youth Theatre Program

Fall Semester: September 12 – November 18, 2016

Spring Semester – mid-January to late March, 2017

Like what you see from TNL? Are you between the ages of 6 - 18 and want to play, act, and learn about theatre? Well you're in luck! We have a fantastic program just for you!

For over 35 years, TNL has been devoted to fostering Youth Theatre in Corner Brook through our well-loved, tried-and-true Youth Theatre Program, now called the Sara...h McDonald Youth Theatre Program. TNL's Sara...h McDonald Youth Theatre Program features 2 semesters (fall + winter) of weekly classes (1 class a week for 10 weeks) and the opportunity to perform in 1 to 3 of our annual shows including Winter Carnival, March Hare, and the Festival of Youth at the Corner Brook Arts + Culture Centre.

Cost \$150 for 10-class semester (\$100 each for subsequent children in a family).

Online registration is available at

www.theatrenewfoundland.com; For more information call TNL at 639-7238

ED & ED'S OLDE TYME NEWFOUNDLAND CHRISTMAS CONCERT

Dec. 1 – 4, 2016 – Corner Brook Arts & Culture Centre

To kick start your Christmas spirit, TNL presents Ed & Ed's Olde Tyme Newfoundland Christmas Concert in early December.

The concert which will be hosted by the venerable Ed and Ed of Cow Head fame and directed by Ed & Ed creator and TNL Artistic Director Jeff Pitcher.

The evening of Newfoundland comedy and Christmas celebration will feature Christmas songs, carols and skits from individuals, school, church and cultural groups from throughout the City. And what Newfoundland & Labrador Christmas Concert would be complete without a cup of tea? Tea and cookies will be served in the lobby during intermission.

February Fundraiser – Feb. 11, 2017

Watch our website in December for details on TNL's February fundraiser, a performance and auction guaranteed to heat up your winter!

The Arts and Culture Centre

Corner Brook

A division of the Department of Business, Tourism, Culture and Rural development. Committed to excellence and presenting the best to patrons, the Arts and Culture Centre offers a wide variety of programming from the best that Newfoundland has to offer to diverse artists from across Canada and abroad.

Location, University Drive, Corner Brook.

Registration Information and Contact Information. Box Office: 709 637-2580, Administration: 709 637-2582.

www.artsandculturecentre.com

Bay of Islands Musical Arts Programs for Fall 2016 & Winter 2017

Broadway Babies

October 16th- Arts & Culture Centre

Featuring - Junior and Senior Student of Dr. Jennifer Matthews & Wendy Woodland
Musical Direction - Dr. Jennifer Matthews, Direction- Jerry Etienne & Louise Gauthier, Choreography (pending).
Costumes- Wendy Woodland

BAY OF ISLANDS MUSICAL ARTS CHORUS CHRISTMAS CONCERT

Silent Night, Holy Night

Saturday, December 3rd, 8 p.m.

St. John the Evangelist Church- Main St.

Dr. Jennifer Matthews- Director
Dr. Doreen Klassen- Assistant Conductor, Accompanist
Salvation Army Brass Ensemble- Darren Hancock- Conductor
Tickets at Church Office, Gary Bennett Music, at the Door
Tickets \$20 adults, \$15 - Students and Seniors

BAY OF ISLANDS MUSICAL ARTS JUNIOR & SENIOR YOUTH CHOIRS

Ding Dong Merrily on High

Sunday December 11th, 7 p.m.

All Saints Church, Clarence St.

Dr. Jennifer Matthews- Conductor
Tickets- Gary Bennett Music & At the Door - \$10

BAY OF ISLANDS MUSICAL ARTS CHORUS PRESENTS Sing-A-Long Messiah

Sunday December 18th, 3 p.m.

St. John the Evangelist Church

All Welcome- Come and Sing -in the Christmas Season
Soloists:

Wendy Woodland & Michaela O'Connor -Soprano,
Carol Ann Olford- Mezzo-Soprano, Oliver Dingwell- Tenor, Lorne Bishop & Ian Locke - Bass.
Cost: \$10 for all ages.



The Scottish Heritage Society Photo

The Corner Brook Jazz Ensemble

Last November some Corner Brook musicians decided to start a Jazz Ensemble. Obviously, the name Corner Brook Jazz Ensemble was an easy choice, and weekly rehearsals assisted in getting ready to perform for the Corner Brook LTC and Mountain View Retirement Home residents just before Christmas. A quick repertoire change in January enabled the ensemble to get ready for a performance in Benoit's Cove followed by another concert in Corner Brook and the Arts & Culture Centre in Stephenville.

