



ACTIVITY

SPRING-SUMMER 2018

Guide

SPORTS & RECREATION
COMMUNITY HAPPENINGS
DAY CAMPS
ARTS
AQUATICS PROGRAMS



PUTSY WALK
FOR CROHN'S AND COLITIS
JOHN'S AND COLITIS CANADA





City of Corner Brook Council 2018

*Corner Brook -
Basecamp to adventure,
ocean, trails and mountains*

MESSAGE FROM THE MAYOR

On behalf of City Council, it is my pleasure to introduce the Spring - Summer 2018 Activity Guide. I hope that you take advantage of spring and summer to explore Corner Brook's incredible natural beauty and outdoor adventures. This is the time to engage in new interests. Here you will find an abundance of natural recreational opportunities from hiking, biking, trails, to courts, soccer, and baseball fields. We have great community facilities, programs, and amenities that will unleash your imagination. Broaden your horizon with breathtaking views at Captain James Cook National Historical Site, Three Bear Mountain, and the Corner Brook Stream Trail. Visit the rooftop garden at our LEED Silver Certified City Hall for another great view of our city.

In Corner Brook we enjoy the benefits of being home to cultural and community groups that enrich our city. We have a unique blend of shops, boutiques, coffee bars and restaurants. Throughout the City you will also find art galleries, theatre groups and community agencies that bring vibrancy and culture to our citizens and visitors year-round.

I hope you take the opportunity to explore our exceptional community and discover why Corner Brook is the best place to live, work, attend an event, or find YOUR recreation programs.

Jim Parsons
Mayor, City of Corner Brook



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City twitter account @cornerbrook • www.facebook.com/cityofcornerbrook

GET INVOLVED! GET ACTIVE!

Submitted Photos

**On the Cover**

Photo courtesy of The City of Corner Brook

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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, May 12	Physical Rehab Spring Opener	Massey Drive	11:00 a.m.
Saturday, June 9	Arthur James Sun Run 8 km	Griffin Drive	10:00 a.m.
Saturday, June 23	National Shoe Trail Run	To Be Determined	10:00 a.m.
Thursday, July 12	BMO Financial Downtown Dash	West and Park Street	6:00 p.m.
Sunday, Sept 9	Veitch Physio Fall 15	West Street	10:00 a.m.
Sunday, Sept 16	Terry Fox Run	City Hall	10:00 a.m.
Sunday, Sept 30	Brothers and Associates Marathon	Steady Brook	8:00 a.m.
Saturday, Nov 11	Run to Remember	City Hall	1:00 p.m.
Sunday, Dec 16	Counter Balance Christmas Run	Down Town	2:00 p.m.

Our marathon also has a half marathon and a 10 k run on the same day.

Special Olympics

SOCB (Special Olympics Corner Brook)

Special Olympics is a non-profit organization dedicated to providing year round sports training and competition in "Olympic Type" sports for children and adults with intellectual challenges. Anyone person with intellectual challenges age eight or older are eligible for Special Olympics programming.

SPECIAL OLYMPICS PROGRAMMING:

DATE:	
Sunday	Bocce at Eastside Elementary School
Monday	Bocce at Eastside Elementary School 5 Pin Bowling at Corner Brook Centre Bowl
Tuesday & Thursday (In Season)	Speed Skating at Corner Brook Civic Centre
Tuesday & Thursday	Powerlifting at YMCA
Wednesday	Athletics at Eastside Elementary School
Thursday	Weight Training at YMCA
Thursday (In Season)	Cross Country Skiing at Blow Me Down Trail
Saturday (In Season)	Snowshoeing at Blow Me Down Trails

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

Note: New or current Special Olympics athletes must be age 16 or older to get involved in Powerlifting. This minimum age requirement is in place to adhere to Special Olympics Canada rules. To register: Check out www.specialolympics.ca/newfoundland-and-labrador/ or our Facebook page at <https://www.facebook.com/CornerBrookVikings/> for up to date contact information about our club. Check our athletes in action. Their video is online at https://www.youtube.com/watch?v=7_Szl-5CS-8. For more information about a particular program, please contact Kim McDonald-Wilkes, SONL Outreach Coordinator, at kimm@sonl.ca or call 709-293-1444.



Submitted Photos

Spring Skiing Marble Mountain Spring Line-up

April 1st: Easter Egg Scavenger Hunt
• The Downhill Dummy Race

April 7th: Shrinner's Cardboard Box Derby
• Passholder Appreciation Day • Beach Party Day

April 8th: Slush Cup • Retro / Gaper Day

April 14:
• Western Snowriders Race on the Rock - Uphill Drag
• Western Snowriders Race on the Rock - Snowcross

Saturday September 15th:

• 5km Foam Fest.

This is an all ages event, all abilities with 22 + obstacles including the longest inflatable water slide in Canada. This is their last remaining stop on their National Tour. Tickets can be purchased online at:

www.the5kfoamfest.com

Hiking

The Humber Valley Hiking Group

The Humber Valley (Day) Hiking Group begins its season late April and ends around the end of October. This multi-aged group of hikers will complete approximately 20 plus hikes ranging from easy, moderately difficult and very difficult during the season. It is FUN as well as physically, mentally, and socially beneficial.

E-mail at judiec@hotmail.com for further information.

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

Blomidon Golf Club Photos



Billiards

Billiards Pool League - Canadian Poolplayers Association (CPA)

Summer session starts in mid-June. Fall session starts in early September. Choose your night to play: Tuesday, Wednesday or Thursday. 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. Must be 19 years of age or older.

Contact Ervin Mitchelmore 709-638-5102 or ervin383@hotmail.com

Gymnastics

Saltos Gymnastics

CIVIC CENTRE ANNEX

Offering online registration at www.saltosnl.com
facebook/saltosgymnastics; twitter: saltoselite

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 now offers PD day camps that coincide with their School PD days. Please check online at www.saltosnl.com for PD day Camp dates or call the office at 639-7080.

Saltos also offers a week long Easter camp, April 2-6, 2018 and a Summer Camp, July 2-Aug 31, 2018.

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 maneuvers 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.

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 PROGRAMS:

Parent & Tot 18 months - 3 years	Youth Recreation Cheer 9 - 12 years
Kindergym 3.5 - 5 years	Mini Recreation Cheer 6-8 years
Cangym/Advanced Cangym 5+ years	Adult Rec 18+
Teen Rec/Senior Parkour 12+ years	Gym Champs (Autism Group) All ages
Junior Parkour Ages 7 - 12	Mighty Men (All boys Cangym) 5+ years
Recreation Trampoline Ages 7+	

Saltos Gymnastics Photos



Cheer Infusion All Stars Cheerleading

**YOUTH CHEER: AGES 6-11 • JR. CHEER: AGES 7-13
SR. CHEER: AGES 14-18**

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 and a Youth Team in 2017. 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**



Humber Valley Mountaineers Photo



Basketball

Humber Valley Basketball

This summer will be the 2nd season for the HVBC Summer League, which promotes and provides basketball where participants can stimulate their health, development, and enjoyment in a safe environment, while working on basketball skills, team work, fair play, and leadership opportunities. This summer, players will receive a HV Mountaineers reversible jersey when they register for the summer league.

HUMBER VALLEY BASKETBALL SCHEDULE:

DATE:	GAME TIME:
July 9th - August 19th	Tuesdays 6:00 p.m. -10:00 p.m. & Thursdays 6:00 p.m. -10:00 p.m.
Age Groups:	
Male ages: u12-u13 & u14-u15 Female ages: u12-u13 & u14-u15	
LOCATION: TBA COST: \$75 per participants (they will receive a HV Mountaineers reversible with number)	

For more information: Humber Valley Basketball; Jonathan Snow: jonathansnow@mac.com; Sarah Purchase: sarahpurchase@mlesd.ca

Soccer

Women's Summer Soccer League

This is a great opportunity to get outdoors, meet new people, stay fit and have fun. Skill levels range from beginner to experienced. On average, teams play two games per week. Ages 14 & up (players must be 14 as of January 1, 2018). Players who meet the age criteria required to play with Corner Brook Minor Soccer must register with CBMSA and play with their age group. New players welcome.

Location: Wellington Complex, Monarchs Complex (West Side), St. Mark's Avenue (East Side) & Dawe Pitch (Curling)

SUMMER SCHEDULE: Ages 14 & up.

Sunday, Monday, Wednesday evenings.

DATE:	GAME TIME:
May - Late August	7:00 p.m. AND 9:00 p.m.
Cost: \$125 per player.	
Registration Information and Contact Information: Janine Gillis 632-6169 OR e-mail: janinegillis@yahoo.ca	

Corner Brook Minor Soccer Association

Spring Schedule

(U4 to U17)

8 Weeks from April 23 to June 17

Early Bird Registration – April 16 to 19 from 6pm to 8pm

Location: Wellington Soccer Field

U4 to U17 - \$100 (Early Bird) \$120 (After Early Bird)



Summer Schedule

(U4 to U17)

8 Weeks from July 2 to August 23

Early Bird Registration – June 11 to 14 from 6pm to 8pm

Location: Wellington Soccer Field, Ambrose O'Reilly Pitch-(Eastside),

Dawe Pitch-(Curling), and Atlantic Pitch - (Westside)

U4 to U6 - \$90 (Early Bird) \$100 (After Early Bird)

U8 to U17 - \$100 (Early Bird) \$120 (After Early Bird)

Contact Web: www.cbmsa.ca; Twitter: @CBMSAnews

Facebook: <https://www.facebook.com/CornerBrookMinorSoccer/>



Men's Soccer League

Our League is one of the oldest league's operating in Corner Brook and has five teams operating from within the City (+Stephenville). The league operates primarily on Monday and Wednesday nights but has games on some Friday and Sunday nights.

Location: Wellington Street Soccer Complex.

Regular season will start mid May. Exhibition time will occur when weather permits (early May).

INVITATIONAL SOCCER TOURNAMENT AT WELLINGTON

May 24th weekend. All teams from Corner Brook, (+Stephenville), we normally have teams travel in from Gander, Burin Peninsula, and St. John's, NL.

STEERS INSURANCE CORNER BROOK UNITED FC

is Western Newfoundland's representative in the Men's Provincial Challenge Cup League. If you are looking for more info about the team or looking to try out please contact someone on the coaching staff patrickfewer08@gmail.com or clynch@thewesternstar.com or follow the team on our facebook page <https://www.facebook.com/Steers-Insurance-Corner-Brook-United-FC-1671775326385826/>

West Coast Cycle Association

Cycle Solutions

There are many weekly group rides, activities, bike and hike tours scheduled throughout the summer. Visit

www.cyclesolutions.ca under events for more information.

EVENT SCHEDULE: CYCLE SOLUTIONS

DATE:	Event:
Sunday, May 20	Bonne Bay Loop
Saturday, May 27	Mudslide (Set-lap)
June 2 - 3	IMPACT Road Race
Sunday, June 10	Mudslide (Short-course)
Sunday, June 17	Family Bike Day *New*
Sunday, July 8	Strides Triathlon
Sunday, July 15	Trail Building Day
Sunday, July 28 & 29	Humber Valley Triathlon
Aug. 18 & 19	Tour Du Port Au Port

Call 634-7100 or visit www.cyclesolutions.ca for more information

Weekly and Biweekly Events

XC Rides for Everyone: Tuesdays

Meeting at 6:15 p.m. every Tuesday. Follow Twitter, Instagram and Facebook for more information and updates.

This weekly trail ride takes place up around the trail systems of the Massey Drive area, and usually last anywhere between an hour and a half to two hours. Riders of all skill levels are encouraged to swing by for a bit of fun shredding!

Time Trial Series

Roughly every two weeks we will hold a recreational time trial on Tuesday evenings. This is a great chance to measure your cycling fitness and speed progression throughout the summer! Start time at 6:30 p.m., Monday and Wednesday in Steady Brook on Marble Drive.

