

# ACTIVITY

## Guide

**SPORTS & RECREATION**

**COMMUNITY HAPPENINGS**

**EDUCATION**

**ARTS**

**AQUATICS PROGRAMS**

COMMUNITY, DEVELOPMENT AND PLANNING | [WWW.CORNERBROOK.COM](http://WWW.CORNERBROOK.COM)







Jim.Parsons@cornerbrook.com  
 (709) 637-1537 (City Hall)  
 (709) 632-0992 (Cell)

## MESSAGE FROM MAYOR JIM PARSONS

On behalf of my Council colleagues, it is my pleasure to introduce the Fall-Winter 2018/2019 Activity Guide. As summer draws to a close, Corner Brook has a lot to offer! We have sporting events, leisure, culture and art, there is an abundance of things to do for people of all ages.

I encourage you to review this Fall Winter Guide and plan early to take advantage of the many opportunities to stay active. Corner Brook and the Bay of Island Region has one of the most spectacular autumn seasons with the brilliance of red and gold blazing throughout the landscape. For winter enthusiasts, our heavy annual snowfall guarantees lots of skiing, snowshoeing, snowmobiling, winter festivals and lots of fun in the snow. Corner Brook also has incredible talent in arts and dance and there are many magnificent activities to look forward to during the upcoming seasons.

We are fortunate to be a four-season destination. As a volunteer or a participant, becoming involved in cultural, social and recreational programs is the perfect ingredient to maintaining a healthy and balanced lifestyle.

*Enjoy the upcoming seasons, I look forward to seeing you in the community!*



DEPUTY MAYOR  
 BILL GRIFFIN  
 bgriffin@cornerbrook.com  
 (709) 785-2784



COUNCILLOR  
 VAUGHN GRANTER  
 vgranter@cornerbrook.com  
 (709) 639-9532



COUNCILLOR  
 LINDA CHAISSON  
 lchaisson@cornerbrook.com  
 (709) 634-6635



COUNCILLOR  
 BERND STAELEN  
 bstaelen@cornerbrook.com  
 (709) 634-3468



COUNCILLOR  
 JOSH CAREY  
 jcarey@cornerbrook.com  
 (709) 634-7291



COUNCILLOR  
 TONY BUCKLE  
 tbuckle@cornerbrook.com  
 (709) 639-8661







Stock photo

# GET INVOLVED! GET ACTIVE!

Submitted photos



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Multi-Media Marketing Consultant: .....Daphne Penton 709-637-4661  
daphne.penton@thewesternstar.com

Graphic Designers: .....Denise Moty & Jamie Williams



*On the Cover...* Photos courtesy of Hockey Day in Canada 2018, Marble Mountain, The Graham Academy, Saltos Gymnastics, The Humber Valley Short Track Speed Skating Club, Corner Brook Winter Carnival.

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DALE PARK - Acting City Manager  
dpark@cornerbrook.com 709-637-1532

DARREN CHARTERS - Director of Community, Engineering,  
Development & Planning  
dcharters@cornerbrook.com 709-637-1541

ANNETTE GEORGE - Manager of Community Services  
ageorge@cornerbrook.com 709-637-1552

JESSICA PARSONS - Supervisor of Recreation Services  
jparsons@cornerbrook.com 709-637-1232

ROBIN WIGHT - Recreation Technician  
rwight@cornerbrook.com 709-637-1577

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## Parks

### Margaret Bowater Park

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

### Majestic Lawn

Situated near the West Street business district, Majestic Lawn boasts a large open space area, a gazebo with access to electricity and a tree lined perimeter. Whether eating lunch on a summer day or listening to entertainment, this facility offers a variety of recreational and cultural events. To book this space for an event please call 637-1232.

### Bartlett’s Point Park

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

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

## Dog Park

### Rotary Club of Humber Dog Park

Located on Wellington Street, this off leash dog park is open 7 days a week to exercise and socialize your dog.

Pet owners are asked to please keep the facility clean and follow all rules and regulations posted.



## Rugged Edge Snowmobile & ATV Rentals & Guided Tours



Your adventure starts here! Discover the breath-taking natural beauty of our back country on an ATV or snowmobile rental from Rugged Edge. Take the route of the Newfie Bullet – Newfoundland's former railway – venture into the mountains or ride along our ruggedly beautiful coastline. Get your adrenaline pumping or take a leisurely cruise. Take photos, observe wildlife, admire our picturesque landscape, 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 & snowmobile 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](mailto:info@ruggededge.ca); Web: [RuggedEdge.ca](http://RuggedEdge.ca)



Rugged Edge Photos

## 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



The Humber Natural History Society Photo

## 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 two Christmas Bird Counts – one for kids, Frog Watch, Plant Watch and Feeder Watch.

Please visit the Humber Natural History Society Facebook page or email at [humburnaturalhistorysociety@gmail.com](mailto:humburnaturalhistorysociety@gmail.com) for more information.

## Bowling Corner Brook Centre Bowl

League bowling beginning September 10th.

### MIXED FUN LEAGUE - AGE 19+

Monday nights. Registration required. \$4.25 per game taxes included.

### MEN'S LEAGUE - AGE 15+

Tuesday nights. Registration required. \$4.25 per game.

### COMMERCIAL MIXED LEAGUE - AGES 17+

Wednesday nights. Registration required. \$4.25 per game.

### PIONEER LADIES LEAGUE - AGES 15+

Thursday nights. Registration required.

### YOUTH BOWLING PROGRAM - AGES 5-19

Saturday's from 11:00 a.m. - 6:00 p.m. \$10 per week. Registration September 8th, and program starting September 16th, 2018.

### THE GOLDEN AGE - AGES 55+

Friday afternoons from 1:30 p.m. to 4:30 p.m.

### FAMILY BOWLING

Family bowling is on Sundays from 12:00 p.m. - 6:00 p.m. Two hours of bowling for \$30.00 taxes included. Each lane requires a minimum of 1 adult and maximum of 6 people.

### MOONLIGHT BOWLING

Friday night 10:00 p.m. to 12 a.m. Saturday nights 7:30 p.m. to 9:30 p.m. and 10:00 p.m. to 12:00 a.m. \$15 per person, taxes included. Bar and food services available.

Call 709-634-4934 or visit [www.cornerbrookcentrebowl.com](http://www.cornerbrookcentrebowl.com)



## 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 developmental, cognitive, and/or intellectual challenges.

Anyone ages eight or older with a cognitive delay, developmental disability, or intellectual disability are eligible to participate in Special Olympics programming.

#### GROUP MEETS 3 NIGHTS A WEEK:

DATE:	EVENT:	TIME:
Sunday	Bocce at Eastside Elementary School	6:30 p.m. - 8:00 p.m.
Monday	5 Pin Bowling at Corner Brook Centre Bowl	6:15 p.m. - 8:00 p.m.
Tuesday and Thursday (In Season)	Power Lifting at YMCA Speed Skating at Corner Brook Civic Centre	6:00 p.m. - 8:00 p.m. 6:30 p.m. - 8:00 p.m.
Wednesday	Athletics at Eastside Elementary School	6:30 p.m. - 7:30 p.m.
Thursday (In Season)	Cross Country Skiing at Blow Me Down Trail	3:00 p.m. - 4:00 p.m.
Saturday (In Season)	Snowshoeing at Eastside Elementary School Field	1:00 p.m. - 2:30 p.m.

**NOTES:** 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.

Throughout the Special Olympics Year, additional Powerlifting practices maybe held on Saturday or Sunday from 2:00 p.m. - 4:00 p.m.

Starting the 2018/2019 Special Olympics Year, "5 Pin Bowling" will become a "Winter Sport".

**TO REGISTER:** Check out <http://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\\_SzI-5CS-8](https://www.youtube.com/watch?v=7_SzI-5CS-8). For more information about a particular program, please contact Kim McDonald-Wilkes, SONL Outreach Coordinator, at [kimm@sonl.ca](mailto:kimm@sonl.ca) or call 709-293-1444.

#### QUESTIONS

If you have any questions about our "Special Olympics Corner Brook" submission for the City of Corner Brook's "Fall/Winter 2018/2019 Activity Guide", please feel free to e-mail me at [humbervalleyhercules@hotmail.com](mailto:humbervalleyhercules@hotmail.com) or [jackiebarrett@academycanada.com](mailto:jackiebarrett@academycanada.com)

## Snowshoeing

### Blow Me Down Trails

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

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

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

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

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



Cycle Solutions Photo

## Cycle Solutions

### FREE SNOWSHOE ADVENTURE

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

## Football

### Touch Football League

Starting on Sunday morning and afternoons in September and running till November. Located at the soccer facility on Wellington Street. Designed to be non-contact so everybody has fun. Contact Ryan Barry: [ryanbarry@gmail.com](mailto:ryanbarry@gmail.com)







Submitted Photo

## Downhill Skiing

### Discover Skiing

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

Location: Marble Mountain

**SKI LESSONS:** No pre-registration required

**MONDAY TO SUNDAY:**

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

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

### Discover Snowboarding

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

Location: Marble Mountain

**SNOWBOARD LESSONS:** No pre-registration required

**MONDAY TO SUNDAY:**

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

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

## Snow School

Anyone can learn to ski and snowboard and the Marble Mountain Snow School offers instruction for all ages and skill levels. All instructors are accredited by the Canadian Ski Instructors' Association, the Canadian Association of Snowboard Instructors or the Canadian Ski Coaches Federation and are known for their teaching skills and patience.

### Intro to Ski Teaching

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

### Kids Kamp Full Day Service

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

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

## 10-Week Programs

For kids of all ability levels to progress their skills, have fun and stay safe, in a group setting with professional instruction and supervision.

**KRUNCHERS (SKI)** **Ages 7+**, with 3 hours of instruction per week, available on Saturday or Sunday.

**MINI KRUNCHERS** **Ages 3-6**, with 1.5 hours of instruction per week, available Saturday or Sunday am or pm.

**SHREDDERS (SNOWBOARD)** **Ages 9+**, with 3 hours a week of instruction available on Saturday or Sunday.

**MINI SHREDDERS** **Ages 4-8**, with 1.5 hours of instruction per week available Saturday or Sunday am only.

## Private / Semi Private Lessons

*Want to ski them all? Snow School can help!*

Take your skiing/snowboarding from the bunny hill to the black diamond with a private or semi private lesson that caters to your skill level.

Available in one hour, two hour and full day lessons.

PER HOUR, HALF DAY AND FULL DAY  
CHILDCARE SERVICES AVAILABLE.

CONTACT 637-7601 OR THE SNOWLINE (DAILY SKI CONDITIONS) 637-SNOW (7669), FOR MORE DETAILS.

