

2019

**WINTER** 

### **REGISTRATION**

Registration will begin on January 7<sup>th</sup>, 2019 during regular office hours. You can register now for our After School Programs. Drop-in classes will require a registration form to be completed on your first visit. **SPACE IS LIMITED** for all programs/special events.

### **STUDENT SUMMER EMPLOYMENT**

Applications will be available February 25<sup>th</sup>  
at the Rec Centre for summer positions

### **GOULDS REC RENTAL INFORMATION**

Please check out our website [gouldsrecreation.com](http://gouldsrecreation.com) or call 745-7575 for information on renting one of our facilities. We require at least a months' notice for bookings.

### **GOULDS REC DIRECTORY**

Main Office: 745-7575 Fax: 745-2727

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

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

Facebook Page: Goulds Recreation Association

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

Library: 745-7454 ; Goulds Library (facebook)

### **GOULDS REC REFUND POLICY**

All refunds will be subject to a \$15 admin 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 8/9 week programs and during the first week of 4/6 week programs. Refunds will not be issued for 2 week programs or special events.

## CHILDREN/YOUTH PROGRAMMING

### After School Programs

*A great place to go after school!*

Ages: 6-12 years    Time: 2:30-5:30pm

**Kids on the Move:** Main focus is physical activities of all sorts! Takes place on Monday's. Each Monday is \$10. At Rec Centre!

**Busy Bees:** make crafts, play board games, computer games, read books. Tuesday's at the Goulds Library. Each Tuesday is \$10.

**Just our After School Program:** hang out at the Rec Centre! All different activities to engage in!

Wednesdays, Thursdays and Fridays. \$30/week

### Free Skate

*Goulds Rec in partnership with Goulds Lions Arena offer a free after school skate!*

Ages: All ages                      Time: Mondays, 3-4pm

***All participants on the ice MUST wear skates and a helmet!***

### Kids Creative Crafts

*An event for children who really enjoy making crafts. Craft is rated moderate level. For this event, we will be doing a combination of various Easter crafts. Pics will be on our facebook page.*

Ages: 8-12 years    Cost: \$20

Where: Rec Centre When: 6-8pm; April 8<sup>th</sup>, 2019

***Must be registered by April 1<sup>st</sup>***

### Adventures Before Bedtime

*This program will be starting again in February during the Winter Carnival! It is an evening active playgroup at the rec centre for children ages 9 and under (parents/caregivers must attend with child.*

## CHILDREN/YOUTH PROGRAMMING

### Indoor Softball

*We will be offering our indoor \$2 drop-in softball program again this winter thanks to a few of our volunteer softball coaches! Keep checking our Facebook page for start time and more details!*

### St. John Ambulance Babysitting Course

*Through this 6.5 hour workshop, participants will learn how to be a responsible babysitter and/or caregivers assistant*

Ages: 11-15 years Cost: \$45/participant

Where: Goulds Library

When: workshop will be offered in March, preferably on a school close out day (PD day). It will run 9:30am-4:30pm (half hour lunch)

***Space is very limited and names will only be taken with payment.***

### Youth Drop in

*Hang out in the warm Rec Centre!  
Play board games, basketball, cards,  
or just chat with friends.*

Ages: 13-16 years Cost: \$2 drop-in

When: 7:30-9:30pm; Fridays: Jan 25, Feb 22, Mar 29

***Please bring indoor footwear***

### Youth Drama Club

*We are looking for youth 13 and up who would be interested in a youth drama club. Club will meet at least once a week (more if needed) and a special performance will take place for invited family and friends after so many weeks. If interested, please give us a call at 745-7575! Cost: \$30*

## CHILDREN/YOUTH PROGRAMMING

### Healthy Relationships Plus

*A Fourth R small groups program to promote healthy relationships and positive mental health. Focuses on youth ages 13-18years.*

Designed to build strengths, resilience and coping skills among youth as a way of enhancing interpersonal functioning. Program is designed to model appropriate use of power and respectful relationships and support youth empowerment.

This is an **8 week program**.

Ages: 13-16 years Cost: \$20/participant

Time: Wednesdays, 3:30-5pm; Starting Jan 23<sup>rd</sup>

Where: Goulds Library

***Please contact Nicole for more info (745-7575)***

***We just finished our first HRP program and the participants thoroughly enjoyed it and gained a lot of valuable skills from it. We look forward to having the program again!***

### Easter Camp

*Come Hang out with us over the Easter break!*

*Camp will run from April 22<sup>nd</sup>-26<sup>th</sup>*

Ages: 6-12 years (must have turned 6 in 2018)

Cost: \$110 (1<sup>st</sup> child); \$100 (2<sup>nd</sup> child/family)

Where: Rec Centre

Time: early drop-off of 8am; late pick up of 5:30pm.

***SPACE IS LIMITED! Participants in this program will get the opportunity to engage in fun activities, which includes an outing !*** Children are required to have their own lunches, snacks, drinks, indoor footwear and appropriate outerwear for outdoors.

## ADULT PROGRAMS

### Adults on the Move

*Low impact to moderate exercise program for adults of all ages! Your 1<sup>st</sup> class is free!*

When: Monday's, Wednesday's & Friday's  
10am-11am; re-starting January 7<sup>th</sup>

Cost: \$3.50/class; come to 10 classes, 11<sup>th</sup> free!

Where: Goulds Rec Centre

### ZUMBA with Katherine Browne

*Zumba is a dance inspired fitness class that feels like a party!  
Open to all ages, bodies and abilities!*

When: Wednesday's, 7:30pm; restarting Jan.9<sup>th</sup>

Cost: Monetary donation at the door!

***Check out Zumba with Katherine Browne  
on Facebook for more details***

### Walk n' Talk

*Come to the Rec Centre for a  
warm place to walk this winter!*

Ages: All ages welcome Cost: FREE!

When: Tuesday's and Thursday's  
9:30am-11:30am; starting January 8<sup>th</sup>

***Please ensure you have indoor footwear!***

### Adult Creative Crafts

*A nice evening out to make an awesome craft! No experience required! Picture of the craft will be posted on our facebook page.*

Ages: Adults of all ages Cost: \$25 Where: Rec Centre

When: 7pm, Monday, March 25

***Must be registered by March 19<sup>th</sup>***

## SPECIAL EVENTS

### Standard First Aid Clinic

*Need to complete or re-certify your first aid? Well here is the perfect opportunity!*

When: April 6<sup>th</sup> -7<sup>th</sup>; 8:30am-4:30pm (both days)

Where: Goulds Rec Centre

Cost: \$130/person

***Must be registered (with payment) by April 1st***

### 33<sup>rd</sup> Goulds Winter Family Fun Fest

*Lots of activities to be enjoyed by people of all ages!*

*Keep an eye out on our Facebook Page and website for events. Some of our usual events will be included, such as the St. Kevin`s High School Alumni Hockey game, the Adult Carnival Dace, Preteen Carnival dance and Kids Kitchen Party!*

If you are a community group looking to host an event during the Goulds Winter Carnival, give Nicole a call at 745-7575.

***Dates of Carnival are February 8<sup>th</sup>-17<sup>th</sup>***

### Family Paint Day

*Spend the afternoon painting a beautiful canvas  
with your family!*

Ages: All ages welcome Cost: \$10/adult; \$8/child

When: Sunday, March 10<sup>th</sup>, 2-4pm

***Must be registered by 7<sup>th</sup>***

**For more info on any programs/events,  
please give us a call at 745-7575.**