



# Goulds Recreation Association

Committed to our community!

## SPRING PROGRAMS & SPECIAL EVENTS



### 2022

- Children Programs
- Youth Programs
- Adult Programs
- Family Programs
- Bubble Gym Time
- Spring into Summer Event
- Summer Programs Info

#### 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 2021, active memberships (those who participated in at least one event/program in 2021) will be carried over to 2022. 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, 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.

*Due to the ongoing COVID-19 Pandemic, dates of some events/programs may change. All Spring programs/events will occur between early May to the end of June, 2022.*

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

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



# CHILDREN PROGRAMS & SPECIAL EVENTS (5-12 years)

🌸 Saturday Specials

🌸 Special Events



# Specials

## **Saturday Specials:**

We are so amazed by the great support of our Saturday Specials!  
We will be having more this Spring!

**Ages:** 6-12 years **Cost:** \$10 per session **Where:** Goulds Rec Centre **Time:** Saturday, 10am-12pm (1 session per event)

**Specials:** May 28<sup>th</sup>

***Bake Away*** – Participants will get to bake cookies, decorate their own cake, do a no-bake recipe and they will get to bring all their creations home! We will be extra cautious with this one and ensure each child only touches their own supplies and creations.

June 11<sup>th</sup>

***Summer Survival Kit*** – Make some “necessary” summer fun equipment, such as bubbles, water Splasher, tic tac toe game, and learn some other fun summer games!

## **Special Event: Mystery, Maps and Riddles**

Want to be a detective? This is the training for you! You will get to attend our “detective” school! You’ll learn how to read clues done with special code, you will learn how to do fingerprints, you’ll learn how to get through a tough obstacle course and so much more! Pass the training and you’ll receive your official detective badge!

**Ages:** 6-12 years **Cost:** \$12 **Where:** Goulds Rec Centre **When:** Friday, June 3rd, 6:30-8:30pm



# YOUTH PROGRAMS & SPECIAL EVENTS (13-18 years)



🌸 Youth Drop-In

🌸 Youth VLP (Volunteer Leadership Program)

🌸 Special Event- Youth Pickle Ball

🌸 Special Event- Just Girls Pickle Ball

## **Youth Drop-in:**

We will have the Rec Centre opened for a youth drop-in again this Spring!  
We are delighted that a few youth from the community have decided to drop-in!  
We would love to see more youth participate!  
Shoot some hoops, play cards, board games, 4 square, or simply  
hang-out with your friends and stay warm!

**Ages:** 13-16 years    **Cost:** \$2 drop-in    **Where:** Goulds Rec Centre    **Time:** 7-9pm

**Dates:** All fall on a Friday! **April 29; May 13, 27; June 10**

At this time, masks are not mandatory, however, we strongly recommend that they be worn. Upon entry, youth will be required to sign-in and provide an emergency contact and phone number.



## **Youth VLP (Volunteer Leadership Program):**

This program is for youth who want to develop their leadership skills and also learn how to be a good volunteer! You will learn how to be a team player, you'll learn communication skills, planning skills, time management skills and so much more!  
Sessions will be done in mini workshops, with certain topics each week.

The participants in this program will get the opportunity to volunteer at some of our Spring programs.

This program will take place after school 1 day a week. A day will be decided once we know we have enough interest. Anyone interested should email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). Please include in that email the days of the week that you are available from 3:30pm on.

**Ages:** 12-14/15 years    **Cost:** \$50/participant

**When:** Day to be determine. Aiming for an after school 3:30pm time frame (starting the week of May 9-13)

**Locations:** Goulds Rec Centre and/or Goulds Library



## **Special Event: Youth Pickle Ball!**

### **(Funding through Teen Challenge Physical Activity Funding Program with Recreation NL)**

We are looking for youth 13-18 years of age who would be interested in learning the sport of Pickle Ball!

This sport is amazing! And you do not need to have athletic abilities to participate.

There will be a max of 6 per group (you can make your own group of six or register as an individual and we will match you up with others). We will have two separate groups. Each group will have 2 sessions, each 1.5 hours long.

We will also provide water and a snack at the event for the participants.

Simply send us an email to [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) that you are interested and we will be in touch!

