

HAPPY Spring 2018



Goulds Recreation Association

P.O. Box 40

Goulds, NL

A1S1G3 Ph: 745-7575 Fax 745-2727

Student Summer Employment

SUMMER EMPLOYMENT INFO CAN BE FOUND HERE, AS WELL AS INFO ON SUMMER PROGRAM REGISTRATION!

Directory

Main Office: 745-7575

Rec Coordinator: 745-7504

gouldsrecreation@gmail.com

Library: 745-7454

Website: gouldsrecreation.com

Facebook Page: Goulds Recreation
Goulds Library

Info Email: gouldsrecinfo@gmail.com

Library/Computer Site

We have computers with internet available to the public to use, printing services, children, youth and adult books to take a loan of! Our staff are more than willing to help you!

Adults on the Move

A low impact exercise class for adults of all ages!

When: Mon, Wed, Fri; 10-11am

Where: Rec Centre **Cost:** \$3.50/class

Come to 10 classes, get 1st free!

Last class will be June 15th

Adult Creative Crafts

Special Event!

We will be painting a 5 foot, 10inch wide sign. You can have "Welcome" on it, your last name...whatever you like! We will provide the wood, paints, paintbrushes and letter stencilling. It will be up to you to be creative! Samples of the craft will be posted on our Facebook page. Nicole will be there to assist with your design. This craft will take a lot of prepping, and we will need details on your project plan, so register early! We also will not be holding any spots without payment. We are expecting this one to fill up fast!

When: 6:30pm, Wednesday, May 9th

Where: Goulds Rec Centre

Cost: \$25/person

Deadline to register will be April 27th.

We will only be taking 20 participants for this event!

Come have a relaxing evening out!

Registration

You can register now for all Spring Programs and Special Events. You must register in person at the Rec Centre during regular office hours. **Space is limited for all our programs/special events.**

After School Programs

We still have spaces available! All programs run from 2:30-5:30pm. You can come for all or part, its up to you! Ages 6-12.

Kids on the Move: Come and be physically active, as well as engage in other activities! At the Rec Centre. ***Mondays; \$10/day***

Busy Bees: All about crafts, board games, reading and so much more! At the Library. ***Tuesdays; \$10/day***

Just our After School Program: Come hang out, do your homework, make crafts, play games, go outside, play Nintendo Wii, bake, free play...a little bit of everything! At the Rec Centre.

Wednesdays, Thursdays and Fridays; \$30/week

Call us at 745-7575 for more details!

Indoor Softball

Keep an eye out on our Facebook page for any updates on our Indoor Softball Program. We are in the process of trying to line up a few special sessions!

Outdoor Ball Hockey

Come and play an organized game of ball hockey!

Ages: 9-12 years **Cost:** \$35 (1st child); \$30 (2nd child/family)

When: Mondays. 3:30-4:45pm; starts May 7th (6 week program)

Wednesdays will be make up day due to poor weather

Location: Outdoor Tennis Courts

Must have own stick, wear helmets, shin pads and hockey gloves.

Kids Painting Workshop

Lesley Janes is back for another Workshop! Painting will be on an 8X10 canvas. All materials provided!

Ages: 6-12 years **When:** Sunday, May 27th, 1-2pm

Where: Rec Centre **Cost:** \$10/child

Must be registered by Friday, May 25th. Space is limited!

Kids Creative Crafts Special Event

Participants will get to make a wooden block decoration with "Spring has Sprung" on one side and "Summer Fun in the Sun" on the other side. A sample of this craft will be posted on our Facebook page. We will have all materials required to make this craft! We will not be holding any spots without payment. We have limited spots available, so register early!

Ages: 8-12 years **When:** Monday, May 28th; 6-7:30pm

Where: Goulds Rec Centre **Cost:** \$15/child

Must be registered by Tuesday, May 29th

If you enjoy making crafts and having fun at the same time, this is the event for you! This completed craft will add a nice spring/summer accent to any room!

