



Goulds Recreation Association

Committed to our community!



2025



CHECK THIS OUT!



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

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-2025-membership-registration-764630750157> If you have completed a membership in 2024, active memberships (those who participated in at least one event/program in 2024) have been carried over to 2025. If any of your information has changed, please call us at 709-745-7575 or email us at gouldsrecinfo@gmail.com.

To register for any of our events/programs (with the exception of Spring Camp), 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. Only send fees if we have confirmed by phone or email that you are registered.



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 1-1.5 hours. **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; \$30/1.5hour 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. 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.**



Evening 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 8th **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 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. 25th or JANUARY 1st, 2024



St. Patrick's Day Celebrations

Keep an eye out for some fun, entertaining events taking place around St. Patrick's Day! We will post more on our Facebook page once events become finalized!



Community Connections Program

We are excited about this one!

This program is intended for families who have members that are neurodiverse or those who have exceptionalities. We aim to have a safe and inclusive place for children to play!

Where do we start?

We are reaching out to families who may be interested in this program. We need your feedback! We need to know what equipment/supplies we should have, suggestions on activities that can be implemented. We will have a focus/planning session early in the new year. Those interested, please email us at gouldsrecinfo@gmail.com. We will set up a time to meet in person or virtually to discuss.

We look forward to this program starting!

KIDS AFTER SCHOOL LEISURE (GRADES K-6)

This program is based on Canada's High Five® quality standard for children's recreation and sport. Our aim 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 20, 2025

We have FULL-TIME and PART-TIME Availability! Please email gouldsrecinfo@gmail.com if you would like to register, or for more information!

Registration is only for the current school year and will not be carried over to the next school year.

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

<file:///C:/Users/Nicole/Desktop/717d723854e869982b084fc11270e046.pdf>

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 21-25

Ages: 5-12 (grades K-6)

Cost: \$115/Child;

\$105 for 2nd 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 21st, 2024 at 12 noon. Registration procedures will be posted on our website: 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 April 7th. April 7th 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 April 7th deadline.

****A Program Package for our Spring Camp will be available on our Website - gouldsrecreation.com. This will contain all the details you will need to know about our Spring Camp.**



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: January 11 & 25
February 8 & 22
March 1 & 22
April 5



Ages: 3 (turning 3 in 2025) to 6 (turning 6 in 2025) years **Cost:** \$30/family for all 7 sessions or \$5 drop-in/family

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

Saturday Specials

Let's go cooking! This round of Saturday Specials, the participants will get to prepare their lunch to eat during the program (including dessert) or to take home with them! They will also take part in other activities as well!

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

Specials:
January 18th: Pizza! Pizza!
February 1st: Pinwheels!
February 15th: "Nacho" average lunch!
March 8th: Exploring "Pasta"-bilities
March 29th: Taco 'bout a good time!
April 12th: Take it "Cheesy"



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!

Drama Club

Happening again this season! We would love to have more join the club!
No experience required! The Club will get to perform for family and friends!

Ages: 9-13 years (turning 9, 10, 11, 12 or 13 in 2025)

Cost: \$35 for returning members from the Fall session; \$40 for new members **Where:** Goulds Rec Centre

When: Mondays, 6-7:30pm; starting January 13th.

The program will run for 9 weeks, with a show on the 10th 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 Art Classes

We have some cool art projects this season!

Ages: 10-13 years (turning 10, 11, 12 or 13 in 2025)

Cost: \$10/session

Where: Goulds Rec Centre

When: Mondays, 6-7:30pm: January 27: Cartoon Creation

February 24: Photo Collage

March 31: Object Painting



Deadline to register for individual classes will be the Wednesday 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! And as mentioned, some cool art projects in store!

Ages: 6-9 years (turning 6, 7, 8 or 9 in 2025)

Cost: \$10/session

Where: Goulds Rec Centre

When: Mondays, 6-7:30pm: January 27: Photo Collage

February 24: Object Painting

March 31: Cartoon Creation



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

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

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

Time: 6-8pm

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

January 10th, 31st

February 21st

March 7th, 21st

April 4th



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

Be There on the Double!