[www.skimarble.com](http://www.skimarble.com)

## Canadian Ski Patrol

**Marble Mountain Patrol: First Tracks, Last Run... First Aid and Fun!**

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

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

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

Contact Information: Bill Hull, Marble Mountain Patrol Lead

Website: [www.skipatrol.ca](http://www.skipatrol.ca)

Call/Txt: (709)-632-6962 or [wshull@nl.rogers.com](mailto:wshull@nl.rogers.com)

## Cross Country Skiing

### Blow Me Down Trails

**THE PLACE TO SKI IS BMD!**

Blow Me Down Trails is a not for profit organization committed to promoting community participation and a healthy lifestyle. We are focused on hosting programs and events that encourage participation of locals, visitors, athletes, recreational users and people of all ages. Our goal is simply to make the community a better place to live.



*continued on page 6...*



## Cross Country Skiing - *continued*

The Blow Me Down Trails cross country ski club is located off Lewin Parkway on Lundrigan Drive in Corner Brook. Lewin Parkway is easy to access via the Trans Canada Highway, O'Connell Drive or Wheeler's Road.

We are located just minutes from downtown Corner Brook, and are situated on a high plateau overlooking the Bay of Islands and the Blow Me Down Mountains. The 42 km of groomed trails traverse some of Newfoundland's most scenic landscapes.

Contact: Email [Info@blowmedown.ca](mailto:Info@blowmedown.ca); Telephone (709) 639-2754, leave a message in the summer time we will return your call asap; Website [www.blowmedown.ca](http://www.blowmedown.ca)

### HOURS OF OPERATION DURING THE SKI SEASON:

December - April (snow permitting) : 9 a.m. - 5 p.m. daily

**NIGHT SKIING:** Tuesday to Friday 5 pm till 9 p.m.

**EVERY FRIDAY NIGHT ½ PRICE TRAIL PASS AND RENTALS** 5 p.m. - 9 p.m.

**CAFE OPEN TILL 9 P.M.** [www.cyclesolutions.ca](http://www.cyclesolutions.ca)

## Broomball Corner Brook Molson Men's Broomball League

The league starts with one or two open practices for new and returning players at the Corner Brook Civic Centre around mid-October, following an annual general meeting held in September. A player draft is then held to choose teams and the four-team league usually begins its 15-game regular season play in late October. The regular season usually ends in February and is followed by two rounds of playoffs, which conclude in April.

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

Depending on interest, there could be a developmental program for minor-aged players, women players and men who do not wish to commit to playing in the senior men's league.

For more information on the men's league, contact Corner Brook Broomball Association president Gary Kean at 640-7986, [garykean24@gmail.com](mailto:garykean24@gmail.com) or check out Corner Brook Broomball on Facebook or at [www.cbbroomball.com](http://www.cbbroomball.com). You can also contact the league via Twitter at @cbbroomball.

## Outdoor Adventure

### Marble Zip Tours

#### ZIPLINE, SPIDER CHALLENGE AND SNOWMOBILE TOURS

##### ZIPLINE

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

##### SPIDER CHALLENGE

What is a High Ropes Course / Adventure park? It is a physical and mental challenge as a predominantly recreational activity. Neither climbing techniques nor special/specific physical fitness experience are necessary. Typical slogans are: Have fun, Test your Courage and Overcome your Own Fears. In an Adventure Park, the participants independently run a variety of trails of increasing difficulty levels. Each trail consists of several poles or trees that are connected by different acrobatic elements. Here at Marble Mountain, we have 3 levels: beginner, intermediate, and advanced. The lowest level being the easiest and the highest level the most difficult.

##### SNOWMOBILE

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

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

## Element Outdoor Education Camp

### BUSHCRAFT - ZOMBIE APOCALYPSE

Ages 8-12. Learn how to survive an apocalypse - Zombie style!!

This fun themed based bushcraft camp will teach participants how to survive in the great outdoors in the event of a ZOMBIE APOCALYPSE!! Camp activities include:

Archery • Finding Food/Water • Fire safety • First Aid • Knots  
Survival Shelters • Survival Tools • AND ZOMBIE HUNT!!

**Location: Local Woods and Fields around Corner Brook**

### BUSHCRAFT - ZOMBIE APOCALYPSE

#### TIME:

Mondays: 4:00 p.m. - 6:00 p.m.

#### DATE:

Sept. 17th - Oct. 29th, 2018

**Cost: \$135;** Limited number of participants

Registration Information: [www.elementode.com](http://www.elementode.com)

Contact Information: [info@elementode.com](mailto:info@elementode.com); 709 638-4679



## Curling

### The Corner Brook Curling Club

The Corner Brook Curling Club offers citizens the opportunity to participate in a wonderful winter sporting activity. Our membership consists of both new and experienced curlers. The Corner Brook Curling Club offers both recreational and competitive curling for all age and skill levels through our various programs. We extend an invitation to both individuals and teams to give the great sport of curling a try in 2018/2019. The club will be offering an opportunity for new curlers to receive instruction prior to the beginning of the season.

[www.cornerbrookcurlingclub.com](http://www.cornerbrookcurlingclub.com)



### PROGRAMS OFFERED:

**SUPER LEAGUE CURLING** For the competitive curler.

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

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

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

### LADIES AFTERNOON CURLING

Mid afternoon curling for ladies only.

### JUNIOR CURLING

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

### OPEN CURLING

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

### CORPORATE EVENT RENTALS

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

### WEEKEND BONSPIELS AND FUNSPIELS

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

## Hiking

### IATNL - Humber Valley Hikers

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

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



Corner Brook Minor Hockey Photo

## 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.

CBMHA is pleased to offer again this season the First Shift program. With an emphasis on fun, the First Shift allows kids ages 6-10 to easily try hockey at a reduced rate, which includes enrollment for a six-week, on-ice curriculum and head-to-toe BAUER equipment that each child can keep. For more information about the program, visit [TheFirstShift.ca](http://TheFirstShift.ca)

For more information on how to get involved, check us out on facebook: [www.facebook.com/CornerBrookMinorHockeyAssociation](http://www.facebook.com/CornerBrookMinorHockeyAssociation) or twitter @cbmha

We look forward to welcoming back returning players and those new to hockey!



## 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 and 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](http://cyberzoneplay.com) for pricing and availability. Call to book your event or just walk in and play 709-639-8468

## Bike Share Program



### The Western Environment Centre Corner Brook Electric BikeShare

Western Environment Centre is pleased to offer another season of the Corner Brook Electric BikeShare program! Experience the beautiful Bay of Islands and beyond on an electric bike!

E-bikes are an active, sustainable form of transportation that allow you to get to work or school without breaking a

sweat! Unlike regular bikes, you choose the amount of effort you want to exert on an e-bike. Put it in full-power and let the bike do the work for you or leave it unpowered and use the throttle for a little assistance when you get tired – you decide!

Bikes are available for rent until late **September or early October**, weather permitting, at Cycle Solutions, 35 West Street.

**Rental Fees are \$20 a day or \$80 a week.**

For more information please visit [www.wecnl.ca](http://www.wecnl.ca) or email [info@wecnl.ca](mailto:info@wecnl.ca) to reserve your e-bike rental!



## Martial Arts

### Bennett's Tae Kwon Do Academy

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

We offer competitive rates as well as discounts to multiple family members that join. *We are proud supporters of the Jump Start Program.*

### WE HELP TO BUILD

Self confidence, self discipline, respect, fitness and self defence.

Bennett's Taekwondo is a place where Family and Friends come together.

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

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

**NEW LOCATION:** 69 Premier Drive, Corner Brook

Facebook: Bennett's Tae Kwon Do Academy

Raymond Bennett: [raymond.bennett@nf.sympatico.ca](mailto:raymond.bennett@nf.sympatico.ca)



### 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](mailto:info@markusenterprises.ca)

Check out our facebook page:

[www.facebook.com/markuskarateschools](http://www.facebook.com/markuskarateschools)



## Fitness and Wellness

### 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 Start Ages 4 - 5 5:30 - 6:30 p.m.	Kick Light Ages 6 - 8 6:30 - 7:30 p.m.	Boxing 7:30 - 8:30 p.m.	
MONDAY	Kick Start Ages 4 - 5 5:30 - 6:30 p.m.	Junior Kickboxing Ages 9+ 6:30 - 7:30 p.m.	Ladies Kickboxing 7:30 - 8:30 p.m.	Kickboxing 8:30 - 9:30 p.m.
TUESDAY	Kick Light Ages 6 - 8 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Boxing 7:30 - 8:30 p.m.	
WEDNESDAY	Kick Start Ages 4 - 5 5:30 - 6:30 p.m.	Junior Kickboxing Ages 9+ 6:30 - 7:30 p.m.	Ladies Kickboxing 7:30 - 8:30 p.m.	Kickboxing 8:30 - 9:30 p.m.
THURSDAY	Kick Light Ages 6 - 8 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Boxing 7:30 - 8:30 p.m.	
FRIDAY	Junior Kickboxing Ages 9+ 5:30 - 6:30 p.m.			

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

**We offer an all inclusive membership for \$65.00 a month!**  
**Trial classes are \$20.00**

### Counter Balance Conditioning



### & Fitness Inc. NEW FACILITY AT THE VALLEY MALL

1 Mount Bernard Ave, Corner Brook, A2H 6Y5



Counter Balance Fitness photos

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!

#### 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 throughout the year.

#### SCENT-FREE & ACCESSIBILITY

CounterBalance is proud to offer a scent (and harsh chemical) FREE environment. We do not use any products containing highly allergenic

*continued on page 10...*

## Fitness and Wellness - *continued*

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.cbalancetraining.com](http://www.cbalancetraining.com) or on FaceBook at [www.facebook.com/CBalanceFitFam](http://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.

## 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.  
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](mailto:crossfitheavytimber@gmail.com)**  
**Facebook: @crossfitheavytimber • Website: [www.crossfitheavytimber.ca](http://www.crossfitheavytimber.ca)**

## Forever Young Fitness Centre

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

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

### HOURS OF OPERATION Forever Fitness:

DATE:	TIME:
Monday - Thursday	7:00 a.m. - 10:00 p.m.
Friday	7:00 a.m. - 8:00 p.m.
Saturday - Sunday	9:00 a.m. - 8:00 p.m.
<b>Location:</b> Corner Brook Civic Centre, 1 Canada Games Place	



*Epic Fitness with Terra Hynes Photos*

## Epic Fitness with Terra Hynes

**Location:** Civic Centre 1, Canada Games Place

**Classes offered Monday – Thursday**

Yearly Registration \$20 | Monthly Pass \$45 | Class Drop in \$7

Epic Fitness offers a wide variety of fitness classes for all levels! Classes include Zumba, Zumba Step, Strong, Vinyasa Yoga, Pilates, Hooping, Kettlebell and much more! Classes are fun, energetic, and EPIC! Surround yourself with positivity, enjoyment, and a healthy lifestyle with a wonderful group of motivated participants!