**COST:** FREE!!!! So why not give it a try!

**WHEN:** Wednesdays 5:30-7pm at the Rec Centre (we will assign you and/or your group 2 Wednesdays)

Want to know more about what pickle ball is? There are many awesome videos on YouTube! Check them out!

## **Special Event: Just Girls Pickle Ball!**

### **(Funding through Teen Challenge Physical Activity Funding Program with Recreation NL)**

We are looking for girls ages 13-18 years who would be interested in learning the sport of Pickle Ball!

This sport is amazing! And you do not need to have athletic abilities to participate.

There will be a max of 6 per group (you can make your own group of six or register as an individual and we will match you up with others). We will have two separate groups. Each group will have 2 sessions, each 1.5 hours long.

We will also provide water and a snack at the event for the participants.

Simply send us an email to [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) that you are interested and we will be in touch!

**COST:** FREE!!!! So why not give it a try!

**WHEN:** Wednesdays 5:30-7pm at the Rec Centre (we will assign you and/or your group 2 Wednesdays)

Want to know more about what pickle ball is? There are many awesome videos on YouTube! Check them out!

***\*Goulds Rec will provide a safe space for any youth that may want to step outside their comfort zone and give pickleball a try. It is a great way to stay/be active, socialize, and have a fun time!***



# ADULT PROGRAMS & SPECIAL EVENTS



- ✿ Adult Introduction to Pickle Ball
- ✿ Adults on the Move
- ✿ Zumba with Katherine Croft
- ✿ In the Stitches
- ✿ Craftastic Day Time and Evening Workshops



## **Adult Introduction to PICKLEBALL**

Would you like to learn the game of pickle ball? This is your opportunity! Pickle ball is great for adults of all ages! You also do not need to have any athletic background to participate. We are offering the opportunity to come to the rec centre and learn the game!

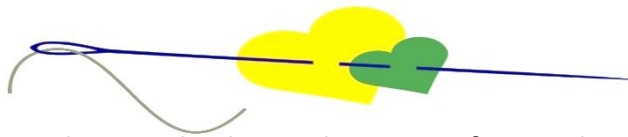
Do you have a group of friends that want to learn? You can register your group (6 max) or you can register yourself, in which we will form groups of a max of 6.

The Introduction to Pickle Ball includes 1 session to learn the rules, become familiar with the equipment, learn different techniques, with small game play. Session 2 will be an instructor led game session. Each session will be 1 hour long (with a little bit of wiggle room). **Cost:** \$10/person (covers the 2 sessions). There are plenty of pickle ball videos on YouTube if you would like more info as to what this sport is all about.

***Our available times for learning the game are Tuesdays and Thursdays; 6:30-7:45, starting May 10<sup>th</sup>.*** Please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) to book your 2 introduction to pickleball sessions.

If you discover a love for this sport, you can keep playing! We offer various Bubble Gym Times where you can book a time slot at the Rec Centre to play pickle ball. We will also be opening evening slots for those wanting to play pickle ball (info about this can be found under bubble gym time in this brochure)!

## **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!

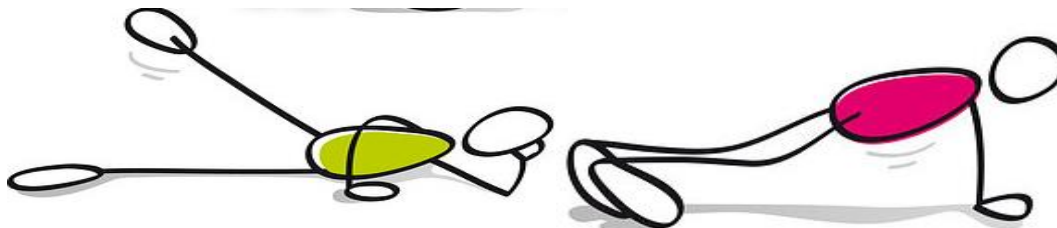
**Ages:** Adults of all ages **Where:** Goulds Rec Centre **When:** Mondays, 1-4pm (April 25 – June 13; no group on May 23)

**Cost:** \$14 for the Spring season

To register, send us an email ([gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)).



