



# Goulds Recreation Association

Committed to our community!



## Registration

If you have not already, please ensure you complete your family's free Goulds Rec Membership by clicking on the link: <https://www.eventbrite.ca/e/goulds-recreation-2023-membership-registration-503602838647>

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 709-745-7575 or email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

To register for any of our events/programs (with the exception of Easter Camp), 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.

Registration fees can be e-transferred to [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com). Please ensure to include the participants name and the program/event you are registering for in the message section.

## CHECK IT OUT

- **Community/Family Programs & Events**
- **Kids After School Leisure**
- **Spring Camp**
- **Child/Youth Programs & Special Events**
- **Adult Programs**
- **Goulds Library**
- **Additional Information**



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

**Be sure to follow us!**



# COMMUNITY/FAMILY PROGRAMS & EVENTS



## 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 (insurance may need to be considered)! An adult 18+ MUST be in attendance for the entire time slot. Times will be one hour. **Businesses/Organizations/groups can't 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. Interested in bubble gym time?

Please email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). We will add you to our email list. 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. Each email can request more than one slot, however, due to the popularity of our Bubble Gym Times, we are going to share out the times as much as possible, therefore, we won't be able to guarantee you multiple slots, regardless of the time stamped 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      **Resuming:** January 10<sup>th</sup>      **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).*

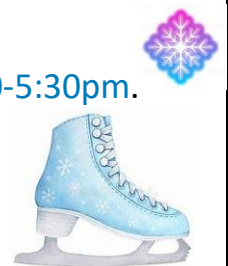
## Free Community Skate

Our FREE SKATE at the Goulds Lions Arena is every **Wednesday, 4:30-5:30pm**.

Everyone on the ice MUST be wearing skates and a helmet.

A big **THANK-YOU** to the Arena for providing us with this time slot!

**THERE WILL BE NO SKATE ON DEC. 27<sup>th</sup>, 2023**

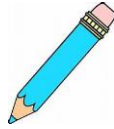


## St. Patrick's Day Celebrations

Keep an eye out for some fun, entertaining events taking place around St. Patrick's Day! We are sure there will be a Kitchen Party, along with a few other exciting events!

We will post more on our Facebook page early in the new year once events become finalized!

# KIDS AFTER SCHOOL LEISURE (GRADES K-6)



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 (no programming on regular holidays and Professional Development days scheduled at Goulds Elementary)

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

**End Date:** June 14, 2024

**Space is very limited at this time. If you would like to know availability, either full-time or part-time, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).**

Registration is only for the current school year and will not be carried over to the following school year. We strongly recommend you place your child's name on the wait list if you are unsuccessful in obtaining one of the spaces. One may become available in the current school year.

**PAYMENT:** Monthly payments will be required. Fees will be based on a Monday-Friday (5-day school week) of **\$100/week** for 1 child and **\$90/week** for the 2<sup>nd</sup> child in same household. There will be a prorated cost for weeks that contain Statutory holidays and PL Days. Part-time participants pay \$20/day. Payments are made by emt to [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com). Monthly payments are due two weeks prior to the start of that month. If you need to discuss alternative payment plans, please feel free to give us a call at 709-745-7575 or email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

**TRANSPORTATION:** We will be providing transportation from Goulds Elementary every school day. Transportation will not be provided from St. Kevin's Junior High.

**\*\*A Program Package is available on our website and can also be viewed by clicking on this link:**

**<https://nebula.wsimg.com/2d63fb1e6f496e00e36222c70d65a82c?AccessKeyId=9E7FB21A22AAD75C8B4A&disposition=0&alloworigin=1>**

**This package will contain all the details you will need to know about our program, including the links for registration and the monthly payment plan!**

# **SPRING DAYCAMP**

We will be having a Spring (Easter) Daycamp this year! Our Camp is based on Canada's High Five® quality standard for children's recreation and sport. Our aim for this camp 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)
- Outdoor Play
- Field Trip (Location to be determined)
- Activities will focus on physical activity, fundamental movement and art

**When:** April 1-5    **Ages:** 5-12 (grades K-6)    **Cost:** \$115/Child;  
\$105 for 2<sup>nd</sup> child in same household

**Hours of Operation:** Early drop-off is 8am, late pick up is 5:30pm. Core program activities take place between 9:30am and 4pm.

