



# Goulds Recreation Association

Committed to our community!

## SPRING PROGRAMS & SPECIAL EVENTS

- *Community/Family Programs & Events*
- *Kids After School Leisure*
- *Children Programs & Special Events*
- *Youth Programs*
- *Adult Programs*
- *Bubble Gym Time*
- *Summer Program Info*

2023



### Spring Registration

If you have not already, please ensure you complete your free Goulds Rec Membership on our website [www.gouldsrecreation.com](http://www.gouldsrecreation.com). If you have completed a membership in 2022, active memberships (those who participated in at least one event/program in 2022) have been carried over to 2023. If any of your information has changed, please call us at 745-7575 or email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

**To register for any of our events/programs (with the exception of the After School Leisure Program), please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). Let us know what you are interested in and we will follow up with you to complete registration.**

*Goulds Recreation will be following all recommendations put forth by Public Health in regards to COVID.*

*All Spring programs/events will occur in the end of April, May and most of June, 2023.*

**We will post any updates to programming and events on our Facebook page.**

**So, be sure to follow us!**



# COMMUNITY/FAMILY PROGRAMS & EVENTS

## Free Community Skate

Goulds Recreation's **free** community skate at the Goulds Lions Arena will continue for the Spring season. It Takes place on Wednesdays, 4:30-5:30pm. Please follow Goulds Recreation's Facebook page for any cancellations that may occur.

*There will be no Free skate on Wednesday, April 12<sup>th</sup>.*



## Bubble Gym Time

Our gym area will be opened at certain times during the week for small groups of people to use for their own activities. Examples: to go for a nice walk inside, a small game of basketball or soccer or pickle ball, toddler play. All you need to do is book a time slot! A max of 8 people per group. We will let you know if the activity is good with us (factors such as insurance may need to be considered)! An adult 18+ MUST be in attendance for the entire time slot. Times will be one hour. **Organizations/groups cannot book Bubble Gym Time slots.**

**Ages:** All ages      **Cost:** \$2/person during regular office hours (children under 12 is free)  
\$20/hour for time slots outside of regular office hours (must be paid in advance)

**When:** Available times vary from week to week. All those interested in bubble gym time, please email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). Be sure to include in that email that you are interested in Bubble Gym Times. Every Friday at 4:30pm, we will send an email with the available time slots for the following week. Reply to the email with the time slot(s) you would like and we will let you know if it's still available. Slots will be filled based on order of replies to the sent-out email.

**\*\*Equipment fees will apply if using certain Goulds Rec equipment.**

**ie. \$2 for use of our pickle ball rackets, \$2 for use of one of our pickle balls.\*\***

## Adventures Before Bedtime/Active Play

This program is a partnership program with the *Goulds Family Resource Centre*. This is a drop-in program. Open to families with children ages 18months – 5 years. Guardian must attend with child. A healthy snack will be provided! There will be active play equipment set up!

**When:** Wednesdays, 6-7pm

**Cost:** Free!!!

**Where:** Goulds Rec Centre

**\*\*There will be no program on April 12<sup>th</sup>\*\***

*This program is a lot of fun and a great way to burn some energy before bedtime!*



*If you would like more information on this program, you can email [gouldsfrc@kffrc.com](mailto:gouldsfrc@kffrc.com).*

## High Five® Principles of Healthy Child Development

This is a 4-hour workshop that will help front-line leaders (anyone working with children ages 4-12) with tools to enhance the quality of their programs. The training will provide valuable information, resource and techniques to ensure that each child's social, emotional and cognitive needs are met.

**All Summer Staff with Goulds Recreation are required to have this workshop completed prior to their summer start date.**

**When:** Will take place in June. Specific day to be determined. Please keep an eye on our Facebook page.

**Cost:** \$50

**Where:** Goulds Rec Centre

*\*\*This workshop is great for professional development! We recommend anyone who is currently working with children (recreation, coaches, teachers, ECE's, leadership programs) to complete this workshop! The tools you receive will greatly assist you in your work with children.*

For more info or to register, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

# KIDS AFTER SCHOOL LEISURE (GRADES K-6)

## Currently FULL

Our Kids After School Leisure Program is based on Canada's High Five® quality standard for children's recreation and sport. Our aim for this program is to provide the participants with a safe environment that promotes healthy child development, with a focus on being physically active!