For more information on classes contact [terralynnhynes@yahoo.ca](mailto:terralynnhynes@yahoo.ca) or [www.epicfitnesswithterra.com](http://www.epicfitnesswithterra.com)

## Health and Performance Centre

**14 Main St.**

Health and Performance Centre offers many services catering to Fitness and Wellness, from customized exercise programs prescribed by a Physiotherapist for clients with a complex health history or injury history, to fitness training onsite in our beautiful new and modern facility.

For more information or to book an appointment, call 632-2266 or email us at [info@healthandperformance.ca](mailto:info@healthandperformance.ca)

Visit our website for a full list of services: [www.healthandperformance.ca](http://www.healthandperformance.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.

Online registration available, passes valid for 12 months!  
Morning & evening classes available.

#### CLASSES OFFERED:

Aerial Yoga \*NEW to Corner Brook!\*

Kids Aerial Yoga \*NEW!\*

Yoga birthday parties (Aerial & regular), Kids Yoga, Gentle Hatha Yoga, Hot Yoga, Yin & Restorative Yoga, Vinyasa Yoga, Ashtanga Yoga, Bliss Flow Yoga, Mixed Level Active Yoga, Tennis Ball Yoga, Meditation & Relaxation Sessions, Chakra Balancing, Monthly Workshops.

10 instructors to choose from. Drop-ins welcome!

To register, call or text Kistine @638-4105, or Tina 640-7857. Email [tina-coleman-yoga@gmail.com](mailto:tina-coleman-yoga@gmail.com). Register online: [www.tinacolemanyoga.com](http://www.tinacolemanyoga.com)  
Facebook: Tina Coleman Yoga; Twitter@TinaColemanYoga; Download our booking app for iPhone & android: StudioBookings.

**Beautiful new location: 2 Mount Bernard Ave (Old City Hall)**



Tina Coleman Yoga Photos

## Billiards

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

Fall session starts in early September. Winter session starts in early January. Both 8-Ball and 9-Ball are played. All skill level of players are welcome. Come enjoy a fun night out by playing some pool in our fall and winter sessions. Must be 19 years of age or older. Located at Union Bar and Billiards (Union Street) and AJ's Bar & Billiards (Broadway). Contact Ervin Mitchelmore 638-5102 or [ervin383@hotmail.com](mailto:ervin383@hotmail.com).

## Soccer

### Corner Brook Minor Soccer Association 2018 Outdoor/Indoor Fall Program (U4-U17)

**10 Weeks from September 17 to November 22**

U4 to U17 (2002 to 2016) - \$80

Registration during first two weeks of Session  
Wellington Street Soccer Field



### Corner Brook Minor Soccer Association 2019 Indoor Winter Program (U4-U17)

**10 Weeks from January 7 to March 17**

U4 to U17 (2002 to 2016) - \$80

Registration during first two weeks of Session  
Wellington Street Soccer Field/Corner Brook Civic Centre

#### Age Group Key (Birth Year)

2015 - 2016 = U4

2011 - 2012 = U8

2007 - 2008 = U12

2005 = U14

2003 = U16

2013 - 2014 = U6

2009 - 2010 = U10

2006 = U13

2004 = U15

2002 = U17



Cycle Solutions Photos

## West Coast Cycle Association Cycle Solutions

#### TUESDAY

6:15 pm Group Mountain Bike Rides, meeting at the bottom of the Ginger Route/upper parking lot of Margaret Bowater Park.

#### WEDNESDAY

6:00 pm Trail Building, meeting at Harvey's Road in Massey Drive.

#### THURSDAY

6:15 pm Group Road Rides, meeting at Cycle Solutions for road cycling.

Visit [www.cyclesolutions.ca](http://www.cyclesolutions.ca) under events for more information.

## 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](http://www.cornerbrookrun.com) to start enjoying the benefits now.

#### CORNER BROOK RUNNING CLUB SCHEDULE OF EVENTS

DATE	EVENT	LOCATION	START TIME
<b>Sunday, Sept 9</b>	Veitch Physio (15 km) <b>Fall 15</b>	<b>West Street</b>	10:00 a.m.
<b>Sunday, Sept 16</b>	5-10 km <b>Terry Fox Run</b>	<b>City Hall</b>	10:00 a.m.
<b>Sunday, Sept 30</b>	Brothers and Associates - 5-10 km <b>Half-Marathon/ Full Marathon</b>	<b>Marble Mountain Car Park</b>	From 8:00 a.m.
<b>Saturday, Nov 11</b>	CBRC - 11 km <b>Run to Remember</b>	<b>City Hall</b>	1:00 p.m.
<b>Sunday, Dec 16</b>	Counter Balance - 5 km <b>Christmas Run</b>	<b>Valley Mall</b>	2:00 p.m.
<b>Monday, January 1, 2019</b>	YMCA** (5 km) <b>Resolution Run</b>	<b>Lower Level, Millbrook Mall</b>	1:00 p.m.

For more information on these events please visit the CBRC website nearer their time, except for: organized by Cycle Solutions; \*\*organized by YMCA.

## Speed Skating

### HUMBER VALLEY SHORT TRACK SPEED SKATING CLUB

The Humber Valley Short Track Speed Skating Club offers a variety of skating programs from late September to mid March at the Corner Brook Civic Centre.

We offer Speed Skating Canada's 'SPEEDY KIDS' Learn to Skate Program for new and beginner skaters on hockey or figure skates and The 'CUTTING EDGE' Learn to Speed Skate Program for new and advanced speed skaters on our unique long blade speed skates (rentals available).

Our NCCP level certified coaches also offer expert coaching to those athletes who wish to pursue Speed Skating Canada's Elite Competitive Pathway Program. The athletes have the opportunity to compete at SSC sanctioned competitions which will enable them to advance to a elite national level.

For further information, contact Lori Maidment at [lmpeedskatingnl@gmail.com](mailto:lmpeedskatingnl@gmail.com) or Sharon Karn at [skspeedskatingnl@gmail.com](mailto:skspeedskatingnl@gmail.com).



*Salto's Gymnastics photo*

## Gymnastics

### Salto's Gymnastics

#### CIVIC CENTRE ANNEX

Offering online registration at [www.saltosnl.com](http://www.saltosnl.com)

709.639.7080; [office@saltosgymnastics.com](mailto:office@saltosgymnastics.com); [facebook/saltosgymnastics](https://facebook.com/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.

Salto's now offers PD day camps that coincide with their School PD days and birthday party rentals. Please check online at [www.saltosnl.com](http://www.saltosnl.com) for PD day Camp dates or call the office at 639-7080.

#### SALTOS GYMNASTICS PROGRAMS:

Initiation (Parent & Tot) 18 months - 3 years	Beginner Parkour Ages 7 - 12 years
Kindergym 3.5 - 5 years	Intermediate Parkour Ages 8 - 13 years
Recreational Gymnastics 5 - 12 years	Advanced Parkour Ages 13+
Teen Rec 13 - 17 years	Recreational Trampoline Ages 7+
Adult Rec Ages 18+	Mini Recreational Cheerleading Ages 6 - 8 years
Gym Champs (Autism Group) All ages	Youth Recreation Cheerleading Ages 9 - 12 years

**BIRTHDAY PARTIES AND PD DAY RENTALS NOW AVAILABLE**

## Figure Skating

### Silver Blades Skating Club

The silver blades skating club offers programs to skaters of all ages from September to June. Some of our programming includes canskate, star skate, and synchronized skating. Our canskate program runs on Wednesday evening and Sunday afternoon and is offered to children aged 3 and up.



For more information: Check out our website [www.silverbladesnl.ca](http://www.silverbladesnl.ca) or contact our registration coordinator at [registrationsnl@outlook.com](mailto:registrationsnl@outlook.com)



## **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:**

#### **CHAIR MOBILITY (NEW THIS FALL!!!):**

This program is geared toward individuals who are recovering from an injury, have limited mobility, live with chronic pain or seniors. While using a chair for support by either sitting or standing, this class will blend light resistance and deep stretching to help increase circulation, improve range of motion and improve breathing techniques.

#### **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**

If you are someone who needs help getting started or a regular member looking to shake up your routine....we provide free orientations to our Health & Wellness Center. Let us help you find a workout plan that works for you. For all the details on orientations and our age restrictions policy, please contact the YMCA at 639-9676

**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.

**Time:** Tuesday to Friday: 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.

### **BEFORE SCHOOL PROGRAM (NEW!)**

We are happy to announce our Before School Program for C.C. Loughlin Elementary school beginning this September 2018. We will be accommodating 15 children during the 2018-2019 school year. This program will begin on September 5, 2018 and run from 7:30 - 8:30am, Monday - Friday. There is a non-refundable \$20 registration fee and the cost per day is \$5 per child. Children already registered in the C.C. Loughlin After School Program will not have to pay the registration fee.

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

### **HOURS OF OPERATION:**

<b>DATE:</b>	<b>TIME:</b>
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.

**For more information please contact 709-639-9676; visit [www.humbercommunityymca.ca](http://www.humbercommunityymca.ca), or check it out at  
2 Herald Avenue, Lower Level, Millbrook Mall.**

## Concerts, Festivals & Events

### Atlanti-Con 7 SCIENCE FICTION AND POP CULTURE FESTIVAL

Atlanti-Con is a local fan-run inclusive science fiction / fantasy / comic book / video game / anime convention that celebrates all things pop-culture and geeky! Launching our seventh annual event on September 28th-30th, 2018 we welcome people from all walks of life to come together and enjoy the various fandoms from classic science fiction to the newest video games! For guest information, tickets, general questions and more email [jeff@atlanti-con.com](mailto:jeff@atlanti-con.com), visit our website [www.atlanti-con.com](http://www.atlanti-con.com) or follow us on Twitter (@atlanti\_con) for up to date information. Special guests this year include Carla Perez from The Mighty Morphin Power Rangers, Lily Hunter Cosplay & Props, DC Comics artist Mike Feehan and Master of Ceremonies, Fat Apollo!



Atlanti-Con photo

Earlybird discounted weekend passes may be purchased online at our website [www.atlanti-con.com/tickets](http://www.atlanti-con.com/tickets). Full price weekend and day passes will be available at the door. Schedule TBA.

Location: Corner Brook Civic Centre Studio

Dates: September 28th 5 P.M. – September 30th 6 P.M.

### CB Nuit

CB Nuit is a multidisciplinary after dark festival that aims to engage artists in the creation and installation of site specific and participatory contemporary works. In it's launching year, the festival was visited by nearly 3,000 spectators and won the 2017 Ace award for "Event of the Year". This year's festival will be taking place October 13th on West Street from 7:00pm - 12:00am.