**REGISTRATION begins on January 23<sup>rd</sup>, 2024 at 12 noon.** Registration procedures will be posted on our website: [gouldsrecreation.com](http://gouldsrecreation.com) and on our Facebook Page: Goulds Recreation. We strongly recommend you place your child's name on the wait list if you are unsuccessful in obtaining one of the spaces. One may become available as we get closer to the Spring Break.

**PAYMENT/CANCELLATION:** Full payment is due by March 18<sup>th</sup>. March 18<sup>th</sup> is also the last day to cancel and receive a refund. A \$15 administration fee will be applied to all refunds. Refunds will not be issued past the March 18<sup>th</sup> deadline.

**\*\*A Program Package for our Easter Camp will be available on our Website - [gouldsrecreation.com](http://gouldsrecreation.com). This will contain all the details you will need to know about our Easter Camp.**





# CHILDREN/YOUTH PROGRAMS



## On the Move



This is a semi Structured Active Play Program for toddlers and young children! It 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:** January 13 & 27  
February 10 & 24  
March 9 & 23

**Ages:** 3 (turning 3 in 2024) to 6 (turning 6 in 2024) years **Cost:** \$25/family for all 6 sessions or \$5 drop-in/family

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



## Reading Circle



Come to the Library and join us as we read a storybook and do a craft and activity based on the story. This program is specifically for our younger participants and is family based. A guardian will need to stay with their child and assist with the activities. Families will be able to take a loan of a book from the library!

**Ages:** 3-5 years (turning 3, 4, 5 in 2024)

**Time:** Saturdays, 12:30pm-1:30pm

**Cost:** \$20 per family

**Dates:** January 20<sup>th</sup>  
February 3<sup>rd</sup>  
February 17<sup>th</sup>  
March 2<sup>nd</sup>

**Where:** Goulds Library



**Pre-registration is required for this program so that we can ensure we have enough supplies on hand.**



## Saturday Specials



This season of Saturday Specials will be all about BAKING! The participants will bake something, do a craft and play an activity! Don't wait to register! These fill fast! They are a whole lot of fun...and yummy!

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

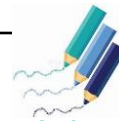
**Specials:** January 20<sup>th</sup>: Cinnamon Twist  
February 3<sup>rd</sup>: You Make My Heart Jiggle  
February 17<sup>th</sup>: Snapper Dabber Do  
March 2<sup>nd</sup>: Top of da Mornin'



**Deadline to register will be the Monday prior to each special. However, please remember, that space is limited! We recommend that you do not wait to register!**



## Youth Art Classes



Our youth art classes were a hit this past Fall, so we are going to offer them again! This season we will focus on sketching, water color pencils and Sharpie drawing

**Ages:** 10-13 years (turning 10, 11, 12 or 13 in 2024)

**Cost:** \$10/session or \$25 for all 3 classes

**Where:** Goulds Library

**When:** Tuesdays, 6-7:30pm: January 23

February 20

March 19

*Deadline to register for individual classes will be the Thursday prior to each class.*

*Please remember, that space is limited! We recommend that you do not wait to register!*



## Kids Art Classes



This one is for our younger participants! If you have an interest in art, this is the program for you! You will get to use Acrylic Paint, Water Colors and Pastels!

**Ages:** 6-9 years (turning 6, 7, 8 or 9 in 2024)

**Where:** Goulds Library

**Cost:** \$10/session or \$25 for all 3 classes

**When:** Tuesdays, 6-7:30pm: January 23

February 20

March 19

*Deadline to register for individual classes will be the Thursday prior to each class.*

*Please remember, that space is limited! We recommend that you do not wait to register!*



## Drama Club



This past fall we had a great group of participants with the acting bug! We want to have the Drama Club again! We would love to have more join our Club! No experience required! The Club will get to perform for family and friends!

**Ages:** 8-12 years (turning 8, 9, 10, 11 or 12 in 2024)

**Cost:** \$25 for returning members; \$30 for new members

**Where:** Goulds Rec Centre

**When:** Mondays, 6-7:30pm; starting January 15<sup>th</sup>.

The program will run for 8 weeks, with a show on the 9<sup>th</sup> week.

*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.*



## Youth Drop-In



We will have the Rec Centre open for the Winter 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

**When:** 6-8pm Friday on the following dates:

January 12<sup>th</sup>

February 2<sup>nd</sup>

March 8<sup>th</sup>

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





## Just the Girls Night Out



This is a structured program for girls ages 9-12. 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 also will provide an opportunity to try something new or take part in an activity that you truly enjoy...all in a safe environment!

