



Fall 2023

take a LOOK

- *Community/Family Programs & Events*
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Registration

If you have not already, please ensure you complete your family's free 2023 Goulds Rec Membership by clicking on the link:

<https://www.eventbrite.ca/e/goulds-recreation-2023-membership-registration-503602838647>

To register for any of our Fall events/programs (with the exception of the After School Leisure Program), please email 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. Please ensure to include the participants name and the program/event you are registering for in the message section.



**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 (factors such as insurance may need to be considered)! An adult 18+ MUST be in attendance for the entire time slot. Times will be one hour.

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. 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

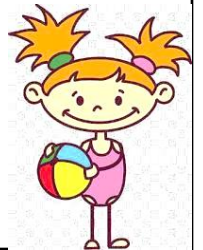
This program is a partnership program with the **Goulds Family Resource Centre**. This is a drop-in program. Open to families with children ages 18months – 5 years. Guardian must attend with child. A healthy snack will be provided! There will be active play equipment set up!

When: Wednesdays, 6-7pm, **Starting:** September 20th **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.



Free Community Skate

Our FREE SKATE at the Goulds Lions Arena will be Wednesdays, 4:30-5:30pm, starting October 11th. Everyone on the ice MUST be wearing skates and a helmet. We would like to thank the Arena for providing us with this time slot!

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 (we are closed for regular holidays and Professional Learning days scheduled at Goulds Elementary)

Ages: 5-12 (grades K-6)

Start Date: September 11, 2023

End Date: June 14, 2024

REGISTRATION will be active on our website gouldsrecreation.com and on our Facebook Page at 12 noon, Monday, August 21st for FULL TIME Participants (registering for 5 days/week, and every week). Registration will open for part-time participants 12 noon on Tuesday, August 22nd. More details provided in the info package on full-time and part-time participants. The links for registration can also be found in the info package.

Registration is only for the current school year and will not be carried over to the following 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 2nd child in same household. There will be a prorated cost for weeks that contain Statutory holidays and PL Days. First payment is due on August 28th, by email to gouldsrecreg@gmail.com. This first payment will cover the month of September. 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 speak with Nicole by calling 745-7575.

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!

CHILDREN/YOUTH PROGRAMS & SPECIAL EVENTS

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:

September 16 & 30

October 14 & 28 (Halloween party)

November 18

December 9

Ages: 3 (turning 3 in 2023) to 6 (turning 6 in 2023) years

Cost: \$25/family for all 7 sessions or \$5/session drop-in

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



SATURDAY SPECIALS

We are going MOVIE THEME for this season! Don't wait to register! These fill fast! They are a whole lot of fun! Activities will be based on the movie (games, arts and crafts, science experiments and food)!

Ages: 6-12 years **Cost:** \$10 per special **Where:** Goulds Rec Centre

Time: Saturday, 10am-12pm

Specials:

- Sept. 23rd: Mario Bros
- October 7th: Elemental
- October 21st: The Lego Movie
- November 4th: Wonka
- December 2nd: Miraculous: Ladybug and Cat Noir
- December 16th: The Grinch



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!

OUTDOOR BALL HOCKEY

Let's play some ball hockey! This program is totally weather dependent.

Ages: Group 1: 8-9 years (turning 8 or 9 in 2023)

Group 2: 10-12 year (turning 10, 11 or 12 in 2023)

Cost: \$20/child **Where:** Goulds Rec Tennis Courts

When: Will be an after school time slot. Days to be determined.

We will revise once days are set.

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.



Pre-registration is required. Only those registered will be permitted to play.

YOUTH ART CLASSES

Have an interest in painting, and different painting techniques? You'll enjoy this!

Ages: 10-13 years (turning 10, 11, 12 or 13 in 2023)

Cost: \$10/session or \$35 for all 4 classes **Where:** Goulds Library (yellow room)

When: Tuesdays, 6-7:30pm on the following dates:

September 19

October 24

November 14

December 12



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

However, please remember, that space is limited!

We recommend that you do not wait to register!

DRAMA CLUB

Do you have the Acting Bug? Come join our Drama 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 2023)

Cost: \$30 **Where:** Goulds Rec Centre

When: Mondays, 6-7:15pm; starting September 18th.

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

There will be no club on Oct 2nd, 9th or November 13th.



Youth Night Out!

This is a structured program for youth ages 9-12. Each session will have a certain theme/activity. It will also 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!

Session 1: Wacky Olympics

Session 3: Yoga and More

Session 2: Not your Typical Trivia Night

Session 4: Christmas Party

Ages: 9 (turning 9 in 2023) -12 years

Where: Goulds Rec Centre

Cost: \$10/session

Time: 6-8pm

When: All fall on a Friday. We have two groups, both groups will participate in the same sessions (with girls having their own group). For specific dates please see below:

Youth Night Out

Session 1: Sept 22

Session 2: Oct 13

Session 3: Nov 10

Session 4: Dec 8-----COMBINED-----

Just the Girls Night Out

Session 1: Sept 29

Session 2: Oct 20

Session 3: Nov 17

Session 4: Dec 8



Youth Drop-In

We will have the Rec Centre opened for the Fall 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

Time: 6-8pm

When: All fall on a Friday on the following dates: **October 6**

November 3rd

December 1st



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

FALL SPECIAL EVENTS

Come spend a Friday Evening with us!



Ages: 6-12 years

Cost: \$10/child per event

Where: Goulds Rec Centre

When: 6-8pm on the following Friday dates



September 15th: Movie Night (movie to be determined)

October 27th: Halloween Party

November 24th: Movie Night (movie to be determined)

December 15th: Christmas Party



Must be registered by the Tuesday before each event. Please remember, SPACE IS LIMITED! THESE ARE NOT DROP-IN EVENTS. 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 will start September 11th

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

By buying a 10-class pass, you will get your 11th 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

We will have the Rec Centre opened for anyone who would like to take a walk around our gym. The times will be the same as what we offered this past Winter and Spring.

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
Starting September 12th.



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: Fall session (Sept 13-Dec 13th) is \$28

If you are interested in learning more, please email us at 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: Skinny Welcome Sign - October 17th

Session 2: Christmas Diamond Dot - November 28th



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.

Ages: Adults of all ages

Cost: \$8/meeting

Where: Goulds Rec Centre

Time: Tuesdays, 10am-12noon

When: October 3rd – Mexican Train Domino Game

November 7th – Yoga

December 5th – Christmas Card making

Registration deadline is the Thursday prior to each event.

ADULT POP-UP EVENTS

We are hoping to have some Adult Pop-Up Events throughout the Fall. Keep checking with our Facebook Page! We will post on our page when we have an event coming up!

If you have a suggestion on an event that you would like to have here at the Rec Centre, please give us a call at 709-745-7575 or email us at gouldsrecinfo@gmail.com.

Please remember that we are an alcohol free facility!

GOULDS LIBRARY

We are getting closer and closer to reopening our Goulds Library! We are so excited about offering our library services to the community of Goulds! We are aiming for a mid-Fall opening, so please stay tuned to our Facebook page – Goulds Recreation, for further details!

We have a few ideas as to what we would like to see happening in our library, however, we are open to more! If you have any suggestions, please email us at gouldsrecinfo@gmail.com. Below are some of the ideas that we are exploring. Please let us know what you think:

- Library book loaning
- Computer/Internet use for the public
- Small workshops on how to set up a Facebook account, email, etc.
- Adult Book Club
- Adult Meet and Greet evenings- Adults can come and hang out at the library, look at some books, play a board game, adult coloring sheets, and basically chat!
- Adult Cook Book Club – opportunity to exchange recipes
- Intergenerational Events – bringing our youth and older populations together for activities such as story telling
- Cultural Events – learning about different cultures within our community
- Poetry and Folklore Nights
- Youth Club – a quieter space for youth to hang out and do some sit-down activities like board games, puzzles, coloring, work on school projects, etc.
- Children's Reading Circle – Read a book and do crafts/activities based on the book
- Toddler Reading Circle – Read a book and do crafts/activities appropriate for toddler age

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

Program Info: gouldsrecinfo@gmail.com

Payments: gouldsrecreg@gmail.com

Facebook: Goulds Recreation Association

Website: 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 Recreation Annual General Meeting

Our AGM will be held on November 20th, 2023 at 7pm at the Goulds Library. Everyone is welcome! Only Goulds Rec Members can nominate and vote during the elections. Not sure if you are a member? A member is any volunteer with our association, any program participant 18+ and any parent of a child in one of our programs in the 2023 year.

Rentals

Interested in renting one of our facilities? Email us at 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.

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 849 participants (have participated in at least one of our programs or special events)! We have provided programming to 523 families! These numbers do not factor in all drop-in programs, so the numbers would be slightly higher! We would love to see this number grow!