## Corner Brook's Annual Ecumenical Advent Service

### NOVEMBER 18: CHOIR REHEARSAL

3:00 pm to 4:30 pm at St. John the Evangelist (Anglican) Cathedral in preparation for the Annual Ecumenical Advent Service. All interested singers are welcome. For further information, contact Dr. Doreen Helen Klassen, [dklassen@grenfell.mun.ca](mailto:dklassen@grenfell.mun.ca)

### DECEMBER 2: CORNER BROOK'S ANNUAL ECUMENICAL ADVENT SERVICE

7:00 pm - will be held at St. John the Evangelist (Anglican) Cathedral. A service of readings, hymns and choral selections to celebrate the beginning of the Advent and Christmas season. For further information, contact Dr. Doreen Helen Klassen, [dklassen@grenfell.mun.ca](mailto:dklassen@grenfell.mun.ca)

## Craft Fairs & Markets

### The Fall Craft and Gift Fair

The Corner Brook Civic Centre Main Box office entrance

Saturday September 22, 2018

10am - 3pm

Admission: 2 kids free

over 50 vendors displays of beautiful handmade crafts, tastings, demos, face painting, a free craft corner for the kids to make a fall craft.

### Octoberfest Craft Fair

The Corner Brook Civic Centre Main Box office entrance

Saturday, October 20, 2018

10am - 3pm; Admission: 2 kids free.

Over 50 vendors kids crafts christmas ideas face painting baked goods and much more



Wonderful Fine Market photo

## WONDERFUL FINE MARKET

### ROYAL CANADIAN LEGION, CORNER BROOK

All Market times are 10 am – 2:00 pm, unless otherwise noted.

The mission of the Co-operative is to create a vibrant, community oriented marketplace that supports local food systems and community economic development by providing a space for vendors to sell local produce and hand-made products.

At the Wonderful Fine Market you'll find distinctive artisanal products, regional art, local produce, baked goods, preserves and food vendors. Enjoy a ready-made lunch listening to local musicians.

[www.wonderfulfinemarket.com](http://www.wonderfulfinemarket.com) ; Facebook/Wonderful Fine Market

**Location: Royal Canadian Legion, Corner Brook**

### WONDERFUL FINE MARKET

DATE:	TIME:
Saturday, September 8	<b>Opening</b> 10:00 a.m. - 2:00 p.m.
Saturday, September 15, 22, 29	10:00 a.m. - 2:00 p.m.
Saturday, October 6	10:00 a.m. - 2:00 p.m.
Saturday, October 13	6:00 - 10:00 pm - CB Nuit Market
Saturday, October 20, 27	10:00 a.m. - 2:00 p.m.
Saturday, November 3, 10, 17, 24	10:00 a.m. - 2:00 p.m.
Friday, November 30	6:00 - 10:00 pm - A Wonderful Fine Christmas Market
Saturday, December 8, 15	10:00 a.m. - 2:00 p.m.



## Fundraisers

### Janeway Children's Hospital Foundation

OCTOBER

#### 7TH ANNUAL JAMARAMA

Jamarama is one of the Janeway's most important (and entertaining) fundraising events. The premise is simple...people all across Newfoundland and Labrador raise money and collect pledges to wear their pajamas to work, school or out-and-about on Friday, October 19th, 2018 in support of the Janeway and all our kids. Wearing pajamas is a sign of solidarity and support for sick kids – it lets them know that we understand what they are going through, and that we are fighting right alongside them. Raise Money. Wear PJs. Help Kids.

#### Location: Throughout Newfoundland & Labrador

Registration Information: Go to [www.JanewayFoundation.nf.ca](http://www.JanewayFoundation.nf.ca) or email [jamarama@easternhealth.ca](mailto:jamarama@easternhealth.ca) for details

#### 7TH ANNUAL JAMARAMA

##### DATE:

October 19th, 2018

##### CONTACT:

Phyllis Kinsman: 709-777-4264  
[phyllis.kinsman@easternhealth.ca](mailto:phyllis.kinsman@easternhealth.ca)

## NOVEMBER

### EXTRA LIFE GAMING MARATHON

In 2017, Extra Life gamers, through Children's Miracle Network Hospitals Extra Life event, raised more than \$32,000 in support of our province's only children's hospital!!

The money raised through this program helps us care for children from birth to the age of 18 from all areas throughout Newfoundland and Labrador – we simply cannot do what we do for them without the support of people like our gaming community.

#### Location: Throughout Newfoundland & Labrador

Cost: Go to [www.extra-life.org](http://www.extra-life.org) for details

Registration Information: Sign up online at [www.extra-life.org](http://www.extra-life.org)

#### CHILDREN'S MIRACLE NETWORK TELETHON:

DATE: November 3rd, 2018

##### CONTACT:

Jenine Kerrivan  
P: 709-777-4227  
[jenine.kerrivan@easternhealth.ca](mailto:jenine.kerrivan@easternhealth.ca)



Janeway Children's Miracle Network Telethon photo



## FEBRUARY

### LOG-A-LOAD FOR KIDS HOCKEY TOURNAMENT

2019 marks the 15th Annual LOG-A-LOAD FOR KIDS Hockey Tournament in which players generously donate their time to play hockey and fundraising for the Janeway Children's Health and Rehabilitation Centre. The winning team in this tournament is not determined by the number of goals scored, but by the amount of money raised for the Janeway.



LOG-A-LOAD FOR KIDS CANADA, an initiative of the Canadian Woodlands Forum, is a national giving campaign through which loggers and other forest industry people donate the value of a load of logs, or any amount, to local Children's Miracle Network affiliated hospitals through organized fundraising events. All of the contributions raised in Newfoundland and Labrador go directly to the Janeway, our province's only pediatric care facility.

In 2018, the LOG-A-LOAD FOR KIDS Hockey Tournament raised more than \$55,000 to help support our province's sick and injured children and their families. This tournament includes participants from Corner Brook Pulp and Paper, the Department of Natural Resources, and any other friends who want to get out and play a good game for a good cause. Teams compete for the LOG-A-LOAD FOR KIDS Challenge Cup, donated by Northwest Forest Resources Limited.

#### Location: Clarenville

Cost: Call Kelly Combdon below for details.  
Corner Brook Pulp & Paper Ltd. P: 709-637-3104 F: 709-637-3469  
[kelly.combdon@kruger.com](mailto:kelly.combdon@kruger.com)

#### LOG-A-LOAD FOR KIDS HOCKEY TOURNAMENT

##### DATE:

February 1 & 2, 2019

##### CONTACT:

Jenine Kerrivan  
P: 709-777-4227  
[jenine.kerrivan@easternhealth.ca](mailto:jenine.kerrivan@easternhealth.ca)

## Fundraisers - *continued*

### FEBRUARY

#### NEWFOUNDLAND AND LABRADOR TEACHERS ASSOCIATION JANEWAY DAY IN THE SCHOOLS

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

**Location: Schools throughout the province**

#### NLTA JANEWAY DAY IN THE SCHOOLS

DATE:	CONTACT:
Valentine's Day, Feb. 14 (or the Friday beforehand)	Phyllis Kinsman P: 709-777-4264 phyllis.kinsman@easternhealth.ca



#### DAYCARE DANCE-A-THON

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

**Location: Daycare centres throughout the province**

#### NLTA JANEWAY DAY IN THE SCHOOLS

DATE:	CONTACT:
Valentine's Day, Feb. 14 (or the Friday beforehand)	Phyllis Kinsman P: 709-777-4264 phyllis.kinsman@easternhealth.ca

### MARCH

#### STAY TUNED FOR NEWS AND INFORMATION FOR THE 2019 TELETHON LAUNCH

**Location: St. John's and Corner Brook areas**

#### JANEWAY CHILDREN'S MIRACLE NETWORK TELETHON

DATE:	CONTACT:
March 2019 (Date TBD)	Phyllis Kinsman P: 709-777-4264 phyllis.kinsman@easternhealth.ca

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

<https://twitter.com/JanewayNL>; [www.facebook.com/JanewayNL](https://www.facebook.com/JanewayNL)

## Western Regional Hospital Foundation

The WRH Foundation inspires the community to partner in achieving the highest quality of healthcare for approximately 80,000 individuals throughout communities in the Western Region of Newfoundland and Labrador.

### ANNUAL WRH FOUNDATION RADIOTHON

Join us for the Foundation's biggest fundraiser to help raise funds for much-needed priority medical equipment for the region as we broadcast live on 570 VOCI and online at [vocm.com/cfcb](http://vocm.com/cfcb).

**Location: Corner Brook Plaza, former Sears Entrance**

Broadcast live on 570 VOCI and online at [vocm.com/cfcb](http://vocm.com/cfcb)

#### NLTA JANEWAY DAY IN THE SCHOOLS

DATE:	CONTACT:
Friday, September 28th, 2018 from 9:00 AM to 5:00 PM	To get involved or for more information call 637-5353 or email <a href="mailto:foundation@westernhealth.nl.ca">foundation@westernhealth.nl.ca</a>

Start planning your fundraising event to help improve healthcare in our region.

### 27TH ANNUAL WRH FOUNDATION GALA

Ladies and gentlemen, get your friends together for the Western Regional Hospital Foundation's 27th Annual Gala "Renaissance Circus". Enjoy a black tie event, complete with a cocktail reception, gourmet meal, silent auction and dancing to live musical entertainment. The extraordinary décor and theme will create a fantastic spectacle like you have never seen!

**Location: Civic Centre Studio**

Theme: Renaissance Circus

#### WRH FOUNDATION GALA

DATE:	CONTACT:
Saturday, November 17th, 2018 at 6:30 PM	To book tickets or a table of 8 call the Foundation Office at 784-5353 or email <a href="mailto:foundation@westernhealth.nl.ca">foundation@westernhealth.nl.ca</a>

## Red Shoe Crew Walk

SEPTEMBER 22nd AT  
MARGARET BOWATER PARK  
8:00 a.m. - 2:00 p.m.

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





## Relay for Life

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



### SATURDAY, OCTOBER 27

at the Corner Brook Civic Centre Studio.

**SURVIVOR'S CEREMONY** - 11:00 am to 1:00 pm

**RELAY** - 1:00 pm to 8:00 pm

## Museum

### The Corner Brook Museum & Archives

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



The Western Star photo

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

### MUSEUM GUIDED TOURS AVAILABLE:

DATE:	TIME:
November - April	The Museum is closed, but prearranged group tours as well as archival services are available during this period. Please contact us to find out more or to book a time.
May - June and September - October	Monday - Friday: 10:00 a.m. - 12:30 p.m.; 1:30 p.m. - 4:30 p.m.
July - August	Monday - Sunday: 9:00 a.m. - 5:00 p.m.
Admission: Adults - \$6.00; Youth - \$4.00	

Location: 2 West Street, Corner Brook.

Please contact us: E-mail: [Info@cornerbrookmuseum.ca](mailto:Info@cornerbrookmuseum.ca).

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

## Community Groups/Centres

### Western Regional Wellness Coalition

The Western Regional Wellness Coalition provides funding up to \$1000 for community based health and wellness activities. If you have a community issue to address, or would like to provide a healthy living initiative, consider applying for a Community Grant. Grant guidelines and applications are available on our website. Please visit [www.westernwellnesscoalition.com](http://www.westernwellnesscoalition.com). Grant deadlines are 4:30 pm on September 30th, 2018, January 30th, 2019 and April 30, 2019!! For more information, call the Wellness Facilitator at (709) 632-2920.