**Ages:** 9 (turning 9 in 2024) -12 years

**Cost:** \$10/session

**Where:** Goulds Rec Centre

**Time:** 6-8pm



**When: Friday, February 16<sup>th</sup>** = *Diamond Dots*: girls will get to choose their own 6x6 diamond dot picture and complete while chatting and sipping on hot chocolate

**Friday, March 15<sup>th</sup>** = Let's Party: glow sticks, dancing, karaoke, photo booth, snacks and more

Pre-registration is required for this event in order to ensure we have enough supplies for the program. The deadline to register for each event will be the Monday prior to the event dates.



## Healthy Relationships Plus Program



This is a Fourth R small group program to promote healthy relationships and positive mental health. The program is designed to build strengths, resilience and coping skills among youth as a way of enhancing interpersonal functioning. The whole program is designed to model appropriate use of power and respectful relationships and support youth empowerment. This will be an 8-week program.

**Ages:** 12 - 14 years (turning 12, 13, 14 in 2024)

**Cost:** Only \$20/participant!

**Where:** Goulds Library

**When:** Mondays, 2:45-4:15pm  
Starting January 29th

For this program to go ahead, we require a minimum of 10 participants and a max of 14. Each session is comprised of a warm-up (ice breaker), various activities and a closing activity. It is very engaging and provides valuable lessons to youth involved. Participants who complete the course will receive a certificate.

Nicole, our Recreation Coordinator will be leading this group. She has completed the training for this program through the Canadian Mental Association. Please contact Nicole for more information (709-745-7575, or [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com)) or checkout [youthrelationships.org](http://youthrelationships.org).

# CHILDREN/YOUTH SPECIAL EVENTS

Our Special Events will be a little different so that we can provide more spaces for more children! Registration is now open for all of these events! Email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) & let us know what you're registering for. Please remember, **SPACE IS LIMITED. THESE ARE NOT DROP IN EVENTS.** Registration fees will not be due until we know we have enough registered to go ahead with the events.



## Movie Night



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

**Cost:** \$10/child

**Where:** Goulds Rec Centre

**Time:** 6-8pm

**JANUARY 19<sup>TH</sup>:** Ages: 6-9 (Turning 6, 7,8,9 in 2024)      **JANUARY 26<sup>TH</sup>:** Ages: 10-12 (Turning 10, 11,12 in 2024)

**MUST be registered by the Tuesday before each event, however, please remember – SPACE IS LIMITED!**  
Pre-registration is required!



## Glow Party



Come join us for an exciting evening of everything glowing! This one may get a little messy!

**Cost:** \$10/child

**Where:** Goulds Rec Centre

**Time:** 6-8pm

**FEBRUARY 23<sup>RD</sup>:** Ages: 6-9 (Turning 6, 7,8,9 in 2024)

**MARCH 1<sup>ST</sup>:** Ages: 10-12 (Turning 10, 11,12 in 2024)

**MUST be registered by the Tuesday before each event, however, please remember – SPACE IS LIMITED!**  
Pre-registration is required!



## Prince & Princess Night



We are hoping to host a Prince and Princess Night! Keep an eye out for PD days with Goulds Elementary! We are looking at the evening before a PD day. If PD days don't work, we will aim for a Sunday evening. The evening will be filled with enchantment and every participant will be given the royal treatment!

**Cost:** \$10/child per event

**Where:** Goulds Rec Centre

**Time:** 6-7:30pm

**Date to be determined.** Ages: 5-7 (Turning 5, 6, 7 in 2024)

We will post on our Facebook page once a date has been set! **SPACE IS LIMITED!!!!**  
Pre-registration is required!



## Superhero Night



We are also hoping to host a Superhero Night! This too will occur the night before a PD day with Goulds Elementary! If a PD day don't work, we will aim for a Sunday evening. The evening will be filled with superhero training and superhero adventures!

**Cost:** \$10/child

**Where:** Goulds Rec Centre

**Time:** 6-7:30pm

**Date to be determined.** Ages: 5-7 (Turning 5, 6, 7 in 2024)

We will post on our Facebook page once a date has been set! **SPACE IS LIMITED!!!!**  
Pre-registration is required!





# ADULT PROGRAMS & SPECIAL EVENTS



## 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 January 8<sup>th</sup>, 2024

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

Buy 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 in cash)



**EVERYONE'S FIRST CLASS IS FREE!!!!**



## Walk n' Talk



No worries of slipping on ice, and you can stay warm! 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 January 8<sup>th</sup>, 2024.