Thursday Group Road Ride For Everyone

Looking for a great way to meet new people, have fun and get pumped for the rest of the week? Show up & ride with the group that suits you. We have A, B, and C groups based on your ability.

The groups meet at 6:15pm on Thursdays at Cycle Solutions on 35 West Street. Direction will be determined by mood & wind each week!

Trail Building:

MONDAY AND WEDNESDAY - 6:00 P.M.

Join volunteers from the West Coast Cycling Association as they continue to develop a trail in Massey Drive intended for cyclists and hikers alike! This new trail serves as an extension of the nearby Ginger Route and offers a fantastic view of Corner Brook and the inner Bay of Islands. Bring along a friend, water, gloves, and a willingness to help!

Call 709-634-7100 or visit www.cyclesolutions.ca for more information on all these great events.

Beach Volleyball

Corner Brook Beach Volleyball Association

SUMMER PROGRAM - June 26 - August 23

VEITCH Physiotherapy & Wellness Centre / SKIWORLD

SUMMER PROGRAM

PROGRAM:	TIME & COST:
Atomic Volleyball (FUNdamentals) 12 U Athletes born 2006 - 2009	Mondays and Wednesdays 10:30 am – 12:00 pm \$60 per athlete
13 U Female Athletes born 2005	Tuesdays and Thursdays 9:00 am – 10:30 am Game Night Monday Night 6:00 pm – 9:00 pm \$75 per athlete
14 U Female Athletes born 2004	Tuesdays and Thursdays 10:30 am – 12:00 pm Game Night Monday Night 6:00 pm – 9:00 pm \$75 per athlete
16 U Female Athletes born 2002 - 2003	Mondays and Wednesdays 9:00 am – 10:30 am Game Night Monday Night 6:00 pm – 9:00 pm \$75 per athlete
14 U and 16 U Male Athletes born 2002 - 2005	Mondays and Wednesdays 1:00 pm – 2:30 pm Game Night Thursday Night 6:00 pm – 9:00 pm \$75 per athlete
*13 U, 14 U and 16 U Female Open Game Night	Monday Night 6:00 pm – 9:00 pm
**14 U and 16 U Male Open Game Night	Thursday Night 6:00 pm – 9:00 pm
Ladies league	Sundays 3:30pm – 9:00pm Tuesdays 6:00pm – 9:00pm \$40 per athlete (Max \$120 per team) Born 2001 or earlier

For more information Email cbbachvolleyball@gmail.com



2018 Atlantic Beach Volleyball Tour

May 27-28: Fredericton, NB

June 9-10: Shediac, NB

June 17 - 17: Halifax, NS;

June 23 - 24: Summerside, PEI

July 14 - 15: Corner Brook, NL (Youth)

July 21 - 22: Halifax, NS;

July 28 - 29: Corner Brook, NL (Senior)

\$10,000 IN CASH AND PRIZES UP FOR GRABS.

August 4 -5: Halifax, NS - Atlantic Championship

August 16 - 19: Toronto, ON - National Championships

Fitness and Wellness

Counter Balance Conditioning & Fitness Inc.



Corner Brook's ONLY 24hr Full Service Fitness Facility! With 5000sq feet of facility space, CounterBalance has everything to make your training experience the most enjoyable!

Our gym houses HOIST equipment with multi-cage squat racks, a smith machine, upper and lower body and core resistance machines and benches, multi-jungle functional cabling systems along with racks of free weights ,dumbbells/plates, fixed weighted bars. We also have Kettle Bells, Landmine, Deadlifting platform (yes we allow chalk), Medicine Balls, Slastic resistance bands, stability balls, BOSUs, balance boards, agility ladders and hurdles and a private core room completing our resistance section.

Our cardio section holds Precor Treadmills, Octane Ellipticals and a Lateral-X Trainer, a Stairmaster Stepper, spin and recumbent bikes and two rowing machines for much cardio variety.

CounterBalance has an amazing workout environment with satellite music streaming in the background, cable TV and FREE WIFI, and tanning available for our members!



Counter Balance Fitness Photos

THE MEMBERSHIP ADVANTAGE:

Gym Membership Pricing Includes 24 Hour Facility access to all facility amenities (18 years +). Our youth under the age of 18 are welcome to use our facility every day of the week during staffed hours 11am-7pm. Members obtain a finger print scan (a one time only facility fee of \$25.00 is necessary to obtain your scan for facility access). Purchase your membership on a 3,6,9 or 12 month basis. We have a large variety of payment options available!

PERSONAL TRAINING & PROFESSIONAL SERVICES

Our Team of professional and experienced Personal Trainers offer One-on-One and Buddy (Two-on-One) Private Session Packages. We also have Small & Large Group Personal Training Programs, Online Coaching Programs, Stage Competition Prep, Muscle Gain, Fat Stripping, Fitness Testing, Post-Rehabilitation Conditioning, Nutrition Consultations, BioFeedBack Testing, Reiki.... and much more! We have the professional services you need to perform at your highest potential, feel your healthiest and look your best ! As well we offer a variety of Personal Trainer and Master Trainer PT Certification courses!

SCENT-FREE & ACCESSIBILITY

CounterBalance is proud to offer a scent (and harsh chemical) FREE

environment. We do not use any products containing highly allergenic properties. All of our products used are organic, potent cleansers which do not contain the toxic ingredients found in many home and commercial cleaners.

We are a fully disability accessible gym with a ground level entrance and ramp for easy accessibility. Our washrooms and showers are very large allowing for easy maneuverability.

For more information on our facility and professional services and programs please visit our website at www.cbalancectraining.com or on FaceBook at www.facebook.com/CBalanceFitFam or call us at (709)634-4275. Visit us any time at 1 Mount Bernard Avenue (around the back of the Valley Mall) between the hours of 11am and 7pm. We look forward to seeing you there.

Epic Fitness with Terra Hynes

Fitness classes Monday through to Thursday for ages 12 and up! All levels are welcome! Types of classes include Zumba, Zumba Step, Strong by Zumba, Kickboxing, Pilates, Core Fusion and more! These classes take place at the Civic Centre (Annex). Yoga classes take place on Clarence Street at All Saints Church. Classes begin in September and run through to June/July. Yearly registration \$20 Monthly pass \$45, drop in fee \$7. Come join Epic Fitness today! It your chance to get fit and join in with some awesome fitness classes!

terralynnhynes@yahoo.ca; www.epicfitnesswithterra.com

Forever Young Fitness Centre

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

Located at the Corner Brook Civic Centre, 1 Canada Games Place.

Hours: Monday to 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.

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

Brake's Gym

Brake's Gym is Corner Brook's only combative ring sport fitness facility. Fostering a safe and sanctioned 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 in 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 11-15 (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.

BRAKE'S GYM KICKBOXING/BOXING: SUNDAY TO FRIDAY

SUNDAY		Kick Light Ages 6-10 6:00 - 7:00 p.m.	Ladies Kickboxing 7:00 - 8:00 p.m.	Boxing 8:00 - 9:00 p.m.
MONDAY	Kick Light Ages 6-10 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Kickboxing 7:30 - 8:30 p.m.	Boxing 8:30 - 10:00 p.m.
TUESDAY	Junior Kickboxing Ages 11-15 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Mixed Martial Arts 7:30 - 8:30 p.m.	Kickboxing (Boxers) Invited 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.	Kickboxing 7:30 - 8:30 p.m.	Boxing 8:30 - 10:00 p.m.
THURSDAY	Junior Kickboxing Ages 11-15 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Mixed Martial Arts 7:30 - 8:30 p.m.	Kickboxing (boxers) invited 8:30 - 10:00 p.m.
FRIDAY	Junior Kickboxing Ages 11-15 6:00 - 7:00 p.m. Kick Light Sparring Team Meet		Sparring & Gym Work (All Ages) 7:00 - 10:00 p.m.	

Contact: brakemma@gmail.com; 709-638-0212 or 709-660-4811

Drop in: \$10.00 | Monthly membership: \$65.00
Semester (4 months): \$240.00

Health and Performance Centre

Health and Performance Centre (HPC) is a multi-disciplinary health clinic that offers rehabilitation and performance based fitness options out of our discrete and private clinic gym in our downtown Corner Brook location, as well as in the community. We have 3 Conditioning coaches on staff and are open 12 hours Monday-Thursday and 8 hours on Fridays.

Our professional fitness and rehabilitation team will make your goals their priority, whether your desire is to:

- Get optimally strong for return to work following a work accident
- Seek assistance to regain strength safely following a car accident or ski accident
- Utilize medically prescribed exercised following a stroke to help you become independent again
- Learn how to use exercise to optimize your diabetes management
- Lose weight despite a complex health history
- OR to Enhance your performance in your sport, whether it be to improve your vertical, your agility, your speed or your power.

Health and Performance Centre also prides itself on excellence in athlete services, from offering on-site Sport Physio coverage for tournaments and teams, to peak-season performance and injury prevention fitness options, and off-season conditioning classes. HPC also offers off-site athlete training, team training, semi-private sessions, and so much more. Email info@healthandperformance.ca for more information and to find out how we can help you meet your health and fitness goals.



Crossfit Heavy Timber Photo

Crossfit Heavy Timber

HEALTHY LIFESTYLE - Whether it be through the casual sharing of a recipe or a Nutrition Challenge, your personal awareness of the components of a Healthy Lifestyle will grow.

FITNESS MONITORING - Athletes can check their performance history through the CoachBoard during class.

RESOURCES - Athletes get access to a full suite of videos on how to perform lifts and gymnastic movements.

PERSONAL COACHING - Our coaches are certified professionals who will educate, motivate and keep you accountable. Our goal is to get you exercising regularly and obtain results you want. They will help you get the most out of your CrossFit experience.

GROUP CLASSES - A new "Workout of the Day" (WOD) is posted everyday and completed within a class environment. Within this class environment, a community is formed and relationships are built. A CrossFit affiliate is not your standard gym.

LEADERBOARDS - Your membership includes access to performance tracking software to show the Top 3 Alltime PR's for the day's lifts.

CROSSFIT HEAVY TIMBER 373 O'Connell Drive

SCHEDULE:

Monday to Friday: 5:30 p.m. - 8:30 p.m.

Monday, Wednesday, and Friday: 12:00 /noon classes

Saturday: 10:00 a.m. to 12:00 p.m.

*HOURS ABOVE are for classes.

Members have access 24 hours a day for their own routines.

COST: FREE TRIALS

Phone: (709) 765-4151 • Email: crossfitheavytimber@gmail.com

Facebook: @crossfitheavytimber • Website: www.crossfitheavytimber.ca

Yoga

Tina Coleman Yoga

Yoga develops body and mind. It increases your flexibility, shapes long and lean muscles and promotes weight loss. It also introduces you to meditation techniques to calm the mind and reduce everyday stress.

Call to discuss the best class for you!

- Yin Restorative Yoga • Hot Yoga • Vinyasa Yoga • Pound Fit
- Gentle Hatha Yoga • Mixed Level Active Yoga • Bliss Yoga
- Kids Yoga • Tennis Ball Yoga • Meditation & Relaxation Sessions • Chakra Balancing • Monthly Workshops

To register, call or Text Kastine 638-4105, or Tina 640-7857, or email: tinacolemanyoga@gmail.com. Register online: tinacolemanyoga.com
Facebook: Tina Coleman Yoga; Twitter@TinaColemanYoga; Download our app: StudioBookings. **Drop ins welcome!**

Beautiful new location: 2 Mt. Bernard (Old City Hall)

Baseball

Minor Baseball

Connect with us: www.cbbaseball.ca
minor@cbbaseball.ca • www.facebook.com/cbbaseball
Twitter @CbbaCB • Tel: 709-639-8677 (toss) – Summer Months.