### Rotary Club of Corner Brook

Rotarians are people of action, driven by a desire to create opportunities, strengthen communities, and find solutions to the tough challenges that affect people around the world. Our motto is "Service above self". Our club works on local and international projects. We meet Thursdays at 12:30 pm for a lunch meeting at the Quality Inn. You are welcome to join us. Contact President Trina Burden at [trinaburden@gmail.com](mailto:trinaburden@gmail.com) or text/call 640-0567



CB Elks Lodge #505 photos

### Corner Brook Elks Lodge #505

Corner Brook Elks Lodge #505 is a member of Elks of Canada, the largest all-Canadian fraternal organization. Our motto is "Promoting and Serving Community Needs", which we proudly perform through 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 dart 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.

We're located at 9 Carmen Avenue and we can be reached for bookings or more information at: 709-634-4043, [CornerBrookElks@hotmail.com](mailto:CornerBrookElks@hotmail.com), Facebook: [www.facebook.com/CornerBrookElks](http://www.facebook.com/CornerBrookElks) or Twitter @CornerBrookElks

## Community Groups/Centres - continued

### Royal Canadian Legion

#### Royal Canadian Legion Branch #13 Corner Brook

The Royal Canadian Legion is the largest Veteran 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 235 people and the downstairs can seat 108 people. Catering and bar services can be provided.

Feel free to drop by with friends ,everyone is WELCOME!!

#### LIST OF EVENTS FOR SEPTEMBER 2018 - MARCH 2019

<b>General Meetings</b>	There are four General Meetings a year.
<b>Mixed Darts</b>	Sunday: 7:00 p.m. - 10:30 p.m.
<b>Ladies Darts</b>	Tuesday: 7:00 p.m. - 11:00 p.m.
<b>Men's Darts</b>	Thursday: 7:00 p.m. - 10:30 p.m.
<b>Bingo</b>	Thursday: 8:00 p.m. - 11:00 p.m.
<b>Happy Hour</b>	Friday: 3:00 p.m. - 6:00 p.m.

**HOURS OF OPERATION:** Tuesday, Wednesday, Thursday and Friday:

OPEN at 2:00 p.m.; Saturday: OPEN at 12 noon;

CLOSED: Sunday and Monday

For more information please contact the Legion: 634-2040 or 634-5655



## SPCA

### NL West SPCA

Our shelter on 10 Connors road is opened to the public daily 10 am to 1 pm. Animals for adoption and upcoming fundraisers can be viewed on our Facebook page, NL WEST SPCA, or our website [nlwestspca.com](http://nlwestspca.com). Telephone: 785-2747



### Rotary Club of Humber

Rotary Club of Humber meets weekly at the Greenwood Inn and Suites Tuesdays 6-7pm. Visiting Rotarian and New Members Welcome! For more information call 634 4716.

### 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 Union Street 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 (Satellite 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, 1 Union Street, Corner Brook, NL, A2H 6G7

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

[www.familyoutreachresourcecentre.com](http://www.familyoutreachresourcecentre.com)

[www.facebook.com/groups/1553250701649328/](https://www.facebook.com/groups/1553250701649328/)



## 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.

### Sponsorships

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. Corner Brook Fire Fighters Toy Drive
8. Lions Foundation of Canada Dog Guides
9. Kids Eat Smart Foundation
10. Local Food Banks
11. Peace Poster Competition for youth
12. Senior High Level Speak out
13. Corner Brook Minor Soccer Association

### Fundraising

1. VOCI 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 Club 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

## Community Mental Health Initiative Inc.

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:

### 10TH ANNUAL WORLD SUICIDE PREVENTION DAY WALK 2018

September 10, 2018 at 7:00pm (rain or shine)

Candlelight vigil and refreshments to follow. Donations are kindly accepted. Sponsor sheets are available and all proceeds support local suicide prevention initiatives. Email [cmhi.adm@gmail.com](mailto:cmhi.adm@gmail.com) or call 634-4322 for more information.

### SUICIDE PREVENTION AND AWARENESS ACTIVITY GRANTS

Deadline October 19th, 2018

We are asking community groups to host a Survivor Challenge and/or a Girls Night Out within your community. The maximum grant provided is \$150. Please e-mail [cmhi.iac@gmail.com](mailto:cmhi.iac@gmail.com) for an application or for more information.

### HOUSING ISSUES: A SOLUTIONS-BASED DIALOGUE

October 24, 2018 at 8:30am at Club 64

Registration opens September 21st. Organized in partnership with Corner Brook Status of Women Council. For more information contact [house.cbswc@gmail.com](mailto:house.cbswc@gmail.com) or 639-8522.

### MENTAL HEALTH LUNCH BUNCH

A monthly series of guest speakers on various mental health and wellness topics. Join us on the third Friday of each month from noon – 1:00pm at the CMHI boardroom. Bring your own lunch.

September – Doorways: Single Session Walk-In Counselling Service

October – Let's Talk About Anxiety

November – Who Supports the Caregiver?

December – Fetal Alcohol Spectrum Disorder

### TREE OF MEMORIES, IN MEMORY OF THOSE LOST TO SUICIDE

This will be taking place again this year in December. Stay tuned to our Facebook page for the announcement of the date and time. All are welcome to place yellow ribbons on the tree in remembrance of those lost to suicide.

### SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

A safe place to share feelings, experiences and connect with other people who have lost someone to suicide. Takes place on the first and third Tuesday of each month at 6:00pm at Summit Place, 112 Premier Drive. There is no cost to attend.

### HOUSING SUPPORT SERVICES

Providing support to individuals living with complex mental health needs that are experiencing homelessness or at risk of homelessness. Also provides support to landlords. For more information, please call 388-4000.

### PANCAKE BREAKFAST FOR HOMELESSNESS

March 5, 2019 from 7 - 10:30am at St. John the Evangelist Church

Please like us on Facebook to learn of other events throughout the year.

[www.facebook.com/CMHI.Inc/](https://www.facebook.com/CMHI.Inc/)

## Community Groups/Centres - cont.

### The Corner Brook Status of Women Council

#### Take Back the Night Rally and March

September 21st, 2018: 7:00 p.m.

This event brings awareness to the need to end sexual violence within our communities. It will start at the court house on Mount Bernard Ave with a public rally, and the march for women and children will end at Remembrance square by City Hall (Note that the route will change slightly this year because of work on the Main Street bridge).

#### Paint Night

September 18th, 2018

Options Sexual Health Centre in association with CBSWC are hosting a Paint Night at Crimson Art Studios, West Street, on Sept 18th. Further information can be had by calling the Women's Centre at 639-8522.

#### Volunteers Needed

Options Sexual Health Centre are looking for volunteers to sit at our referral/info phone line. Applications can be picked up from the CBSWC and training will take place on Sept 23rd.

#### Options Sexual Health phone line

The Options Sexual Health phone line is an initiative to ensure everyone has access to information and services that they require to make healthy choices for themselves. This is a grassroots initiative based in Corner Brook, NL that promotes positive sexual health. It will begin taking calls on Wed Oct 3rd. The phone number is 388-1034 and will be active Wednesdays from 7-9 pm and Sundays from 2-4 pm.

#### Conference: "Housing Issues: A Solutions-Based Dialogue"

October 24th, 2018, 8:30 a.m. to 2:30 p.m.

CBSWC are hosting this conference at Club 64 on Wed, Oct 24th from 8:30 am to 2:30 pm. Interested parties can register by phone (639-8522) or email (house.cbswc@gmail.com) beginning Sept 5th.

## Cruise Ships

### Corner Brook Port Corporation - Cruise Schedule 2018

#### AMADEA Phoenix Reisen

Thursday, September 6, 2018

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

#### MARCO POLO Cruise & Maritime Voyages

Tuesday, September 25, 2018

Time: 1000-1800 • Passengers: 906 • Crew: 354

#### ARCADIA P&O Cruises

Wednesday, September 26, 2018

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

#### QUEEN MARY 2 Cunard

Thursday, September 27, 2018

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

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



The CYN Youth Centre 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](http://www.communityyouthnetwork.wordpress.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](mailto:communityyouth.ymca@hotmail.com)

CYN is funded by the Department of Communication and Public Engagement

#### NORTH SHORE AND SOUTH SHORE:

CYN offers outreach on the North Shore and South Shore of the Bay of Islands. We offer programming in several communities. For more information, please contact your CYN fieldworker, visit our Facebook page CYN Corner Brook or visit our website at: [www.communityyouthnetwork.wordpress.com](http://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](mailto:communityyouth_northshore@hotmail.com)

**South Shore Contact Information:** Kerry Barry: [cynlarkharbour@hotmail.com](mailto:cynlarkharbour@hotmail.com)

#### CELEBRITY SUMMIT Celebrity

Wednesday, October 3, 2018

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

#### SILVER WIND Silver Sea

Thursday, October 4, 2018

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

#### CRYSTAL SYMPHONY Crystal Cruises

Thursday, October 11, 2018

Time: 1000-1700 • Passengers: 940 • Crew: 545

#### BLACK WATCH Fred Olsen Cruise Lines

Thursday, October 11, 2018

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



## Corner Brook Sea Cadets

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

### REGISTRATION Monday, September 10, 2018

DATE:	TIME:
Monday evenings commencing September 10th	6:30 p.m. - 8:30 p.m.
Registration: Any Monday night throughout the year. Uniform: FREE.	

Ages: 12 - 18 years.

Location: Gallipoli Armoury, 13 O'Connell Drive

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

## Trails

### Corner Brook Stream Trail

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

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

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

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

- Crockers Road - near Exit 5, Trans Canada Highway.

Three Bear Mountain offers walkers a panoramic view of the City of Corner Brook. A short walk will bring you to information panels on the various scenes that you are able to view from this spot. Access point is:

- From the parking lot of O'Connell Centre located at 1 Hospital Hill

Online maps and trail descriptions are available at

[www.cbstream.com](http://www.cbstream.com)

## CIVIC CENTRE SCHEDULE OF EVENTS 2018-2019:

September 12-13 .....	<b>Atlantic Association of CBDCs AGM &amp; Conference</b>
September 20.....	<b>Ulnuweg - 9th Atlantic Aboriginal Entrepreneur Award Show</b>
September 22.....	<b>Fall Craft Fair</b>
September 28-20 .....	<b>Atlanti-con 2018</b>
October 2 .....	<b>National Seniors Day</b>
October 5-7 .....	<b>YCNL Conference</b>
October 12-14 .....	<b>Agrifoods and Garden Show</b>
October 15-17 .....	<b>Association for New Canadians Diversity Summit 2018</b>
October 19-21 .....	<b>Long Range Quilter's Guild Quilt Show</b>
October 20 .....	<b>OctoberFest Craft Fair</b>
October 27 .....	<b>Relay for Life</b>
November 17 .....	<b>Western Regional Hospital Foundation Gala</b>
November 23-25.....	<b>3Run Entertainment - Holiday Wishlist Expo 2018</b>
December 1 .....	<b>Christmas Craft Fair</b>
December 8 .....	<b>National Child Day</b>
February 16 .....	<b>Winter Craft Fair</b>
March 1-3 .....	<b>Captain Cook Hockey Tournament</b>
March 8-9 .....	<b>Silver Blades hosting Provincial Synchro Competition</b>
March 23 .....	<b>Easter Craft Fair</b>
March 23-24 .....	<b>Saltos Gymnastics Provincials</b>

This list is subject to change



Submitted Photo



Corner Brook Winter Carnival photo

## Winter Carnival

### Corner Brook Winter Carnival

### 48th Corner Brook Winter Carnival February 15th – February 24th, 2019

Come out and enjoy the true spirit of Corner Brook during the 10 fun filled days of events and activities!