Teen Drop-In

Come and shoot some hoops, play cards, board games, play four square, Nintendo Wii...just hang out!

Ages: 13-16 years **Cost:** \$2 drop-in **Where:** Rec Centre

When: 7-9:30pm, Fridays: May 4, June 1 & 15

High 5: Sport

This is a 5-hour workshop focusing on the social, emotional and cognitive development and well-being of sport participants/athletes, ages 6-12. It teaches the importance of maintaining an emotionally safe environment. It teaches how to take a child first approach, how to motivate your athlete and help them achieve success. Also, the workshop covers how to design developmentally appropriate competition, how to deliver healthy competition and promote fair play. This workshop will be taking place on **Saturday, May 26th, 9am-2:30pm at the Rec Centre. Cost: \$40.** It is open to the public. **Seats will be reserved for Goulds Rec Summer Sports staff and for Goulds Rec volunteer Softball Coaches.** For more information, give Nicole a call at 745-7575 or check out High Five's website: highfive.org

High 5: Principles of Healthy Child Development

This is a 7-hour workshop focusing on the Principles of Healthy Child Development and applying the principles to program planning for children ages 6-12. It teaches the importance of maintaining an emotionally safe environment. This workshop will be taking place on **Saturday, June 9th, 9am-4:30pm at the Rec Centre. Cost: \$40.** It is open to the public and **all Goulds Rec summer staff must have this training completed prior to the start of our summer season. Seats will be held for new Goulds Rec summer staff.** For more information, give Nicole a call at 745-7575 or check out High Five's website: highfive.org

Student Summer Employment

Deadline to apply is 5:30pm, Monday, April 23rd, 2018. Job descriptions and applications can be found on our website: gouldsrecreation.com or can be picked up at the Rec Centre. These positions are for students attending post-secondary institution or planning on attending in Fall 2018 or currently in high school. Post-secondary students are required for certain positions. We will be hiring two head counselors- Softball Head Counselor and Library/program Head Counselor. There will also be positions available for our Day Camp program, Softball, Basketball and Tennis programs. For further information, *Students* can contact Nicole at 745-7575, email gouldsrecreation@gmail.com or drop by to speak with her. **Only those selected for an interview will be contacted.**

Summer Programs

The summer brochure will be out soon! **SOFTBALL** registration will begin **April 30th**. All other registration will begin **8am, Wednesday, May 23rd** at the Rec Centre. Please remember that summer program registration is done on a first come, first serve basis. Registration for summer programs CANNOT be taken over the phone. Parent/Guardians can only register their own child/children for our day camp program. They cannot register their own and another parent/guardians child/children for the program. If you are having a difficult time getting to registration, you must have someone in line that is only registering your child/children. You then must drop by the rec centre within two days of registration to sign the consent forms, unless you contact us to make alternate arrangements. If your consent forms are not signed in the given time, your child/childrens name(s) will automatically be taken off of the day camp list. We attempt to make our registration procedures as fair as possible to all. Each week of day camp will have a limited number of spaces for children just finishing kindergarten. However, these spots can be filled with older children, as it is based on first come first serve. ***There will be a public meeting at the Rec centre specifically for day camp on May 14th (6pm).*** If you have any questions, please call 745-7575 or email gouldsrecinfo@gmail.com.

Rental Information

Rec Centre: \$45/hour for the 1st hour; \$45 for the 2nd hour; \$40/hour for each hour thereafter. All rentals are subject to a \$50 damage/time deposit. All rental fees MUST be paid two weeks prior rental date. Bookings should be made at least 1 month in advance. For more details on renting our Rec Centre, please check out our website at gouldsrecreation.com or give us a call at 745-7575.

Outdoor facilities: We will start to take bookings for our softball fields and soccer pitches on April 16th, 2018

Refund Policy

All refunds for Goulds Rec 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 week of 4-6 week programs. Refunds will NOT be issued for 2 week programs or special events.

Board of Directors

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