SPRING TRAINING

April 9 – June 2: Registration \$TBD

Our Spring Instructional Baseball Camp will focus on the development of baseball fundamentals. Our goals are to improve player's fundamental skills in an enjoyable atmosphere and prepare players for the summer season. The spring program will start in the Annex Gym, April 9th. The program will move outside to Jubilee when field conditions allow.

SUMMER PROGRAM

June 4 – August 24: Registration \$TBD

We're expanding our Summer Baseball Program for Rookie to Midget aged players. Our new 12 week program will continue to focus on skill development, along with the introduction of House League play, where numbers allow us to do so. The number, duration and competitiveness of house league games will vary by division. Visit www.facebook.com/CBMinorBaseball to view the 2018 summer schedule.

DIVISION	BORN IN	DIVISION	BORN IN
Blast Ball	2013-2014	Bantam	2003-2004
T-Ball	2011-2012	Midget	2000-2002
Rookie	2009-2010	Female U12	2006-2008
Mosquito	2007-2008	Female U14	2004-2005
Peewee	2005-2006	Female U16	2002-2003

FEMALE BASEBALL

June 4 – August 24: Registration \$125

Girls born 2009 or younger may register for Female baseball or an age appropriate CO-ED division. This year for the 1st time in the history of baseball in the province, Baseball NL will attempt to hold a U18 female provincial tournament for girls born in 2000 and 2001. Numbers will dictate if we are able to offer this program in our area.

BLAST BALL (BORN 2012- 2013)

July 2 – August 24: Registration \$TBD

With a focus on physical literacy and fun, Corner Brook Minor Baseball is introducing Blast Ball for our 4 & 5 year olds. Blast Ball is a fast and fun introduction to baseball that teaches the basic FUNDamentals of the game. The action is continuous and the rules are simple. Parents Participation is welcome.

T-BALL (BORN 2010-2011)

July 2 – August 24: Registration \$TBD

Corner Brook Minor Baseball will once again be utilizing Rally Cap. Developed by Baseball Canada, Rally Cap is a comprehensive initiation program that helps teach baseball skills, rules and strategy to our players. Players have the opportunity to earn colored Baseball Canada Rally Caps which corresponded with various levels of achievement.

ALL-STAR

Tryouts for "A", "AA" & "AAA" male and female teams will be held at the start of our summer program. Players not registered for the Spring Program must be registered for the summer program to be selected to a team. Visit baseballnl.com under the forms tab to view the All-Newfoundland Provincial Tournament Schedule and practice times.

MARY TAVENOR MEMORIAL TOURNAMENT

The Mary Tavenor Memorial will be held July 6-8. This annual tournament will see as many as 40 teams from all areas of the province travel to Corner Brook to participate in male & female divisions.

Senior Baseball

The local league kicks off May 27th, with 4 teams playing a 24 game regular season schedule. New and junior aged players are invited to attend scheduled team or open practices throughout May. Rosters will be set following the annual player Draft. Visit www.cbbaseball.ca for stats and schedules.

SENIOR BASEBALL CALENDAR OF EVENTS- JUBILEE FIELD

APRIL 9 – JUNE 2.....SPRING PROGRAM

May	Joe Mullins Memorial Tournament
May 27	Sr. Baseball - Opening Day
June 4 – August 24	Summer Program (Rookie – Midget)
June 29 – July 1.....	Senior Club Tournament
July 2 – August 24.....	Summer Program (Blast Ball & T-Ball)
July 6 – 8	Mary Tavenor Memorial Tournament
July 13-15.....	Provincial Senior B Championships
July 20 – 22.....	Provincial Junior A Tournament
July 27 – 29.....	Midget Qualifier Tournament
August 3-5	Provincial Senior "A" Finals (Games 4-7 if necessary) *Winner of Senior B
August TBD	Marble RV – Hit Run & Throw
August 31-Sept 2	Provincial 12U Girls Atlantic Midget AA Championship

Softball

Corner Brook Molson

Ladies Fast Pitch Softball League

A four team ladies fast pitch softball league. All levels of playing skills welcomed. Players 19 and older but if players are under 19, they require written permission from parent / guardian.

Location: Ambrose O'Reilly Softball Field, Eastside

Cost: \$65.00/player

SOFTBALL SCHEDULE:

DATE:	GAME TIME:
May 22 - September 30	6:30 p.m.
Monday – Thursday, each team will play 2 games/week.	

Registration will commence in May 2018

Contact Information: Kathy Lukeman: (709) 640-8413 • klukeman@warp.nfld.net

Western Newfoundland Minor Softball Program

A fun program designed to introduce males and females aged 5+ to the game of softball. This program was restarted last year to offer softball instruction and tournaments in the Western region to all participants. Our goal is to foster sportsmindedness and fun while developing skills in the sport of softball. All level of players is welcomed in the region.

TRAVEL TEAMS

Tryouts for male and female players will commence in May and early June 2018. Teams from different divisions will travel to tournaments around the province.

Locations include: Fred Basha Memorial Field - Wellington Street, Ambrose O'Reilly Softball Field - Eastside

Cost: \$25.00/participant

SOFTBALL SCHEDULE:

DATES: May 22 - September 8, 2018

Registration will commence in May 2018

Contact information: Facebook Western Newfoundland Minor Softball
Peggy Colbourne 640-1175, Kathy Lukeman 640-8413, Jamie O'Brien 638-2892

Molson Corner Brook Men's Slo-Pitch

A fun night out with friends having a game of softball. Season starts the end of May / early June. It runs five nights a week from Sunday through Thursday. All skill level of players are welcome and must be 19 years of age or older. Various tournaments throughout the season.

Contact Stephen Walsh swwalsh1981@hotmail.com

Hockey

Corner Brook Minor Hockey Association

Civic Centre, 1 Canada Games Place, PO Box 333, Corner Brook, NL A2H 6E3

Corner Brook Minor Hockey Association is a non-profit, community-based minor hockey association serving the youth of Corner Brook and surrounding communities in partnership with Hockey NL and Hockey Canada. We offer quality programs from ages 4-18 years teaching the fundamentals of hockey with the aim of encouraging a life-long love of the game in a safe and enjoyable environment. Emphasis is placed on skill development for all levels of ability, sportsmanship, leadership and fair play.

In addition to regular practices and skill development sessions designed by our Technical Director, CBMHA organizes a house league program for all divisions as well as opportunities for players to try out for more competitive travel teams that represent the Corner Brook Royals in the Hockey NL provincial tournaments at the end of each season.

Our Association is run by a very dedicated group of volunteers who endeavour to deliver the best possible program to all participants. We encourage any member of the Corner Brook and surrounding area communities who wish to be part of our team to contact us for more information on volunteer opportunities and requirements or for a volunteer application form.

Our season runs from October to April with registration starting in September. For more information, visit our website at cbmha.ca or our Facebook page, follow us on Twitter @cbmha or give us a call during the regular hockey season at 709-639-8888.

Have a safe and happy Spring and Summer...we hope to see you at the rink this Fall!

ACHIEVEMENT IN COMMUNITY EXCELLENCE AWARDS

The "ACE" Awards are designed to recognize individuals, groups, and organizations in Corner Brook for their valued contributions to creating and strengthening Corner Brook through their efforts in cultural, environmental and social excellence. These awards are presented annually and although there is usually only one winner selected for each award, it is an honor to be nominated. The success of the ACE Awards depends on citizen participation by nominating those community members who are making a difference!

Don't wait...nominate! Nomination forms and criteria can be found on a The Western Star website: www.TheWesternStar.com or www.cornerbrook.com. For more information call 709-637-1232.



Figure 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.

For more information: Check out our website www.silverbladesnl.ca
Email our Registration Coordinator at registrationsbnl@outlook.com. Join our Facebook group <https://www.facebook.com/groups/825987570757158/>

Martial Arts

Newfound Defensive Arts 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 Wednesday and Friday from 5:00 to 6:00 at Vine Place Community Centre, Corner Brook, NL (Classes are restricted to students 12 years of age and up.)

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.

All new students will receive a **free uniform** upon Registration.

BENNETT'S TAE KWON DO SCHEDULE:

MONDAY, WEDNESDAY AND THURSDAY

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



Bennett's Taekwondo Photo

Markus Karate School

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 and 4 year olds
- Self defence classes for all ages

For more information contact: Bob Bennett 8th degree black belt at 709-640-0499 cell or info@markusenterprises.ca

Check out our facebook page:

www.facebook.com/markuskarateschools

Laser Tag

Cyber-Zone



Newfoundland's longest running Laser Tag. Ages 6 & up. Play a futuristic game of tag with your family and friends in a Glow-in-the-Dark Maze. Visually Amazing & Heart pounding Music sets the atmosphere for the most Extreme fun you will ever experience. See Lasers shoot through the air as you play against everyone or team up. Our real time scoring allows you to keep track of every aspect of your gameplay. Cyber-zone is Extreme Fun, Extreme Excitement and Extreme Play the Laser Tag Way!

GAME TYPES:

Individual, Team Play and Vampire. Or try one of our NEW GAMES! Tag...You're It, Eliminator, Switcher or Recharger.

Location: 6 Commercial Street, Unit 2, Corner Brook, Newfoundland.

Visit our website at cyberzoneplay.com for pricing and availability.

Call to book your event or just walk in and play 709-639-8468



Corner Brook Rowing Club Photo

Rowing

The Humber Valley Rowing Club

The Humber Valley Rowing Club offers a great opportunity for men and women, ages 18+, to get outdoors, get fit and have fun. Even if you've never rowed before you can still take part in this awesome sport! Teams consist of 6 rowers and a coxswain, provided by the Club or you can bring your own. No team? No problem! We'll gladly find you a spot. Teams are encouraged to get out at least 3 times a week.

The Club is located on Riverside Drive at the mouth of the Humber River. The season runs from May-September (weather permitting). For more information please visit our website at www.humbervalleyrowing.com or email us at humbervalleyrowing@gmail.com. You can also check us out on Facebook and Twitter.



www.marbleziptours.com Photo

Outdoor Adventure

Marble Zip Tours

ZIPLINE, SPIDER CHALLENGE

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.

Visit www.marbleziptours.com for more information. Located off Exit 8, Trans Canada Highway, Marble Mountain, Newfoundland.

Nature Walks

The Humber Natural History Society

The Humber Natural History Society is a non-profit organization centered in Corner Brook, NL. It includes members from communities in the Humber Valley as far east as Pynn's Brook. Its primary interest is the enjoyment, promotion and protection of nature. Presentations on natural history topics take place throughout the fall and winter. Outdoor walks and other events occur throughout the year. They can include bird watching, identification of other organisms such as plants, bats, and mushrooms, as well as exploration of sites of general natural history interest. Members are encouraged to participate in various Citizen Science activities such as Christmas Bird Counts, Frog Watch, Plant Watch and Feeder Watch.

Facebook: Humber Natural History Society

Adventure

Rugged Edge ATV

Rentals & Guided Tours

Your adventure starts here! Discover the breath-taking natural beauty of our back country on an ATV rental from Rugged Edge. Take the route of the Newfie Bullet – Newfoundland's former railway – or ride along our ruggedly beautiful coastline. Get your adrenaline pumping or take a leisurely cruise. Take photos, observe wildlife, pick berries, experience a Newfoundland "boil up" – no matter what adventure you choose, the memories you make with family & friends will last a lifetime. Customized group & private 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, pictures from our latest adventures & more.

Rugged Edge – Where Adventure Begins!

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



Rugged Edge Photo



Corner Brook Tennis Club Photo

Tennis

Corner Brook Tennis Club

The Corner Brook Tennis Club creates opportunities for all ages to learn and play tennis in a fun and friendly environment. Offering four outdoor courts, a relaxed viewing area and qualified coaches, the club offers its' members a top-notch facility to play tennis. Bathroom and change room facilities are available.