## 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:** Winter session (Jan. 10-Mar. 27) is \$24

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



## Adult Craftastic Workshops



These are great social events! Fun is had by all participants! Come for an evening of crafting! No experience required! You will surprise yourself with your crafting abilities!

**Ages:** Adults of all ages

**Where:** Goulds Rec Centre

**Cost:** \$20/session

**When:** Both fall on Tuesdays and will start at 7pm.

We try to finish up by 9pm, but we can stay longer!

Session 1: Eloquent Love Canvas Painting - February 6<sup>th</sup>

Session 2: Round Wood Easter Sign – March 5<sup>th</sup>



Pictures of the actual crafts will be posted on our Facebook page  
**SPACE IS LIMITED! Must be registered by the Thursday prior to each session!**



## Keenagers Social Club



We would love to see more join our Social Club! We always have a great time! Every meeting we will be doing something 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! 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

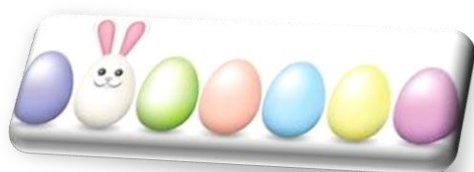
**Where:** Goulds Rec Centre

**Time:** Tuesdays, 10am-12noon

**When:** January 30<sup>th</sup> – Left, Right, Centre Dice Game

February 27<sup>th</sup> – Yoga

March 26<sup>th</sup> – Easter craft



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

Do you have an idea for adult programming or special events? Please let us know! We are looking for suggestions!



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



# GOULDS LIBRARY



Goulds Recreation is looking for dedicated volunteers to help with the running of our library. We need volunteers to have the library open to the public for book loaning and computer use. We are also looking for volunteers to help run some of our programs, events. For example, if you are someone who loves to read and would like to start a book club, this could be the perfect opportunity to do so! Are you knowledgeable in the area of basic computer use and would love to help those who would like more understanding of computer basics, such as setting up an email? This may be the perfect opportunity for you too!

Volunteer applications can be picked up at the Rec Centre, or we can email it to you.

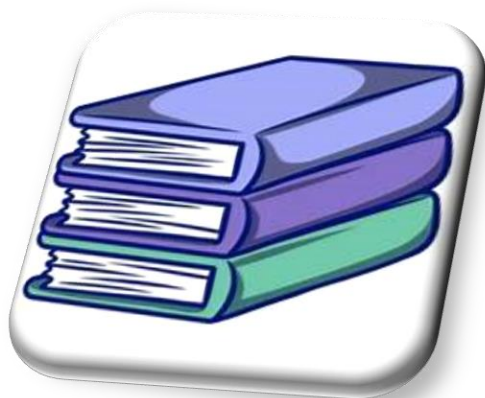
We will be starting some programming in the Winter at our Library. Once we secure volunteers, we will be able to open the library up to the public. We will have a special reopening celebration, so please stay tuned!

For more information, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or give Nicole a call at 709-745-7575.

## What book donations are we looking for?

We are looking for French language books for all ages. We are trying to build on our French section. If you have any French language books (no encyclopedia's please) that are in good shape, please email us and we will work out a drop-off time.

*We are not accepting other donations at this time.*



# ADDITIONAL INFORMATION

## 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

## 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! Please remember that our Rec Centre is Alcohol Free. There are no exceptions to this policy.

## 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.

## GOULDS REC: DID YOU KNOW?

- Goulds Rec is run by a Volunteer Board of Directors that consist of residents of the community who are invested in ensuring we are able to offer affordable programs and leisure activities to residents of the Goulds
- We have a lease agreement partnership with the City of St. John's. Through this positive partnership, we receive a quarterly operational grant from the City which allows us to maintain our facilities and offer a variety of programs in the Goulds, many of which are unique to our community.
- We have an Annual General Meeting every year in November, which is advertised on our outdoor sign, as well as on social media and in our Brochures. The AGM is open to anyone in the community to attend.
- Since 2005, Goulds Rec has employed an approximate total of 390 youth during the summer months, with the majority being from the community of Goulds!
- So far for the 2023 year, we have a membership of 945 participants (have participated in at least one of our programs or special events)! These numbers do not factor in all drop-in programs, or those attending rentals. We would love to see this number grow!