

What to Expect when I Visit the **H.G.R. Mews Community Centre**

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ST. JOHN'S



Arriving at the H.G.R. Mews Community Centre

There are large signs on the entrance gate and the building that say H.G.R. Mews Community Centre to let me know I am at the right place.

This place is also called the Mews Centre for short.

If I arrive in a vehicle, there is lots of space for parking.

If I arrive by Metrobus on Route 12 or by GoBus, the driver will drop me off by the covered main entrance.



The Reception Area

When I walk inside, I will check in at the service desk, and the friendly staff will help me.

Once I am checked in, staff will open the door for me to go inside.



Inside the Building

Inside the building it is big and open. It's ok if I don't know my way around at first. There are signs and staff to help me find my way.

There are rooms and spaces on the main floor and there are more rooms and spaces on the second floor.



Main Floor

On the main floor (Level 1) I can find:

- an elevator to take me to the second floor
- stairs to take me to the second floor
- a female washroom
- an accessible, all gender washroom
- a male washroom
- a water station
- the REAL Program
- the BGC Room
- racquet courts
- benches and seating for viewing and waiting
- a gymnasium
- a multipurpose room
- emergency exits



REAL Program

The REAL Program is on level 1. This program provides financial support for children and youth to participate in sports, arts and other programs.



BGC St. John's Room

The BGC is located on level 1. They offer programs for children and youth.



Racquet Sport Courts

There are 2 racquet sport courts on Level 1 that I can book to use for sports like racquetball, handball and squash.



Seating Area

If I am waiting to use the gym, racquet sport courts, or attend program, I can take a break in the seating area on Level 1.



Coin Operated Lockers

While I am at the H.G.R Mews if I need to store any small personal items such as keys, a wallet, or phone I can do this in the coin operated lockers.



Gymnasium

There is a large gym for sports and activities.

I can book gym time to play sports like:

- Basketball
- Volleyball
- Pickleball
- Badminton
- Soccer

Benches are along the side if I need a break.



Multi-Purpose Rooms

The multipurpose room can be divided by a wall and changed into 2 rooms. Multipurpose Room 1 and 2.

In this area, I can participate in activities like, dance, fitness or music. I can also book one of the rooms for events like birthday parties or other occasions.

When I book or attend programs in the multipurpose room, I can use the kitchen that has a fridge, sink, oven and microwave.



Washrooms

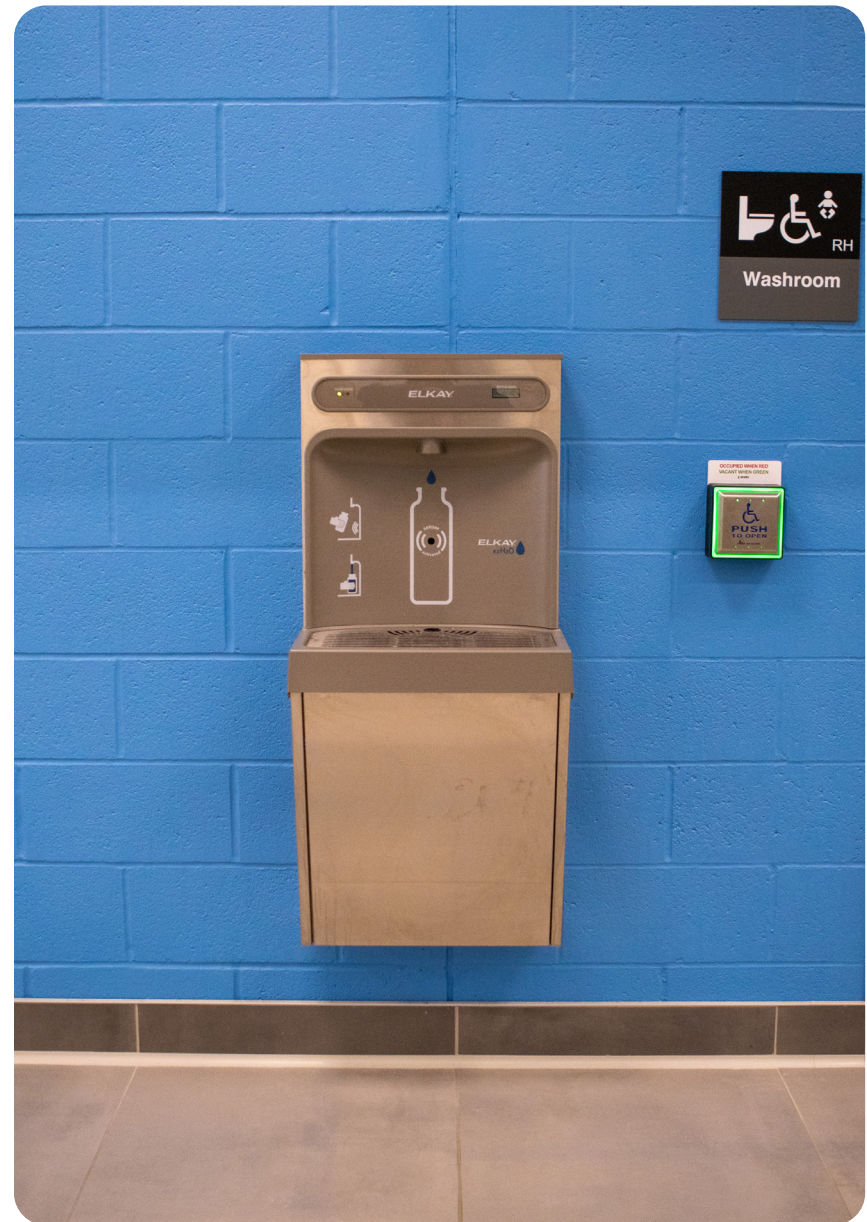
There are female, male and all gender washroom on level 1.