JUNIOR TENNIS PROGRAM

A junior tennis program is available that focuses on the fundamentals of the game while encouraging lots of fun!

The tennis program runs from July 2nd to August 17th (6 weeks of lessons plus 1 junior open tournament and year end banquet) Lessons are five days a week. Time of day depends on age and skill level. Lessons are run hourly, starting at 10 am and ending at 4 pm.

Rate is \$85 per child for the season. This includes the junior program and access to the courts on evenings and weekends. A family rate of \$255 is available for a family of 4; each additional child is \$40. Adult season membership is \$75; senior membership is \$65.

Registration will take place at the tennis courts beginning July 2nd. Interested players can stop by the courts at any time to try out the game and meet new people!

Contact info: thecornerbrooktennisclub@gmail.com or 709-634-9941

Y The YMCA of Western NL Humber Community

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 full 1 hour workout.

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

Men's Yoga, Tabata, Bootcamp, Stability Ball, CoEd Yoga, Step, Pound and many more! Classes are conducted in our large, air conditioned studio and are led by certified YMCA instructors. Classes are offered at varying times throughout the day to accommodate diverse schedules.

FIT FOR LIFE (FORMERLY GENTLE GYM)

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

CIRCUIT X

Circuit X is the latest addition to our fitness schedule. This class is a moderate to intense cardio based class designed to conduct total body conditioning. Using various aerobic styled exercises along with alternating pieces of equipment to provide strength, stamina and stabilization, this class will compound various exercises to target all your major muscle groups. This class is intended for moderate to intense fitness levels.

ORIENTATIONS

Need help getting started or looking to shake up your routine? Why not let us provide you with a free orientation to our Health and Wellness Center and find the workout plan that works for you.

AGE RESTRICTIONS

Children under the age of 8 years of age are **NOT** permitted in the Cross Training Center.



All youth ages 8-15 must have a signed consent form.

8-11 year old **MUST be CLOSELY SUPERVISED** by an adult at all times (the adult assumes FULL responsibility for the youth).

8-15 year old must have an orientation.

12-15 years are allowed in the health and wellness center alone once we have the signed consent form and they have had their orientation.

16-17 year old must have a walk through with a staff member before entering alone.

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 709-639-9676, 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 - 9:30 p.m.

Canada Day

July 1, 2018

Canada Day 2018 in Corner Brook will be a celebration to remember! This event, hosted by the City of Corner Brook and the Government of Canada, is another fun-filled family event that plays a big part of an exciting summer in Corner Brook! Canada Day is a big day for everyone in not only our city, but our country too, and contains many exciting and important activities! Be sure to keep an eye out for details of Canada Day leading up to the event.

Fundraisers

Steps for Life Walk 2018

The Steps for Life Walk is a fun, family friendly event that occurs across the country walking for victims of Workplace Tragedies. All proceeds go to raise safety awareness, and provide support to families of workplace injuries.

Celebrating 10 years for the Corner Brook Walk this year, we are hoping this will be a great success. You can walk individually or bring a team from your family members, friends or co-workers. Details of the walk and how to register and/or donate online can be found on the website

www.stepsforlife.ca

Location: Irishtown-Summerside Community Centre
Registration starting at 9:00 a.m. Followed by BBQ, and prizes

STEPS FOR LIFE WALK 2018

Walk Time	Contact:
10:00 a.m.	Natasha Normore at: natashanormore17@gmail.com or Geraldine Wheeler at: geraldine_wheeler@hotmail.com



2018 Medavie Blue Cross MS Walk

Fundraising Walk-a-thon. Participants walk-along route and enjoy a lunch post-event. Cost: FREE

Visit us online at http://mssoc.convio.net/site/TR/WalkAtlanticDivision?pg=entry&fr_id=5813

Contact Info: Nicholas Doucet 902-468-8230 ext. 1012

Location: Royal Canadian Legion, Corner Brook Branch 13

MEDAVIE BLUE CROSS MS WALK

DATE:	TIME:
Sunday, May 27, 2018	1:00 p.m. - 4:00 p.m.

Crohns & Colitis Canada Photo



Crohns and Colitis Canada Gutsy Walk

The Gutsy Walk takes place on Sunday, June 3, 2018 at over 60 locations across Canada. Every walk is fun-filled, family-friendly, and non-competitive. The Corner Brook Chapter's Gutsy Walk will take place from Margaret Bowater Park with refreshments to follow the walk for all participants. This is Canada's largest community fundraiser for Crohn's and colitis. Since 1996, the Gutsy Walk has raised over \$35 million for research and patient programs, all thanks to participants, donors, and sponsors who are driven to make a difference. It takes guts to take on Crohn's disease and ulcerative colitis, the two main forms of inflammatory bowel disease (IBD). Crohn's and colitis are autoimmune diseases that cause the body to attack itself, leading to inflammation of all or part of the gastrointestinal tract. That's the case for over 250,000 Canadians already, and someone new is diagnosed with Crohn's or colitis every hour. There are no known cures for Crohn's disease or ulcerative colitis, and that's why we need you to walk with us.

Location: Margaret Bowater Park

Registration at 1:30; Refreshments in the park to follow the walk.

CROHNS & COLITIS GUTSY WALK

Walk Time	Contact:
2:00 p.m.	Stephanie March (709)640-9774, Natalie Park (709)660-6221, or Debbie Guy (709)640-4852

Walk for ALS

The WALK for ALS (Lou Gehrig's disease) is a fun, family friendly event that occurs across the country in more than 85 WALK LOCATIONS. Join thousands of Canadians from across Canada for fitness, fun and the fight against ALS. Every dollar you raise goes to provide equipment, support services, education for the ALS Community, and fund research to find a cure.

REGISTRATION All ages:

DATE:	LOCATION:
Sunday, June 10, 2018	Bennett Hall, West Street
Registration – 1:00 pm • Walk start – 2:00 pm	

For more information contact: Cheryl Power 709-634-9499

cheryl@alsnl.ca

Donate online www.walkforals.ca



Fundraisers - continued

Janeway Children's Hospital Foundation MAY

23RD ANNUAL GIRL GUIDES WORK MIRACLES DAY

Girl Guides Work Miracles Day is a great opportunity to allow Sparks, Brownies, Guides, Pathfinders and Rangers to have fun while lending a helping hand in aid of sick and injured children throughout our province – children just like them. It's about kids helping kids by selling lemonade or Kool-Aid.

23RD ANNUAL GIRL GUIDES WORK MIRACLES DAY

DATE:	CONTACT:
Saturday, May 5, 2018 Deadline to register: April 12, 2018	Judy Shannahan, Special Events Guider: Tel: (709) 726-1116 Toll Free: 800-565-8111 Fax: (709) 726-4045; specialevents@ggcnf.org



Teddy Bear Convoy, Corner Brook



Corner Brook City Hall

JUNE

34TH ANNUAL JANEWAY CHILDREN'S MIRACLE NETWORK TELETHON

The Janeway Telethon is the Janeway Foundation's biggest signature event. Your donations enable the Janeway to reach new heights in child healthcare and more importantly, better medical outcomes for the children who pass through the Janeway's doors. Our children deserve the very best and you, our donors, supporters and volunteers, help make that happen.

Location: Broadcasting Live From:

Corner Brook, Grand Falls-Windsor, Burin, Clarenville, and St. John's

CHILDREN'S MIRACLE NETWORK TELETHON:

DATE:	CONTACT:
June 2 nd and 3 rd , 2018 broadcast on NTV	Marvin Way, Ways Transport Ltd Corner Brook, NL; Ph: (709) 634-4763; Fax (709) 634-1806; mway@waystransport.ca

Note: If you want to participate in the Teddy Bear Convoy, call Marvin Way.

Phyllis Kinsman, Manager Communications and Events
Janeway Foundation

P: 709-777-4264; phyllis.kinsman@easternhealth.ca

<http://www.janewayfoundation.nf.ca/>

<https://twitter.com/JanewayNL> • www.facebook.com/JanewayNL

Cruise Ships Corner Brook Port Corporation Cruise Schedule 2018



The City of Corner Brook Photo

OCEANIA MARINA • SUNDAY, MAY 13

Time: 0800-1700 • Passengers: 1250 • Crew: 800

REGENT SEVEN SEAS CRUISES

SEVEN SEAS NAVIGATOR • WEDNESDAY, JUNE 27

Time: 1000-1900 • Passengers: 490 • Crew: 325

AIDA AIDAVITA* • TUESDAY, JULY 17

Time: 0800-1800 • Passengers: 1266 • Crew: 419

HOLLAND AMERICA ROTTERDAM • SUNDAY, JULY 22

Time: 0800-1700 • Passengers: 1404 • Crew: 600

AIDA AIDAAVITA • TUESDAY, JULY 31

Time: 0800-1800 • Passengers: 1266 • Crew: 419

PRINCESS SEA PRINCESS • MONDAY, AUGUST 6

Time: 0800-1800 • Passengers: 2016 • Crew: 910

SEABOURN SEABOURN QUEST • MONDAY, AUGUST 27

Time: 0800-1700 • Passengers: 450 • Crew: 330

PHOENIX REISEN AMADEA • THURSDAY, SEPTEMBER 6

Time: 1700-2100 • Passengers: 600 • Crew: 250

CRUISE & MARITIME VOYAGES

MARCO POLO • TUESDAY, SEPTEMBER 25

Time: 0900-1700 • Passengers: 906 • Crew: 354

P&O CRUISES ARCADIA* • WEDNESDAY, SEPTEMBER 26

Time: 0800-1800 • Passengers: 2016 • Crew: 880

CUNARD QUEEN MARY 2 • THURSDAY, SEPTEMBER 27

Time: 0900-1700 • Passengers: 2620 • Crew: 1253

CELEBRITY CELEBRITY SUMMIT • WEDNESDAY, OCTOBER 3

Time: 0900-1800 • Passengers: 2158 • Crew: 936

SILVER SEA SILVER WIND* • THURSDAY, OCTOBER 4

Time: 1100-1900 • Passengers: 296 • Crew: 222

CRYSTAL CRUISES

CRYSTAL SYMPHONY* • THURSDAY, OCTOBER 11

Time: 1100-1700 • Passengers: 940 • Crew: 545

FRED OLSEN CRUISE LINES

BLACK WATCH° • THURSDAY, OCTOBER 11

Time: 0800-1830 • Passengers: 807 • Crew: 320

* Inaugural Calls • ° Tender Vessel

Support Groups Community Mental Health Initiative

Community Mental Health Initiative is a not-for-profit, charitable community organization that promotes mental health through public awareness, education and the delivery of targeted services.



ONGOING EVENTS INCLUDE:

MENTAL HEALTH LUNCH BUNCH — a monthly series of guest speakers on various mental health and wellness topics. Join us at CMHI, 133 Riverside Drive on the third Friday of each month from 12-1:00 pm. Bring your own lunch.

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP — a safe place to share feelings, experiences and connect with other people who have lost someone to suicide. Held on the first and third Tuesday of each month at 6:00 pm at Summit Place, 112 Premier Drive. There is no cost to attend.

11TH ANNUAL CHILDREN'S HEALTH FESTIVAL

(JULY – AUGUST) — fun activities and games for children ages 5-12 on various topics including healthy relationships, positive decision-making, substance use prevention, positive coping skills and resiliency, healthy eating and active living. For more information or to have our Youth Educators deliver activities at your summer day-camp program, please email cmhi.chf@gmail.com

HOUSING SUPPORT SERVICES — provide support to individuals living with complex mental health needs who are experiencing homelessness or are at risk of homelessness. We also provide support to landlords. For more information, please call 388-4000.

PEER SUPPORT GROUP — for parents or caregivers of children with mental health concerns. Held on the third Sunday of each month from 6-8:00 pm at Summit Place, 112 Premier Drive. There is no cost to attend.

