



**Goulds Recreation Association**

P.O. Box 40

Goulds, NL

A1S1G3 Ph: 745-7575 Fax 745-2727

**2019**

**Registration**

Registration for all Goulds Rec programs and special events is currently ongoing. Register on-line at [gouldsrecreation.com](http://gouldsrecreation.com). Click on "Fall Registration". Payments can be paid in person or e-transferred to [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com). Payment must be received within 48 hours of registration in order to hold your spot, unless other directions have been provided. **Space is limited** for all programs and special events.

**Goulds Rec**

**Board of Directors**

**Chair:** Michelle Downey

**Vice-Chair:** Dave Ryan

**Treasurer:** Susan Putt

**Secretary:** Jeannie Reddy

**Community Members:**

Gina Evoy

Donnie Earle

Chad Vaughan

Jacqueline Glynn

Tina Dinn

Cindy Vickers

Donna Emberley

**What's inside?**

- Goulds Rec Programs
- Goulds Library
- Announcements
- General Information

**Goulds Rec Fall Office Hours  
(Septmeber 3<sup>rd</sup>-December 19<sup>th</sup>):**

**Mondays** 9am-5:30pm

**Tuesdays** 9am-5pm

**Wednesdays** 9am-5:30pm

**Thursdays** 9am-5pm

**Friday** 9am-5pm

We are closed for all regular holidays. If any changes are made, it will be posted on our facebook page.

**Goulds Rec Directory**

**Main Office:** 745-7575

**Rec Coordinator:** 745-7504

[gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com)

**Info:** [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)

**Payment:** [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com)

**Fax #:** 745-2727

**Library/Internet site:** 745-7454

**Facebook Pages:** Goulds Library

Goulds Recreation Association

**Website:** [www.gouldsrecreation.com](http://www.gouldsrecreation.com)

**GOULDS COMMUNITY EXPO**

**Taking place on Sunday, September 22<sup>nd</sup>, 2-4pm at the Rec Centre**

**Come and see what your community has to offer!**

There will be booths with various community groups, organizations and businesses who offer programs/recreation/leisure/volunteer experiences to residents of Goulds and surrounding areas. Some groups will be doing short demonstrations of what they have to offer! Admission is a non-perishable food item. We will have a craft table set up for children! A list of participating groups and times of demonSTRations will be posted on our Facebook page. This is an opportunity to see how great our community truly is!

# FAMILY PROGRAMS & EVENTS

## Sunday Afternoon Reading Circle

This is a drop-in program (8 weeks), most suitable for children ages 4-7, but all ages welcome! There will be a story read, a small craft to make and an activity/game based on a different theme each week. Participants will get their own library card and be able to take a loan of some library books!

**When:** 1:30-2:30pm, Sundays, starting September 29<sup>th</sup>, 2019 **Cost:** Free!!

**Children must be accompanied by an adult and all will take part in the program!**

**\*\*Check out our website: [gouldsrecreation.com](http://gouldsrecreation.com) and click programs, you will see what the theme will be for each week!**

## Adventures Before Bedtime

*A program for parents and children. It is a joint program with the Kilbride to Ferryland Family Resource Centre and Goulds Rec. There will be active play, maybe a story will be read, or songs will be sung! And of course a bedtime snack will be served!*

**Ages:** 8 and under **Cost:** Free! **Where:** Goulds Rec Centre

**When:** Thursday, 6-7:15pm; starting October 10<sup>th</sup>, 2019.

## Family Painting Workshop to help celebrate NATIONAL FAMILY WEEK

Spend an afternoon out with your family, and do a lovely painting! Each member of the family will have their own canvas to paint.

*Lesley Janes (Artist) will direct you in a painting on an 8X10 canvas.*

*All materials are provided!*

**Ages:** All ages welcome **Where:** Goulds Rec Centre

**Cost:** \$10/family member **When:** Sunday, October 13<sup>th</sup>; 2:30-4:30pm

**Must be registered by Thursday, October 10<sup>th</sup>. SPACE IS LIMITED!**

***All participants must remain at their painting table for this event. No other equipment will be set up during this event.***

## Free Skate

Goulds Recreation will be partnering with the Goulds Lions Arena again this year for a free skate. This free skate will be Mondays, 3pm-4pm, starting October 21<sup>st</sup>, 2019.

Everyone on the ice must be wearing skates and wearing a helmet.