Weekly rehearsals are continuing during the Summer months as the ever expanding repertoire will hopefully provide a welcome addition to the Western Newfoundland music scene. Aga Smies directs the ensemble, and Debbie Lindahl (634-4310) or John Alteen (634-8892) are the contact persons for anyone wishing to either join or engage the band.

Dance

Scottish Country Dancing

THE SCOTTISH HERITAGE SOCIETY

Every Thursday the Scottish dancers meet at 7:45 p.m. in the lower level of the St. John the Evangelist Cathedral, Main Street. People of all ages gather in a friendly and welcoming atmosphere to learn Scottish country dances. Come and join us for an evening of fun, exercise and camaraderie. The fee is \$25 for the year, \$15 for the half year. Start up date is Thursday, September 8th. For more information, please call 634-3067.

Corner Brook Transit www.cornerbrook.com

CORNER BROOK TRANSIT SCHEDULE: ROUTE 1 - MONDAY TO FRIDAY

Times	Route 1										
★ Main Transfer Terminal	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM
A) Birchy Cove Drive	7:08 AM	8:08 AM	9:08 AM	10:08 AM	11:08 AM	12:08 PM	1:08 PM	2:08 PM	3:08 PM	4:08 PM	5:08 PM
B) Petries Street/O'Connell	7:13 AM	8:13 AM	9:13 AM	10:13 AM	11:13 AM	12:13 PM	1:13 PM	2:13 PM	3:13 PM	4:13 PM	5:13 PM
C) Georgetown Road	7:16 AM	8:16 AM	9:16 AM	10:16 AM	11:16 AM	12:16 PM	1:16 PM	2:16 PM	3:16 PM	4:16 PM	5:16 PM
D) Curling St/Birchy Cove Dr.	7:19 AM	8:19 AM	9:19 AM	10:19 AM	11:19 AM	12:19 PM	1:19 PM	2:19 PM	3:19 PM	4:19 PM	5:19 PM
★ Main Transfer Terminal	7:30 AM	8:30 AM	9:30 AM	10:30 AM	11:30 AM	12:30 PM	1:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM
E) Grenfell Campus	7:35 AM	8:35 AM	9:35 AM	10:35 AM	11:35 AM	12:35 PM	1:35 PM	2:35 PM	3:35 PM	4:35 PM	5:35 PM
F) Interfaith Cottages	7:40 AM	8:40 AM	9:40 AM	10:40 AM	11:40 AM	12:40 PM	1:40 PM	2:40 PM	3:40 PM	4:40 PM	5:40 PM
G) WMR Hospital	7:45 AM	8:45 AM	9:45 AM	10:45 AM	11:45 AM	12:45 PM	1:45 PM	2:45 PM	3:45 PM	4:45 PM	5:45 PM
H) Corner Brook Plaza	7:47 AM	8:47 AM	9:47 AM	10:47 AM	11:47 AM	12:47 PM	1:47 PM	2:47 PM	3:47 PM	4:47 PM	5:47 PM
I) Murphy Square	7:55 AM	8:55 AM	9:55 AM	10:55 AM	11:55 AM	12:55 PM	1:55 PM	2:55 PM	3:55 PM	4:55 PM	5:55 PM

CORNER BROOK TRANSIT SCHEDULE: ROUTE 2 - MONDAY TO FRIDAY

Times	Route 2										
★ Main Transfer Terminal	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM
A) WMR Hospital	7:03 AM	8:03 AM	9:03 AM	10:03 AM	11:03 AM	12:03 PM	1:03 PM	2:03 PM	3:03 PM	4:03 PM	5:03 PM
B) Corner Brook Plaza	7:08 AM	8:08 AM	9:08 AM	10:08 AM	11:08 AM	12:08 PM	1:08 PM	2:08 PM	3:08 PM	4:08 PM	5:08 PM
C) Murphy Square	7:12 AM	8:12 AM	9:12 AM	10:12 AM	11:12 AM	12:12 PM	1:12 PM	2:12 PM	3:12 PM	4:12 PM	5:12 PM
D) Hiscock Manor	7:15 AM	8:15 AM	9:15 AM	10:15 AM	11:15 AM	12:15 PM	1:15 PM	2:15 PM	3:15 PM	4:15 PM	5:15 PM
E) Brake's Cove	7:20 AM	8:20 AM	9:20 AM	10:20 AM	11:20 AM	12:20 PM	1:20 PM	2:20 PM	3:20 PM	4:20 PM	5:20 PM
★ Main Transfer Terminal	7:30 AM	8:30 AM	9:30 AM	10:30 AM	11:30 AM	12:30 PM	1:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM
F) Vi's Confectionary	7:37 AM	8:37 AM	9:37 AM	10:37 AM	11:37 AM	12:37 PM	1:37 PM	2:37 PM	3:37 PM	4:37 PM	5:37 PM
G) Interfaith Cottages	7:42 AM	8:42 AM	9:42 AM	10:42 AM	11:42 AM	12:42 PM	1:42 PM	2:42 PM	3:42 PM	4:42 PM	5:42 PM
H) Pratt Street	7:45 AM	8:45 AM	9:45 AM	10:45 AM	11:45 AM	12:45 PM	1:45 PM	2:45 PM	3:45 PM	4:45 PM	5:45 PM
I) Grenfell Campus	7:50 AM	8:50 AM	9:50 AM	10:50 AM	11:50 AM	12:50 PM	1:50 PM	2:50 PM	3:50 PM	4:50 PM	5:50 PM