**Don't miss the Corner Brook Winter Carnival Opening Ceremonies at Margaret Bowater Park, sponsored by the City of Corner Brook, and watch Leif the Lucky emerge from his winter hut and enjoy the fireworks to officially open Carnival.**

During Carnival participate in the various activities and support local charities, organizations and sponsors that all contribute to this wonderful winter event that has something for everyone!

**Check out the detail, as they become available, on our website [cornerbrookwintercarnival.ca](http://cornerbrookwintercarnival.ca) or email [cbwc@nf.aibn.com](mailto:cbwc@nf.aibn.com)**

## Corner Brook Transit [www.cornerbrook.com](http://www.cornerbrook.com)

### CORNER BROOK TRANSIT SCHEDULE: ROUTE 1 - MONDAY TO FRIDAY

Times	Route 1										
Main Transfer Terminal	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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.



## Library

### Corner Brook Public Library

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

#### HOURS OF OPERATION: Sept. 2018 - June 2019

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

#### REGULAR PROGRAMMING

*\*All regular programs run from September through May and are subject to change\**

#### INFORMATION SESSIONS:

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

#### TOT TIME:

Half an hour of stories, songs, instruments and activities (Suggested for children ages 18 months to 3 years). Held bi-weekly, the 1st and 3rd Tuesday of each month from 10:30 - 11:30, registration is required.

#### FAMILY STORYTIME:

Stories, Songs and Activities for families. (Suggested children's ages are 2 to 5 years). During these months, Storytime starts at 10:30 am every Saturday Morning. Registration Required.

#### BABY STORYTIME:

Half an hour of stories and activities for families with babies. Held on the 2nd and 4th Thursday of each month starting at 2:30 pm.

#### SENSORY STORYTIME:

Half an hour of stories and activities for families with children on the Autism Spectrum, as well as others 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:

An hour of science/technology/engineering and math (STEM) based activities and crafts (Suggested ages 6 to 10 years). Held on the second Tuesday of each month from 6:30 to 7:30.

#### BOOKWORMS BOOK CLUB:

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

#### TEEN CLUB (SNICKERDOODLES):

An evening of book discussions, fun activities, information sessions and much more (For teens suggested ages 13-17 years). Held on the 3rd Thursday of the month, from 6:30 – 7:30. Registration is required.

#### ADULT BOOK CLUB:

A book club for adults, held on the last Tuesday of each month from 6:30 – 7:30. To ensure we have enough books available, registration is required.

#### CREATIVE WRITING GROUP:

This is open to interested persons who have a passion for writing and editing, held on the 1st Tuesday and 2nd Tuesday of every month from 6:30 – 8:00.

#### YOUTH CREATIVE WRITING GROUP:

If you are young person who is interested in writing a story or learning how to create your own story, come along to learn some helpful tips. Share your ideas and stories. Held on the 2nd Wednesday of each month at 3:30 pm.

#### KNIT/CRAFT NIGHT:

For those who love knitting, crocheting or doing other crafts. Bring along your projects, socialize, and learn great ideas from each other. Every second Tuesday of the month starting at 6:30 pm.

#### CRAFTERS FOR A CURE:

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:

Are you a fan of advanced Board Games? Come along to play with your friends or meet new friends, while playing games like Catan, Star Wars, Ticket to Ride and so many more. Held on 4th Thursday of each month at 6:30 pm and one Saturday at 2:30 pm each month. Consult the library for dates and times.

#### ADULT SOCIAL CLUB:

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

#### NATIONAL FILM BOARD:

At various times throughout the Fall and Winter, 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. Follow us on Facebook, Twitter or Check with the library for dates and times.

#### ENGLISH AS A SECOND LANGUAGE PROGRAM:

This initiative is supported by the Association of New Canadians. Those who wish to learn English are invited to contact the Association of New Canadians to participate in this wonderful learning opportunity. Information on Child Care, Transportation, etc. will be provided once you contact ASNC. The library is the location for this program. Every Wednesday starting at 11:00 am - 1:00 pm.

#### ENGLISH AS A SECOND LANGUAGE CAFE:

This initiative is supported by the Association of New Canadians. Those who wish to learn English in a relaxed and fun environment are invited to contact the Association of New Canadians to participate in this wonderful learning opportunity. Every Wednesday evening starting at 6:30 pm.

#### DROP IN AND PLAY TIME:

Every Friday between 2:30 and 4:30, families are invited to come along to play with legos, children's board games or just be creative at the creativity table.

*continued on page 24...*

## Library continued...

### 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 to 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](http://www.nlpl.ca); Facebook: Corner Brook Public Library;  
Twitter: @CBNLLibrary

## Post Secondary Education

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

### Grenfell Campus Memorial University

A campus of Memorial University of Newfoundland, is the largest post-secondary institution in the city. Grenfell has 1,400 students and offers 16 undergraduate degree programs in sciences, arts, fine arts, business, and nursing. Address: University Drive. Phone 709-637-6200.

### College of the North Atlantic

Has more than 800 students and offers diplomas in engineering technology, business, information technology, health, applied arts, industrial education, and a unique concentration of tourism-natural resources programs. Address: O'Connell Drive. Phone: 709-637-8530.

### Academy Canada

Is the largest independent career college in Eastern Canada. The Corner Brook campus has 400 students in their trades and technology programs, which include carpentry, electrical, plumbing, welding, cooking, esthetics, business, and office administration. Address: University Drive. Phone: 709-637-2100.



## Grade Schools PRIMARY-ELEMENTARY SCHOOLS

### C.C. Loughlin Elementary

Located near the centre of the city and offers French Immersion, an opportunity for your child to be educated in French; however, there is an English program at the school as well.  
Address: Citadel Drive. Phone: 709-639-8988.

### J.J. Curling Elementary

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

### Sacred Heart Elementary

Located in the Curling area. Address: Curling Street.  
Phone: 709-785-5119.

### Immaculate Heart of Mary

Catholic private school offering grades junior kindergarten to grade 9.  
Address: 112 Humber Road. Phone: 709-634-1700.

### Eastside Elementary

Located on the eastside of Corner Brook near Murphy Square.  
Address: 14 St. John's Ave. Phone: 709-634-6333

## Junior High School Corner Brook Intermediate

Located on 11 Mount Bernard Ave, Corner Brook NL.  
Phone: 709-639-9541

## High School

### Corner Brook Regional High School

Located in the central area of the city.  
Address: 12 University Drive Corner Brook, NL  
Phone: 709-634-5258

## School Zones and Bus Transportation

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

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



## Arts

### Susy Randell Art

#### AFTER SCHOOL ART ENRICHMENT CLASSES WITH CERTIFIED ART EDUCATOR:

Susy Randell  
Children/teen: Art Lessons (private / group) for adults.  
Susyrandell@hotmail.com • 660-7879

### The Corner Brook Community Art Studio

#### SAFE HARBOUR EXPRESSIVE THERAPIES / CREATIVE COMMUNITIES

Get creative, Corner Brook! The Corner Brook Community Arts Studio is back for its 6th amazing year! This free arts initiative welcomes everyone as an artist, regardless of age or ability. It's part of a worldwide "art hives" movement that aims to bring an arts space to every community.

The Rotary Arts Centre

**Saturdays, 1:30 to 4:30 pm, starting October 20th**  
**COST: FREE!**

### LAWN (League of Artists of Western Newfoundland)

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 bring the arts and community together. Members are artists living in Western Newfoundland and individuals who support visual arts.



The community is invited to continue to be a part of our current 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 INSTALLATION

Our Art Installation is a five-month community interactive project. Starting in May we held community workshops and creative parties where members of the community came together to build the art installation.... and have a great deal of fun!!!

The Art Installation will be in place at the Arts and Culture Centre during the month of October. We will be holding a "Big Party" to celebrate the installation. Date TBD and will be on our website. Many of you will have bragging rights at the Installation - "I helped create that!". Come out and visit us!!!

#### AGM

Our Annual General Meeting is scheduled for October, 2018. Memberships are due at the meeting. Date TBD and will be on our website.

#### HEART OF CHRISTMAS SHOW

Our annual member Christmas show and sale of work is each December

at the Arts and Culture Centre. Date TBD and will be on our website. This is a show that showcases the diversity of our artists. Come and visit!!

#### CONTACT INFORMATION:

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

### Grenfell Art Gallery

The **GRENFELL ART GALLERY** is the public gallery for Corner Brook and the Western Newfoundland region. In addition to year round exhibition and public programming, we offer school and youth art programs on an ongoing basis, and maintain an active collection of contemporary and historical art, specializing in, but not limited to, the art of Newfoundland and Labrador. For more information on our programs follow us on Facebook, Instagram and Twitter or subscribe to our e-newsletter through our website.

Admission is free and visitors are always welcome, tours and programs can be requested by contacting [galler@grenfell.mun.ca](mailto:galler@grenfell.mun.ca).

We are wheelchair accessible and located on the second floor of the Fine Arts Building of Grenfell Campus Memorial University.

#### HOURS:

Tuesday to Saturday, 11 a.m. - 4 p.m. Closed on holiday weekends

#### ADDRESS:

Grenfell Campus, Memorial University of Newfoundland  
20 University Drive, Corner Brook, NL  
Phone: (709) 637-6209  
[www.grenfellartgallery.grenfell.mun.ca](http://www.grenfellartgallery.grenfell.mun.ca)

### Saltbox

#### CONTEMPORARY ARTS FESTIVAL

Festival Sept 27-30 • Exhibition Sept 27-Nov 10

Starting September 27 Saltbox: Contemporary Arts Festival is a multi-day event featuring performances by contemporary artists from Newfoundland and across the country, including: Nadège Grebmeier Forget, Hazel Meyer, Jerry Ropson, Adrian Stimson, and writer-in-residence Amy Fung.

The event and the associated exhibition are supported by the Canada Council for the Arts, and Memorial's Public Engagement Accelerator Fund through Memorial University's Office of Public Engagement.