**Daily Activities will include:**

- Zone play (imagination zone, building zone, active zone, quiet zone)
- We will spend as much time as possible outside
- Activities will focus on physical activity, fundamental movement and art

**Hours of Operation:** 2:30-5:30pm, Monday – Friday (we are closed for regular holidays)

**Ages:** 5-12 (grades K-6)

**End Date for the 2022/2023 school year:** June 16, 2023



**REGISTRATION for 2022/2023 school year:** If you would like to be added to our Waitlist for this school year, please email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)

**REGISTRATION for 2023/2024 school year:** Will take place closer to the end of August. We will post on our Facebook page once a date has been officially set.

**\*\*A Program Package is available on our website- [gouldsrecreation.com](http://gouldsrecreation.com) under the Programs tab. This contains all the details you will need to know about our program, including the monthly payment plan!**

# CHILDREN/YOUTH PROGRAMS & SPECIAL EVENTS

## On the Move

This is a semi Structured Active Play Program for toddlers and young children!

This program is all about learning the fundamental movements of early child development! It will incorporate activities around crawling, walking, running, skipping, climbing, jumping, kicking, tumbling, balancing, throwing and catching. Our counselors will lead the group through fundamental obstacle courses/activities for 40 minutes, followed by free play for 20 minutes.

**PARENT/GUARDIAN MUST STAY ON SITE WITH THEIR CHILD AND HELP THEIR CHILD WITH THE ACTIVITIES.**

Program will take place on Saturdays, on the following dates: April 15<sup>th</sup>, 29<sup>th</sup>

May 13<sup>th</sup>, 27<sup>th</sup>

June 10<sup>th</sup>



### TODDLERS ON THE MOVE:

**Ages:** 3(turning 3 in 2023) to 4 years **Cost:** \$5/session for the first child. Additional children in same household are free.

**Where:** Goulds Rec Centre **Time:** Saturday, 9:30 - 10:30am on the above noted dates.

### KIDS ON THE MOVE:

**Ages:** 5(turning 5 in 2023) to 6 years **Cost:** \$5/session for the first child. Additional children in same household are free.

**Where:** Goulds Rec Centre **Time:** Saturday, 10:45 - 11:45am on the above noted dates

**\*\*Should a household have children in both age categories, that family will only have to pay the \$5 fee once for that session day.**

## Special Event: Movie Night

Come hang out with the staff and watch a movie! We will provide the snacks! You can bring along a pillow and blanket if you like and wear your PJ's! We will be watching Disney's **Strange World**

**Ages:** 6-12 years      **Cost:** \$10      **Where:** Goulds Rec Centre      **When:** Friday, April 21<sup>st</sup>, 2023

**Registration Deadline: Wednesday, April 19<sup>th</sup> (please remember that space is limited!)**



## SATURDAY SPECIALS

**Don't wait! These fill fast! They are a whole lot of fun!**

**Ages:** 6-12 years      **Cost:** \$10 per special      **Where:** Goulds Rec Centre      **Time:** Saturday, 10am-12pm

**Specials:**      **All Things Spring – May 6:** We will make some Spring crafts, plant a flower and play some fun Spring games!

**Birthday Party – June 3:** We will make our own party hats, play traditional birthday party games, have birthday cake and all participants will go home with a loot bag!

**At the Beach - June 17:** Summer is just around the corner! We will make a shell/beach rock creation, play some cool beach games and enjoy a delicious beach treat!



**Deadline to register will be the Monday prior to each special (however, please remember, that space is limited!)**

## OUTDOOR BALL HOCKEY

**The snow is gone, the tennis courts are cleared! Let's play some ball hockey!**

**This program is totally weather dependent.**

**Ages:** **Group 1:** 8-9 year olds (turning 8 in 2023 - turning 9 in 2023)      **Group 2:** 10-12 year olds (turning 10 in 2023- turning 12 in 2023)

**Cost:** \$20/child      **Where:** Goulds Rec Tennis Courts      **When:** **Group 1:** Mondays, 3:30-5pm      **Group 2:** Wednesdays, 3:30-5pm

Program will start May 8<sup>th</sup> and finish June 19<sup>th</sup>. There will be no make up games due to poor weather and no game on May 22<sup>nd</sup>.