## Family Halloween Party

*We are having a Halloween party and you are invited! Enjoy some Halloween themed games, crafts and active play. Sure to be lots of fun!*

*Parent/caregiver must attend with child.*

*All child participants will receive a Halloween treat bag!*

**Ages:** all ages welcome **When:** 3pm-4:30pm; Sunday, October 27<sup>th</sup>

**Cost:** \$5/family **Where:** Goulds Rec Centre

**To help us prepare for numbers, pre-registration is required. Deadline to register is 5:00pm, Wednesday October 23<sup>rd</sup>.**

# CHILDREN/YOUTH PROGRAMS AND EVENTS

## Teen Drop-in

The Rec Centre will be opened to teen's ages 13-16 years on the following Fridays:  
Sept 20<sup>th</sup>, Oct 4, Oct 18, Nov 1, Nov 15, Nov 29 and Dec 13

**Time:** 7-9:30pm **Cost:** \$2 drop-in

Shoot some hoops, play cards, board games, Nintendo wii, or simply hang-out. Please provide us with feedback or suggestions on what you would like for us to have here.

## Drama Club

We have had interest in starting a drama club, so we are going to give it a try! We will have two different age groups. The Clubs will meet once a week for 10 weeks and then together, they will put off a show for family and friends! We will need a minimum of 6 participants in each group and a max of 15. No experience required!

**GROUP 1: Grades 7-12** Wednesdays 3:30pm-5pm

**Location:** Goulds Rec Centre

**GROUP 2: Grades 1-6** Wednesdays 5:30-7pm

**Cost:** \$50/person

## Healthy Relationships Plus Program

*A Fourth R small groups program to promote healthy relationships and positive mental health.* This program was designed to build strengths, resilience and coping skills among youth as a way of enhancing interpersonal functioning. The whole program is designed to model appropriate use of power and respectful relationships and support youth empowerment.

We are looking for youth who would be interested in this program. We will be offering it ***Mondays, 3:15-5:15*** starting September 30<sup>th</sup>. It is an 8 week program. The cost per participant will only be \$10 (to cover off over-head costs). We require a minimum of 6 participants and a maximum of 12. Each session is comprised of a warm-up, various activities and a cool down. It is very engaging and provides valuable lessons to youth involved. Participants who complete the course will receive a certificate.

***Open to youth currently in grades 8-12.***

Nicole will be facilitating this group. She has completed the training for this course through the Canadian Mental Health Association.

Please contact Nicole for more information (745-7575 or email [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com)) or check out [youthrelationships.org/hrpp](http://youthrelationships.org/hrpp)

## Busy Bees Craft Program

Are you between the ***ages of 6-12*** and enjoy making crafts? This is the program for you! This program will run for 8 weeks, however, you do not need to register for each week! ***Go to our website: [gouldsrecreation.com](http://gouldsrecreation.com) and click on Programs. There you will see the list of crafts that will be completed.*** You can decide what weeks you'd like to attend! Children can be dropped off. Pre-registration is required! We will need a minimum of 5 participants and a max of 10. Registration deadline is the week prior to each week.

**When:** Tuesdays, 5:30-7pm, starting October 1<sup>st</sup>, 2019 at the library

**Cost:** \$8/session. Register for all 8 and pay \$50!

### **Holiday Bake**

Get a few friends together and make some sweet treats! Each participant will bake cookies, make non-baking cookies and decorate a pre-made cake! You'll get to take home your treats (or eat them while you are here!)

**When:** Sunday, December 15<sup>th</sup>

**Location:** Rec Centre

**Cost:** \$10/person

**Grades K-5:** 1pm-3pm

**Minimum of 5 participants, max of 10**

**Grades 6-8:** 3pm-5pm

**Pre-registration required. Must be registered**

**Grades 9-12:** 5:30pm-7:30pm

**by Wednesday, December 11<sup>th</sup>**

### **Youth Indoor Softball Practice**

Keep an eye out on our facebook page for the possibility of indoor softball practices throughout the Fall!

## **ADULT PROGRAMS & EVENTS**

### **ZUMBA with Katherine Browne**

*Want to exercise and have fun?*

*Zumba is a dance-inspired fitness class that feels like a party!*

*Open to all ages, bodies and abilities. No experience required!*

**Where:** Goulds Rec Centre      **When:** Wednesdays, 7:30pm

**Cost:** Monetary donation at the door!!

### **Adults on the Move**

*This is a low impact to moderate exercise program for adults of all ages!*

**When:** Mondays, Wednesdays, Fridays; 10am-11am; Monday evenings 7:30-8:30pm

**Where:** Goulds Rec Centre

**Cost:** \$3.50 (taxes included) drop-in/class

**YOUR FIRST VISIT IS FREE! SO GIVE IT A TRY!**

**Come to 10 classes, get your 11<sup>th</sup> class free! (Do not have to be consecutive classes!)**

***This program does aerobic, chair, mats, balls, bands and wall exercises! We also have some weighted hula hoops on site!***

### **Walk n' Talk**

Want somewhere inside to walk this Fall? Come to the Rec Centre and have a stroll around the gym!

**Ages:** All ages welcome.

**Cost:** FREE!!!

**Where:** Rec Centre

**When:** Tuesdays and Thursdays, 9:30am-11am.

***Baby wearing caregivers and children in strollers are more than welcome!***

*If these times do not work for you, give us a call at 745-7575. We may be able to work out an alternate time just for you!*

### **Adult Painting Workshop**

Lesley Janes (Artist) will direct you in a painting on a 11X14 canvas.

All materials are provided!

**Ages:** 15 and up

**When:** October 29<sup>th</sup>, 7-9pm

**Where:** Goulds Rec Centre

**Cost:** \$20/person

**Must be registered by Thursday, October 24<sup>th</sup>. SPACE IS LIMITED!**

### Creative Crafts Adult Special Event

*Enjoy a night out making an awesome holiday craft! No skill required, but you do need to come prepared to amaze yourself with your creation!*

**Ages:** Adults of all ages      **Cost:** \$30

**Where:** Goulds Rec Centre      **When:** Nov. 26<sup>th</sup>, 7pm-whenever we leave!

**Pre-registration is required for this event to ensure we have enough supplies and materials ready. Registration dead-line will be November 19<sup>th</sup>.**

**We will only be taking 20 participants and we fill up fast! So get yourself registered!**

**The craft will be posted on our Facebook Page within the next few weeks.**

### Snow Shoe Making Program

Goulds Rec in partnership with the City of St.John's Recreation Department are holding a snow shoe making program. This program will run 1/week over a 3 week period, starting mid to late November. All materials will be provided. Everyone will walk away with their own snow shoes that you can be proud of, because you get to make them!

**Ages:** 18+    **Cost:** \$65/person    **Where:** Rec Centre

**When:** Specific dates to be determined

*We require a minimum of 5 and a max of 10 for this program. Anyone interested, please let us know and we will start to form a list. Once dates are confirmed, we will reach out to our list and payment will hold your spot.*

## INFORMATION SESSIONS

Keep watching our Facebook page! We are working on a few information sessions of various topics, as well as some other programming. We will keep you posted!

## GOULDS LIBRARY

### Library Fall Hours

**Sundays** 10am-3pm

(childrens drop-in program  
1:30-2:30pm)

**Tuesdays** 4:30pm-9:30pm

### Library Contact Info

Phone: 745-7454

Facebook: Goulds Library

Or call the

Rec Centre at 745-7575

*Our library provides public access to computers/internet. Our librarian is there to assist you with any computer questions/set-up. Time limits are in place for computer use.*

### Looking for Donations

Our library is looking for donations of Kids chapter books and adult novels that are in good condition. If you have any that you are willing to donate, feel free to drop them off to the library during Library hours! We do not accept school books or encyclopedia's.



# ANNOUNCEMENTS

## **Goulds Recreation Annual General Meeting**

Will be taking place in November at the Rec Centre. A date will be confirmed shortly. All are welcome to attend. Only members of Goulds Recreation will be able to nominate and vote. A member is anyone who has volunteered with us in the 2019 year. A member is also anyone who was/is registered for a Goulds Rec program or special event or a parent/guardian of a child who was/is registered for a Goulds Rec program, or special event in the 2019 year. To find out if you are a member, please call us at 745-7575 or email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

## **34<sup>th</sup> Goulds Winter Family Fun Fest**

Taking place in February. More details to follow. If you have any suggestions of what you would like to see take place during the Carnival, you can email Nicole at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com)

## **Community Group Rental Space**

The Goulds Rec Centre has times available for community group(s) or organizations to rent our facility. If you are interested in learning more, please contact Nicole at 745-7575 or send her an email at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com).

# GENERAL INFORMATION

## **Goulds Rec Refund Policy**

All refunds for Goulds Rec/Library Programs will be subject to a \$15 administration fee. Full refunds will only be issued if Goulds Rec cancels a program/event. Refunds will only be issued during the first 2 weeks of 8 week (or more) programs and during the first week of 6 week programs. Refunds will NOT be issued for 2 week programs or special events.

## **Goulds Rec Rental Information**

Rental of the Rec Centre is an hourly rate. For 1 hour: \$45+tax; for 2 hours: \$90+tax. Every additional hour will be \$40/hour+tax. All rentals will be subject to a \$50 damage/time deposit. This will be used in the event of any damages to our facilities, equipment, as well as for any rental that goes over the time booked or if our staff have to stay longer than scheduled time to clean the facilities after the rental. All rental fees MUST be paid at least two weeks before the rental date. It is mandatory that all rental fees and damage/time deposits be paid before rental date. If payments are not received within the time frame noted above, Goulds Rec has the right to cancel the booking. Bookings should be made at least one month in advance. Goulds Rec cannot guarantee availability of staff or facilities with less than a month's notice. Refunds will only be issued 2 or more weeks prior to rental date. All refunds will be subject to a \$15 administration fee. Please remember that we are smoke-free, alcohol free, peanut/nut aware and a scent aware facility. The rental includes the use of the gymnasium and kitchen area.

***POLICY: If booking with an outside group/business to be at your rental, please confirm with Goulds Rec for insurance purposes. Personal bouncers are not permitted to be used.***