Access route information, transit stops, schedule and fare information to make trip planning quick and easy.

Parks

Margaret Bowater Park

Margaret Bowater Park offers a supervised natural swimming area with change area and canteen services during July and August. There are two playgrounds, and a performance stage and open spaces. The space, facilities and central location makes it "the" host venue for special events including the Sounds of Summer Concert Series, Canada Day Celebration, Corner Brook Day Celebration, and the Corner Brook Winter Carnival. Located on O'Connell Drive (between University Drive & West Valley Road)

Majestic Lawn

Situated near the West Street business district, Majestic Lawn boasts a large open space area, a gazebo with access to electricity and a tree lined perimeter. Whether eating lunch on a summer day or listening to entertainment, this facility offers a variety of recreational and cultural events.

To book this space for an event please call 637-1232.

Bartlett's Point Park

A day park situated on the shoreline of the Bay of Islands in the Curling area of the city. It features a playground, walking trails, picnic areas, washrooms and access to the beach adjacent to the local marina. There are interpretive features that provide history of the Bartlett family; early settlers who played a prominent role in the community's development. It is a fabulous place to relax and enjoy spectacular sunsets over the mountains and salt water. Free parking is available at the Bay of Islands Yacht Club.



Playgrounds

The City of Corner Brook has a number of unsupervised playgrounds designed for children from 2 to 12 years of age. The playgrounds are regularly maintained and adhere to Canadian Standards for Children's Play Spaces.

- **MARGARET BOWATER MUNICIPAL PARK**
O'Connell Drive
- **J.J. CURLING ELEMENTARY MUNICIPAL PLAYGROUND**
Woodbine Avenue
- **ST. MARK'S AVENUE MUNICIPAL PLAYGROUND**
St. Mark's Avenue
- **EAST VALLEY ROAD MUNICIPAL PLAYGROUND**
East Valley Road
- **CARBERRY ROAD MUNICIPAL PLAYGROUND**
Carberry Road

In addition to these parks there are some ancillary parks in the other areas of Corner Brook.

Dog Park

Rotary Club of Humber Dog Park

Located on Wellington Street, this off leash dog park is open 7 days a week to exercise and socialize your dog. Pet owners are asked to please keep the facility clean and follow all rules and regulations posted.



The City of Corner Brook is currently developing programming for all ages in the Civic Centre Studio which will begin in the Fall/Winter.

THIS WILL INCLUDE FITNESS CLASSES, EDUCATIONAL CLASSES, DROP IN SPORTS SESSIONS, AND MUCH MORE! THE SPACE WILL ALSO BE AVAILABLE TO RENT FOR SPORTS PRACTICES, BIRTHDAY PARTIES, ETC.

If you are interested in putting off a program or would like to provide feedback please contact Robin at rwight@cornerbrook.com. Keep checking our website & social media for more information and updates!

CITY OF CORNER BROOK STREAM TRAIL

For more information about the Corner Brook Stream Trail Development Corporation and for ways to help keep our trails beautiful please visit www.cbstream.com



CORNER BROOK

- ON-ROAD BIKE TRAIL
- - - OFF-ROAD BIKE TRAIL
- STREAM TRAIL

CITY OF CORNER BROOK BICYCLE TRAIL

The Corner Brook Bicycle Trail system offers a fun, healthy, and environmentally friendly alternative to driving your vehicle in the city. Remember to always wear a properly fitted helmet and obey the rules of the road!



TNL Photo

Theatre of Newfoundland Photo

Relay for Life Photo

Brake's Gym Photo