



SPRING-SUMMER 2019

ACTIVITY

Guide

SPORTS & RECREATION

AQUATICS PROGRAMS

COMMUNITY HAPPENINGS

DAY CAMPS

ARTS & ENTERTAINMENT





MAYOR

JIM PARSONS

jim.parsons@cornerbrook.com

709-637-1537 (City Hall)

709-632-0992

MESSAGE FROM THE MAYOR

Warmer weather is around the corner! It is time to start making plans for the spring and summer season!

On behalf of the Corner Brook Municipal Council and Staff, we are proud to present you with the Spring Summer 2019 Activity Guide. Corner Brook offers a wide range of recreation and culture programs for all ages, skill levels and abilities.

I hope you enjoy looking through the activities and programs our City staff and community have worked so hard to put together for you. I am confident there is something that will suit all tastes, ages and skill levels. These pages are filled with fun, health and wellness, and opportunities for community life, all of which make Corner Brook such a wonderful place to call home.

Corner Brook is a community that takes great pride in its past, present and future. This summer we are looking forward to Corner Brook's Come Home Year July 19-28, 2019. We hope to see former and current residents and tourist in the community enjoying all the events.

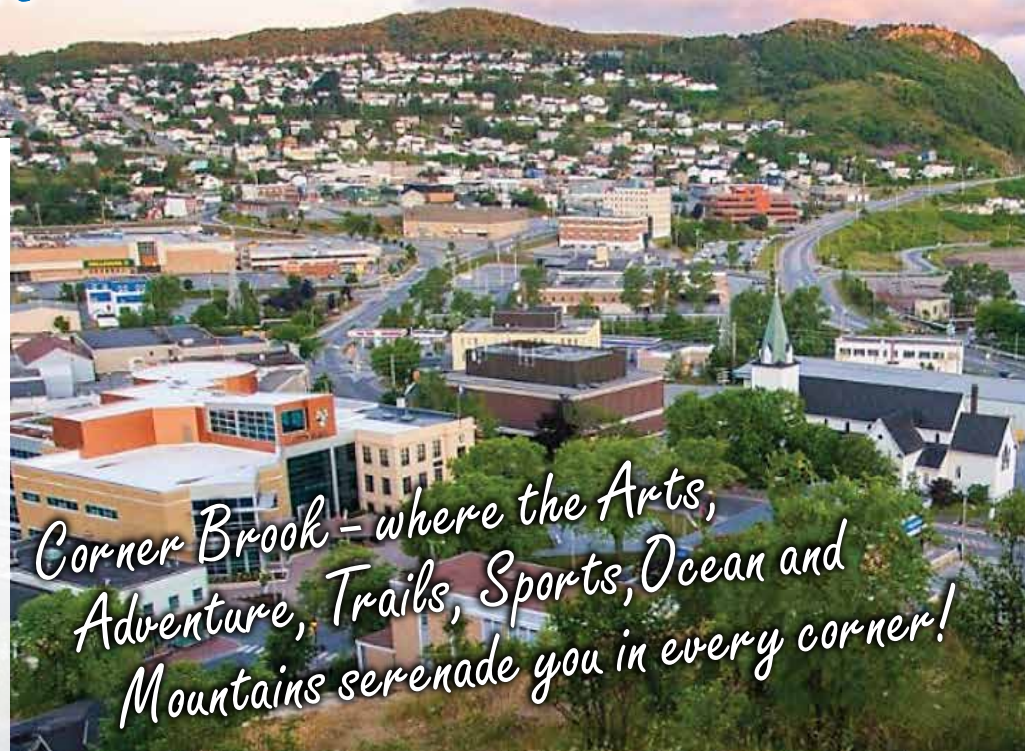
There are many events and programs throughout our community that are dependent on volunteers. I want to personally extend my thanks to our many volunteers who continue to ensure that our programs, sports and events are available and successful.

I encourage you to become involved in our vibrant community and take part in the many opportunities for you and your family to **Discover Corner Brook.**

Yours sincerely,

Jim Parsons

Mayor, City of Corner Brook



City of Corner Brook Council 2019



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Call the City's Customer Service / Inquiry Line for service 24 hours a day, 7 days a week: 709-637-1666

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

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Corner Brook Come Home Year Back Page

On the Cover

Yoga in Bartlett's Point Park. Photo courtesy of Megan Humphrey Yoga

GET INVOLVED! GET ACTIVE!



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www.CornerBrook.com

Tennis

Corner Brook Tennis Club

The Corner Brook Tennis Club creates opportunities for all ages to learn and play tennis in a fun and friendly environment. Offering four outdoor courts, a relaxed viewing area and large change rooms, the club offers its' members a wonderful facility to play tennis.



Corner Brook Tennis Club photo

JUNIOR TENNIS PROGRAM

The summer tennis program focuses on the fundamentals of the game while encouraging lots of fun!

Tennis lessons run from the first week of July to the middle of August.

Lessons are five days a week. Time of day depends on age and skill level. Lessons are run hourly, starting at 10 am and ending at 4 pm. Junior Members are also invited to attend Match Night one evening a week. Kids are paired up for a little friendly competition and play either singles or doubles matches against similarly skilled players.

RATES: Junior Membership: \$100. This includes the junior lessons and access to the courts on evenings and weekends. Family of 4: \$275 (\$50 for each additional child); Adult Membership: \$95; Senior Membership: \$75

Registration will take place at the tennis courts during the first week of lesson. Interested players can stop by the courts at any time to try out the game and meet new people!

Contact info: thecornerbrooktennisclub@gmail.com
Also- please join us on Facebook: The Corner Brook Tennis Club (LRN).

Special Olympics

SOCB (Special Olympics Corner Brook)

Special Olympics is a non-profit organization dedicated to providing year round sports training and competition in "Olympic Type" sports for children and adults with intellectual challenges.

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

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 PM - 4:00 PM.

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_Szl-5CS-8. For more information about a particular program, please contact Kim McDonald-Wilkes, SONL Outreach Coordinator, at kimm@sonl.ca or call 709-293-1444.

SPECIAL OLYMPICS PROGRAMMING:

DATE & TIME:	EVENT
Sunday 6:30-8:00 p.m.	Bocce at Eastside Elementary School
Monday 6:15-8:00 p.m.	5 Pin Bowling at Corner Brook Centre Bowl
Tuesday and Thursday 6:30 - 8:00 p.m.	Speed Skating at Corner Brook Civic Centre (In Season)
Tuesday and Thursday 6:00 - 8:00 p.m.	Powerlifting at YMCA
Wednesday 7:00 - 8:00 p.m.	Athletics at Eastside Elementary School
Thursday 6:30 - 7:30 p.m.	Weight Training at YMCA
Saturday 9:00 - 10:00 a.m.	Cross Country Skiing at Blow Me Down Trails (In Season)
Saturday and Sunday 1:00 - 2:30 p.m.	Snowshoeing at Blow Me Down Trails (In Season)

Hockey

Corner Brook Minor Hockey Association

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

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

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

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

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

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

Gymnastics

Saltos Gymnastics

CIVIC CENTRE ANNEX

Offering online registration at www.saltosnl.com
facebook/saltosgymnastics; twitter: saltoselite; 709.639.7080
office@saltosgymnastics.com; twitter: saltoselite
Online Registration available online, over the phone or in office.
Office Hours 9am-1pm Monday- Friday

Saltos gymnastics offers fun, challenging programs for people of all ages and interests. We embrace all ages and abilities from aged 18 months to adult and have a diverse selection of programming available from Parent and Tot to Adult Recreation.

Gymnastics is a foundation sport and translates well to any other sport as well as day to day functionality. We have a newly designed recreation system that helps participants develop skills that are transferable to not only competitive gymnastics but also to other sports and general motor skills needed to improve coordination in everyday life. We offer Cheer, trampoline, parkour and teen rec. for those looking for something different than typical gymnastics classes.

For those looking to get to the next level of athletics, we offer competitive and precompetitive programs in Men's and Women's artistic gymnastics as well as Trampoline and Cheer. These programs are available by invite only. Our 2019 Spring and Summer Lineup Includes:
Parent and Tot – 18 months – 3.5 years of age: There are both free play and structured options.

RECREATIONAL CLASSES:

The Recreational program is based on gymnastic activity rather than gymnastic sport. That is to say, the program teaches the fundamental movement families at the basis of all gymnastic abilities, instead of prematurely teaching the skills or techniques of competitive gymnastics. The recreational group is a gateway to the competitive stream. We have 6 levels to complete inside our recreational program.

Inside each level there are a number of different skill booklets to be completed.

WAG - Women's Artistic Gymnastics (6 booklets)

- Vault, Bars, Beam, Floor, Artistic, & Physical

MAG - Men's Artistic Gymnastics (7 booklets)

- Floor, Pommels, Rings, Vault, P-Bars, Bars, & Physical

T&T - Trampoline & Tumbling (5 booklets)

- Jumps, Flips, Turns, Artistic, & Physical

Inside each booklet, all skills will be broken down into categories. Jumps, Landings, Rotations, Locomotions, Static Holds, Swings, Connections

PARKOUR: (AGES 7+)

Parkour is for athletes looking to improve their body and aerial awareness. This program will teach skills through easy and complex circuits along with trampoline training. This is a very diverse program including games, circuits,



Saltos Gymnastics Club photos

ninja courses and trampoline fun. We have 3 levels of parkour:

Beginner (7-12) – for those who are new to Parkour

Intermediate (7-12)– For those who have completed previous sessions of Parkour and are ready for a new challenge.

Advanced – (12+) For the older athlete who is looking for a fun challenge in the gym.

CHEER INFUSION ALLSTARS: (AGES 5+)

Whether it is recreational or competitive Cheer we have you covered. The Cheer Infusion all star program has everything from beginner to advanced. Come dance and tumble while develop your cheer skills at Saltos!

PD DAY CAMPS AND SUMMER CAMPS:

We offer a camp on every school PD day possible. This camp is a fun structured camp that combines gymnastics, games, arts and crafts and other fun activities to provide a fun filled active day. This summer our day camps will be completely revamped to offer a more structured challenging fun environment that will keep our participants engaged on at the highest level possible.

PARTY RENTALS/GROUP BOOKINGS

Looking for somewhere to celebrate your birthday or just want to get a group of friends together for some fun? Saltos offers group bookings every weekend. These bookings include 1 hour of gym time and 1 hour in the party room. We also offer professional development sessions to businesses and organizations looking for a unique and challenging way to spend some time with your co-workers.

Billiards

Billiards Pool League - Canadian Poolplayers Association (CPA)

Summer session starts in May. Fall session starts in early September. Choose your night to play: Tuesday, Wednesday or Thursday. Both 8-Ball and 9-Ball are played. All skill level of players are welcome.

Come enjoy a fun night out by playing some pool. Must be 19 years of age or older.

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



www.cbbaseball.ca photo

Baseball Minor Baseball

Connect with us: www.cbbaseball.ca
Email: Cbbaminor@gmail.com
Facebook: www.facebook.com/cbbaseball
Twitter: @CbbbaCB

SPRING PROGRAM

April 29-June 7: Registration \$150

Our Spring Instructional baseball camp focuses on the development of baseball fundamentals. Our goals are to improve our players' fundamental skills in an enjoyable atmosphere and prepare players for the summer season. The spring program starts in the Annex Gymnasium and moves outside to Jubilee field when field conditions allow.

SUMMER PROGRAM

June 10-August 23: Registration \$185

July 2- August 23: Registration \$125 (Blastball and T-Ball only)

Our summer program is for children and youth, ages 4-18, offering fun sessions learning fundamental baseball skills, and games for our Blastball, T-Ball and Rookie groups. This season will see the development of House Leagues for the Mosquito, Pee wee/ 14U Female, and Intermediate (Bantam, Midget and 16U, 18U Female divisions).



Corner Brook Baseball Association CALENDER OF EVENTS – JUBILEE FIELD

April 29 - June 7	Minor Spring Program
May 26	Senior Baseball Opening Day
June 8	Joe Mullins Memorial Tournament
June 10 - August 23	Summer Program (Rookie – Midget)
July 2 - August 23	Summer Program (Blast Ball & T-Ball)
July 5 - 7	Mary Tavenor Memorial Tournament
July 12 – 14	Provincial Senior B Championships
July 26 - 28	Provincial Senior A Finals (Games 1 – 3)
August 2 – 4	Midget Qualifier
August 16 – 18.....	Provincial 14U Female
August 30 – Sept 1.....	Provincial Mosquito AAA Championship

Softball

Corner Brook Molson

Ladies Fast Pitch Softball League

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

Location: Ambrose O'Reilly Softball Field, Eastside
Cost: \$70.00/player

SOFTBALL SCHEDULE:

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

Registration will commence in May 2019

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

Molson Corner Brook Men's Slo-Pitch

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

Contact Stephen Walsh: swwalsh1981@hotmail.com

DIVISION	BORN IN	DIVISION	BORN IN
Blast Ball	2014-2015	Bantam	2004-2005
T-Ball	2012-2013	Midget	2001-2003
Rookie	2010-2011	12U Female	2007-2010
Mosquito	2008-2009	14U Female	2005-2006
Pee wee	2006-2007	16U Female	2003-2004
		18U Female	2001-2002

The Summer Program take place in the center of the city on Jubilee Field, one of the top baseball fields in Atlantic Canada. The Corner Brook Baseball Association are working closely with the City of Corner Brook, along with the Provincial and Federal Governments, and we hope in the very near future to see the construction of a long awaited clubhouse.

GO BARONS!

Senior Baseball

The local league kicks off May 26th, with 4 playing a 24 game regular season schedule. New and junior aged players are invited to attend scheduled team or open practices throughout May. Rosters will be set following the annual player draft.

Soccer

Corner Brook Minor Soccer Association

Pre-season Training

APRIL 29 TO JUNE 2

Early Bird Registration – April 22 - 25, 5-7 p.m.,

Wellington Soccer Complex*

*Preseason Draw: Register April 22 - 25, 2019 and receive entry to win 1 of 2 \$100 VISA Cards.



	Monday	Tuesday	Wednesday	Thursday	F	S	Sunday
16:00							
16:30	U15/U17 Girls	U15/U17 Boys	U15/U17 Girls	U15/U17 Boys			
17:00							U5-U11
17:45							Goalkeeping
18:00	U4/U6	U7/U8/U9	U4/U6	U7/U8/U9			U12-U17
18:45	U10/U11		U10/U11				Goalkeeping
19:00							
19:30		U12/U13		U12/U13			
20:00							
		Footwork and 1v1					
		Passing and Control					
		Shooting					

1 night: \$50; 2 nights: \$80; 2 nights + Shooting: \$100

Summer Season

JUNE 3 - AUGUST 30

Early Registration: May 21 - 24, 5 - 7 p.m.,

Wellington Soccer Complex*

*Summer Draw: Register at this time and receive entry to win 1 of 2 \$100 VISA Cards.

Fees: U4/U6 - \$100, U7 - U17 - \$150

Family discount: \$20 for each child after 2nd registration

Information on Summer schedule is available at cbmsa.ca

@CBMSAnews; @cornerbrookminorsoccer; CBMSA.ca; info@cbmsa.



Men's Soccer League

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

Location: Wellington Street Soccer Complex.

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

INVITATIONAL SOCCER TOURNAMENT AT WELLINGTON

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

Women's Summer Soccer League

This is a great opportunity to get outdoors, meet new people, stay fit and have fun. Skill levels range from beginner to experienced. On average, teams play two games per week. Ages 14 & up (players must be 14 as of January 1, 2019). Players who meet the age criteria required to play with Corner Brook Minor Soccer must register with CBMSA and play with their age group. New players welcome.

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

SUMMER SCHEDULE: Ages 14 & up.

Sunday, Monday, Wednesday evenings.

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

Golf

Blomidon Golf Club

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

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

Call the office for details 709-634-2523



Blomidon Golf Club photos

Fitness and Wellness

Counter Balance Conditioning & Fitness Inc.

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

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

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

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



Counter Balance Fitness photos

THE MEMBERSHIP ADVANTAGE:

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

PERSONAL TRAINING & PROFESSIONAL SERVICES

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

SCENT-FREE & ACCESSIBILITY

CounterBalance is proud to offer a scent (and harsh chemical) FREE environment. We do not use any products containing highly allergenic properties. All of our products used are organic, potent cleansers which do not contain the toxic ingredients found in many home and commercial cleaners.

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



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

Forever Young Fitness Centre

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

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

Hours: Monday to Thursday: 7:00 a.m. - 10:00 p.m.

Friday: 7:00 a.m. - 8:00 p.m.; Saturday-Sunday: 9:00 a.m. - 8:00 p.m.

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

Crossfit Heavy Timber

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

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

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

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

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

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

CROSSFIT HEAVY TIMBER 373 O'Connell Drive

SCHEDULE:

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

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

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

*HOURS ABOVE are for classes.

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

COST: FREE TRIALS

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

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

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.

Contact: brakemma@gmail.com; 709-638-0212 or 709-660-4811;
Facebook page: Brake's Gym.

Health and Performance Centre

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

www.healthandperformance.ca

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

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

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

Epic Fitness with Terra Hynes

Fitness classes Monday through to Thursday for ages 12 and up! All levels are welcome! Types of classes include Zumba, Zumba Step, Strong by Zumba, Kickboxing, Pilates, Core Fusion and more!

Classes begin in September and run through to June/July. Yearly registration \$20 Monthly pass \$45, drop in fee \$7. Come join Epic Fitness today! It your chance to get fit and join in with some awesome fitness classes!

terralynnhynes@yahoo.ca; www.epicfitnesswithterra.com

Beach Volleyball

Corner Brook Beach Volleyball Association

SUMMER PROGRAM - JULY 1ST - AUGUST 23RD

VEITCH Wellness Pharmasave/Skiworld

SUMMER PROGRAM

PROGRAM:	TIME & COST:
Atomic Volleyball (FUNdamentals) 12 U Athletes born 2007 - 2010	Mondays and Wednesdays 10:30 am – 12:00 pm \$60 per athlete
13 U Female Athletes born 2006	Tuesdays and Thursdays 9:00 am – 10:30 am Game Night Monday Night 6:00 pm – 9:00 pm; \$75 per athlete
14 U Female Athletes born 2005	Tuesdays and Thursdays 10:30 am – 12:00 pm Game Night Monday Night 6:00 pm – 9:00 pm; \$75 per athlete
16 U Female Athletes born 2003 - 2004	Mondays and Wednesdays 9:00 am – 10:30 am Game Night Monday Night 6:00 pm – 9:00 pm; \$75 per athlete
14 U and 16 U Male Athletes born 2003 - 2006	Mondays and Wednesdays 1:00 pm – 2:30 pm Game Night Thursday Night 6:00 pm – 9:00 pm; \$75 per athlete
*13 U, 14 U and 16 U Female Open Game Night	Monday Night 6:00 pm – 8:00 pm
**14 U and 16 U Male Open Game Night	Thursday Night 6:00 pm – 9:00 pm
Ladies league	Sundays 3:30pm – 9:00pm Tuesdays 6:00pm – 9:00pm \$40 per athlete (Max \$120 per team) Born 2003 or earlier

For more information Email cbbeachvolleyball@gmail.com

PROVINCIAL BEACH TOUR DATES

August 2-4

PROVINCIAL YOUTH OPEN CHAMPIONSHIPS

16u and 14u Male and Female, Corner Brook.

August 9-11

MILLER LITE CHAMPIONSHIP WEEKEND

Senior and 18u Male and Female, Corner Brook.



Tina Coleman Yoga photos

Yoga

Tina Coleman Yoga

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

Call to discuss the best class for you!

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

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

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

Megan Humphrey Yoga

YOGA IN THE PARK

Description: Join Megan Humphrey for an all-levels, feel-good flow yoga class in beautiful Bartlett's Point Park. Dress in layers, bring your mat and a small donation of your choice to experience an outdoor yoga class with a stunning view of the bay. Each week, 100% of the proceeds from this karma project will be donated to various local non-profit organizations. Please refer to Megan Humphrey Yoga Facebook Page for the most up-to-date information regarding scheduling and unexpected changes due to weather.

Locations: Bartlett's Point Park

Cost: Donation-based (no registration required)

YOGA IN THE PARK SCHEDULE:

DATES: July 7, 21, August 4, 18 **TIME:** 7:00 - 8:00 p.m.

Contact: Megan Humphrey Yoga (via Facebook or email megan.humphrey17@gmail.com)

Hiking

The Humber Valley Hiking Group

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

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

Figure Skating

Silver Blades Skating Club

Silver Blades Skating Club offers programs to skaters of all ages from September to June. Some of our programming includes CanSkate, StarSkate, and Synchronized Skating. Our Can-Skate program runs on Wednesday evening and Sunday afternoon for skaters age 3 and up.

Silver Blades SC offers a fun and structured skating environment to all abilities, from those who want to learn to skate, to others striving to be in the national spotlight! For more information: Check out our website www.silverbladesnl.ca or contact our registration coordinator at registrationsbnl@outlook.com

Marble Mountain Calendar of Events

Marble Mountain

MARCH 17: ST. PATRICK'S DAY, live Irish music starting at 2pm in the Knotty Pine Lounge, drink (green beer) and food specials available.

MARCH 24: CUSTOMER APPRECIATION DAY. \$10.00 Lift tickets, \$10.00 Rentals (excluding High-performance gear) and \$10.00 group lessons taking place at 10am and 1pm.

MARCH 24: BANKED SLALOM RACE, \$10.00 per person, 2pm on lower mountain, ski and snowboard friendly, male and female and prizes by Georges Ski World, Voltfuse and Burton.

MARCH 30: HOTTEST DOG SLOPESTYLE COMPETITION in the Nature Park, \$10.00 per person, skiers and snowboarders, all ages. Great Prizes and bragging rights on the line!

MARCH 31: DUMMY DOWNHILL RACE, 2pm and \$10.00 per dummy.

APRIL 6: SEASON PASSHOLDER APPRECIATION DAY, outdoor bbq and all season pass holder may enter to win a draw prize.

APRIL 6: 4TH ANNUAL LONG RANGE SHRINNER'S CARDBOARD BOX DERBY RACE, starts at 1 pm. Various categories and suitable for all ages.

APRIL 7: BEACH PARTY DAY, wear your summer clothing for lift ticket discounts.

APRIL 7: SEASON ENDING SLUSH PIT, last one standing will win a 2020 season pass.

APRIL 13 & 14: WESTERN SNOW RIDERS RACE ON THE ROCK WEEKEND. Uphill Drag and Snow-Cross.

SEPTEMBER 14: THE 5KM FOAM FEST returns to Marble Mountain! Get you tickets online: www.5kfoamfest.com



Canadian Ski Patrol photo

Skiing

Canadian Ski Patrol – Marble Mountain

The Canadian Ski Patrol (CSP) is a national not-for-profit organization who promote safe skiing/snowboarding and provide first aid services to injured guests. Marble Patrol is currently seeking volunteers for the 2019/2020 winter season.

Volunteers **must be:** 18 years of age or older, Strong intermediate to advance skier/rider (must be able to ski/ride all Marble runs), Successfully complete advanced first aid course offered during the fall of 2019 (WorkplaceNL, Nationally Recognized) and on snow training program

Benefits include: Excellent advanced first-aid training, Free skiing/riding while you patrol, Visiting privileges at other CSP areas, National sponsor discounts, Pro Deals, An opportunity to meet new people and develop lifelong friendships.

REGISTRATION TAKES PLACE AUGUST OF 2019, interested persons please visit www.skipatrol.ca or contact recrutement.csp.nlzone@gmail.com for application and additional information.

ACHIEVEMENT IN COMMUNITY EXCELLENCE AWARDS



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

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

West Coast Cycle Association

Cycle Solutions

There are many weekly group rides, activities, bike and hike tours scheduled throughout the summer. Visit www.cyclesolutions.ca under events for more information.

2019 EVENT SCHEDULE:

DATE:	EVENT:
May 19th	Trails Tails and Tunes! Bonne bay Loop, Norris Point (The Cat stop 8:30am), Lighthouse Loop (11:00am)
June 1st & 2nd	Impact road Race , Time Trial: Saturday @Steady Brook Fire Hall, 9am reg -10am start Road event @ Pasadena Place 9am reg
June 8th & 9th (maybe 15/16)	The Bowl Mountain Bike festival Prince Edward Park, Bike n Brew, Rides and races.
July 7th	Cancer Society Community Multi-sport event: Massey Dr. Fun for all ages on foot in the pond and on bikes! Times and details TBA
August 4th	Humber Valley Triathlon Pasadena Beach, Times and details TBA, All ages, 1 day, Tri a tri and Sprint triathlon event
August 17th & 18th	Port au Port Gran Fondo Secret Cove Brewing , Port au Port east Aug 17 Main event 120km, Port au port loop Aug 18 Fox island river ride: Details TBA

Weekly and Biweekly Events

XC Rides for Everyone: Tuesdays

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

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

Thursday Group Road Ride For Everyone

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

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

Trail Building:

MONDAY AND WEDNESDAY - 6:00 P.M.

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

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



Outdoor Adventure

Marble Zip Tours

ZIPLINE, SPIDER CHALLENGE

ZIPLINE

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

SPIDER CHALLENGE

What is a High Ropes Course / Adventure park? It is a physical and mental challenge as a predominantly recreational activity. Neither climbing techniques nor special/specific physical fitness experience are necessary. Typical slogans are: Have fun, Test your Courage and Overcome your Own Fears. In an Adventure Park, the participants independently run a variety of trails of increasing difficulty levels. Each trail consists of several poles or trees that are connected by different acrobatic elements.

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

Visit www.marbleziptours.com for more information.

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

RUGGED EDGE

ATV RENTALS & GUIDED TOURS

Your adventure starts here! Discover the breath-taking natural beauty of our back country on an ATV rental from Rugged Edge. Take the route of the Newfie Bullet – Newfoundland's former railway – or ride along our ruggedly beautiful coastline. Get your adrenaline pumping or enjoy a leisurely pace. Take photos, observe wildlife, pick berries, experience a Newfoundland "boil up" – whichever adventure you choose, the memories you make with family & friends will last a lifetime. Customized group & private ATV tours available for all riding skill levels. Connect with Rugged Edge on Facebook, Twitter & Instagram to stay up to date on our community events, group rides, riding clinics, safety seminars, pictures from our latest adventures & more. Rugged Edge – Where Adventure Begins!

Visit: 8 Lundrigan Drive, Corner Brook

Call: 709-634-6683 or 1-877-781-3343; Email: info@ruggededge.ca

Web: RuggedEdge.ca



Running

Corner Brook Running Club

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

CBRC MEMBERSHIP

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

Download a Membership Application from our website at

www.cornerbrookrun.com to start enjoying the benefits now.

CORNER BROOK RUNNING CLUB SCHEDULE OF EVENTS

DATE	EVENT	LOCATION	START TIME
Saturday, May 11	Physical Rehab Spring Opener 5 km	Massey Drive	11:00 a.m.
Saturday, June 8	Arthur James Sun Run 8 km	Griffin Drive	10:00 a.m.
Saturday, June 15	Run Like a Girl Be Fearless* 5/11 km	Massey Drive	9:00 a.m.
Saturday, June 22	National Shoe Trail Run 5/10 km	To Be Determined	10:00 a.m.
Thursday, July 11	BMO Downtown Dash 5 km	West Street	6:00 p.m.
Wednesday, Aug. 21	Veitch Physio Here for Beer 5/10 km	West Street	6:00 a.m.
TBD	Terry Fox Run*	TBD	TBD
Sunday, Oct. 6	Brothers & Associates Fall Classic	Steady Brook	9:00 a.m.
Sunday, Oct. 13	Run Like a Girl Live Love Run* 5/10 km	Steady Brook	9:00 a.m.
Monday, Nov. 11	Brooks Construction Run to Remember 11 km	Main Street	1:00 p.m.
Sunday, Dec. 15	CounterBalance Christmas Run	Downtown	2:00 p.m.
Wednesday, Jan. 1	YMCA Resolution Run* 5km	Griffin Drive	1:00 p.m.

*For more information on these events, please visit the applicable websites.



Corner Brook Rowing Club Photo

Rowing

The Humber Valley Rowing Club

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

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

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.



Bennett's Taekwondo photo

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 5:30 - 6:00 p.m.	White & Yellow Belt 6:10 - 6:55 p.m.	All High Belts 7:00 - 7:45 p.m.	White Belt & Up 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

Markus Karate School

355 O'Connell Drive

Get fit and have fun! Karate classes available for all ages 5 and up. Regular karate classes are held on Monday and Wednesday nights.

Markus Karate School also offers:

- Day classes for adults
- Little Ninja classes for 3 and 4 year olds
- Self defence classes for all ages

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

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

Newfound Defensive Arts Jiu-jitsu

A Canadian Martial Art and system of self-protection known as Can-Ryu Jiu-Jitsu. We are proud members of the Canadian Jiu-Jitsu Union. Our modern style of Jiu-Jitsu combines skills in all ranges of self-protection including kicking, punching, trapping and grappling.

Check out our facebook page Newfound Defensive Arts (Jiu-Jitsu), website: www.newfounddefensivearts.ca or call 634-5929

Basketball

Humber Valley

Basketball Summer League

This summer will be the 3rd season for the HVBC Summer League, which promotes and provides basketball where participants can stimulate their health, development, and enjoyment in a safe environment, while working on basketball skills, team work, fair play, and leadership opportunities.



HUMBER VALLEY BASKETBALL SCHEDULE:

DATE:	GAME TIME:
July 9th - August 15th	Tuesdays 6:00 p.m. -10:00 p.m. & Thursdays 6:00 p.m. -10:00 p.m.

Age Groups:

Male ages: u12-u13 & u14-u15

Female ages: u12-u13 & u14-u15

LOCATION: TBA | COST: TBD

(they will receive a HV Mountaineers reversible with number)

For more information: Humber Valley Basketball
mountaineersbball@gmail.com



Humber Valley Basketball photo

Laser Tag Cyber-Zone

Newfoundland's longest running Laser Tag. Ages 6 & up. Play a futuristic game of tag with your family and friends in a Glow-in-the-Dark Maze. Visually

Amazing & Heart pounding Music sets the atmosphere for the most Extreme fun you will ever experience. See Lasers shoot through the air as you play against everyone or team up. Our real time scoring allows you to keep track of every aspect of your gameplay. Cyber-zone is Extreme Fun, Extreme Excitement and Extreme Play the Laser Tag Way!



GAME TYPES:

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

Location: 6 Commercial Street, Unit 2, Corner Brook, Newfoundland. Visit our website at cyberzoneplay.com for pricing and availability. Call to book your event or just walk in and play 709-639-8468

The YMCA of Western NL Humber Community

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

PROGRAMS OFFERED:

POUND ROCKOUT WORKOUT

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a full 1 hour workout.

TABATA TRAINING

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

ZUMBA FITNESS

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

ZUMBA GOLD

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

GROUP FITNESS CLASSES

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

FIT FOR LIFE (FORMERLY GENTLE GYM)

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

BAREFOOT BOOTCAMP (NEW!!!)

This total body workout is designed to work on strength, flexibility, balance, cardio and toning...all conducted in your bare feet...sneakers are optional.

ORIENTATIONS

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

AGE RESTRICTIONS

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

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

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

8-15 year old must have an orientation.

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

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

PLAYING TO LEARN

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

Contact the YMCA for registration information.

HOURS OF OPERATION *Come and Play:*

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

Location: Kinsmen Center - St. Mark's Avenue

AFTER SCHOOL PROGRAM

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

For more information please contact 709-639-9676, visit www.humbercommunityymca.ca, or check it out at 2 Herald Avenue, Lower Level, Millbrook Mall.

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

HOURS OF OPERATION:

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



Arts and Culture Centre Pool Schedule

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

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

OPEN SWIM

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

ADULT/LAP SWIM

2 lanes available for anyone 15 yrs + wishing to swim laps. Open pool (other 4 lanes) must be 18 yrs+.

ADULT/NOON SWIM

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

AQUASIZE CLASS

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

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

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

Corner Brook Rapids Swim Club INVITES YOU TO COME AND CHECK US OUT!

Do you enjoy swimming? If you said yes, the Rapids Swim Club could be for you. We have swimmers ranging in age from 7 to 18 years old. We offer a "free week" for anyone to try out the Club, this can occur anytime! Just email us at the contact info below for more information.

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

WHAT WE OFFER:

PRE-COMPETITIVE PROGRAM

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

Riptides: Practice 3.5 hours per week with a focus is on maximizing racing technique, developing a competitive attitude and aerobic capacity. Butterfly,



Rapids Swim Club Photo

Breaststroke and Individual Medley become more important.

COMPETITIVE PROGRAM

Emphasis is placed on technique, conditioning and racing skills.

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

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

SUMMER SWIM CAMP

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

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

Twitter: @cbrapids.

Facebook: Corner Brook Rapids Swim

Club Web: www.cbrapids.com

Corner Brook Reflections Synchronized Swim Club



ARTS AND CULTURE POOL

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

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

ARTISTIC/SYNCHRO SWIM CLUB swims at the Arts and Culture Pool Sept - May. CBR offers lessons in Artistic Swimming and conditioning for young athletes ages 5-20(must be able to swim 1 length of pool). Artistic Synchro Swimming is Water Ballet, Gymnastics, Music, Fun and Friends. Registration is early Sept.

Watch for our posters or check our Facebook page for events. Contact 709 632 4554; Email 3d@nf.sympatico.ca

Festivals & Events

Canada Day - July 1, 2019

Canada Day 2019 in Corner Brook will be a celebration to remember! This event, hosted by the City of Corner Brook and the Government of Canada, is another fun-filled family event that plays a big part of an exciting summer in Corner Brook! Canada Day is a big day for everyone in not only our city, but our country too, and contains many exciting and important activities! Be sure to keep an eye out for details of Canada Day leading up to the event.

2019 Summer Geocaching Event

Geocaching is a real-world, outdoor treasure hunt!! Participants navigate throughout Corner Brook to a specific set of GPS coordinates and then attempt to find the geocache (containers) hidden at that location. It is recommended that you register at Geocaching.com prior to the event and download the Geocaching App.

Location: Majestic Lawn, Corner Brook
ALL WEATHER EVENT- Please dress appropriately.

2019 SUMMER GEOCACHING EVENT

DATE:	TIME:	COST:
Sunday, June 9, 2019	9:00 a.m. - 5:00 p.m.	\$15 per person

Contact Information: April Legge 709-660-5522
aprillegge@hotmail.com

RECOMMENDED ITEMS TO BRING WITH YOU: GPS and/or cellphone (with data). Your own Transportation - Carpooling with friends is highly Recommended.

REGISTRATION: Grab bags will be provided to the first 20 people registered! So register to get in on the Fun! Prize giveaway at end of event! Newcomers are welcome! How to register? Email: aprillegge@hotmail.com with your name and username on Geocaching.com app. See you there!!

Fundraisers

Crohn's and Colitis Canada, Corner Brook Chapter Gutsy Walk

The Gutsy Walk takes place on Sunday, June 2, 2019 at over 60 locations across Canada. Every walk is fun-filled, family-friendly, and non-competitive. The Corner Brook Chapter's Gutsy Walk will take place from Margaret Bowater Park with refreshments to follow the walk for all participants. This is Canada's largest community fundraiser for Crohn's and colitis. Since 1996, the Gutsy Walk has raised over \$35 million for research and patient programs, all thanks to participants, donors, and sponsors who are driven to make a difference. It takes guts to take on Crohn's disease and ulcerative colitis, the two main forms of inflammatory bowel disease (IBD). Crohn's and colitis are autoimmune diseases that cause the body to attack itself, leading to inflammation of all or part of the gastrointestinal tract. That's the case for over 250,000 Canadians already, and someone new is diagnosed with Crohn's or colitis every hour. There are no known cures for Crohn's disease or ulcerative colitis, and that's why we need you to walk with us.



Location: Margaret Bowater Park
Registration at 1:30; Refreshments in the park to follow the walk.

CROHN'S & COLITIS GUTSY WALK

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

11th Annual Steps for Life Walk

The Steps for Life Walk is a fundraiser that exists to support Threads for Life, a Canada wide organization that supports families who have been impacted by workplace tragedy. This includes families affected by a death, life altering injury or occupational disease. There are over 1,800 family members across Canada. Steps for Life is a 5 km walk that occurs on the first Sunday of May each year. It is followed by refreshments and a BBQ. This is family friendly event

Location: Irishtown-Summerside Community Centre
Registration \$10.00; Early Bird Registration & Participants are able to take sponsor sheets for the walk

11TH ANNUAL STEPS FOR LIFE WALK

Date & Walk Time	Contact:
Sunday, May 5, 2019 Registration: 9:00 a.m. Walk: 10:00 a.m.	Natasha Normore Corner Brook Steps for Life Member and Chair Natashanormore17@gmail.com

Individuals and/or Teams can register at
www.stepsforlife.ca or www.threadsoflife.ca

Walk for ALS

The Walk to End ALS is the largest volunteer-led fundraiser for ALS Societies across Canada. Family-friendly and fun, it unites Canadians in their desire to put an end to amyotrophic lateral sclerosis. Celebrate hope for a future without ALS. Honour those we have loved and lost. Show support for the 3,000 Canadians and their families living with the disease. Your fundraising efforts and generous donations support the best ALS research in the country and enable ALS Societies to provide community-based support to people and families living with the disease.

Corner Brook walk, Sunday, June 9

2:00 pm Bennett Hall West Street

709-634-9499 • www.walktoendals.ca



NL West SPCA shelter

10 Connors Rd in Curling, we are open to the public daily except **MONDAY 10 A.M. - 1:00 P.M. TEL 709 785 2747**

You can view our animals for adoption on Facebook **NL WEST SPCA ADOPTION ALBUM**. or our website nlwestspca.com. If you wish to donate to our animals there are donate buttons on our website and facebook page, or you can email nlwestspca@gmail.com. Contact us to join our PAW PARTNER CLUB to support shelter animals and follow our event calendar.

NL WEST SPCA SHELTER FUNDRAISERS

Event & Place:	Date and Time:
3rd Annual Social & Auction Elks Club	Saturday, June 8th 8:00 p.m. - 11:00 p.m.
Come Home Year DJ Dance Seaport Lounge	Saturday, July 20th 8:00 p.m. - Midnight
SPCA Come Home Year Cold Plate Lunch Elks Club	Date: TBA Noon
SPCA Come Home Year Newy Scoff Baked Beans/ Fish Cake Elks Club	Date: TBA 5:00 p.m. - 7:00 p.m.
Popup BBQs	Watch our event page
5th Annual Funfest Venue TBA	Late summer Time TBA

Janeway Children's Hospital Foundation MAY

24TH ANNUAL GIRL GUIDES WORK MIRACLES DAY

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

24TH ANNUAL GIRL GUIDES WORK MIRACLES DAY

DATE:	CONTACT:
Saturday, May 4, 2019 Deadline to register: April 11, 2019	Judy Shannahan, Special Events Guider: Tel: (709) 726-1116 Toll Free: 800-565-8111 Fax: (709) 726-4045; specialevents@ggcnf.org

JUNE

35TH ANNUAL JANEWAY CHILDREN'S MIRACLE NETWORK TELETHON

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

Location: Broadcasting Live From:

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

CHILDREN'S MIRACLE NETWORK TELETHON:

DATE:	CONTACT:
June 1 st and 2 nd , 2019 broadcast on NTV	Marvin Way, Ways Transport Ltd Corner Brook, NL; Ph: (709) 634-4763; Fax (709) 634-1806; marvincw2016@gmail.com

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

Phyllis Kinsman, Manager Communications and Events
Janeway Foundation

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

www.janewayfoundation.nf.ca

MS Society of Canada, Atlantic Division Corner Brook MS Walk

The Corner Brook MS Walk is an annual walkathon that raises funds and awareness for MS. The MS Walk route starts at the legion and walks toward Margaret Bowater Park to a rest/water stop, then returns back to the legion. Total length is approximately 3.5 kms.

Location: Corner Brook Legion Branch 13 – 7 West Street,
Corner Brook, NL, A2H 2Y6 | COST: FREE

MS WALK:

DATE:	TIME:
Sunday, May 26, 2019	Check-in at 1:00pm and start at 2:00pm

Contact: Nicholas Doucet – nicholas.doucet@mssociety.ca
and 1-800-268-7582 x 1012



Corner Brook MS Walk Photo

Support Groups

The Western Regional Wellness Coalition

The Western Regional Wellness Coalition will review Community Grant Applications three times per year: April 30; September 30, & January 30 (until 4:30 pm). Visit www.westernwellnesscoalition.com to get more information, grant guidelines and the application. The WRWC prioritizes supporting projects that focus on:

- Healthy Eating
- Physical Activity
- Injury Prevention
- Tobacco Control
- Child & Youth Development
- Sexual & Reproductive Health
- Mental Health Promotion & Addiction Prevention
- Healthy Environments



Small projects can have lasting impacts for individuals and communities!

Community Mental Health Initiative

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



ONGOING EVENTS INCLUDE:

MENTAL HEALTH LUNCH BUNCH:

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

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

12TH ANNUAL CHILDREN'S HEALTH FESTIVAL:

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

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

SUICIDE PREVENTION AND AWARENESS ACTIVITY

GRANTS: Deadline May 17, 2019. 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 for an application or for more information.

CARES PROJECT: (Connect and Reach Every Senior) A volunteer-based program whereby volunteers will visit or call seniors with the goal of reaching seniors who are disconnected from the community, connecting seniors with others and brightening a senior's day. If you are interested in taking part in this wonderful program or know of a senior that would benefit, please contact us at cmhi.mhp@gmail.com.

IT'S YOUR HEALTH ON THE LINE: A local workplace initiative supporting Mental Health Week, May 6-12, 2019. Workplaces are invited to support employee wellness by participating in an awareness initiative that asks staff to share their fresh ideas for brighter days. This is a free activity and there are prizes to be won! Deadline to register is April 18th and you can register by contacting cmhi.adm@gmail.com.

NO STRESS FEST: May 11th at the Corner Brook Library from 1-4 pm. Includes a variety of fun events such as Healthy Snack Station, Make your own Stress Relievers, Kid's Zone Events, Photo Booth and more.

MENTAL HEALTH AWARENESS WEEK: May 6-12th.

MEN'S HEALTH WEEK: June 10-16th.

Stay tuned to our Facebook and Twitter pages for more information and for upcoming events.

Parents of Trans and Gender Diverse Kids – Western NL

It is a transgender support group. Parents of Trans and Gender Diverse Kids - Western NL is a private peer support group for both parents/guardians and their trans, two-spirit, and gender diverse kids. Our meetings include two separate rooms one for the parents, and one for trans young adults age 16+. We meet monthly at Grenfell Campus, Rooms AS 2034 & 2036 6:30 p.m. - 8:30 p.m. There is no cost or registration necessary.

Contact information:

Blair Curtis transyouthgroupcb@gmail.com or parentsoftranskidswesternnl@gmail.com



Community Groups/Centres

Family Outreach Resource Centre

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

SERVICES OFFERED:

CHILDREN'S PROGRAMS:

- Drop-in playgroups at our centre located on 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 (Satelite Site)

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

CONTACT US:

Family Outreach Resource Centre
PO Box 712, 1 Union Street, Corner Brook, NL, A2H 6G7
Phone: 709-634-2316 Fax: 709-634-2319
www.familyoutreachresourcecentre.com
www.facebook.com/groups/1553250701649328/



Elks Club Photo

Corner Brook Elks Lodge #505



A Canadian volunteer organization of men and women serving communities

Our Lodge membership is open to men and women 19 years and older. New members are always welcome.

Our air conditioned and licensed upstairs club comfortably accommodates 100 people and can be booked for weddings, anniversaries, showers, birthdays, meetings, or any other occasion. We also have downstairs rooms that can be used for smaller groups.

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

Royal Canadian Legion Branch #13 Corner Brook

The Royal Canadian Legion is the largest Veterans Organization in the world and one of its aims and objectives is to serve veterans and their families. The Legion membership is open to everyone over the age of 19. We have three dart leagues, a mixed league, a ladies league and a mens league. Our building is available to rent for weddings, banquets, retirement parties, birthdays and business functions. The upstairs ballroom can seat 235 people and the downstairs can seat 108 people. Catering and bar services can be provided.

During the week our operating hours are as follows: Tuesday, Wednesday, Thursday, & Friday we open at 2p.m., Saturday we open at 12 noon. Sunday & Monday closed.

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

LIST OF EVENTS FOR SPRING & SUMMER OF 2019

General Meetings	Four per year
Mixed Darts	Sundays: 7:00 p.m. - 10:30 p.m.
Ladies Darts	Tuesday: 7:00 p.m. - 11:00 p.m.
Men's Darts	Thursday: 7:00 p.m. - 10:30 p.m.
Bingo	Thursday: 8:00 p.m. - 11:00 p.m.
Happy Hour	Friday: 3:00 p.m. - 6:00 p.m.

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

Western Environment Centre Community Gardens

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

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

COMMUNITY GARDENS

DATE:	COST:
March - November 2019	Cost: \$30/plot

Registration Information and Contact Information: Please contact Katie Temple at info@wecnl.ca if you are interested in finding out more or renting a plot. Official registration begins in March 2019.

We are running a series of food skills workshops throughout 2019. Topics include backyard gardening, container gardening, fermenting vegetables, sprouting, seed saving, sourdough baking, and many others. Please contact us at info@wecnl.ca or check out our website www.wecnl.ca for specific dates, times and topics.

Location, date and time: TBA - refer to website; Cost: Most workshops are either free or just \$5.

Registration Information and Contact Information: More information can be found by checking out our website www.wecnl.ca or by emailing info@wecnl.ca

Community Groups/Centres cont...

511 Humber Royal Canadian Air Cadets

Come learn to fly with the Corner Brook Air Cadets. By taking part in the Air Cadet program you can learn different skills such as survival, leadership, marksmanship, music, and sports. Being part of the Air Cadet program you can also have the opportunity to obtain your Glider and Power Pilot License.

There are camp opportunities that you can attend during the summer and get paid to attend. We also offer the Air Cadet International Exchange which allows you to visit different countries for free.

Location: 13 O'Connell Drive, Gallipoli Armoury

511 ROYAL CANADIAN AIR CADET'S:

DATE:

Parade Night: Wednesday

TIME:

6:00 - 9:00 p.m.

Registration: Completely Free
Ages: 12 years to 18 years of age.

Contact: **Commanding Officer Captain Terry Sooley** 660-8608 or email terry.sooley@cadets.gc.ca, Our Office 639-7157, Email 511air@cadets.gc.ca, Facebook <https://www.facebook.com/511humber/>, and Follow us on Twitter @511humber

2590 Gallipoli

Royal Canadian Army Cadet Corps

CANADIAN CADET MOVEMENT

Are you a teenager between the ages of 12-18 who craves exciting outdoor activities where your personal limits as an individual and team-member are tested? Then the Army cadet program is just for you. Army cadets develop abilities in the use of map and compass, GPS technology, orienteering, first-aid, camping and survival skills, canoeing, abseiling, trekking, mountain biking, etc. As they get more experienced, some will be selected for parachuting, white-water rafting and glacier climbing. They will also learn to become outdoor leaders.



In addition to their specialty training, Army Cadets may become involved in other exciting activities like competitive Olympic-style marksmanship and biathlon, sports competitions, music training and competitions, cultural outings, volunteer community support, etc. Canada represents the best playground for teenagers interested in the outdoors. We are the organization of choice for teens and adults interested in getting out of the classroom to explore the planet the way it should be.

Come join our 2590 Gallipoli Army cadet team!

Location: 13 O'Connell Drive, Gallipoli Armoury

THE ROYAL CANADIAN ARMY CADET'S:

DATE:

We Parade Sunday Evenings

TIME:

6:00 - 9:00 p.m.

Registration Info: Free for youth 12-18 years of age.
Email: 2590army@cadets.gc.ca, phone number 709-637-4347.

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, music, marine engineering and so much more. Don't be fooled, not only do we do on the water training, but we have a great biathlon program, and weekly marksmanship training nights.

As well, 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!

Parade Night: Mondays, 6pm; Ages 12-18; Free Registration.

Website: www.curlingseacadets.com. Facebook Group: Corner Brook Sea Cadets Twitter: CBSeaCadets Instagram: curlingseacadets. Contact Chrystal Hartley, Lieutenant (Navy); chrystalann.hartley@cadets.gc.ca. Ph. 709-638-3616 (cell phone) or 709-634-7309 (Monday evenings). Shannon Banks, Administration Officer, 184 Curling Sea Cadets. shannon.banks@cadets.gc.ca, 709-638-2090

Girl Guides of Canada

Blomidon District Corner Brook Area

The Girl Guides of Canada are now taking their Winter 2019 Registration. we have openings in the following Units..

5TH CORNER BROOK SPARK UNIT: Meeting time, Thursday's at 6:00 p.m. to 7:00 p.m. At the Saint Michaels Anglican Church Park Drive in the Country Rd area.

8TH CORNER BROOK SPARK UNIT: Meeting time..Thursday's at 6:30 p.m. to 7:30 pm. At the All Saints Anglican Church on Clarence Street in the Humber Rd Area.

10TH CORNER BROOK BROWNIE UNIT: Meeting Time..Tuesdays at 6:15 p.m. to 7:30 p.m. at The Oakland United Church, Oaks Rd, in the Country Rd Area

21ST CORNER BROOK BROWNIE UNIT: Meeting Time, Tuesday's at 6:30 p.m. to 8:00 p.m. at the C C Loughlin School, on Citadel Drive.

1ST CORNER BROOK GIRL GUIDE UNIT: Meeting Time, Tuesday's at 6:15 p.m. to 7:45 p.m. at the Oakland United Church, Oaks Rd.

1ST CORNER BROOK RANGERS UNIT: Meeting Time, Sunday's at 6:30 p.m. to 8:00 p.m. at the Humber United Church, Clarence Street.

1ST NORTH SHORE BROWNIES: Meeting Time, Tuesday's at 6:00 p.m. to 7:00 p.m. At Templeton Academy.

Sparks are ages 5 and 6: Grades kindergarten and grade 1

Brownies are ages 7 and 8: Grades 2 and 3

Guides are ages 9, 10 and 1: Grades 4, 5 and 6

Rangers are ages 15, 16, and 17.

Adults who are interested in becoming a Leader with the Girl Guides of Canada are welcome Also.

Further information: Phone Helen Bennett @ 7855020. Public Relations for Blomidon District. **All Are WELCOME!!**

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

The CYN Youth Center in Corner Brook is a place for youth between the ages of 12-18. There are fun events happening throughout the year, which include movie nights, dance parties, pool tournaments, trivia night, yoga, art therapy and several outdoor activities such as snow shoeing. This is also a great place to come and hang with friends afterschool or on the weekend. Each month there are educational nights and presentations. Keep checking our website for our monthly calendar of events at www.communityyouthnetwork.wordpress.com

NORTH SHORE AND SOUTH SHORE:

CYN offers outreach on the North Shore and South Shore of the Bay of Islands. We offer programming in several communities. For more information, please contact your CYN fieldworker, visit our Facebook page CYN Corner Brook or visit our website at

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

You can also contact the CYN Fieldworkers of the Bay of Islands: **North Shore Contact Information:** Ashley Christopher: communityyouth_northshore@hotmail.com. **South Shore Contact Information:** Kerry Barry: cynlarkharbour@hotmail.com

Community Youth Network, Corner Brook
2 Herald Avenue, lower level of the Millbrook Mall

DROP IN HOURS:

DATE:	TIME:
Tuesday - Thursday	4:00 p.m. - 8:30 p.m.
Friday - Saturday	4:00 p.m. - 9:30 p.m.
Contact: communityyouth.ymca@hotmail.com CYN is funded by the Department of Communication and Public Engagement	

The Corner Brook Lions Club

WE ARE LIONS

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

WE SERVE

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

SPONSORSHIP

1. 511 Humber Air Cadets
2. The Royal Newfoundland Constabulary DARE Program
3. Sponsorship of Visually Impaired to attend Summer Camps Program
4. Children's Wish Foundation
5. Western Memorial Regional Hospital Foundation

6. Janeway Children's Hospital
7. Lions Foundation of Canada Dog Guides
8. Kids Eat Smart Foundation
9. Local Food Banks
10. Peace Poster Competition for youth
11. Senior High Level Speak out
12. Corner Brook Minor Soccer Association

FUNDRAISING

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

WHY LIONS

Lions Clubs offers a volunteer opportunity that fits your lifestyle. Whether you are looking to lend a helping hand, pursue a leadership role or attend club meetings online or in person, Lions has an option for you. Being a Lion allows you to help change lives, even if you do not have a lot of spare time. Most clubs meet twice a month. You can commit as much time as you wish and as your schedule allows. Lions give 100% of donations back to the community. Lions use their time to make and impact locally and around the world. Through experience as a Lion, you will help people in need, develop new talents and network with fellow members.