## **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!

**Ages:** Adults of all ages    **Where:** Goulds Rec Centre    **When:** Mondays, Wednesdays and Fridays; 10-11am

**Cost:** \$35 for a ten class pass (do not have to be consecutive). Come to 10 classes, get your 11<sup>th</sup> class free! Not sure if this is for you? You can purchase a three class pass for \$10.50!

*\*\*Classes finish for Summer break on June 17<sup>th</sup>. Passes remaining will be carried over to the Fall, or the value can be kept as credit note to go towards another program/activity at the Rec Centre.*



## **Zumba with Katherine Croft:**

This Zumba class is suitable for everyone, including beginners! It is for all ages, bodies and abilities (youth may need to receive permission from legal guardians). Zumba is a dance-inspired fitness class that feels like a party!

**Ages:** Adults of all ages    **Where:** Goulds Rec Centre    **When:** Mondays and Wednesdays; 7:30-8:30pm

**Cost:** \$50 for a ten class pass (do not have to be consecutive). Come to 10 classes, get your 11<sup>th</sup> class free! Not sure if this is for you? You can purchase a three class pass for \$15!

*\*\*Classes finish for Summer break on June 15<sup>th</sup>. Passes remaining will be carried over to the Fall, or the value can be kept as credit note to go towards another program/activity at the Rec Centre.*

## **Craftastic Daytime & Evening Workshops:**

Always a good time! Come for a morning or evening of crafting! No experience required! These crafts will have you thinking about the warm weather ahead!

Pictures provide are just a resemblance to what the actual crafts will be. Materials will differ.

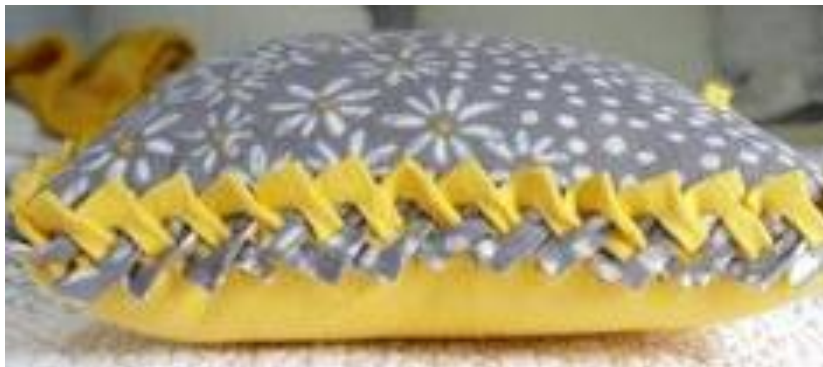
**Ages:** Adults of all ages **Where:** Goulds Rec Centre

**Cost:** \$15/session or \$20 if you register for both sessions!

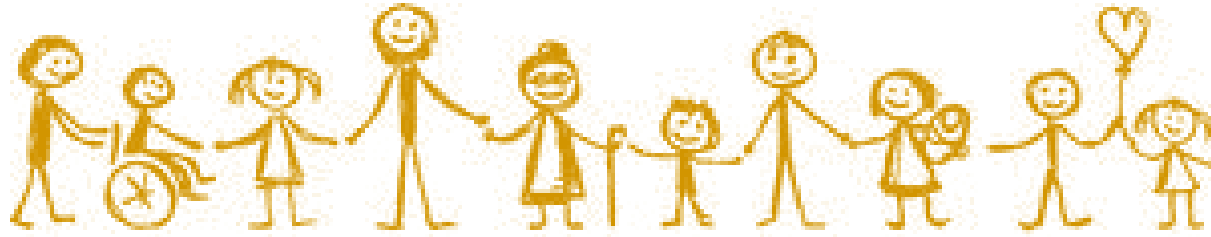
**When:** Tuesdays:  
Session 1: May 17<sup>th</sup> – No-Sew Spring/Summer Pillow  
Session 2: June 7<sup>th</sup>– Mason Jar String Art

**Time:** ***Morning Session:*** 10am-12noon ***Evening session:*** 7-9pm

***To Register, send us an email to [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). Ensure to let us know which workshop you are interested in!***



# FAMILY PROGRAMS



## **Adventures Before Bedtime:**

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

**When:** Mondays, 6-7pm      **Cost:** Free!!!

**Where:** Goulds Rec Centre

*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).