Every participant is expected to have their own hockey stick, shin pads, hockey gloves and helmet. This equipment must be worn by all participants. Goulds Rec will have street goalie gear on site, however, if a participant has their own gear, it is recommended that they wear their own. Goalies must be in full gear.

To register, email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). Pre-registration is required for this program. Only those registered will be permitted to play.





## Special Event: Parady Time Magic

Come and be mesmerized by the magic of Steve Parady!

**Ages:** 6-12 years

**Cost:** \$10/child

**Where:** Goulds Rec Centre

**When:** 6-8pm, Friday, June 16<sup>th</sup>, 2023 (show will be 6:30-7:30pm)

**Registration Deadline:** Monday, June 12<sup>th</sup> (please remember that space is limited!)



## Youth Drop-In

We will have the Rec Centre opened for the Spring season! Drop by, hang out with us!

Shoot some hoops, play cards, board games, 4 square and more!

**Ages:** 12-16 years

**Cost:** \$2 drop-in

**Where:** Goulds Rec Centre

**Time:** 7-9pm

**When:** All fall on a Friday on the following dates: April 14<sup>th</sup>, 28<sup>th</sup>

May 19<sup>th</sup>

June 9<sup>th</sup>

Upon entry, youth will be required to sign-in and provide an emergency contact and phone number.



## Youth Night Out!

This is a structured program for youth ages 9-12. Each session will have a certain theme/activity. It will also incorporate friendship building, confidence building, and more. It is a great opportunity to hang out with friends and meet new friends! It also will provide an opportunity to try something new or take part in an activity that you truly enjoy...all in a safe environment!

Session 1: Goulds Rec Book of Records

Session 2: What a Mess

**Ages:** 9 (turning 9 in 2023) -12 years

**Cost:** \$10/session

**Where:** Goulds Rec Centre

**Time:** 6-8pm

**When:** All fall on a Friday. We have two groups, both groups will participate in the same sessions, just on different Fridays.

For specific dates and the counselors that will be leading the groups, please see below:

### Just for Girls Night Out

(Counselors Devon, Grace and Delanie)

Session 1: May 5<sup>th</sup>

Session 2: May 26<sup>th</sup>

### Youth Night Out

(Counselors Kyle, Cameron and Rylan)

Session 1: May 12<sup>th</sup>

Session 2: June 2<sup>nd</sup>

# YOUTH VOLUNTEER APPRECIATION NIGHT

Youth week is May 1<sup>st</sup> – 7<sup>th</sup>, 2023. Goulds Recreation  
will be hosting a Youth Volunteer Appreciation Night at the  
Goulds Rec Centre on May 7<sup>th</sup>.

**This will be for Youth ages 12-18 and is by INVITE ONLY**

**If you know of any youth volunteers in our community who are deserving of being recognized for their volunteer efforts, please let us know! We will be reaching out to local groups/organizations and schools as well!**

**This will be a semi-formal event, where youth will be given a Token of Appreciation during the formal part of the evening. Afterwards, Finger foods and refreshments will be served. Each youth will be able to invite 2 guests. We will also be inviting**





# ADULT PROGRAMS & SPECIAL EVENTS

## POP-UP CLASS: DEE Dances Line Dance

Deneen Connolly is excited to bring DEE Dances Line Dance to Goulds Recreation! For several years she united hundreds of dancers through classes and dance events. Presently, DEE Dances, is running classes out of several locations and is taking DEE Dances on the road throughout to parts of the province this Spring! Join Deneen at our Thursday pop-up class for some fun exercise!!! No experience needed!

**Ages:** Adults (15+)

**Where:** Rec Centre

**When:** Thursday, April 20<sup>th</sup>, 7:30pm-9pm

**Cost:** \$15/person Those with Zumba passes can use 2 passes for this event!!!!

To register, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or give us a call at 709-745-7575.



## In the Stitches

Have some sewing/knitting projects you are working on? This is the group for you! Get together with others who enjoy sewing/knitting and work on your projects. We will provide you with the space to do so! This is not a “learn to sew program”. It is a great opportunity to share ideas, and praise each other’s work!