WE NEED YOU

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

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

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

Rotary Club of Humber

"Weekly meetings Tuesdays June - August 7:15 a.m. in the Crown and Moose. New members always welcome as well as visiting Rotarians.

The Rotary Club of Humber mentors Corner Brook Regional High Interact Club students and their projects, Grenfell College Rotaract members and their varied projects as well the Gallipoli Army Cadets ages 12-18 sporting events, pipe band & cadet training.

Internationally the Rotary Club of Humber assists with The Gambia Children's School Project.

For more information contact Rotary Club of Humber at 709 632 4554.

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. On the last weekend of July, the Club is excited to bring Ribfest to Corner Brook. We hope to see you there.

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 or text/call 640-0567

Community Groups/Centres cont...

Vine Place Community Centre

30 Crestview Avenue, Corner Brook, NL, A2H 6H6
634-0050 – vineplacepc@gmail.com - facebook.com/
VinePlaceCommunityCentre

FREE PROGRAMS AND SERVICES

CHILDREN

HOMEWORK HAVEN - After School Program for grades 1-6, focussing on enhancing each child's emotional, social, cognitive and physical development. This program teaches and improves upon each child's cooperative play skills, life skills and ability to show compassion and help others.

GROUP & ONE-ON-ONE TUTORING - Group and one-on-one tutoring sessions lead by teens and adult for children grades 1-9.

SUMMER PROGRAM

Summer Program is a 4-week long program that runs Monday-Friday for the month of July. Summer Program is offered to the Corner Brook community at an affordable rate for children ages 5-12. It included weekly field trips, daily fun activities, crafts, outdoor play and so much more!

YOUTH

YOUTH LEADERSHIP COUNCIL A program ran by youth, for youth. Through this program, youth will engage in community activities, volunteering, as well as social and physical activities.

TEEN HANG OUT - Every Tuesday and Thursday night teens grades 7-12 can drop into the centre and just "hang out". Crafts, cooking, games or have a safe, quiet place to do school work.

SENIORS

SENIORS SOCIAL - Seniors Social is a program offered to individuals that are 50+ in age. We offer free tea, coffee and light snacks. Seniors social is a program offered to community members to provide a space to catch up with a friend, play a game of cards or just relax with a cup of tea.

SENIORS WALKING - Seniors Walking Group is a program that provides transportation from Vine Place to the Civic Centre for seniors in the community. Once at the Civic Centre, seniors are encouraged to use the walking track and get some exercise!

OTHER

BINGO - We offer a community goods bingo every 3 months. Cards are \$2 or 3 for \$5. All money made goes back into prizes.

HOLIDAY PROGRAMS - During major holidays, Vine Place will host a number of programs. Dinners, parties, family events. Check out our schedule during Christmas, Carnival Week, Easter, Thanksgiving and Halloween!

COMMUNITY LUNCH - Every second Wednesday at 12pm, we offer a free lunch that is open to the public.

COMMUNITY CAFÉ - This program provides participants with a snack and an opportunity to socialize. Community Café takes place every other Wednesday from 11am – 12pm.

SERVICES

COMMUNITY AND EMPLOYMENT FACILITATOR - We have a Community Employment Facilitator on site who is here for your education of employment needs. Some topics include: resume and cover

CORNER BROOK TRANSIT SCHEDULE: ROUTE 1 - MONDAY TO FRIDAY

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

CORNER BROOK TRANSIT SCHEDULE: ROUTE 2 - MONDAY TO FRIDAY

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

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

★ Rounded times.

Vine Place Community Centre cont...

letter building, job search, drivers permit prep, university and college applications, scholarship applications and much more. Call 634-0018 to make an appointment or just drop in for assistance.

COMPUTER ROOM - Fully equipped computer room with eight desktop computers with internet access. As well as access to a printer, photocopier, scan and send system, large meeting table, coffee station and more.

CRAFT ROOM - Our craft room is filled with anything you may need to finish off a project or to drop in and create something new. Knitting, sewing machine, painting and more!

GYMNASIUM - Our half court gym is open for use during the day for open gym. Bring your own equipment or choose from some of gym equipment that we have available.

FITNESS ROOM - This new addition to Vine Place is equipped with two treadmills, elliptical, stationary bike, and some small hand weights. Gym use is completely free for anyone over the age of 16. Indoor shoes are required.

**National Indigenous Peoples Day**

On June 21, 2019, Canadians will be celebrating National Indigenous Peoples Day as an important tribute to the heritage and diversity of Indigenous Peoples across Canada. National Indigenous Peoples Day provides an opportunity to recognize both the historic contributions of Indigenous peoples to the development of Canada and the strength of present-day Indigenous communities.

Join us at Margaret Bowater Park for the Sunrise Ceremony, followed by a community breakfast and a day filled with fun activities for the entire family.

For more information, or to become involved, visit our website Qalipu.ca or contact Qalipu First Nation at 709-634-0996

**Canadian Red Cross
PFD LOAN PROGRAM**

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

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

Cruise Ships**Corner Brook Port
Corporation Cruise
Schedule 2019****SAGA CRUISES**

SAGA SAPPHIRE
FRIDAY, MAY 31

Time: 0800-1700

Passengers: 600 • Crew: 380

AIDA CRUISES

AIDAVITA
TUESDAY, JULY 2

Time: 0800-1800

Passengers: 1266 • Crew: 419

AIDA CRUISES

AIDAVITA
TUESDAY, JULY 16

Time: 0800-1800 • Passengers:

1266 • Crew: 419

CUNARD

QUEEN MARY 2
WEDNESDAY, JULY 24

Time: 0800-1700 • Passengers:

2620 • Crew: 1253

AIDA CRUISES

AIDAVITA
TUESDAY, JULY 30

Time: 0800-1800

Passengers: 1266 • Crew: 419

HOLLAND AMERICA LINE

ZUIDERDAM*
SATURDAY, AUGUST 3

Time: 0800-1700

Passengers: 1916 • Crew: 812

CUNARD

QUEEN MARY 2
THURSDAY, SEPTEMBER 5

Time: 0900-1700

Passengers: 2620 • Crew: 1253

PHOENIX REISEN

ALBATROSS
SATURDAY, SEPTEMBER 7

Time: 0800-2300

Passengers: 830 • Crew: 340

P&O CRUISES

AURORA
SUNDAY, SEPTEMBER 8

Time: 0800-1800

Passengers: 1874 • Crew: 936

HOLLAND AMERICA LINE

ZUIDERDAM
MONDAY, SEPTEMBER 9

Time: 1000-2300

Passengers: 1916 • Crew: 812

PLANTOURS

HAMBURG*
TUESDAY, SEPTEMBER 10

Time: 0800-1630

Passengers: 400 • Crew: 170

SILVERSEA

SILVER WIND
WEDNESDAY, SEPTEMBER 11

Time: 1200-1900

Passengers: 296 • Crew: 222

TUI CRUISES

MEIN SCHIFF 1*
THURSDAY, SEPTEMBER 12

Time: 0800-1900

Passengers: 1924 • Crew: 909

**CRUISE & MARITIME
VOYAGES**

MARCO POLO
SATURDAY, SEPTEMBER 21

Time: 0900-1700

Passengers: 906 • Crew: 354

P&O CRUISES

ARCADIA
THURSDAY, OCTOBER 3

Time: 0700-1700

Passengers: 2016 • Crew: 880

PHOENIX REISEN

AMADEA
SATURDAY, OCTOBER 5

Time: 1200-2000

Passengers: 600 • Crew: 250

**REGENT SEVEN SEAS
SEVEN SEAS NAVIGATOR**

MONDAY, OCTOBER 7

Time: 1200-2100

Passengers: 490 • Crew: 325

CUNARD

QUEEN MARY 2
TUESDAY, OCTOBER 8

Time: 0900-1700

Passengers: 2620 • Crew: 1253

NCL

NORWEGIAN DAWN
THURSDAY, OCTOBER 10

Time: 0800-1600

Passengers: 2340 • Crew: 1032

MSC CRUISES

MSC MERAVIGLIA*
FRIDAY, OCTOBER 11

Time: 0900-1700

Passengers: 4500 • Crew: 1536

* Inaugural Calls

Trails

Corner Brook Stream Trails

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

The downtown trail features the Glynmill Inn Pond where a family of swans is the star attraction. You can access this part of the trail via: Glynmill Inn - 1B Cobb Lane • Margaret Bowater Park - O'Connell Drive • Sir Richards Squires Building - O'Connell Drive at Mount Bernard Avenue • Park Street - next to Sorrento's • Corner Brook Port

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

Parks

Margaret Bowater Park

Margaret Bowater Park offers a supervised natural swimming area with change area and canteen services during July and August. There are two playgrounds, and a performance stage and open spaces.

The space, facilities and central location makes it "the" host venue for special events such as Canada Day Celebrations and the Corner Brook Winter Carnival. Located on O'Connell Drive (between University Drive & West Valley Road)

Majestic Lawn

Situated near the West Street business district, Majestic Lawn boasts a large open space area, a gazebo with access to electricity and a tree lined perimeter. Whether eating lunch on a summer day or listening to entertainment, this facility offers a variety of recreational and cultural events. To book this space for an event please call 709-637-1232.

Bartlett's Point Park

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

Playgrounds

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

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

- **CARBERRY ROAD MUNICIPAL PLAYGROUND**
Carberry Road

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

Campgrounds

Kinsmen Prince Edward Campground and RV Park

OPEN SEASON JUNE - LABOUR DAY WEEKEND

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

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

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

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

Dog Park

Rotary Club of Humber Dog Park

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

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

Animal Services

City of Corner Brook Animal Services

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

For more information about our services please contact:

CITY OF CORNER BROOK ANIMAL CONTROL

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

CORNER BROOK CITY POUND

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

Located behind 40 Brook Street • 709-637-1559

Museum

The Corner Brook Museum & Archives

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

GUIDED TOURS AVAILABLE:

DATE: May 21 - July 1st	TIME: Monday - Sunday: 9:00 a.m. - 5:00 p.m.
July 2nd - August 30th	Monday - Friday: 10:00 a.m. - 12:30 p.m. and 1:30 - 4:30 p.m.
September 2nd - November 1st	Monday - Sunday: 9:00 a.m. - 5:00 p.m.

**Please note that prearranged group tours as well as archival services are available outside of the dates provided. Please contact us to find out more or to book a time.*

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

Summer Programing:

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

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

Location: 2 West Street, Corner Brook.

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

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

Train Site

Historic Train Site Corner Brook

A collection of narrow gauge rolling stock from the Newfoundland Railway including steam locomotive No. 593, working diesel electric locomotive No. 931, snow plow train and various other cars.