### Rotary Arts Centre

Not for profit theatre, art galleries and studio's

A variety of theatre, music, art exhibits, artists talks, workshops and more take place at the RAC. For events, dates, and times please visit our website [www.rotaryartscentre.ca](http://www.rotaryartscentre.ca), email [info@rotaryartscentre.ca](mailto:info@rotaryartscentre.ca) or call 630-0012

5 Park St. Unit 101. Lower level City Hall

## Theatre

### Theatre Newfoundland and Labrador



SEPT. 10 - NOV. 16, 2018

#### **SARA...H MCDONALD YOUTH THEATRE (FALL SEMESTER)**

Classes begin September 10th for the fall semester of the Sara...H McDonald Youth Theatre Program and will continue for 10 sessions. We have a busy year planned with lots of new stuff to learn, and plenty of opportunities to hit the stage and show off what you've learned! We've added a second StageCraft Class after the success of our program last year, and we hope to teach a whole new younger generation about the magic that happens backstage! No matter which program students register for, they will encounter a holistic approach to the development of established and new works in a professional theatre environment! Call (709) 639-7238 for details, or email Adam at [youth@theatrenewfoundland.com](mailto:youth@theatrenewfoundland.com)

Grs 1 & 2 (Trouts)  
Wednesday 4 - 5pm

Grs 7 to 9 (Sleeveens)  
Monday 6 - 7:30pm

StageCraft I (Grs 6-9)  
Tuesday 4 - 5:30pm

Gr 3 & 4 (Duckies)  
Thursday 4 - 5:00pm

Grs 10, 11, 12 (Hard Cases)  
Thursday 6 - 7:30pm

StageCraft II (Grs 9-12)  
Tuesday 6 - 7:30pm

Gr 4 & 5 (Roustabouts)  
Friday 4 - 5:30pm

Grs 6, 7, 8 (Streels)  
Wednesday 6 - 7:30pm



*Theatre Newfoundland Labrador*

OCT. 13, 2018

#### **ESCAPE: NOVA THEATRUM!**

On October 13th, our StageCraft Students will present another of their hit Escape Rooms as part of the CB NUIT arts festival taking place on West St!



Escape rooms are live action team-based games, where you and three of your closest friends must work together to find solutions to puzzles to help you get out in time! Students from the Technical Theatre Production class design and build diabolical puzzles that will test your senses and your courage. In this room, TNL represents the shady scientific organization "Nova Theatrum" as they test the citizens of Corner Brook in anticipation of a "Scientific Anomaly" they have detected in the area. "ESCAPE: Nova Theatrum" is a 4-player experience, and booked on a first come, first serve basis. Join us during the evening of Oct. 13th at CB NUIT!

OCT. 27, 2018

#### **SARA...H MCDONALD YOUTH THEATRE AT THE RELAY FOR LIFE**

Last year our students joined the public at the Relay For Life fundraiser in support of the Canadian Cancer Society with our life-size dough-boy puppets running the track with everyone else. We have an extra special surprise planned for this year, as our students will once again join the public to support this very important event! Join us in the afternoon on Oct 27th to see what surprises we have in store and consider donating to a very important cause.

JAN. 7 - MAR. 22, 2019

#### **SARA...H MCDONALD YOUTH THEATRE (WINTER SEMESTER)**

Classes begin for the Winter semester at TNL on January 8th and will continue for 10 sessions. Students will gain a deeper understanding of preparing for production in this second term as we prepare for 3 separate performances in 3 different venues around Corner Brook. Again, our StageCraft students will build, design and manage the technical aspects of our productions, while our Acting students work as performers, writers and directors. Registration for the Winter Term Begins November 13th! Call (709) 639-7238 for details or email Adam at [youth@theatrenewfoundland.com](mailto:youth@theatrenewfoundland.com)

Grs 1 & 2 (Trouts)  
Wednesday 4-5pm

Grs 6, 7, 8 (Streels)  
Wednesday 6-7:30pm

StageCraft I (Grs 6-9)  
Tuesday 4-5:30pm

Gr 3 & 4 (Duckies)  
Thursday 4-5:00pm

Grs 7 - 9 (Sleeveens)  
Monday 6-7:30pm

StageCraft II (Grs 9-12)  
Tuesday 6-7:30pm

Gr 4 & 5 (Roustabouts)  
Monday 4-5:30pm

Grs 10, 11, 12 (Hard Cases)  
Thursday 6-7:30pm

FEB. 16 2019

#### **TNL'S ANNUAL WINTER CARNIVAL DINNER THEATRE: A SHOW FOR KIDS BY KIDS! (Catered by Louis Gees)**

The annual Winter Carnival Dinner Theatre has become a mainstay in the Carnival season. Join the students of TNL in a show meant for the young, and young at heart. Enjoy a slice of the finest pizza and Gar-fings (Garlic Fingers) in all of CeeBee, while our students spin a yarn sure to surprise you, and make you laugh til your belly hurts! Tickets available by reservation only, by calling (709) 639-7238.

MARCH, 2018 (actual date TBD)

#### **SKETCH COMEDY (CREATED BY THE STUDENTS AT SMYT)**

In March our students will enter the world of sketch comedy. The Canadian comedy scene is jam-packed with some of the most talented sketch comedians the world over. Our students will take inspiration from groups like CODCO, Kids In The Hall, This Hour Has 22 Minutes, Dance Party of Newfoundland among many others, to create their very own brand of sketch comedy. Funny, current, maybe even a little scandalous, you don't want to miss this! Tickets available by calling (709) 639-7238.

May 2 - 4, 2019

#### **A WONDERFUL FINE DAY FOR A SCULPIN NAMED SAM (ADAPTED FROM THE STORY BY AL PITTMAN)**

In May of 2019, our students present the classic "Ugly Duckling" story from beloved Newfoundland poet and playwright, Al Pittman. Sam the colourful sculpin, is different. And on one warm summer day, he swims through an underwater community teeming with lively fish of all shapes and sizes. But Sam doesn't look like anyone else. He feels lonely. Until he finds Sara, his perfect match in an underwater world where everyone is different in their own way. With two school matinee performances and two public performances, this homegrown story of acceptance and inclusion is not to be missed by the young and young at heart in your family!

WATCH THE TNL WEBSITE FOR MORE DETAILS  
[WWW.THEATRENEWFOUNDLAND.COM](http://WWW.THEATRENEWFOUNDLAND.COM)





## Gros Morne Summer Music THE GRAHAM ACADEMY MUSICAL THEATRE PROGRAM

September 17, 2018 – June 3, 2019

Working with top-notch artists in an inclusive, welcoming, and warm atmosphere, our students come alive in the most surprising and inspiring of ways.

Our Musical Theatre Program provides aspiring young performers with the opportunity to learn from passionate performing arts professionals in a performance-based, multidisciplinary environment. Our program offers training in foundational MT skills such as audition prep, monologue work, scene study, solo and ensemble singing and dancing.

Classes run from September to June, providing weekly training sessions and performance opportunities throughout the year. Classes and performances are designed to challenge experienced participants, while building confidence and abilities of new performers. Groups will be divided by grade level upon registration and pending enrollment.

GRAHAM ACADEMY		
MUSICAL THEATRE PROGRAM TIMES		
Group:	TIME:	
Senior Company	3 hrs per week	Mon 4:30 - 6:40 pm Tues 5:40 - 6:40 pm
Junior Ensemble	3 hrs per week	Mon 4:30 - 6:40 pm Tues 6:50 - 7:50 pm
Showstoppers	3 hrs per week	Mon 3:20 - 4:20 pm Tues 3:20 - 5:30 pm
Rising Star & Starlights	1 hr weekly	Wed 3:45 - 4:45 pm

**Junior and Senior Groups (Grades 3 - 12)** will be led by Dr. Gary Graham, Ian Locke and Kelly Ann Evans with Amy Andrews choreographing year-end productions. Performance anticipated for the 2018-19 season include; a November Musical festival, The GMSM Gala, The Rotary Musical Festival, visits to Long Term Care Facility and Spring Musicals. Showstoppers 3 hours per week, \$1500 for the year. Junior Ensemble 3 hours per week, \$1500 for the year. Senior Company 3 hours per week, \$1500 for the year. Financial assistance available to those that qualify - see our Financial Assistance Program for further details.

**Beginner Groups (Pre-K to Grade 2)** will be led by Dr. Gary Graham, Ian Locke and Erin Smallwood. Weekly sessions and limited performances inspire our tiniest members to explore their love of music, theatre, and movement. Rising Star & Starlights, 1 hour per week, \$650 for the full year. Financial assistance available to those that qualify - see our Financial Assistance Program for further details.

**Broadway Style Dance** will be led by Rynne Spencer and is available to Graham Academy Showstoppers, Junior Ensemble and Senior Company members only. Broadway Style Dance provides our talented young artists an opportunity to further develop their dance through skills-based training designed for the Broadway stage. \$450 for the full year.

**Born to Sing** will be led by Kelly-Ann Evans and is available to Graham Academy Showstoppers, Junior Ensemble and Senior Company members only. Kelly-Ann will provide private sessions in Musical Theatre, Contemporary Pop/Rock and Commercial Music Performance focusing on vocal technique, stage presence, microphone technique, improvisation, playing and singing (piano), choosing the right music for you and confidence building. Students can register for a 6 week Fall session and/or a 4 week Spring session.

Fall Session (6 wks)	60 mins/wk for \$400
	30 mins/wk for \$200
Spring Session (4 wks)	60 mins/wk for \$260
	30 mins/wk for \$130
Fall & Spring (10 wks total)	60 mins/wk for \$650
	30 mins/wk for \$325

Check out [www.gmsm.ca/grahamacademy](http://www.gmsm.ca/grahamacademy), and The Graham Academy on Facebook for all of our programming and registration information, or contact us at [grahamacademyinfo@gmail.com](mailto:grahamacademyinfo@gmail.com)

### OUR NEW HOME

127a Humber Road will soon be filled with voices again! For two years our future home has been buzzing with construction as we turn the former Convent into a space of music, theatre, dance and so much more. This beautiful historic building will soon be home to friendship and laughter for generations to come.

### FINANCIAL ASSISTANCE PROGRAM

Every child with a desire to join the Graham Academy program deserves the opportunity. Our Young Artist Financial Assistance program is striving to offer financial support for students with a demonstrated need. This program has been made possible by the generous support of the Presentation Sisters and other private donors passionate about the power of art to change a child's life. For details or to apply visit [gmsm.ca/graham-academy](http://gmsm.ca/graham-academy)

### THE GRAHAM ACADEMY CHOIRS

September 17, 2018 – June 15, 2019

Generations of young people in Corner Brook grew up singing in Children's choirs and The Chorale under Mr. G and we are thrilled to see that continue. We are pleased to welcome children's and mixed choirs under the leadership of Dr. Gary Graham, with Kelly-Ann Evans and Jennifer Stratton-Renouf.

