

FALL



Goulds Recreation Association

P.O. Box 40

Goulds, NL

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2017

Congrats to the Goulds Minor Softball Teams and individual players on representing Goulds exceptionally well this summer at all levels of play! WAY TO GO!!!!!!

Thank-You Participants and Families!

We had a great summer & even the weather cooperated this year!

Thanks to the Goulds Lions Club!

The Goulds Lions Club continue to sponsor our Goulds Lions Summer Blast! A huge THANK-YOU to them for their commitment to this event. It was an awesome day and lots of fun for everyone! We appreciate your support!

Thank-you Summer Counselors and Coaches!!

Goulds Rec would like to thank all summer counselors and coaches who helped make this past summer a huge success! You provided the participants with a fun, safe and memorable summer! We would not have been able to have such great programs without your hard work and dedication!

CHECK OUT INSIDE THIS BROCHURE FOR SOME GREAT PROGRAMS AND SPECIAL EVENTS!!!!!!!

What's Inside?

- ☞ Goulds Rec Programs
- ☞ Goulds Rec Special Events
- ☞ Goulds Library
- ☞ Announcements
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Registration

Registration for After School Program is currently on-going. Registration for all other Goulds Rec/Library programs and special events will begin on Thursday, September 7th, during regular business hours. Remember: **SPACE IS LIMITED** for all programs and special events.

Goulds Rec Office Hours

Monday-Friday: 9am-5:30pm
Saturday & Sunday: CLOSED
Closed for all regular holidays!

Goulds Rec Programs: Children/Youth

After School Program

Want a place to hang out after school? You'll get to play games, make crafts, play Nintendo Wii, watch movies, bake, work on your homework and so much more!

Ages: Grades Kindergarten-6

When: Monday-Friday; 2:30-5:30pm

Cost: \$50/week/child

Each week MUST be paid in

advance. Paid participants in the After

School Program will also be able to

participate in other after School programs.

Every day is at the Rec Centre, except Tuesdays will be at the library.

Registration is ongoing! SPACE IS LIMITED! Program starts September 11th!

After School Outdoor Ball Hockey

Get together for an organized game of ball hockey!

Ages: 9-12 years **Where:** Tennis Courts **Cost:** \$30

When: Wednesdays, 3:30-4:45pm

6 week program, starting September 20th

Must have own sticks, wear helmets, shin pads and gloves

**this is a weather permitting program. Cancelled days due to weather will be rescheduled either for another day of the week, or at the end of the program.*

After School Busy Bees

Do you like to make crafts? This is the perfect program for you!

Ages: 5-12 years **Where:** Library **Cost:** \$50 (1st child)

When: Tuesdays, 3:30-5pm \$45 (2nd child/family)

8 week program, starting September 19th

The crafts in this program will be of various levels of difficulty to ensure it is suitable for all participants.

Bake Away

Do you like to bake? More importantly, do you like to eat deliciously baked goods?

Well, if so, this is the program for you! Each week you will bake something awesome! You will also get to make a craft and play a fun game!

And of course you will get to try your baked goods and bring some home!

Ages: 6-12 years **Where:** Goulds Rec Centre **Cost:** \$50 (1st child);
When: Saturdays, 11:00am-12:30pm \$45 (2nd child/family)
Starting September 23rd ***This is an 8 week program***

Families on the Move

This program is for parents and children. It is a joint program with the Kilbride to Ferryland Family Resource Centre and Goulds Rec. It is full of active play with climbers, ride on toys, bouncy balls and so much more! Snack provided!

Ages: All ages welcome **Cost:** Free! **Where:** Goulds Rec Centre
When: Thursdays, 12:30-2pm; Starting September 21st
Parent/caregiver must attend with child

Adventures Before Bedtime

A program for parents and children. It is a joint program with the Kilbride to Ferryland Family Resource Centre and Goulds Rec. It will start with an active play, followed by bedtime song and snack!

Come and release some energy before bed time!

Ages: 8 and Under **Cost:** Free! **Where:** Goulds Rec Centre
When: Thursdays, 6-7:15pm; Starting October 5th

Parent/caregiver must attend with child

Goulds Rec: Special Events

Girls Game Night

This night is going to be full of all different kinds of physical activities, including a variety of sports in the form of friendly competition! Get the girls together for a fun, active night out!

Ages: 8-12 years

When: 6:30-8:30pm; Friday, October 20th

Where: Rec Centre

Cost: \$10/child

Must be registered and paid by Wednesday, October 18th

Boys Game Night

This night is going to be full of all different kinds of physical activities, including a variety of sports in the form of friendly competition! Get the boys together for a fun, active night out!

Ages: 8-12 years

When: 6:30-8:30pm; Friday, November 3rd

Where: Rec Centre

Cost: \$10/child

Must be registered and paid by November 1st.

Children's Holiday Painting Workshop

Spend the afternoon painting a Holiday picture just in time for the Holidays!

Workshop will be led by artist Lesley Janes

Ages: 6-12 years

When: 1-3pm; Sunday, November 5th

Where: Rec Centre

Cost: \$10/child

Must be registered and paid by Thursday, November 2nd

Youth Holiday Painting Workshop

Spend the afternoon painting a Holiday picture just in time for the Holidays!

Workshop will be led by artist Lesley Janes

Ages: 13-16 years

When: 2-4pm; Sunday, November 26th

Where: Rec Centre

Cost: \$10/child

Must be registered and paid by Thursday, November 23rd

After School Christmas Party

We are having a Christmas party and you are invited! Come play some games, make crafts and get a present! We will be providing some great food as well!

Ages: 6-12

When: 3:30-5pm; Friday, December 15th

Where: Rec Centre

Cost: \$10/child

Must be registered and paid by Monday, December 11th

Goolds Rec: Adult Programs

Adults on the Move

This is a low to moderate exercise program for adults of all ages!

When: Mondays, Wednesdays and Fridays; 10am-11am; Starting September 11th

Where: Goolds Rec Centre **Cost:** \$3.50 (taxes included) drop-in/class

Come to 10 classes, 11th class free! Aerobic, chair, mats, balls, bands and wall exercises!

“Pound it Out Fitness” and “Steps and Reps”

This fitness program will be a total body workout! While using drumsticks, you’ll get a great workout, as you rock out to some awesome tunes on Sundays during Pound it Out Fitness! And then on Tuesdays, there will be a combo class of steps and weights or bands done in 5 minute intervals!

Instructor: *Deborah Guillemette (checkout her facebook group: Fitness with Deborah)*

Ages: Adults of all ages (15 and up) **Cost:** \$5 (taxes included) drop-in/class

Where: Goolds Rec Centre **or purchase a 12 class pass for \$50**

When: Tuesdays and Sundays, 6:30-7:20pm, starting September 12th

Creative Crafts Adult Program

With the success of this program in the past, we have to offer it again! You do not need to be a professional crafter to join! All the crafts are based on ideas from Pinterest. This will be a 4 week program with a different craft each week. All supplies are provided! We are aiming to have all crafts decided on by mid September. Staff will provide instructions on how to complete the craft. Get a group of your friends together for a fun evening of crafting!!

Ages: Adults of all Ages (15 and up) **Cost:** \$20/session or 4 sessions for \$60

Where: Goolds Rec Centre **When:** Wednesdays, 7:00-9:00pm, starting October 11th

Pre-registration is required for this program to ensure enough supplies are available (two weeks prior to that craft week). We will only be taking 20 participants/night. Fills up fast! So make sure you get yourself registered!!

Adult Holiday Painting Workshop

Spend the evening painting a Holiday picture just in time for the Holidays!

Workshop will be led by artist Lesley Janes

Ages: Adults of all ages (15+) **When:** 7-9pm; Tuesday, December 5th **Where:** Rec Centre

Cost: \$10/child **Must be registered and paid by Monday, December 4th**

Library Programs/Special Events

Sunday Story Time Before Bed

This is a drop-in program, most suitable for children ages 4-7, but all ages welcome! There will be a story read, and a small craft to make, based on a different theme each week. Participants will get their own library card and be able to take a loan of some library books!

When: 6pm, Sundays, starting September 17th

Cost: FREE!!!

Children must be accompanied by an adult

Diary of a Wimpy Kid Special Event

We are going to face some challenges and go on some misadventures like Gregory!

Sure to be a lot of fun!

Ages: 8-12 years **When:** 6:30-8pm; Thursday, September 28th

Where: Goulds Library **Cost:** \$12/child

Must register and pay at the REC CENTRE by Monday, September 25th

**Everyone will get to take home a Diary of a Wimpy kid survival kit*

SPACE IS LIMITED!

Library Fall Hours

Library will be opened to
the public:

Sundays 3-8pm

Tuesdays 8am-1pm

Wednesdays 4-9pm

Library Contact Info

Phone: 745-7454

Facebook Page:

Goulds Library

Or call the Rec Centre

at 745-7575

Library Services

We have computers with Internet available to the public to use, printing services, children, youth and adult books to take a loan of and some great programs. Our Librarian is there to assist you.

Announcements

Goulds Recreation Annual General Meeting

Will be taking place on Monday, November 20th, 8pm at the Rec Centre

32nd Goulds Winter Family Fun Fest

Taking place in February! If you are interested in sitting on the committee, give us a call at 745-7575. We are looking for some new events! Please pass along any suggestions!

Softball Coaches for the upcoming Summer - 2018

Anyone interested in coaching a minor softball team in affiliation with Goulds Recreation Association must pick up a coaching application at the Rec Centre during regular office hours or go to gouldsrecreation.com and print an application. Applications must be returned by December 29th, 2017. Coaches will be selected for the teams in January.

Free Skate

We will provide details on our Facebook page as to whether or not there will be a free skate this fall. We will keep you posted!!!

High School Volunteers

We have lots of opportunities for high school students to complete their volunteer hours! Drop down to the rec centre for a volunteer application and have a chat with Nicole!

Community Group Rental Space

The Goulds Rec Centre has times available for community group(s) or organizations to rent our facility on a regular basis. If you are interested in learning more, please contact Nicole at 745-7575 or send her an email at gouldsrecreation@gmail.com.

Questions/Suggestions

If you have any questions, concerns and/or suggestions, feel free to call 745-7575 or our Rec Coordinator at 745-7504. You can also email gouldsrecreation@gmail.com

General Information

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 two weeks of 8 and 9 week programs and during the first week of 6 week programs. No refunds will be issued for 2 week programs or special events.

Goulds Rec Rental Information

Rental of the Rec Centre is an hourly rate. For 1 hour: \$45+tax; for 2 hours: \$90+tax. Every additional hour will be a \$40/hour+tax fee. All rentals will be subject to a \$50 damages/time deposit. This will be used in the event of any damages to our facilities, equipment, as well as for any rental that goes over the time booked or if our staff have to stay longer than scheduled time to clean the facilities after the rental. All rental fees MUST be paid at least two weeks before rental date. It is mandatory that all rental fees and damage/time deposits be paid before rental date. If payments are not received within the time frame noted above, Goulds Rec has the right to cancel the booking. Bookings should be made at least one month in advance. Goulds Rec cannot guarantee availability of staff or facilities with less than a month's notice. Refunds will only be issued 2 or more weeks prior to rental date. All refunds will be subject to a \$15 administration fee. Please remember that we are a smoke-free, alcohol-free, peanut/nut aware and scent aware facility. The rental includes the use of the gymnasium space and kitchen area. **Bookings and payments can only be made during office hours.**

Goulds Rec Directory

Main Office: 745-7575

Rec Coordinator: 745-7504

gouldsrecreation@gmail.com

Info: gouldsrecinfo@gmail.com

Fax #: 745-2727

Library/Internet Site: 745-7454

Facebook Pages: Goulds Recreation Association
Goulds Library

Website: www.gouldsrecreation.com

Goulds Recreation Association Board of Directors

Chair: Michelle Downey

Vice-Chair: Dave Ryan

Treasurer: Susan Putt

Secretary: Gina Evoy

Community Members:

Tina Dinn

Donnie Earle

Jacqueline Glynn

Jeannie Reddy

Chad Vaughan

Cindy Vickers