Community Groups/Centres

Community Youth Network Corner Brook & 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, yoga, art therapy and several outdoor activities such as snow shoeing. 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. Keep checking our website for our monthly calendar of events at www.communityyouthnetwork.wordpress.com

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. For more information, please contact your CYN fieldworker, visit our Facebook page CYN Corner Brook or visit our website at

www.communityyouthnetwork.wordpress.com to check out what events are happening in your area.

You can also contact the CYN Fieldworkers of the Bay of Islands: **North Shore Contact Information:** Ashley Christopher: communityyouth_northshore@hotmail.com. **South Shore Contact Information:** Kerry Barry: cynlarkharbour@hotmail.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: communityyouth.ymca@hotmail.com CYN is funded by the Department of Communication and Public Engagement	

Royal Canadian Legion Br #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.

ROYAL CANADIAN LEGION LIST OF EVENTS	
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.
HOURS OF OPERATION: Tuesday: 2:00 _ 11:00 pm; Wednesday: 2:00 _ 6:00 pm; Thursday: 2:00 _ 6:00 pm; Friday: 2:00 _ 8:00pm; Saturday: 12:00 n _ 6:00 pm	
Contact Branch 13, Royal Canadian Legion, 7 West Street behind BMO. For more information please contact the manager at 709-634-2040 or 709-634-5655	
<i>Membership is \$40 per year. Both men and women are encouraged to join, must be 19 years and older.</i>	

Community Groups/Centres - continued

National Indigenous Peoples Day

On June 21, 2018, Canadians will be celebrating National Indigenous Peoples Day as an important tribute to the heritage and diversity of First Nation, Inuit and Metis communities across Canada. National Indigenous Peoples Day provides an opportunity to recognize both the historic contributions of Indigenous peoples to the development of Canada and the strength of present day Indigenous communities.



For more information or to become involved please visit Qalipu.ca or contact Qalipu Mi'kmaq First Nation at 709-634-0996.



Western Environment Centre Photo

Western Environment Centre Community Gardens

The Western Environment Centre runs two community gardens in Corner Brook, Blow Me Down Garden off Lundrigan Drive, and Heights Garden off Batstone's Road. Families, groups and individuals can rent a plot for \$30/season to grow your own vegetables. We have tools, compost, and workshops on how to get started.

Location: Blow Me Down Garden (off Lundrigan Drive) and
Heights Garden (off lower Batstone's Road)

COMMUNITY GARDENS

DATE:	COST:
March - November 2018	Cost: \$30/plot

Registration Information and Contact Information: Please contact Katie Temple at info@wecnl.ca if you are interested in finding out more or renting a plot. Official registration begins in March 2018.

Rotary Club of Corner Brook

Rotary Club of Corner Brook is a member of the international service organization Rotary whose purpose is to bring together business and professional leaders in order to provide humanitarian services and encourage high ethical standards. Rotary's aim is to advance goodwill and peace throughout the world with the motto 'Service Above Self'.

The Rotary Club of Corner Brook holds a weekly lunch meeting at the Greenwood Inn and Suites, West Street on Thursday at 12.30 pm. Visiting Rotarians are warmly invited to attend the regular weekly meeting. The Corner Brook Club is involved with both community activities and international service projects. President of the Club is Andre Power.

For more information about The Rotary Club of Corner Brook please contact Andre at 634-1615 or incoming president Jon Reid at jonmike.reid@gmail.com

Rotary Club of Humber

WEEKLY MEETINGS are held at the Greenwood Inn and Suites Tuesdays at 5:00 p.m. Visiting Rotarian and new members are welcome. For more information call 709-634 4716.

SUMMER MEETING TIME (June to Sept) will be 7:30 a.m. at Crown and Moose.

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, and Healthy Baby Club. 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/groups/1553250701649328/

The Corner Brook Lions Club

WE ARE LIONS

Lions are hands-on individuals with more volunteers in more places than any other service organization in the world. We meet the needs of those in our own communities as well as around the world, and we have fun doing it.

WE SERVE

Though Lions are well known for successful initiatives in vision health, Lions service is as diverse as our members. Lions participate in many projects ranging from building a park to beautify a community to providing victims of natural disasters with relief supplies.

SPONSORSHIP

1. 511 Humber Air Cadets
2. The Royal Newfoundland Constabulary DARE Program
3. Sponsorship of Visually Impaired to attend Summer Camps Program
4. Children's Wish Foundation
5. Western Memorial Regional Hospital Foundation
6. Janeway Children's Hospital
7. Lions Foundation of Canada Dog Guides
8. Kids Eat Smart Foundation
9. Local Food Banks
10. Peace Poster Competition for youth
11. Senior High Level Speak out
12. Corner Brook Minor Soccer Association

FUNDRAISING

1. VOCM Cares Lions Weekly Saturday Bingo
2. Garage Sales, 3. 50/50 Ticket Sales, 4. Fish Cake Luncheon
5. Craft Fairs, 6. Pancake Breakfast

WHY LIONS

Lions Clubs offers a volunteer opportunity that fits your lifestyle. Whether you are looking to lend a helping hand, pursue a leadership role or attend club meetings online or in person, Lions has an option for you. Being a Lion allows you to help change lives, even if you do not have a lot of spare time. Most clubs meet twice a month. You can commit as much time as you wish and as your schedule allows. Lions give 100% of donations back to the community.

Lions use their time to make and impact locally and around the world. Through experience as a Lion, you will help people in need, develop new talents and network with fellow members.

WE NEED YOU

The Corner Brook Lions Club would love to have you join us. By becoming a member you will help us:

1. Provide more hands on for service
2. Gain fresh ideas for service activities
3. Spread enthusiasm for helping others
4. Raise community awareness

If you are interested in joining please contact Lion Jim Edison 634-7039

Western Regional Wellness Coalition

The Western Regional Wellness Coalition (WRWC) is dedicated to the promotion of healthy living and wellness to all people in the western region of NL. The purpose of the grant program is to support community involvement and action to promote wellness.

The Western Regional Wellness Coalition, under the direction of the 2006 Provincial Wellness Plan, is committed to focusing on 8 priority areas:

- Healthy Eating • Physical activity
- Tobacco Control • Injury Prevention
- Sexual and Reproductive Health
- Mental Health Promotion and Addictions Prevention
- Child and Youth Development • Healthy Environments



Through education, information sharing, networking and delivering programs, the WRWC hopes to make these 8 areas of wellness a priority in your community!

WHAT CAN WE OFFER?

COMMUNITY & SCHOOL GRANTS PROGRAM

If you are planning an activity, an event or a project that focuses on one or more of the priority areas, you may be eligible to apply for a community or school grant.

To receive funding, the activity, event or project **MUST** be consistent with the objectives of the WRWC in promoting wellness and focusing on the 8 priority areas.

Community groups within the geographical boundaries of the WRWC can apply. The maximum amount of funding that may be requested for a community event is \$1000.

Schools (K-12) that are located between Port aux Basques and Bartlett's Harbour - any teacher, student, principal or parent interested in promoting wellness may apply. The maximum amount of funding that may be requested for a school event is \$1000. Schools are eligible for only one grant per year.

Please see our website for grant deadlines. Applications and guidelines are available online at: www.westernwellnesscoalition.com

Community Groups/Centres - continued

Corner Brook Elks Lodge #505

Corner Brook Elks Lodge #505 is a member of Elks of Canada, the largest all-Canadian fraternal organization with approximately 12,000 members in 250 locations throughout the country. Through our Mission ("A Canadian volunteer organization of men and women supporting communities") and Vision ("To be the best volunteer organization in Canadian communities") we proudly perform volunteer efforts in the community as well as through our national charity, the Elks and Royal Purple Fund for Children, which provides personal assistance to individual children (to the age of 19) with special needs and develops and supports ongoing clinical programs across Canada in the area of speech, hearing and communication disorders.

Our Lodge membership is open to men and women 19 years and older. We meet on the 3rd Monday of every month. Membership costs \$50 a year.

We have a weekly bingo every Wednesday starting at 8:00pm and host two darts leagues. Our air conditioned 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 smaller rooms downstairs that can be booked for other community organizations or functions.

Located at 9 Carmen Avenue, for bookings or more information: 634-4043; CornerBrookElks@hotmail.com www.facebook.com/CornerBrookElks; @CornerBrookElks

Corner Brook Sea Cadets

BUILD SKILLS. MAKE FRIENDS. HAVE A BLAST.

Royal Canadian Sea Cadets is a free program for youth aged 12-18. The program fosters the development of leadership skills, good citizenship and physical fitness. Our cadets come from many different backgrounds and have different interests. As a sea cadets you will partake in boating & sailing, swimming, scuba diving & water sports, music, teamwork, citizenship (community events, parades), leadership, camping, marksmanship & biathlon, naval knowledge, and local, regional & national competitions! Sea Cadets can apply to attend a Summer Training Centre for up to eight weeks each summer. These centres (camps) provide cadets the opportunity to further develop the skills they learn at their home corps as well as opportunities to see different parts of Canada and meet other youth from across the country. Not only are summer camps free to attend (including meals, transportation and uniforms), but cadets may be provided a training bonus. This ensure that no youth is excluded because of financial circumstance.

WHO DELIVERS THE PROGRAM?

Sea Cadets are supervised and instructed by members of the Cadet Instructors Cadre, a component of the Canadian Forces Reserves which



Corner Brook Sea Cadets Photo



specializes in youth training and development. Navy League Volunteers, Civilian Instructors and even members of the Regular Forces also volunteer their time to work with cadets.

HOW MUCH DOES THE PROGRAM COST?

There is no cost for membership, uniforms or training materials.

REGISTRATION

Monday 6pm September-June, Age 12-18
Gallipoli Armoury, 13 O'Connell Drive

Contact: Website: www.curlingseacadets.com; Facebook: www.facebook.com/curlingseacadets; Instagram: www.instagram.com/curlingseacadets; Twitter: @seacadetsCB; Phone: 709-638-3616
Office: 709-634-7309 (Monday evenings); Email: chrystal.hartley@cadets.gc.ca

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 individual 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.

Army Cadets get involved in ceremonial military events and citizenship activities that allow them to connect to their Canadian heritage. They develop a great sense of pride and discipline through their involvement in a hierarchical system that allows them to hone their leadership skills as they grow older and they learn to care for younger cadets. In addition to their specialty training, Army Cadets may become involved in other exciting activities like competitive Olympic-style marksmanship and biathlon, sports

competitions, music training and competitions, cultural outings, volunteer community support, etc. Canada represents the best playground for teenagers interested in the outdoors. We are the organization of choice for teens and adults interested in getting out of the classroom to explore the planet the way it should be.

Location: 13 O'Connell Drive, Gallipoli Armoury

THE ROYAL CANADIAN ARMY CADET'S:

DATE:

Sunday Evenings

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 Humber 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 selected to represent Canada at the world stage by participating in an international exchange.



Canadian Red Cross PFD LOAN PROGRAM

The Canadian Red Cross wants you to be safe when you are on or near the water. We have PFD's that can be borrowed for a two week period. Sizes range from infant to adult.

Canadian Red Cross located at
30 Main Street, Corner Brook.
Contact 709-634-4626.

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: **Captain Robert Hubley** (Commanding Officer):
709-640-4868 or main office 709-639-7157; **Terry Sooley** (training officer), **Mark Brothers** (supply officer): 709-660-1570

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.

★ Rounded times.

Community Groups/Centres

- continued

The Corner Brook Civic Centre Schedule of Events



The City of Corner Brook Photo

SILVER BLADES ICE SHOW FEATURING KAETLYN OSMOND WITH A PERFORMANCE by Nick Hamlyn

Silver Blades Skating Club
Corner Brook Civic Centre Main Arena
APRIL 21, 2018

Visit <http://silverbladesnl.ca/> for details.

JOHNNY REID REVIVAL TOUR

live with his big band The Soul Providers & special guest appearance by Glass Tiger

Corner Brook Civic Centre Main Arena
APRIL 23, 2018 AT 7PM

Visit <http://cbciviccentre.com> for details and to purchase tickets.

RV AND HOME SHOW

Corner Brook Civic Centre Main Arena
MAY 4-6, 2018

Call 709-637-1230 to register.

Details will be posted at <http://cbciviccentre.com> as they become available.

LITTLE RAY'S REPTILE ZOO

Corner Brook Civic Centre Studio: **MAY 12-13**

Details will be posted at <http://cbciviccentre.com> and <http://littleraysnaturecentres.com/> as they become available.

MUNICIPAL AWARENESS DAY

Civic Centre Studio: **MAY 9, 2018**

COLLEGE OF THE NORTH ATLANTIC GRADUATION

Civic Centre Kinsmen Arena (via Studio Entrance): **JUNE 15, 2018**

THE MEGA MARKET PRESENTED BY 3RUN ENTERTAINMENT

Corner Brook Civic Centre Kinsmen Arena
JUNE 23 & 24, 2018: FROM 10AM-4PM

For details visit www.themegamarket.ca

A Short Term Shop for Long Term Goods! Do you have a craft that you

love? Maybe you're a collector of an interesting item? Do you have gently worn clothes, household goods, decorations, holiday items, baby clothes, toys, art, crafts, crafting supplies, vintage items, or perhaps presents that you never used? If you answered YES then we invite you to consider renting a table and joining our pop up flea market. What's a pop up flea market? Well, think of it as a mix between a community garage sale, maker's fair, tailgate, and a flea market! A place where you can find everything under the sun!

Use promo code CBMAGAZINE for 6 free tickets.

MASQUERADE BALL PRESENTED BY 3RUN ENTERTAINMENT

Corner Brook Civic Centre Meeting Rooms

JUNE 23, 2018 – DOORS OPEN 9PM

Tickets: \$30

This is a 19+ semi-formal event. Mask required.

Visit <http://3runentertainment.com/masquerade-ball-corner-brook.php> for details.

CORNER BROOK REGIONAL HIGH GRADUATION CEREMONY AND GRAND MARCH

Corner Brook Civic Centre Main Arena and Upper Parking Lot

JUNE 28, 2018

Cap and Gown: 10am-12pm

Grand March: 7pm-10:30pm

ULNOOWEG 9TH ATLANTIC ABORIGINAL ENTREPRENEUR AWARD SHOW

Corner Brook Civic Centre Studio: **JULY 11, 2018**

FIREFIT NEWFOUNDLAND CHAMPIONSHIPS 2018

Corner Brook Civic Centre Lower Parking Lot

JULY 27-29, 2018

EXCEL SKATING SCHOOL

Corner Brook Civic Centre

JULY & AUGUST 2018 – DATES TBD

For details visit <http://silverbladesnl.ca/>

SHOOT FOR EXCELLENCE HOCKEY CAMP

Corner Brook Civic Centre: **JULY 23-27, 2018**

For details visit http://www.sfehockey.ca/CB_Summer_School_2018.php

HNL HIGH PERFORMANCE PROGRAM SUMMER HOCKEY CAMP

Corner Brook Civic Centre: **AUGUST 2-10, 2018**

For details visit: <http://www.hockeynl.ca/development/high-performance-program/>

THOMAS AMUSEMENTS

Corner Brook Civic Centre Lower Parking Lot

AUGUST 10-12 AND 14-19, 2018

Visit <http://www.thomasamusements.com> for details.

JUAN STRICKLAND HOCKEY CAMP

Corner Brook Civic Centre

AUGUST 2018 – DATES TBD

For information contact info@stricklyhockey.net

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.

GUIDED TOURS AVAILABLE:

DATE:	TIME:
May 21 - June 29	Monday - Friday: 10:00 a.m. - 12:30 p.m. & 1:30 p.m. - 4:30 p.m.
July 3 - August 31	Monday - Sunday: 9:00 a.m. - 5:00 p.m.
September 4 - November 2	Monday - Friday: 10:00 a.m. - 12:30 p.m. & 1:30 p.m. - 4:30 p.m.
*Please note that prearranged group tours as well as archival services are available outside of the dates provided. Please contact us to find out more or to book a time.	
Admission: Adults - \$6.00; Youth - \$4.00	

Summer Programing:

- Children's paper making
- Children's reptiles educational show
- Children's safety
- Summer lecture series • Archeology workshop
- Children's natural history/wildlife show
- Children's oral history workshop

Please note that dates and times will be announced in local and social media. Other events may be added at a future date and listed events are subject to change. Please check with us for programing details.

Location: 2 West Street, Corner Brook.

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

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

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 such as Canada Day Celebrations 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 709-637-1232.

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 via 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.

Campgrounds

Kinsmen Prince Edward Campground and RV Park

OPEN SEASON JUNE - LABOUR DAY WEEKEND

Prince Edward Campground and RV Park has 28 fully serviced sites, 19 semi serviced sites, and 40 non-services sites to accommodate a wide range of campers.

- Fully serviced lot (3 way) • Semi-serviced lot/Non-serviced lot
- Guest/Visitor/Day Use • Check-in/out and guarantee site: 1:00 p.m.
- Quiet time: 10:00 p.m. to 7:00 a.m.

To reach the park during open season call 709-637-1580.

To reach the park during off season call 709-634-7262.

Trails

Corner Brook Stream Trails

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 • Sir Richards Squires Building - O'Connell Drive at Mount Bernard Avenue • Park Street - next to Sorrento's • Corner Brook Port

Online maps and trail descriptions are available at www.cbstream.com

Environmental Clean Up Spring Clean Up

MAY 7 - 18, 2018

Each May, the City of Corner Brook has an annual Spring Clean Up. During this time the contractor will collect extra garbage such as household appliances, furniture, and automotive parts. The total weight of these items must be no more than 35 kg. Items not included are trees, construction waste, construction materials, and excavation material. For additional information visit the City's website www.cornerbrook.com

Clean up items collected on residents regular collection day.

Residential Curbside Recycling Program WEEKLY

For the City's Curbside Recycling Program, there are a number of things you can do. Place cardboard and paper products in a see through blue bag or flatten and tie cardboard into bundles no longer than 12" x 12" x 30". If possible place recyclable material 1.5m from your garbage. Corrugated cardboard is "waffled" between the layers (e.g. appliance boxes). For a list of accepted recyclable material please visit the city of Corner Brook website at www.cornerbrook.com

Clean Up Corner Brook - TBA

Clean Up Corner Brook has proven to be a great success. It not only improves the appearance of the city, it also highlights the sense of community spirit that exists in Corner Brook. Clean Up Corner Brook hopes to engage residents, community groups, businesses, institutions and schools on the theory that many hands make light work. Everyone is encouraged to select a particular part of town to clean up the litter. If possible, the City encourages you to put any recyclables collected in their institutional or residential recycling containers/blue bags.

Curb Side Give Away - TBA

Residents can place re-usable items at the curb and simply place a "FREE" sign on the items to ensure there is no confusion. People are then encouraged to take a look around the city at any or all areas with a "treasure." Treasure hunters can remove items with a "FREE" sign but should remember to respect people's property when participating.

More information about these programs can be found on the City of Corner Brook website or call 709-637-1630.

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 help keep the facility clean and follow all rules and regulations posted.

Animal Services City of Corner Brook Animal Services

- The City of Corner Brook employs an Animal Control Officer who is trained to handle situations with domesticated pets.
- Routine Patrols are conducted throughout the City to ensure all pets are tagged and on leashes when outside of the home.
- We enforce Responsible Pet Ownership and the City of Corner Brook Animal Regulation Bylaw, and the Provincial Animal Health and Protection Act.
- Licencing helps to unite pets and owners. It also helps in providing more rapid medical treatment in the case of an emergency.
- All dogs aged 3 months or older must be licensed. The licence is a once every 3 year requirement and is reduced if your dog is spayed or neutered and if it has an Identity Chip implanted. To licence your dog, complete and submit a Dog Registration form and pay the tri-annual fee of \$25.00 at City Hall.
- The Animal Control Officer may not be able to respond to calls after hours. If a domestic animal is cause a public threat please contact the local RNC.

For more information about our services please contact:

CITY OF CORNER BROOK ANIMAL CONTROL

Monday – Friday 8:00 am to 5:00 pm • 709-634-1666

CORNER BROOK CITY POUND

Open to the public from 1:00-2:00 pm Monday – Friday.

Located behind 40 Brook Street • 709-637-1559

ARE YOU LOOKING FOR A SUMMER JOB?

Are you looking for a summer job that teaches responsibility, leadership and provides opportunities to meet new friends in an outdoor environment?

Being a Lifeguard with the City of Corner Brook is a great summer job for high-schoolers and University students who encompass the qualified skills.

Enjoy a flexible work schedule, receive competitive compensation, and gain experience while working at the Margaret Bowater Park Outdoor Pool.

Job postings for these positions will be out in early spring so keep your eyes open, the way a lifeguard would!

For more information contact: jparsons@cornerbrook.com or call 637-1232.



Library Public Library Programs

HOURS OF OPERATION: June to September 2018

DATE:	TIME:
Saturday/Sunday	CLOSED
Monday	10:00 a.m. - 4:30 p.m.
Tuesday - Thursday	10:00 a.m. - 8:00 p.m.
Friday	9:00 a.m. - 4:30 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.

TINY TOT TIME:

Half an hour of stories and activities for children 18 months – 3 years. Held bi-weekly, the 1st and 3rd Tuesday of the month from 10:30 – 11:00. Registration is required.

FAMILY STORYTIME:

Time for Stories and Activities for families with children suggested aged 3 – 5 years. During these months, Storytime runs from 10:30 to 11:00 am every Saturday Morning. Registration Required.
(Runs until June, 2018 then returns September 2018)

BABY STORYTIME:

Half an hour of stories and activities for families with babies (Siblings are welcomed to attend). Held bi-weekly, the 2nd and 4th Tuesday of the month from 10:30-11:00.

SENSORY STORYTIME:

Half an hour of stories and activities for families with children on the Autism Spectrum, as well as other who wish to attend. This is followed by a half an hour of sensory playtime. This is held twice a month on Saturdays. Consult the library for times.

CREATIVE KIDS (STEM CHALLENGE):

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

SHELF READERS BOOK CLUB:

A book club for children aged 9 – 12 years. Held on the Last Thursday of the month, @ 6:30 – 7:30, registration is required. Note: last session until September will be in June.

CRAFTERS FOR A CURE

"NEW" Program starting up in September. Anyone interested in participating in knitting, sewing or other crafting initiatives to donate back to community groups. Meetings will be held two mornings throughout the week and one evening. Consult the library for day and times.

TABLETOPPERS

"NEW" Program. Held on 2nd Thursday of the month @ 6:30 pm and one Saturday or the month. Consult the library for dates and times.

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, registration is required. Note: last session until September will be in June.

ADULT BOOK CLUB: A book club for adults, held on the 4th 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 and 2nd Thursday of every month from 6:00 – 8:00. Registration is required.

YOUNG WRITERS GROUP: This is open to youth who have a passion for writing and editing. Held on the 3rd Tuesday of every month @ 3:30 pm. Registration is required.

LEGOS AND BOARD GAME FUN: This is open to interested families who wish to enjoy building things with Legos or playing Family Board Games. Every Friday afternoon @ 3:30 pm. No Registration required.

NATIONAL FILM BOARD – At various times throughout the summer 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 ages 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". Registration Required. Held at various times throughout the year. Consult the library for times.

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.

Drop by the library to pick up your monthly calendar.

All events are FREE!

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

French Summer Camp Canadian Parents for French - Corner Brook Chapter

CPF provides a high quality summer activity camp for youth in grades K-6 who are learning French as a second language. With a different theme each week, like Storybooks & Superheroes and Goin' Green, the children will have fun while learning. All camps are delivered in French.

FRENCH SUMMER CAMP CC Loughlin School

DATE:

July 2 - August 17

COST:

\$120 per week for 1st child and
\$100 for sibling(s) or pay \$120 for 5 random
days to be used throughout the summer

Registration Information and Contact Information:
email cpfcornerbrook@gmail.com to register

Junior Golf Programs 2018 Junior Golf Programs

Blomidon Golf Club delivers best in class Future Links programming for juniors between the ages of 5 to 16. During 2018 we will be offering our Learn to Play, Learn to Compete, Girls Club, Skills Challenge & PGA Junior League programs.

Junior application form can be downloaded at
www.blomidongolf.com/junior-golf



JUNIOR GOLF PROGRAMS

DATE:

July 2 - August 17
Mon, Wed & Fri Afternoons

AGES:

5 - 9 Years Old

DATE:

July 2 - August 24
Mon, Tues, Thurs & Fri Mornings

10 - 16 Years Old

Wayne - wayne@wagolfacademy.com • 639 3741
Brenda - blomidongolfclub@bellaliant.com • 634 2523

Swim Camp SUMMER SWIM CAMP

The summer swim camp begins early July and runs until mid August. This camp is available to children aged 7 years or older that have achieved Swim Kids level 5 or higher. The camp runs Monday-Friday from 9am-noon with two hours of training/skill development in the pool and one hour of outdoor activities or dryland training. For more information regarding the Rapids Summer Swim Camp, please check out the website in June.

If you would like more information, check out our website www.cbrapids.ca or E-mail info@cbrapids.com

Twitter: @cbrapids. Facebook: Corner Brook Rapids Swim
Club Web: www.cbrapids.ca

Gymnastics

Saltos Gymnastics Summer Camp

Come join us for gymnastics, arts & crafts, indoor activities and outdoor fun in the sun!

Saltos offers fun filled weekly kids camps throughout the summer. Camps consist of arts and crafts, songs, gymnastics, a variety of indoor and outdoor games, free gym time, and other fun activities.

Trained coaches with CPR and First Aid provide children with jam packed fun filled days of activities in a safe and supportive environment.

What to Wear?

- A T-shirt and shorts or a gym suit • Bare feet are the safest in Gymnastics area • Hair should be tied back • No loose clothing or jewelry

What to Bring?

- Morning and afternoon snacks (nut free) • Sunscreen, hat, water bottle • Warm clothing, and running shoes.

SALTOS GYMNASTICS SUMMER CAMP:

Weekly Full Days & Half Days Available

DATE:

July 2 - August 31, 2018
Monday - Friday

TIME:

8:30 a.m. - 5:00 p.m.
(Early drop off available for a small fee.)

Ages: 5 years - 12 years old.

Register for one week or all 9!

Location: Civic Centre • 709-639-7080 • www.saltosnl.com
office@saltosgymnastics.com
[facebook/saltosgymnastics](https://facebook.com/saltosgymnastics) • [twitter @saltoselite](https://twitter.com/saltoselite)

Graham Academy Summer Camps

NEW THIS SUMMER!!! Graham Academy Summer Camps

July and August 2018

The Graham Academy is excited to announce a series of summer camps expanding our programming into the summer months! Featuring top notch faculty from across North America, these camps are the perfect way for youth to continue their artistic practices throughout the summer months.

Check out www.gmsm.ca/graham-academy/, and The Graham Academy on Facebook for all of our programming and to register, or contact us at grahamacademyinfo@gmail.com.
For more information and to register, please check out www.gmsm.ca, or email info@gmsm.ca.

Art Camp

Corner Brook Summer Art Camp

A fun mix of theatre & visual art! Plus: dance, music & yoga.

Hosted by: Louise Gauthier & Susy Randell
Ages: 6-12

JULY 2018

Facebook: CB Summer Art Camp
Contact: cbsummerartcamp@outlook.com or call: 709-660-7879
to register and for more info.

Bowling Camp

Corner Brook Centre Bowl

This summer camp has been running for 7 years now and is operated by a family with certified coaches. Registration is required on a **first come first serve basis** and you may register at any time after January each year.

Activities include games and outings, crafts, lunch breaks, glow bowling and theme day Fridays.

Some arrangements may be made for alternative drop off or pick up times. A non-refundable deposit is required upon booking. Registration sheets may be downloaded from our website. Limited spaces available so please book early.

SUMMER BOWLING CAMP: Ages 5 to 12.

7 weeks available starting July 3rd - August 17th

DATE: Monday to Friday	TIME: 8:30 a.m. - 4:30 p.m. (Times negotiable)
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Registration ongoing so book immediately for summer spots.

Lunches are available for purchase.

Call 634-4934, visit us at www.cornerbrookcentrebowl.com or send us an email: cornerbrookcentrebowl@hotmail.ca.

Hockey Spring Camps

CORNER BROOK CIVIC CENTRE



POWER SKATING: April 27th -29th, 2018

This course runs for 8 hours on ice and concentrates on all aspects of skating. Players will work with highly qualified coaches on forward and backward skating using techniques designed to increase power, speed, and agility. Open to Players Timbit 2, Novice 1, Novice 2, Atom, and Pee Wee. Cost will be \$170.00, HST included.

NEW!! ADVANCED POWER SKATING: April 27th -29th, 2018

This course is an Advanced Power Skating Course. It is made to suit the advanced player or skater. Also suitable for players who have taken the regular Power Skating Course multiple times. There will be drills specifically designed to increase speed and agility. Open to players (Advanced Novice) Atom, Pee Wee, Bantam. 8 hours ice time. \$170.00.

PUCK CONTROL: April 27th -29th, 2018

This is a 4 hour camp that teaches how to control the puck in open ice, confined spaces, and in all situations. Great camp to help with puck confidence and to get players comfortable with carrying the puck!! Novice 2, Atom, Pee Wee, and Bantam. Cost \$115.00 HST included.

SHOOTING CAMP: May 4th- 6th, 2018

This is a five hour on ice course which teaches all aspects of shooting from a backhand, to wrist shot, to snap shot, and slapper! We also spend a lot of time teaching helpful goal scoring techniques such as deflections, screening, rebounds, driving to the net, one timers, plus much more!! This is a definite player favourite, with a weekend of shooting hundreds of shots. Open to players from Novice 2 -Bantam. Cost \$135.00, HST included.

GOALIE CAMP: May 4th- 6th, 2018

We will incorporate this camp as part of the Shooting Camp. Goalies

will be on ice with shooters for hundreds of shots. Goalie instructors will be on ice with players during this time to help instruct goalies in style and technique. Goalies will also receive two hours ice time with just all goalies and the goalie coaches. This, plus one hour classroom, is 8 hours instruction in total. Open to Goalies going into Atom all the way up to Bantam. Cost is \$175.00

BATTLE CAMP: May 4th- 6th, 2018

This camp has five hours. It is designed to push and challenge players in **ALL BATTLE DRILLS!** Players will be put through a wide variety of one vrs one scenarios, competitions, and races! Constant conditioning and competition play make this an awesome camp for players to stay in shape and push themselves to the extreme! Open to players ATOM, Pee Wee and Ban/Mid! Cost is \$135.00 (HST included).

CAMPS FILL UP VERY QUICKLY!!!!

Register Now!!! www.sfhockey.ca or 640-PUCK (7825)

Hockey Summer School Camp

CORNER BROOK CIVIC CENTRE - July 23rd – 27th, 2018

We boast one of the best coaching staffs in the Province of NL with a player coach ratio second to none!! See Coaches Profiles on our website to get to know our Staff.

AT OUR CAMP PLAYERS RECEIVE:

- Two On Ice Sessions Per Day • Lecture & Video Sessions
 - Recreation (Swimming, Ball Hockey, Soccer, Bowling, Laser Tag, etc)
 - Fitness Sessions • Two Games through week • Crested Jersey
- Open to Boys and Girls age 5 – 16

SPECIAL GOALIE PROGRAM! Goalies receive two regular On Ice Sessions per day, with highly qualified goalie instructors (Jeff Murphey, Rob Ryan) !!! Plus Goalies also receive nightly sessions with one on one instruction with all the goalie coaches and selected shooters.

HOCKEY SCHOOL RATES: 1 child \$425.00 • Goalie \$475.00
2 children (Siblings) \$750.00 • 3 children (Siblings) \$1000.00
1 player and 1 goalie (Siblings) \$800.00

SPECIAL OFF/ICE LECTURE SESSIONS – This year we have special invited guest speakers for our players: Royal NL Constabulary – Respect in Sports/Bullying, Nutritionist – Nutrition and the Athlete, Special Guest – Playing at the Elite Level, Plus Others!

REGULAR REGISTRATION PROCEDURE:

To register, fill out your form online at www.sfhockey.ca and send in a %25 deposit to: 11 Battens Road, Corner Brook, NL, A2H 2H6
Remainder of Balance would be due on registration day at camp.

NOTE: Players will be on wait list until deposit is received, only then will they be added to group. Important to send in deposit or you may lose your place at camp. **Special Early Bird Rate** and Procedure Available (early bird deal applies to Summer Camps Only).

If you register and pay in full on or before April 30th/2018, you will save %10 on your registration fee. Pay in full before March 15th /2018 and save %15. For More Information ph: (709)640-7825 www.sfhockey.ca



Sarah McDonald Youth Theatre Photos

Theatre

Theatre of Newfoundland and Labrador

Saturday Feb. 17th @ 10am - 5pm - The Corner Brook Public Library

Sunday Feb 18th @ 12pm - 5pm - The Corner Brook Public Library

ESCAPE 2 (THE CARNIVAL CAPER)

(A brand new escape room experience from the StageCraft students at TNL)

Someone is stealing important Corner Brook artifacts, and it's up to you and your friends to solve the case! The Carnival Caper has been taunting the people of Corner Brook all throughout the months of January and February, and the evidence has been gathered at the public library. If you and 3 of your friends can solve the puzzles left behind by the caper in the 30 minute time limit, you might just be able to point the finger at some very prominent Corner Brook Citizens!

Tickets must be reserved by calling (709) 639-7238 by Friday Feb. 16th • Ticket Price is 40\$ for a group of 4

Saturday Feb. 24 @ 1 pm & 4 pm – The Palace Theatre, Broadway

GET ME ANOTHER ONE BY ROBERT MUNSCH

Based on the book Get Me Another One! Text copyright © 1992, 2014 by Bob Munsch Enterprises Ltd Illustrations copyright © 1992 by Shawn O'Hagan; Adapted for the stage by Adam Brake

When Kristi's mom invites the whole town of Rocky Harbour, Kristi's dad is responsible for getting the food for the feast. It's going to take the biggest fish anyone has ever seen in order to feed everyone at this table. Come join the students of the Sara...H McDonald Youth Theatre program as they present this classic fishing tale! This is a dinner theatre FOR kids BY kids, catered by Louis Gees. Come have a slice of the best pizza in Corner Brook, and enjoy a great family friendly play!

Tickets must be reserved by calling (709) 639-7238 by Thursday February 22nd. • Ticket prices are 15\$ per Adult and 12\$ per child.



March 10 @ 3 pm – Rotary Arts Centre

THE WONDERFUL DOGFISH RACKET (A READING)

by Sara...h McDonald, based on the book by Tom Dawe

In the 1930s Newfoundland's Commission of Government issued a bounty on dogfish. Fishermen were paid a small sum for all dogfish caught. Mountains of stinking fish began to pile up in many places around the coast, creating a health hazard. But the dogfish kept coming to the trawls. There was no relief until the cycle ran its course and the creatures left on their own.