\*\*The Kilbride to Ferryland Family Resource Centre have a lot of programs taking place in several locations, including the Goulds area. If you would like more information on what they have to offer in the Goulds area, you can check out their facebook page – KFFRC Goulds Family Resource Centre or give the Goulds site a call at 747-8530\*\*



# BOBBLE GYM TIME

## **How it works:**

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)! Depending on the activity, you may need to bring your own equipment. The cost is dependent on the time slot. An adult 18+ MUST be in attendance for the entire time slot. Times will be one hour. Food will not be permitted during Bubble Gym Times (with the exception to baby feedings). Organizations/groups cannot book Bubble Gym Time slots. Bubble Gym Time is a PROGRAM offered by Goulds Rec and is similar to a drop-in program, however, times will be booked in advance.

**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 may 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 may apply if using Goulds Rec equipment. Ie. \$1 for use of our pickle ball rackets, \$1 for use of one of our pickle balls.\*\**



May 28<sup>th</sup> – June 5th

We will be kicking off this event with an **Adult Dance** at St. Kevin's Parish Hall on **May 28<sup>th</sup>**! Headlining: Cripple Creek. Tickets will be on sale soon. Only \$15 a ticket!

Stay tuned for more details on the dance and other awesome activities taking place in our community!

\*\*This Event is in part funded by the Canadian Heritage Grant. We want to thank them for their continued support\*\*

# SOMMER PROGRAM INFO

Summer is just around the corner and we know that many of you are anxious to know how things will be this year. Below are some details. We will have more posted in the coming weeks in our Summer Brochure.

## DAY CAMP

- Camp runs from June 27-August 26
- On-Line Registration May 25<sup>th</sup>
- 2 camps – Camp 1 at Rec Centre (ages 5/6-8/9); Camp 2 at Goulds Lions Arena (ages 9/10-11/12). Children MUST be finished Kindergarten to participate.
- Day Camp Info session will be held at the Rec Centre or virtually prior to registration. Date TBD
- As of right now, we are returning to pre-COVID programming, meaning a max of 60 participants at the Rec Centre and max of 20 at the Arena. This could change with little notice based on the current COVID-19 Pandemic.

## MINOR SOFTBALL

- On-line Registration will begin on May 11<sup>th</sup>
- Day Time slots, with Thursday evening slots for some age groups
- If you are interested in putting your name forward for coaching, please reach out to Nicole at 745-7575.
- Coaching clinic on May 14<sup>th</sup>. More details to follow
- Hoping to have an Umpires clinic soon!
- Competition Team tryouts will begin between end of May and beginning of June.

## Kids at Play

We are delighted to let you know that this program will be back to normal this upcoming summer. There will be two groups. Each group will have a morning and an afternoon time slot per week. More details will be provided in our summer brochure. On-line registration will begin June 1<sup>st</sup>.

## Outdoor Basketball and Tennis

These programs will be offered again this summer. More details will be provided in our summer brochure. On-line registration will begin on June 1<sup>st</sup>.

## SOCCER

We are doing our best to try and offer a Soccer program this year. We were not anticipating having to take this program on this upcoming summer, so there are a lot of program planning that needs to be sorted. If we are able to offer a soccer program, it will only be open to children ages 4/5-10 and the program will run day times, with the **possibility** of a Thursday evening time slot.



# ADDITIONAL INFORMATION:

## 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) or call her at 745-7575.

### 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)

**Fax #:** 745-2727

**Facebook:** Goulds Recreation Association

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

### Goulds Rec Voluntary Board of Directors:

**Chairperson:** Michelle Downey

**Vice Chair:** David Ryan

**Treasurer:** Susan Putt

**Secretary:** Jeannie Reddy

**Community Members:** Gina Evoy      Donnie Earle  
Tina Dinn      Cindy Vickers  
Donna Emberley  
Pam Mills      Bryan Vaughan

### Rentals

Interested in renting one of our facilities?  
Email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). We  
will provide you with the details!

### Goulds Rec 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 2 weeks of 8+ week programs and during the first week of 4-7 week programs. Refunds will not be issued for 2-3 week programs or for special events.