**Ages:** Adults of all ages

**Where:** Goulds Library

**When:** 1-3:30pm Wednesdays

**Cost:** Spring session (April 19<sup>th</sup> – June 14<sup>th</sup>) is \$12 **If you are interested in learning more, please email us at**

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

## Adult Craftastic Workshop - Card Making

Always a good time! Come for an evening of crafting! No experience required! You will surprise yourself with your "Craftastic" skills! We will be making Cards, tags and Gift Card holders (scrap book inspired). This one is always a hit! You will make birthday cards, get well cards, celebration cards....and more!

**Ages:** Adults of all ages

**Where:** Goulds Rec Centre ***\*\*Please remember that space is limited!!!!***

**Cost:** \$20

**When:** Tuesday, May 30<sup>th</sup>, 7-9pm (must be registered by May 25<sup>th</sup>)

We would love to see more join our Social Club! We always have a great time!

Every meeting we will be doing something new and fun! We will have tea, coffee and snack while here. Activities could range from crafts, learning fun new games, info sessions and so much more! All abilities will be able to enjoy this club! It is a great way to get a group of your friends together or come and make new friends! You can pick and choose what dates you want to come to, or you can come to all dates! If you are interested in learning more or would like to register, feel free to give us a call at 709-745-7575 or email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

**Ages:** Adults of all ages

**Cost:** \$8/meeting

**Where:** Goulds Rec Centre

**Time:** 10am-12noon

**When:** May 16<sup>th</sup> – Card Making

June 13<sup>th</sup> – To Be Determined

***Registration deadline is the Thursday prior to each event.***

## Adults on the Move

This program is a low to moderate (at your own pace) exercise program that ensures a full body workout. We utilize aerobic exercise, wall exercises, chair exercises, light weights, mats, bands and balls (all can be modified to each individual). This group always has a good time!

# SOMMER PROGRAM INFORMATION

Below you will find some information about our upcoming summer season of programming.  
There will be more details posted in our Summer Brochure which will be available soon.

## DAY CAMP

- camp runs from June 26<sup>th</sup> – August 25<sup>th</sup>
- On-line registration is May 24<sup>th</sup>. Initial registration will see 2 age groups: **40** spaces for ages 5/6-8/9 (children MUST be finished kindergarten to participate) and **20** spaces for ages 9/10-12.
- We strongly recommend placing your child's name on our waitlist if you are not successful in gaining a spot. After initial registration, should all spots not be filled, we will work through the wait lists.
- Day camp info session will be held at the Rec Centre and virtually prior to registration. Date TBD.

## MINOR SOFTBALL

- On-line registration will begin May 10<sup>th</sup>
- Our program will have day time slots and 1 evening slot a week for majority of age groups.
- If you are interested in putting your name forward for coaching, contact Nicole at 745-7575 or email [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com)
- Competition team tryouts will begin the end of May and into June. Those trying out MUST be registered with our Softball program.
- Softball NL Affiliation fees have increased from \$20 (2022) to \$30 (2023). This \$10 increase will be added to our registration fee

## SOCCER

- Our soccer program will be run the same as we did last year. We will have a 4-5 age group and a 6-7 age group.
- There will be one evening session/week
- We will be having a community meeting for any parents that would like to volunteer with the program. Date of meeting TBD.
- Registration will begin on May 31<sup>st</sup>.

## OUTDOOR BASKETBALL AND TENNIS

These programs will be offered again this summer. More details will be available in our Summer Brochure. Registration will begin May 31<sup>st</sup>.

## KIDS ON THE MOVE

This program will be offered again this summer. More details will be available in our Summer Brochure. Registration will begin May 31<sup>st</sup>.

## SUMMER EMPLOYMENT OPPORTUNITIES

Our Summer Job Advertisements, along with the Summer Job Application can be found on our website: [www.gouldsrecreation.com](http://www.gouldsrecreation.com). If there are any questions, **APPLICANTS** can contact Nicole by email [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com), give her a call at 709-745-7575 or drop by to see her!

### Goulds Rec Directory

**Main Office:** 745-7575

**Rec Coordinator:** 745-7504; [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com)

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

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

**Facebook:** Goulds Recreation Association

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

### Goulds Rec Voluntary Board of Directors

**Chairperson:** Donnie Earle

**Vice Chair:** David Ryan

**Treasurer:** Susan Putt

**Secretary:** Jeannie Reddy

**Community Members:**

Michelle Downey	Tina Dinn
Cindy Vickers	Gina Evoy
Bryan Vaughan	Pam Mills
Donna Emberley	

### Goulds Rec Refund Policy: