



# Goulds Recreation Association

Committed to our community!

## SPRING PROGRAMS & SPECIAL EVENTS 2024

- *Community/Family Programs & Events*
- *Kids After School Leisure*
- *Children Programs & Special Events*
- *Youth Programs*
- *Adult Programs*
- *Bubble Gym Time*
- *Summer Program 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 2023, active memberships (those who participated in at least one event/program in 2023) have been carried over to 2024. 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.**

*Please remember, SPACE IS LIMITED for all events/programs. Registration deadlines are in place, however, spaces could be filled prior to that deadline date. Do not wait to register!*

**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. **The last skate will be April 24<sup>th</sup>!** 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 3<sup>rd</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 between 1 hour and 1.5 hours. **Organizations/groups cannot book Bubble Gym Time slots.**

**Ages:** All ages      **Cost:** \$2/person during regular office hours (children under 12 is free) for 1 hour  
\$3/person during regular office hours (children under 12 is free) for 1.5 hours  
\$20/hour for 1 hour time slots outside of regular office hours (must be paid in advance)  
\$30/hour for 1.5 hour 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 (more than 1 request is not guaranteed).

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

**le. \$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

*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).*



## Basic First Aid, CPR LEVEL C and AED

Goulds Rec will be hosting a first aid training workshop! Limited Spots available!  
This workshop will cover first aid, CPR Level C (Infant and child resuscitation) and AED training!

**When:** Wednesdays, May 29<sup>th</sup>      **Time:** 9am – 4pm

**Cost:** \$110/person; \$50 for High School Students

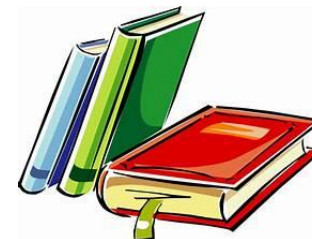
**Where:** Goulds Rec Centre

**To register, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)**



## LIBRARY

Please follow our Facebook page for Library info! If you are interested in volunteering with our library, please email [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.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:** June 18 and 19. Each day will be 6-8pm

**Cost:** \$60

**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).

## High Five® Strengthening Children's Mental Health

This one-day in-person training, developed in collaboration with Canadian Mental Health Association, Ontario, will help anyone running children's programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children's mental health including the impact of stress and environment on a child's ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenges in their programs.

**When:** TBD: Please follow our facebook page for an update

**Cost:** \$60

**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.*

# KIDS AFTER SCHOOL LEISURE (GRADES K-6)

**WE HAVE SPACE AVAILABLE!!!!**

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 and there is no program on school PD days )

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

**End Date for the 2023/2024 school year:** June 14, 2024

**REGISTRATION:** If you would like to register (full-time or part-time), please email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

Registration is only for the current school year (limited spots available) and does not carry over to the next school year.

**REGISTRATION for 2024/2025 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 13<sup>th</sup>, 27<sup>th</sup>**  
**May 11<sup>th</sup>**  
**June 1<sup>st</sup>, 15<sup>th</sup>**

**Ages:** 3 years (turning 3 in 2024) to 6 years (turning 6 in 2024) **Cost:** \$20/family for all 5 sessions or \$5 drop-in/family

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

**While this is a drop-in program, we still require all families in attendance to ensure they have completed the Goulds Rec Membership on our website – [www.gouldsrecreation.com](http://www.gouldsrecreation.com).**

## Youth Drop-In



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

**Ages:** 12-16 years

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

**Where:** Goulds Rec Centre

**Time:** 6-8pm

**When:** All fall on a Friday on the following dates: April 12<sup>th</sup>

May 10<sup>th</sup>

June 7<sup>th</sup>

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

## SATURDAY SPECIALS



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

With the Baking Sessions so popular during Winter, we are going to stick with BAKING!

**Ages:** 6-12 years

**Cost:** \$10 per special

**Where:** Goulds Rec Centre

**Time:** Saturday, 10am-12pm

**Specials:**

- **April 20: ALL THINGS SPRING!** - Spring Pancakes, Spring Activities and a Spring Craft
- **May 4: WHAT A LAUGH!** – Snicker Doodle cookies, funny jokes game and a silly craft
- **May 25: MUFFIN BUT FUN!**- Apricot Mini Muffins, muffin themed games and craft
- **June 8: COME ON SUMMER!** – Whipped Shortbread, summer activities and summer craft

**Registration is opened now! Deadline to register will be the Monday prior to each special**

***(However, please remember, that space is limited!)***

## OUTDOOR BALL HOCKEY

A sure sign of Spring! Outdoor Ball Hockey season!!!!

This program is totally weather dependent.



**Ages:** 9 -12 year olds (turning 9 in 2024 - turning 12 in 2024)

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

Program will start May 1<sup>st</sup> and finish June 12<sup>th</sup>.

**\*\*There will be no make-up games due to poor weather**

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.

## DRAMA CLUB

We have some very talented children/youth in the area! We have so much fun with this program!  
No experience is required. The club will do a Spring performance for family and friends!



**Ages:** 8-12 years (turning 8, 9, 10, 11, 12 in 2024)    **Cost:** \$25 for returning members; \$30 for new members

**Where:** Goulds Rec Centre    **When:** Mondays, 6-7:30pm; starting April 29<sup>th</sup>.

The program will run for 6 weeks with a show on the 7<sup>th</sup> week (June 17<sup>th</sup>)

**Registration is now open for this program. Due to the practice required for the show, registration for this program should be completed prior to the start date, We cannot guarantee the possibility of adding more participants once the program begins.**



## KIDS ART CLASSES

If you have an interest in art, this is the program for you! Our Winter sessions were a huge hit! Spring season will see our artists explore sharpie drawings, using sketching pencils and water color pencils!

**Ages:** 6-9 years (turning 6, 7, 8, 9 in 2024) **Cost:** \$10 per session **Where:** Goulds Library

**Time:** Tuesdays, 6-7:30pm:  
April 16th – Sharpie drawing  
May 14<sup>th</sup> – Sketching  
June 11<sup>th</sup> – Water Color Pencils



**Registration is opened now for all sessions! Deadline to register will be the Thursday prior to each session (however, please remember, that space is limited!)**

## YOUTH ART CLASSES + EXHIBIT

This will be the perfect opportunity for youth to work on a 12x36 inch acrylic canvas painting and then showcase it during their art exhibit! How does it work? There will be 2 sessions for the youth to complete their art work. Then, a third session will be an opportunity for them to put finishing touches to their piece of art, set up and host their own art exhibit for family and friends! The youth will get to choose what they want to paint on their canvas! We will provide the acrylic paint and paintbrushes!

**Ages:** 10-13 years (turning 10, 11, 12, 13 in 2024) **Cost:** \$30 (covers the three meeting times) **Where:** Goulds Library

**Time:** Tuesdays, 6-7:30pm:  
April 16th – Start working on their painting  
May 14<sup>th</sup> – Continue to work on their painting, with the majority being completed  
June 11<sup>th</sup> – Add final touches to their art, set up for art exhibit & host art exhibit



**Registration is opened now for this program! Deadline to register will be the Thursday prior to the first session. However, please remember, that space is limited!**

## JUST THE GIRLS NIGHT OUT

This is a structured program for girls ages 9-12 (turning 9, 10, 11, 12 in 2024). The events will incorporate friendship building, confidence building and more. It is a great opportunity to hang out with friends and meet new friends! It will also provide an opportunity to try something new or take part in an activity that you truly enjoy.... all in a safe environment!

**Ages:** 9-12 years (turning 9, 10, 11, 12 in 2024)    **Cost:** \$10/session    **Where:** Goulds Rec Centre  
**Time:** 6-8pm    **When:** FRIDAY, April 19<sup>th</sup> – Slumber Party without the Slumber!



FRIDAY, May 24<sup>th</sup> – Backyard Games!

Registration is now opened for both events. Pre-registration is required in order for us to ensure we have enough supplies for the program and meet staff to participant ratios. The deadline to register for each event will be the Monday prior to the event dates. Please remember, that SPACE IS LIMITED!

## Movie Night

The movie selection will be determined closer to the event dates. Participants can wear their PJ's and bring along a blanket, pillow and stuffy if they like! Snacks will be provided!

**Cost:** \$10/child    **Where:** Goulds Rec Centre    **Time:** 6-8pm

**APRIL 26<sup>th</sup>:** Ages 6-8 (turning 6,7,8 in 2024)

**MAY 3<sup>rd</sup>:** Ages 9-12 (turning 9,10,11,12 in 2024)



Registration is now open for these two movie nights. Registration deadline will be the Tuesday before each date. However, remember – SPACE IS LIMITED!!!! Pre-registration is required. THIS IS NOT A DROP-IN

## Teddy Bear Picnic

Bring a teddy, and a blanket! We are going on a Teddy Bear Picnic! There will be a scavenger hunt, teddy bear check up area, Teddy Bear Themed games and activities! Picnic Snack will be provided!

**Ages:** 5-7 (turning 5, 6, or 7 in 2024)

**Cost:** \$10/child

**Where:** Goulds Rec Centre

**When:** May 31<sup>st</sup>, 6-7:30pm

**\*\*Children currently not in school MUST be accompanied by an adult**



## End of School Year Special Event

Stay tuned! We are planning an event! More details will be posted once we have everything confirmed!

**When:** 6-8pm, Friday, June 14<sup>th</sup>, 2024

*Registration for this event will not open until we have the event fully planned.*

End of the Year  
**FUN**

# ADULT PROGRAMS & SPECIAL EVENTS

## 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 10<sup>th</sup> – June 12<sup>th</sup>) is \$20

If you are interested in learning more, please email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)



## Adult Craftastic Workshop

Always a good time! Come for an evening of crafting! No experience required! You will surprise yourself with your “Craftastic” skills! Project to be determined! Once we have it in place, we will post on our facebook page!

**Ages:** Adults of all ages

**Cost:** \$20



**Where:** Goulds Rec Centre

**\*\*Please remember that space is limited!!!!**

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

## Walk n' Talk

We have the Rec Centre opened for anyone who would like to take a walk around our gym!

**Ages:** Adults of all ages; baby wearing and baby strollers are welcome!

**Cost:** FREE!!!

**Where:** Goulds Rec Centre

**When:** 9:10am-9:50am; Mondays, Wednesdays, Fridays  
Resuming April 8<sup>th</sup>, 2024.

Program will finish for summer break on June 14



# 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

Classes resume Monday, April 8<sup>th</sup>

Classes will finish for summer break on June 14<sup>th</sup>

**Cost:** \$35 for a 10-class pass (do not have to be consecutive).

By buying a 10-class pass, you will get your 11<sup>th</sup> class free!

Not sure if this is for you? You can pay a drop-in rate of

\$3.50/class (please ensure you have the correct amount)

If you have never attended one of these classes before, your first class is free! So why not give it a try!



# Keenagers Healthy Together Program

We have received a grant from the Department of Tourism, Culture, Arts and Recreation under the Active NL Fund! This grant will go directly towards our Keenagers Healthy Together Program. This program will run for 5 sessions, every second Tuesday. The program will involve some light stretching, balance, small movements to help with flexibility, along with a group preparation of a healthy snack/light lunch and most importantly, a social environment for all that attend!

**Ages:** 50+

**Cost:** FREE!!!!

**Where:** Goulds Rec Centre

**Time:** 10am-12noon

**When:** April 16<sup>th</sup>, April 30<sup>th</sup>, May 14<sup>th</sup>, May 28<sup>th</sup>, June 11<sup>th</sup>



*We have limited spots for this program! Please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or call 709-745-7575 to register.*

# SUMMER 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.

## SUMMER DAY CAMP

- camp runs from June 24<sup>th</sup> – August 23<sup>rd</sup>
- On-line registration is May 22<sup>nd</sup>. Initial registration will see 2 age groups: **40** spaces for ages 5/6-8/9 (children MUST be turning 6, 7, 8, 9 in 2024) and **20** spaces for ages 9/10-12 (children MUST be turning 10, 11, 12 in 2024).
- 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 in each age category, 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

- Registration will begin May 8<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.
- Our registration fee includes the Softball NL Affiliation fee

## SOCCER

- Registration will begin May 8<sup>th</sup>
- Our soccer program will be run the same as we did last year, with the addition of 8 year olds. We will have an age 4 (turning 4 in 2024), 5-6 age group (turning 5 or 6 in 2024) and a 7-8 age group (turning 7 or 8 in 2024).
- 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.

## OUTDOOR BASKETBALL, TENNIS, KIDS AT PLAY and ON THE MOVE

These programs will be offered again this summer. More details will be available in our Summer Brochure. Registration will begin May 8<sup>th</sup>.

# ADDITIONAL INFORMATION:

## SUMMER EMPLOYMENT OPPORTUNITIES

At this point, we are waiting on confirmation of summer employment grants. The number of grants we receive will determine if and how many we will be able to hire for this upcoming summer. Please follow our Facebook page for any updates on Summer Employment Opportunities. We anticipate to hear about the grants by the end of April.

### Goulds Rec Directory

**Main Office:** 709-745-7575

**Rec Coordinator:** 709-745-7504; [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:

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.

### 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!