Location: 86 Riverside Drive, Corner Brook • 48.9654, -57.9213

HISTORIC TRAIN SITE:

DATE: June 15 - August 31, 2019	Pricing: Annual pass/adults \$3, children free, group rates available
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Visit us online: www.cornerbrook.com; <https://www.newfoundlandlabrador.com/plan-and-book/attractions/212696>



Environmental Clean Up Spring Clean Up

MAY 6 - 17, 2019

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

Clean up items collected on residents regular collection day.

Residential Curbside Recycling Program

WEEKLY

For the City's Curbside Recycling Program, residents participate in mandatory two-stream recycling. Regular non-recyclable household waste is to be disposed in a clear garbage bag while all accepted recyclable material is to be combined in blue transparent bags. To obtain further information on what recyclable materials are accepted.

Visit <http://www.cornerbrook.com/garbage-and-recycling/>

Clean Up Corner Brook - TBA

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

Curb Side Give Away - TBA

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

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

Library

Public Library Programs

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

HOURS OF OPERATION: June 2018 to September 2019

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

SUMMER PROGRAMS

TD SUMMER READING CLUB 2019: June 27 - August 22. TDSRC kicks off on June 27th with our Launch Party at 2:30 PM. Come out and register so your child can attend a new activity or event every Thursday at 2:30 PM until our Closing Party on August 22nd. This program encourages early literacy skills and helps your child develop a love for reading. The more you read, the better your chances to win great prizes! Registration is required.

ADULT BOOK CLUB: A book club for adults, held on the 4th Tuesday of the month from 6:30 - 7:30 p.m., registration is required.

CREATIVE WRITING GROUP: This is open to interested persons who have a passion for writing and editing. Held on the 1st and 2nd Thursday of every month from 6:00 - 8:00 p.m. Registration is required.

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

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

Drop by the library to pick up your monthly calendar. All events are FREE!

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

The Corner Brook Civic Centre Schedule of Events

April

Tuesdays in April from 10am-

11:30am: Active Tots Program

April 6, 2019: Craft Beer Festival

April 13, 2019: Silver Blades Ice

Show

April 17, 2019: Forestry Safety Association of NL (FSANL) Conference



The City of Corner Brook photo

May

May 3-5, 2019: RV and Home Show

May 16, 2019: Grenfell Convocation

May 16, 2019: Grenfell Nursing Grad Ceremony

May 24-26, 2019: Little Rays Reptile Zoo

June

June 1, 2019: 3Run Pop-up Mega Market

June 12, 2019: College of the North Atlantic Graduation

June 27, 2019: CBRH Graduation

June 29-30 2019: Great Benjamin Circus

July

Saturday, July 20, 2019: Trent McCellan & Alan Doyle Show

Thursday, July 25, 2019: Come Home Year 2019 Extravaganza

Saturday, July 27, 2019: Come Home Year Craft Fair

August

Aug 1-9, 2019: HPP Hockey Camps

Aug 15-18 and Aug 20-25: Thomas Amusements

Aug 15-18: Shriner's Conference

September

Sept. 21, 2019: Fall Craft Fair

Sept. 27 - Sept. 29, 2019 TBC: Atlanti-con

ARE YOU LOOKING FOR A SUMMER JOB?

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

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

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

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

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



Outdoor Adventure Camps

Element Outdoor Education

Ages 8-14; Local Woods, Fields and Ponds around Corner Brook
Experience the wonder of the outdoors through a variety of exciting adventurous games and activities. Adventure Camps are designed to be fun and interactive allowing participants to challenge themselves at their own level.

Adventure camps are 5 days a week 3 hours per day. Participants can choose to sign up for one, two or all three of the weekly camps!

ELEMENT OUTDOOR CAMPS

WEEK 1: ADVENTURE WEEK

Location - Local parks, Green Spaces and forests

Activities include: Archery, Climbing, Orienteering, Survival Skills, Team Challenges, and more...

DATES:	TIME:	COST:
July 8 - 12th, 2019	1:00 p.m. - 4:00 p.m.	\$165

WEEK 2: MOUNTAIN BIKE MADNESS

Location - Local parks, Green Spaces and Bike Trails

Activities include: Skill Development, Obstacle challenges, Road Safety, Games, Bike Mechanics, and more...

DATES:	TIME:	COST:
July 15 - 19th, 2019	1:00 p.m. - 4:00 p.m.	\$165

WEEK 3: UP THE CREEK... PADDLE WEEK!

Location - Tippings Pond - Massey Drive ****Limited to 6 participants**

Activities include: Water Safety, Rescue Skills, Paddling Skills, Knowledge, Games, and more...

DATES:	TIME:	COST:
July 22 - 26th, 2019	1:00 p.m. - 4:00 p.m.	\$185



PADDLE CANADA SEA KAYAK COURSES

Ages: 14 and up
The Paddle Canada National Sea Kayak Program: Element Outdoor Education offers a variety of Paddle Canada Sea Kayak Courses for certification and as clinics.

Element Outdoor Education will be offering the following Paddle Canada Courses for the 2019 Paddling Season:

SEA KAYAKING LEVEL 1 SKILLS

Level-1 provides the skill and knowledge necessary for day-long sea kayaking trips in sheltered waters (non-wilderness areas). Successful completion of Level-1 indicates competence to paddle a sea kayak within a sheltered bay in the company of one or more paddlers with Level-1 or greater skill and knowledge.

DATES: June 14 - 16th, 2019; **COST:** \$250

SEA KAYAKING LEVEL 2 SKILLS

This 4 day course aims to provide the skills and knowledge for proficient kayaking in moderate conditions, on overnight trips along a moderately exposed shore with frequent easy landing opportunities.

DATE: TBD; **COST:** \$500.00

Rescue and Rolling Clinics available upon request; Registration Information: www.elementode.com; Contact Information: info@elementode.com • 709 638-4679

Junior Golf Programs

2019 Junior Golf Programs

Blomidon Golf Club delivers best in class Future Links programming for juniors between the ages of 5-16 years of age. During 2019, we will be offering our Learn to Play, Learn to Compete, Girls Club and Skills Challenge programs.



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

JUNIOR GOLF PROGRAMS

DATE:	AGES:
July 1 - August 16 Mon, Wed & Fri Afternoons	5 - 9 Years Old
July 1 - August 23 Mon, Tues, Thurs & Fri Mornings	10 - 16 Years Old
Wayne Allen - wayne@wagolfacademy.com • 639 3741 Brenda Regular - blomidongolfclub@bellaliant.com • 634 2523	

Graham Academy Summer Camps

JULY AND AUGUST 2019

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

Our signature Musical Theatre Camp will return this summer led by Broadway veterans Tracy Michailidis and Jonathan Monro. Space is extremely limited for this one-week intensive, so participants are encouraged to book early!

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

Art Camp

Cb Summer Art Camp With Susy Randell Art & Outdoor Adventures

This camp fosters imagination, creativity, self esteem and a love of summer through art and adventure.

Facebook: CB SUMMER ART CAMP
cbsummerartcamp@outlook.com
660-7879



Sapling Forest School August 2019 Forest Day-Camps

CORNER BROOK FOR CHILDREN AGES 2-8

Children will explore the trees, the plants, the animals, the mud and much more in such a way that promotes their self-esteem and builds their confidence. Those who attend will build a relationship with the natural world that will serve them throughout their lives.

Daily experiences include, but are not limited to: Nature walks, Art with natural materials, Collecting and creating with natural materials, Group problem-solving experiences, Group collaborative games, Tree Climbing, Structure building, Weaving, Songs, Fire building, Connecting with the forest, Yoga, Connecting with Aboriginal Teachings, And much more!

WHAT IS A FOREST SCHOOL?

Forest School is a learning environment that facilitates outdoor play in such a way that builds independence, self-regulation, empathy, social and communication skills. Sapling provides a variety of group and individual outdoor experiences that are based upon the interests of the children. Sapling supports a child's curiosity and nurtures each play adventure as a learning experience.

To register or for more information, contact: Jacqueline Bennett, Owner/Operator; saplingforestschool@gmail.com, 709-660-2605; Check out our facebook page for photos, events, contests, and more! www.facebook.com/saplingforestschool

Gymnastics

Saltos Gymnastics Summer Camp

Saltos has revamped their summer camps for the 2019 season! Our camps will offer even more jam packed, fun and active days. Come join us for gymnastics, arts & crafts, indoor activities and outdoor fun in the sun!

Each week of the 2019 Summer Camp will consist of a theme. Weekly camps will consist of arts and crafts, songs, gymnastics related skills that are related to the theme of the week. We offer a variety of indoor and outdoor games, free gym time, and take our group swimming every Friday. Trained coaches with CPR and First Aid, provide children with jam packed fun filled days of activities in a safe and supportive environment.

What to Wear?

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

What to Bring?

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

SALTOS GYMNASTICS SUMMER CAMP:

Weekly Full Days & Half Days Available

DATE:

July 2 - August 30, 2019
Monday - Friday

TIME:

8:30 a.m. - 5:00 p.m.
(Early drop off 8am available for \$20 per week.)

Cost: Full Days \$150 per week • Half Days \$80 per week

Agess: 5 years - 12 years old. **Register for one week or all 9!**

Location: Civic Centre • 709-639-7080 • www.saltosnl.com

office@saltosgymnastics.com

[facebook/saltosgymnastics](https://facebook.com/saltosgymnastics) • [twitter @saltoselite](https://twitter.com/saltoselite)



Bowling Camp

Corner Brook Centre Bowl

This summer camp has been running for 8 years now and is operated by a family with certified coaches. Registration is required on a **first come first serve basis** and you may register at any time after January each year.

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

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

SUMMER BOWLING CAMP: Ages 5 to 12.

8 weeks available starting July 2nd - August 23rd

DATE:

Monday to Friday

TIME:

8:30 a.m. - 4:30 p.m.
(Times negotiable)

COST:

\$160 per child,

from ages 5 to 12

Registration ongoing so book immediately for summer spots.

Lunches are available for purchase.

Booking are now being made for the Summer. Call 634-4934, visit us at www.cornerbrookcentrebowl.com or send us an email: cornerbrookcentrebowl@hotmail.ca.



www.cornerbrookcentrebowl.com photo

Summer Camping

The Salvation Army Camping

Newfoundland & Labrador offers families and youth a chance to experience an awesome time at camp through our Mom & Tots, Holiday and Teen camps. Twin Ponds camp is located off the Trans Canada Highway West of Glenwood and serves the youth of Corner Brook and the Bay of Islands area. They offer fun and excitement and a chance to meet new people and make new friends! We offer friendly services and give all children an opportunity to take part in a variety of activities. There is a subsidy available for families who qualify.