Providing regionally- active, affordable choral excellence for families on the West Coast and Opportunities for children to sing together as they grow.

Check out [www.gmsm.ca/grahamacademy/](http://www.gmsm.ca/grahamacademy/), and The Graham Academy on Facebook for all of our programming and registration information, or contact us at [grahamacademyinfo@gmail.com](mailto:grahamacademyinfo@gmail.com)

*continued on page 28...*

## Theatre continued...

**The Chorale, a choir for boys and girls (Grades 7 to 12)** will be led by Dr. Gary Graham and Kelly Ann Evans. Performance anticipated for the 2018-19 season include; A Christmas Concert, Community Christmas Caroling, The GMSM Gala, The Corner Brook Rotary Music Festival, visits to Long Term Care Facility and a Spring Concert. 1 ½ hour weekly sessions \$450 for the year. Financial assistance available to those that qualify - see our Financial Assistance Program for further details.

**The Junior Chorale, a choir for boys and girls (Grades 3 to 6)** will be led by Dr. Gary Graham and Jennifer Stratton-Renouf. Performance anticipated for the 2018-19 season include; A Christmas Concert, Community Christmas Caroling, The GMSM Gala, The Corner Brook Rotary Music Festival, visits to Long Term Care Facility and a Spring Concert. 1 hour weekly sessions, \$350 for the year. Financial assistance available to those that qualify - see our Financial Assistance Program for further details.

**Mr G's Minis, Beginner Choir Boys and Girls (Grades JK to Grade 2)** will be led by Dr. Gary Graham and Jennifer Stratton-Renouf. Performance anticipated for the 2018-19 season may include; A Christmas Concert, The Corner Brook Rotary Music Festival and a Spring Concert. 45 minute weekly sessions \$250 for the year. Financial assistance available to those that qualify - see our Financial Assistance Program for further details.

GRAHAM ACADEMY	
CHORAL PROGRAM TIMES	
Group:	TIME:
The Chorale	Mon 8:00 - 9:30 pm
The Junior Chorale	Sun 6:00 - 7:00 pm
Mr. G's Minis	Tues 3:15 - 4:00 pm

Check out [www.gmsm.ca/grahamacademy/](http://www.gmsm.ca/grahamacademy/), and The Graham Academy on Facebook for all of our programming and registration information, or contact us at [grahamacademyinfo@gmail.com](mailto:grahamacademyinfo@gmail.com)

## GROS MORNE SUMMER MUSIC FALL SEASON

After another summer of theatre and music, join GMSM with their collection of fall shows!

### Graham Academy Chorale Advent Concert Saturday, Dec 1, 2018

Join the Graham Academy Choirs as they celebrate the beginning of the Christmas Season. With musical direction by Dr. Gary Graham and faculty (Jennifer Stratton Renouf and Kelly-Ann Evans), this is sure to be a delightful night of Christmas Songs and Praise!

### Gros Morne Summer Music Christmas Gala and Silent Auction Friday, Dec 21, 2018 and Saturday Dec 22, 2018

#### Corner Brook Arts and Culture Centre

GMSM Kicks off the Christmas Holidays with the Annual GMSM Gala and Silent Auction. With performances featuring members of the GMSM Family and students of the Graham Academy, the Gala is sure to have you leaving with the Christmas Spirit.

For more information and for tickets, please check out [www.gmsm.ca](http://www.gmsm.ca) or email [info@gmsm.ca](mailto:info@gmsm.ca).

## Musical Arts

### Bay of Islands Musical Arts Chorus

**NOVEMBER 24: A CHRISTMAS IN WALES CONCERT** with narrator Dr. Martin Ware and the Bay of Islands Musical Arts Chorus under the artistic direction of Dr. Jennifer Matthews, at The Cathedral of St. John the Evangelist (Anglican) Cathedral, 25 Main St, at 8 pm.

**DECEMBER 20: MESSIAH** performance by the Bay of Islands Musical Arts Chorus under the artistic direction of Dr. Jennifer Matthews, accompanied by the Atlantic String Quartet of Newfoundland Symphony at The Cathedral of St. John the Evangelist (Anglican) Cathedral, 25 Main St, at 8 pm.

### Atlantic Boychoir

#### BOYCHOIR CORNER BROOK CENTRE REHEARSALS

Cost: \$900/ year (bursaries available)

Rehearsals are held every Saturday morning between 9am and 12:30pm at the First United Church on West Street with the exact times sent by email each week. There is periodic travel within and outside of the province.

Come and be a part of the Singing Ambassadors of Newfoundland and Labrador! The Atlantic Boychoir is the first provincial Boychoir in Canada and currently has centres in St. John's, Corner Brook, Clarenville, and Stephenville. The Corner Brook centre rehearses on Saturday mornings under the direction of Dr. Jakub Martinec and Jennifer Beynon-Martinec, with musical accompaniment by Dr. Jennifer Matthews.

ATLANTIC BOYCHOIR	
BOYCHOIR CORNER BROOK CENTRE REHEARSALS	
Rehearsals:	TIME:
Every Saturday morning	9:00 a.m. - 12:30 p.m.
Registration: Contact Trina Simms at 709-660-0399	
Location: First United Church, West Street	



## Dance

### Scottish Dancers

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 Fall session begins Thursday, September 13, 2018. Come join us, as people of all ages gather in a friendly and welcoming atmosphere for an evening of fun, exercise and camaraderie.

The fee is \$25 for a year, \$15 for a half year.

For more information please call Doris Butt, 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.

### FAMILY SWIM

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

### MASTERS LAP SWIM

Open to everyone who wishes to do length swimming.

### EVENING ADULT SWIM

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

### DAY TIME ADULT SWIM

Length swim for swimmers of various abilities.

### AQUASIZE CLASS

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

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

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

## Corner Brook Reflections Synchronized Swim Club

### ARTS AND CULTURE POOL

**Swimming! Gymnastics! Dance! Cheer!** Corner Brook Reflections Synchronized Swimming combines them all!

Registration at Arts & Culture pool on Sept 12th from 5 to 7 pm.  
Prerequisite must be able to swim one length of the pool.  
Competitive sessions commence Sept 12th, while 10 week Lessons commence Sept 30th.

For more information see our Facebook page or call 634-4716.



Rapids Swim Club Photo

## 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.

**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.

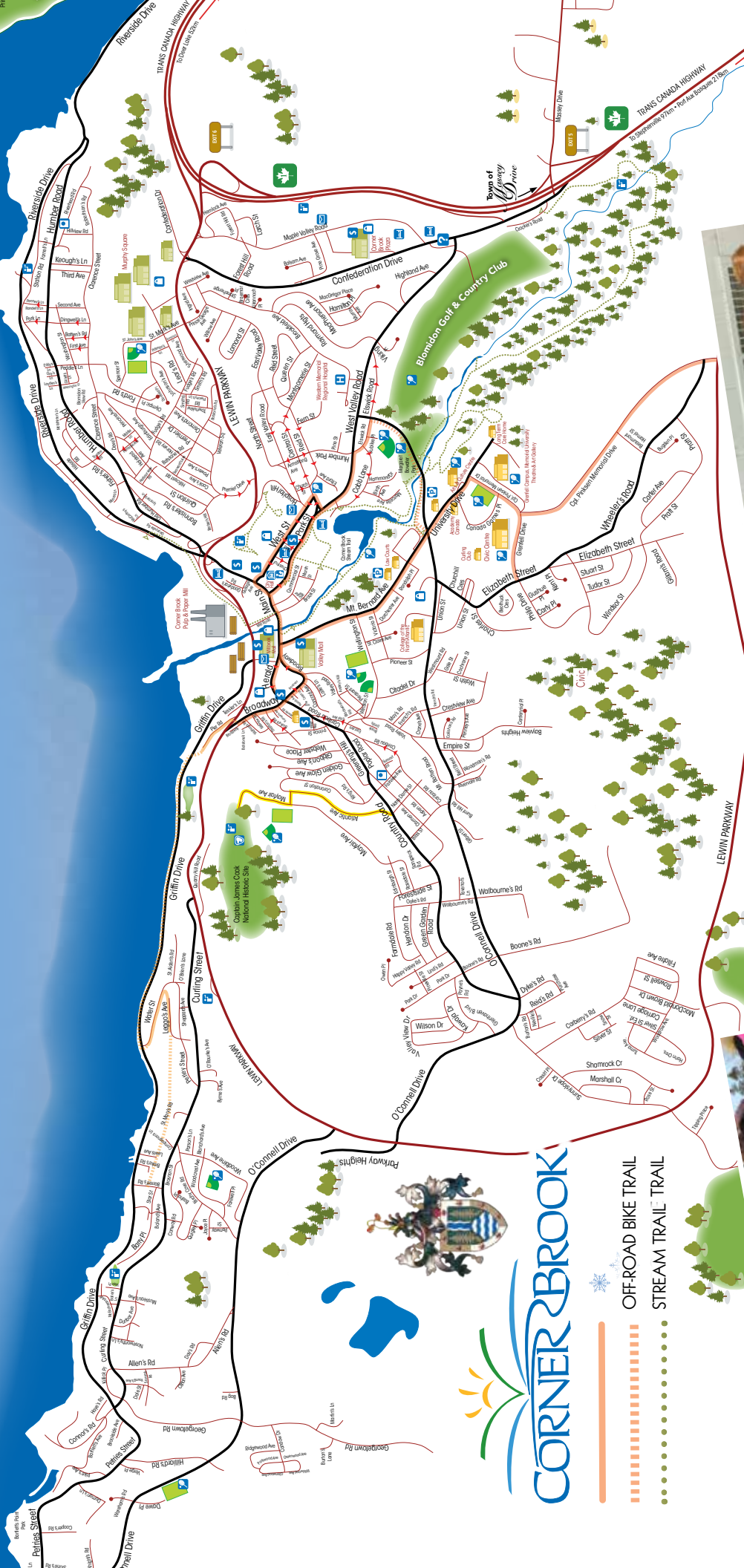
**Senior Competitive Group:** Practice 10-12 hours a week including early morning swims. Work to achieve East Coast Championship Standards or National Standards and attend three to five provincial meets each year.

If you would like more information, check out our website [www.cbrapids.ca](http://www.cbrapids.ca) or E-mail [info@cbrapids.com](mailto:info@cbrapids.com)

Twitter: @cbrapids.; Facebook: Corner Brook Rapids Swim Club Web: [www.cbrapids.ca](http://www.cbrapids.ca)

# CITY OF CORNER BROOK BICYCLE TRAIL

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



- OFF-ROAD BIKE TRAIL
- STREAM TRAIL



Marble Mountain Photo



Corner Brook Winter Carnival photo



Graham Academy Photo



Cycle Solutions Photos



Salpas Gymnastics photo



Theatre Newfoundland and Labrador Photo