In 2014, Sara...h was approached by Rex Brown about the possibility of adapting the story of Tom Dawe's wonderful book A Wonderful Dogfish Racket. Tom & Sara...h chatted at the 2014 March Hare with Tom giving Sara...h carte blanche to bring this story to stage. What you see today is a reading of what Sara...h termed a "work in progress" and which she staged at the 2015 March Hare.



April 27-30 – Corner Brook Arts & Culture Centre

ROMEO AND JULIET BY WILLIAM SHAKESPEARE

"I fear some consequence yet hanging in the stars"

In William Shakespeare's Romeo and Juliet, a long feud between the Montague and Capulet families disrupts the town of Verona and causes tragic results for Romeo and Juliet. Revenge, love, and a secret marriage force the young star-crossed lovers to grow up far too quickly. Our production uses contemporary rural Newfoundland as a backdrop for the tension between the Montague and Capulet families. When the story is finished, the small town of Verona will never be the same.

For tickets contact the Corner Brook Arts & Culture Centre Box Office at 637-2580 or www.artsandculturecentre.com

GENERAL PUBLIC PERFORMANCES:

Friday, April 27 @ 8pm • Saturday, April 28 @ 8pm

TNL will also be offering two week-day matinees for school students. Each performance will be followed by a Talk Back, providing an opportunity for student's in the audience to have a Q&A session with the student performers, design team, and director. For more information teachers or school administrators can contact Adam at 639-7238 or youth@theatrenewfoundland.com. For school group bookings, call the Arts & Culture Centre administration office at 637-2581.

SCHOOL SHOW PERFORMANCES:

Thursday, April 26 • Friday, April 27

Gros Morne Theatre The Graham Academy Musical Theatre Program Spring Shows

May 31, June 1 & June 2, 2018 at the Corner Brook Arts and Culture Centre

The Graham Academy Musical Theatre program is excited to present a trio of shows to end off the year!

MAGIC TREE HOUSE: PIRATES PAST NOON KIDS – Presented by the Showstoppers (grades 3-5), featuring the Starlights and Rising Stars. Based on the book series by Mary Pope Osbourne, two siblings return to visit the magic tree house on a dreary, rainy day. They find a book where the sun is shining and the waves are crashing, so they wish to travel to this tropical place. They realize that they are in the eighteenth-century Caribbean, the time of pirates! The siblings meet Captain Bones, a mean old pirate who captures the two and forces them to help him find buried treasure. It's up to Jack and Annie to find their way back to the tree house and make their way home.

BEAUTY AND THE BEAST JR. – Presented by the Junior Ensemble (grades 6-9), featuring the Showstoppers. The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

LITTLE SHOP OF HORRORS – Presented by the Senior Company (grades 10-12), featuring Kelly-Ann Evans. The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it, BLOOD. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination!

Check out www.gmsm.ca/graham-academy/, and The Graham Academy on Facebook for all of our programming and show information, or contact us at grahamacademyinfo@gmail.com.

AVE GIRLS CHOIR SPRING CONCERT

May 12, 2018 4:00 pm

Come and enjoy the AVE Girls Choir in their spring concert, under the artistic direction of Jennifer Beynon-Martinec. Featuring girls ages 4-18 from across the island, this will be a beautiful afternoon of choral music not to be missed!

Check out www.gmsm.ca/graham-academy/, and The Graham Academy on Facebook for all of our programming and show information, or contact us at grahamacademyinfo@gmail.com.

Gros Morne Summer Music Summer Season

July to September, 2018

GMSM is back for their sixteenth summer! Kicking off with a big choral festival, bringing in some of the top names in Canadian musical theatre, reprising favourites from last season, and ending off with another main-stage

spectacular, there is sure to be something for everyone!

We will be releasing details of the summer soon, so be sure to keep an eye on our social media pages, and check out www.gmsm.ca, or email info@gmsm.ca.

Gros Morne Summer Music Photo



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.

University Drive, Corner Brook

Registration Information and Contact Information. Box Office 709 637-2580, Administration 709 637-2582, www.artsandculturecentre.com

Atlantic Boychoir Photo



Atlantic Boychoir

The Atlantic Boychoir is the first provincial boychoir in Canada, conducted by Jakub Martinec and Jennifer Beynon-Martinec. Fresh off of a tour of Europe in December 2017, and with more exciting travels in store, come sing with the singing ambassadors of Newfoundland and Labrador! With a choir for all boys and men ages 4-22, book your audition today to join the Atlantic Boychoir family!

Check out www.atlanticboychoir.ca and The Atlantic Boychoir on Facebook to book your audition today, or contact us at atlanticboychoir@gmail.com

Creative Arts

The Corner Brook Rotary Arts Centre

The Corner Brook Rotary Arts Centre is a not-for-profit arts organization that the Anthony Insurance Theatre, Tina Dolter Gallery, and OPEN gallery. As a central part of the arts community in a creative city like Corner Brook the Rotary Arts Centre has ongoing programming that is always changing with musical performances, art exhibitions, workshops, theatre and more!

For an updated schedule of all our events visit our website www.rotaryartscentre.ca. Visit us at the box office (5 Park Street, in the lower level of City Hall) Monday - Friday 10am-4pm. Or phone us at 1-709-630-0012.



Rotary Arts Centre Photo

The Corner Brook Jazz Ensemble

The Corner Brook Jazz Ensemble has become an increasingly more prominent musical force in the Corner Brook area over the last three years. Performing at the Rotary Arts Center, at Majestic Park, the Janeway telethon, and performing with the well-known vocal group AcaBella at Swirsky's cemented the group's reputation in the community. Obviously, regular rehearsals and social time assisted a great deal. Its repertoire consists of a mix of Big Band Standards, Pop tunes, a touch a country and some old rock. This year the band planned its first ever Dance/concert event with several guest artists participating. Although the band has a pretty near full instrumentation, skilled musicians are welcome as potential subs or full-time members.



The Corner Brook Jazz Ensemble Photos

For further information, please contact the Director Aga Smies at 640-1282 or visit the band's Facebook page [Facebook.com/CornerBrookJazzEnsemble](https://www.facebook.com/CornerBrookJazzEnsemble)

League of Artists of Western Newfoundland (LAWN)



The League of Artists of Western Newfoundland (LAWN) is an artist run non-profit organization committed to providing opportunities and services for artists and to bringing the arts and community together. Members are artists living in Western Newfoundland and individuals who support visual arts.

The community is invited to visit and be a part of our year-long project at the Corner Brook Arts and Culture Centre, as we collaborate to celebrate the 50th Anniversary of the Centre. Our theme is "Presence" in the spirit of continuing to build a presence for artists and a presence in the community. Arts Newfoundland and Labrador (ArtsNL) helped fund this project.

ART EXHIBITION:

A juried art exhibition will be at the Arts & Culture Centre from March 5 - April 8, 2018 featuring the work of our West Coast artists. Everyone is welcome at our opening reception on March 9 @ 4-6 pm. LAWN's members work in a variety of media and each has their own story and approach to their artwork. You are welcome to visit our exhibition during the Centre's normal hours of operation.

ART INSTALLATION:

A five-month community interactive installation project will be at the Corner Brook Arts and Culture Centre from May - October, 2018. The project will include two large community gatherings (workshops) and then creative parties where the community will be invited to continue the creation using paper, wood, and found objects.

Workshop #1: Artist led workshop to use natural hand-dyed large swaths of silk fabric. **Date: May 5th, 2018**

Workshop #2: Artist led workshop to create paintings of music and motion **Date: May 26th, 2018**

Contact Information: Email: leagueofartistswesternnl@gmail.com
Website: <http://leagueofartists.squarespace.com>
Facebook: LAWN (League of Artists of Western Newfoundland)

Dance Scottish Country Dancing

The Scottish Heritage Society of Western Newfoundland offers Scottish country dancing every Thursday at 7:45 P.M. at the lower level of St. John the Evangelist Cathedral, Main St. The current session runs until the end of April. People of all ages gather in a friendly and welcoming atmosphere. Come join us for an evening of fun, exercise and camaraderie.



Scottish Heritage Society Photo

The fee is \$25 for a year, \$15 for half a year. Start up date for the Fall of 2018 is Thursday, September 13. For more information please call Doris Butt at 785-7418.

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.

ADULT/LAP SWIM

2 lanes available for anyone 13 yrs + wishing to swim laps. Open pool (other 4 lanes) must be 18 yrs+.

ADULT/NOON SWIM

2 lanes available for anyone 13 yrs + wishing to swim laps. Open pool (other 4 lanes) must be 18 yrs+.

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 18 years old. We offer a "free week" for anyone to try out the Club, this can occur anytime! Just email us at the contact info below for more information.

Our club provides runs from September to June each year. Swim group schedules vary depending on your learning level but runs Monday – Friday during this time period with qualified coaches to provide you stronger swimming skills. Joining the Rapids it is a great way to meet new friends during practice, special events and at swim meets throughout the year.

WHAT WE OFFER:

PRE-COMPETITIVE PROGRAM

Ripples: Must be seven years old, able to swim a full length of front crawl and back crawl and have completed Level 5 Red Cross Swim Kids. Practice 3 hours per week with a focus is on streamline, balance, body awareness, kick and breathing. Main strokes are front crawl and back crawl. Teamwork and fair play are learned.



Rapids Swim Club Photo

Riptides: Practice 3.5 hours per week with a 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.

Junior Competitive Group: Practice 6.5 hours per week. Work on achieving Provincial Championship Standards and attend two provincial meets each year.

Senior Competitive Group: Practice 10-12 hours a week including early morning swims. Work to achieve East Coast Championship Standards or National Standards and attend three to five provincial meets each year.

SUMMER SWIM CAMP

The summer swim camp begins early July and runs until mid August. This camp is available to children aged 7 years or older that have achieved Swim Kids level 5 or higher. The camp runs Monday-Friday from 9am-noon with two hours of training/skill development in the pool and one hour of outdoor activities or dryland training. For more information regarding the Rapids Summer Swim Camp, please check out the website in June.

If you would like more information, check out our website www.cbrapids.ca or E-mail info@cbrapids.com

Twitter: @cbrapids. Facebook: Corner Brook Rapids Swim Club Web: www.cbrapids.ca

Corner Brook Reflections Synchronized Swim Club

ARTS AND CULTURE POOL

Swimming! Gymnastics! Dance! Cheer! Corner Brook Reflections Synchronized Swimming combines them all! Swimmers who are 6 years of age and older, can swim a pool length, and are ready to be introduced to this amazing sport are welcome to join us. CBR offers a recreational program for swimmers who are starting out and want to learn routines and figures, and a competitive program open to more experienced swimmers, who compete in local, provincial and national meets.

If you would like more information, visit our Facebook page, follow us on Instagram, or contact us at cbreflections@gmail.com for information on our summer camp, September Try-it Days, and registration information. Contact number: 634-4716

CORNER BROOK

CHECK OUT

The Fire Fit Tower

FireFest is an event you won't want to miss!

Happening July 28th & 29th

The City of Corner Brook will be hosting the SCOTT Safety Firefit Championships and celebrating Corner Brook Day! The Firefit competition is described as the toughest two minutes in sports where firefighters take on an obstacle course in full gear and airpacks, testing the member's strength, endurance, and skills featuring participants from all over Canada.

There will also be rides, games, entertainment and cake as we celebrate **Corner Brook Day!** Keep an eye out for more details leading up to the event through the City's website and social media pages.



City of Corner Brook Photos

Come out and support our local firefighters
from the Corner Brook Fire Department as they compete for the National title

CORPORATE CHALLENGE

You can compete too

There will be a Corporate Challenge for local businesses and organizations to test their endurance skills and see if they can conquer the Fire Fit Tower, all while raising funds for charity! Participants in the corporate challenge are not required to compete with the firefighting gear and equipment and the challenge can be done as a team with up to five members and each can take on a leg of the course.

**For more information on the Corporate Challenge please contact
Craig Harnum at 637-1618 or charnum@cornerbrook.com**