MOMS & TOTS CAMP

(3 DAY): July 9 - 11th, 2019

Ages: 2 and up also including children in Grade 2 years (mom and or guardian attend with the child/children).



HOLIDAY CAMP (1 WEEK) - July 22 - 26th, 2019

Youth Grades: 2 - 6.

TEEN CAMP: August 12 - 16th, 2019 Youth Grades: 7 - 12.

For more information please contact 639-1719, or visit sanlcamping.ca or check it out at The Salvation Army Community & Family Services located at 6 Herald Ave. Corner Brook.

Shoot for Excellence Hockey Program Camps

Spring Camps

POWER SKATING May 10, 11, 12th /2019

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

NEW!! ADVANCED POWER SKATING May 10, 11, 12th /2019

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

PUCK CONTROL May 10, 11, 12th /2019

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

SHOOTING CAMP May 17, 18, 19th /2019

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

GOALIE CAMP May 17,18, 19th /2019

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

BATTLE CAMP May 17, 18, 19th /2019

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

4 ON 4 ANNUAL SPRING TOURNAMENT 24,25,26th /2019

One of our most popular programs to date. Players participate in "Play On" tournament format with teams of 8 skaters and 1 goalie. Prizes for winning teams. Guaranteed at least three games. \$100 per player. Visit www.sfehockey.ca for details.

Camps Fill Up Very Quickly!!!! Register Now!!! www.sfehockey.ca or 640-PUCK (7825)

Corner Brook Regular Program Summer School 2019

CORNER BROOK CIVIC CENTER JULY 22ND – 26TH /2019

The SFE Hockey Program is now in its 23rd season. Our Summer Camp offers a wide variety of training, on and off the ice. Our reputation for training in a fun and challenging environment, makes our camp a favourite among players and parents from all over Canada.

Some of our Coaches include: Rob French- Owner & Operator of the SFE Hockey Program Pete Ferguson – 20 years hockey school experience Darren Colbourne – Coach of the Corner Brook Royals and former pro player. Other Coaches Include: Reuben Austin, Rob Robinson, Rodney George, Colin Carroll, Craig Peddle, Cyril Walsh, Ashley Coles, Scott Mosher, Jason Rowsell, Jeff Murphey (Goalie Instructor), Plus Many More!!

At our Camp Players Receive: Two On Ice Sessions Per Day, Lecture & Video Sessions, Recreation (Swimming, Ball Hockey, Soccer, Bowling, Laser Tag, etc), Fitness Sessions, Two Games through week, Crested Jersey, Plus Much More! Open to Boys and Girls age 5 – 16

SPECIAL GOALIE PROGRAM!

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

HOCKEYSCHOOL RATES

1 child \$450.00 • Goalie \$500.00 • 2 children (Siblings) \$800.00
3 children (Siblings) \$1100.00 • 1 player and 1 goalie (Siblings) \$850.00

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

Regular Registration Procedure: To register, fill out your form online at www.sfehockey.ca and send in a %25 deposit to: 11 Battens Road, Corner Brook, NL, A2H 2H6. Remainder of Balance would be due on registration day at camp. For More Information ph: (709)640-7825; www.sfehockey.ca

Swim Camp

SUMMER SWIM CAMP

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

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

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

Theatre Theatre at Grenfell

Fine Arts Building, Grenfell Campus, Corner Brook

TWELFTH NIGHT

Wednesday, April 3 – Saturday, April 6, 2019

William Shakespeare's brilliant and beautiful play is probably his greatest comedy. It's poignant, poetic and genuinely funny. Theatre At Grenfell are putting a unique sci-fi spin on Shakespeare's tale of love, mistaken identity and crazy romance. "Twelfth Night", featuring the work of Grenfell Theatre's graduating class, is directed by Michael Waller. Set and costume designed by Renate Pohl and Lighting designed by Jamie Skidmore.

Tickets available at the Box Office 1 hour before curtain

Adults \$15; Students \$10



Theatre of Newfoundland and Labrador

March 30 at 7:30 pm – Swirskys

SKETCH COMEDY SHOW

Written & performed by members of TNL's Sara...h McDonald Youth Theatre

Newfoundland has a strong tradition of exporting some of the funniest people in Canada, and in this show, you'll get to see some of our budding comedians try out their newest material. Every single sketch and word in this show was written by our students, and trust us, they have a whole lot of things on their mind they want to make fun of. Think Saturday Night Live, Think Kids In The Hall, Think Codco, but be ready for anything as these students are coming up with new material every day! Come enjoy this show, one night only March 30th 7:30 PM at Swirskys on Broadway! Limited seating! For tickets call 639-7238

May 2 – 4, 2019 – Grenfell Campus

A WONDERFUL FINE DAY FOR A SCULPIN NAMED SAM

By Benedict Pittman, based on the book of the same name by Al Pittman

From Al Pittman, come the story of Sam the Sculpin. with flavours of the "Ugly Duckling" story, Sam travels the ocean looking to find his place, and where he fits in. This is a great Children's story that is steeped in NL tradition, and fun (or should we say fin). If you've ever pulled up a sculpin while you're out fishing on the dock, this play is for you. It will give you a new appreciation for the "ugliest fish in the sea" and maybe, just maybe you'll change the way you think about the other fish in the sea as well.

For tickets contact the TNL at 639-7238 or visit www.theatrenewfoundland.com

PUBLIC PERFORMANCES:

Friday, May 3 at 8pm • Saturday, May 4 at 2 pm

TNL will also be offering two week-day matinees for school students on May 2 and 3. Each performance will be followed by a Talk Back, providing an opportunity for student's in the audience to have a Q&A session with the student performers, design team, and director. For more information teachers or school administrators can contact Adam at 639-7238 or youth@theatrenewfoundland.com. For school group bookings, call TNL at 639-7238

Thursday, July 25, 2019 – Rotary Arts Centre, Corner Brook

An Evening with Joey – Corner Brook Come Home Year celebration

THE ONLY LIVING FATHER

By Tom Cahill, featuring Colin Furlong as Joey Smallwood

The life and times Joey Smallwood, the first Premier of Newfoundland and Labrador and the man who brought us into confederation with Canada in 1949. Colin Furlong who starred as Joey in "Colony of Unrequited Dreams" by Robert Chafe is Joey in this one man tour de force by one of Newfoundland's best playwrights, Tom Cahill.

Early August, 2019

FILM CAMP

Following up on the success of our film camp last summer, TNL is teaming up with PB Productions again this summer for a 2-week Film Camp. This year we are putting a brand new script together to get ready to film our second short film. In this camp, students learn the principles of film-making, starting with pre-production (scheduling, shot lists, floor plans, storyboarding) moving into production (Filming the project) then Post Production (Editing, Foley Sound, ADR, Colouring) and finally Premiere (premiere your film for close friends and family in our space, before moving to a wide internet release! This camp will be starting in early August. Keep an eye on our website www.theatrenewfoundland.com for more details.

Musical Theatre Arts

The Graham Academy Musical Theatre Program Spring Shows

May 31, June 1, 2019 at the Corner Brook Arts and Culture Centre

The Graham Academy Musical Theatre program is excited to present the musical Seussical JR to end the year!

SEUSSICAL JR

Presented by the Showstoppers and the Junior Ensemble

Horton the Elephant, the Cat in the Hat and all of your favorite Dr. Seuss characters spring to life onstage in Seussical JR., a fantastical musical extravaganza from Tony-winners, Lynn Ahrens and Stephen Flaherty.

Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat narrates the story of Horton the Elephant, who discovers a speck of dust containing tiny people called the Whos. Horton must protect the Whos from a world of naysayers and dangers, and he must also guard an abandoned egg that's been left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant!

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

SPRING CONCERT

June 14, 2019 The Convent, 112A Humber Road

Join the Graham Academy Choral program, featuring The Chorale, Junior Chorale and Mr. G's Mini's. Conducted by Gary Graham, Kelly-Ann Evans, and Jennifer Stratton-Reneouf this will be a beautiful evening of choral music.

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

Gros Morne Summer Music Summer Season

July to September, 2019

GMSM is back for their seventeenth summer! This year we return to our musical roots as we bring back our very own Dark by Five ensemble, feature some of the most talented musical artists in intimate and interactive settings, party to the music of Sting, and delight in Broadway classics sung by Canadian musical theatre veterans. From Woody Point to Corner Brook, you don't want to miss the sounds of GMSM this summer!

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

Atlantic Boychoir

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

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

Dance

Scottish Country Dancing

The Scottish Heritage Society of Western Newfoundland offers Scottish Country dancing every Thursday evening at 7:45 P.M. at the lower level of St. John the Evangelist Cathedral, Main St., rear entrance. Our weekly dance sessions will finish for the summer on Thursday May 2, when we will hold our annual roast beef dinner and dance. This will be held at St. John the Evangelist Cathedral. The Fall session will begin Thursday, September 12, 2019. Our weekly dance sessions include a vibrant group of people of all ages, who come together in a friendly and welcoming atmosphere for an evening of fun, camaraderie and exercise. All are welcome to join us.

The fee is \$25 for a year, \$15 for half year. For more information please call Doris Butt at 785-7418.

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

LAWN members work in a variety of media and each has their own story and approach to their artwork.

Membership is open to all artists living in Western Newfoundland. Membership is also available to any individual in Western Newfoundland who has an interest in the visual arts.

ART EXHIBITION - TTT:

We are participating again this year in the Trails Tales Tunes Festival held annually in May in Norris Point. We will have our Art Exhibition at the Sugarhill Inn during the entire festival period. Everyone is welcome to visit our show.

EVENT PLANNING:

We are currently planning events for this upcoming spring and summer. Please check us out on our website or contact us by email for information about our organization or event detail.

Contact Information:

Email: leagueofartistswesternnl@gmail.com

Website: <http://leagueofartists.squarespace.com>

Facebook: LAWN (League of Artists of Western Newfoundland)

Arts

The Arts and Culture Centre – Corner Brook

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

University Drive, Corner Brook

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

The Corner Brook Rotary Arts Centre

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

For an updated schedule of all our events visit our website

www.rotaryartscentre.ca. Visit us at the box office (5 Park Street, in the lower level of City Hall) Monday - Friday 10am-4pm. Or phone us at 1-709-630-0012.

COME HOME YEAR Corner Brook 2019

HERE'S TO THE PLACE THAT MADE US!

10 days of Fun and Merriment
MUSIC, DANCING, PICNICS AND MUCH, MUCH MORE!
SATURDAY, JULY 20, 2019: TRENT MCCLELLAN & ALAN DOYLE



ALAN DOYLE
+
TRENT MCCLELLAN
Corner Brook // Saturday July 20th

CORNER BROOK Steady ENTERTAINMENT KROCK 106.7 VBCM COORS LIGHT