Water Station

There are water stations on both floors that I can use to fill my water bottle. They are located by the washrooms on level 1.

There are 2 water stations on the second level. One is by the pool viewing area and the other is by the female washroom.



Emergency Exits

In case of an emergency there are emergency exits signs all over the building. I will look for the sign above to find my way out.

There are many emergency exits around the building. They are marked by a green sign with a person leaving.



Access to Second Floor

If I want to go to Level 2 (upstairs), I can take the stairs or the elevator.



Second Floor

The second floor has:

- all gender inclusive change rooms
- administration
- a pool and pool viewing area
- a water station
- racquet court viewing area
- a walking track
- emergency exits



Indoor Walking Track

I can use the 100-metre indoor track for a drop-in fee.

There are 3 lanes. I can choose to use the walking, passing or running lane.



Change Rooms

When I am going to the pool, I will use one of the designated change rooms.

There are change rooms on the second floor with access to the pool. A female change room, male change room and an all gender inclusive change room.



Pool Viewing Area

I can go to the pool viewing area to view both the leisure and 25-meter lane pools through the large windows.

There are tables and chairs where I can sit to view or to relax.



Pool Area

There are 2 pools that can be used for:

- lane swims
- swimming for fun
- swimming lessons
- water fitness and sports
- private rentals

Lifeguards will be on the deck to help keep me safe.



Leisure Pool

The leisure pool has waterspouts, children's slide and seats with jets that make bubbles. It has a sloped entrance like a beach.



25 Meter Pool

The 25-meter pool has a ramped entrance into the shallow end. The deep end has a rock-climbing wall, a diving board and starter blocks.

The lifeguards can put out pool ropes to divide the shallow end from the deep end or to make swimming lanes.



Steam Room

There is a steam room that people who are 16 or older can use before or after a swim.



Administration Offices

On level 2 there are offices and a board room.
This is a staff only area.



Water Stations

When I am on Level 2 and need a drink of water, I can use one of the water stations by filling up my water bottle.

One is by the pool viewing area and the other is outside the changerooms.



Outside Amenities

Outside the Mews Centre I can find:

- a ball field
- a dog park
- a skateboard park
- an inclusive playground
- accessible all gender washrooms
- benches for resting
- an accessible community garden
- a tree orchard
- trails that lead to the Mundy Pond Walking Trail



**Now that I know more about
the Mews Centre, I can visit and
enjoy my time there.**

**If I have questions or need help,
I can find a friendly staff.**