This one is for our youngest participants! We are having an event that is based on PAW PATROL! No job is too big, no KID is too small! Come and enjoy an evening of fun activities with a Paw Patrol twist!

Cost: \$10/child per event

Where: Goulds Rec Centre

When: Jan.17th

Time: 6-7:30pm

Ages: 5-7 (Turning 5, 6, 7 in 2025) Children not in kindergarten must be accompanied by an adult.

Children who are in school can be dropped off, however, guardians are welcomed to stay!

Deadline to register will be the Wednesday prior to the event.

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



At the Circus



This one is for our youngest participants! Welcome to the Big Top! We will play games of chance, perform circus acts and more!

Cost: \$10/child per event **Where:** Goulds Rec Centre **When:** Mar.14th **Time:** 6-7:30pm

Ages: 5-7 (Turning 5, 6, 7 in 2025) Children not in kindergarten must be accompanied by an adult. Children who are in school can be dropped off, however, guardians are welcomed to stay!

Deadline to register will be the Wednesday prior to the event.

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

Hip Hop, Hippyty Hop!

This one is for our youngest participants! Easter is just around the corner! And we are going to have an Easter Theme Party full of Easter themed games, crafts and activities!

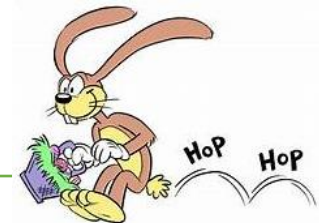
Cost: \$10/child per event **Where:** Goulds Rec Centre **When:** Apr.11th **Time:** 6-7:30pm

Ages: 5-7 (Turning 5, 6, 7 in 2025) Children not in kindergarten must be accompanied by an adult. Children who are in school can be dropped off, however, guardians are welcomed to stay!

Deadline to register will be the Wednesday prior to the event.

Please remember, that space is limited!

We recommend that you do not wait to register!



Kids Night Out Events

Join us for some fun activities!

Ages: 7 (turning 7 in 2024) -12 years

Where: Goulds Rec Centre

Cost: \$10/session

Time: 6-8pm



When: Friday, January 24th – *Movie Night!* Hang out with our counselors, watch a movie and have a snack (snack is provided!).

Movie TBD

Friday, February 28th - *Creation Nation!* Make slime, bubbles, and playdoh!

Friday, March 28th – Glow Party! We had so much fun last time, we are doing it again!

Pre-registration is required for these events. The deadline to register will be the Wednesday prior to the event dates. Please remember, space is limited! We recommend you do not wait to register!

Drop and Go Event!



Based on feedback from our first one in the Fall, we have decided to have another one this winter season! Have some Spring cleaning you want to do? Want to go out for a nice supper, kid free? Drop your child off to the rec centre and we will keep them entertained in a safe environment! We will even provide them with supper! We will have some fun games and activities planned, and finishing the evening with snack and a movie!

Ages: 6-12 years **Time:** 4:30-8:30pm **When:** Saturday, April 5th

Where: Goulds Rec Centre **Cost:** \$25/child for the full 4 hours (supper included);
\$10/child to just attend the movie portion (6:30-8:30pm)

Deadline to register will be the Wednesday prior to this event. However, space is limited! However, please remember that space is limited! We recommend that you do not wait to register!

Girls Day Out Workshop

We are working on a 1-day workshop for girls ages 11-14 years! We will have various sessions throughout the day, with guest presenters. We are looking at activities such as self-defense, yoga, nutrition and more! Lunch will be provided!

Ages: 11 (turning 11 in 2025) -14 years **Where:** Goulds Rec Centre **Date/Time:** To be Determined

At this point, we are looking for feedback on who may be interested in this workshop. We are considering a 10am-4pm time frame. The day could be a Sunday, or possibly a school PD day.

Please email us at gouldsrecinfo@gmail.com if this is something your daughter may be interested in!

More details will be provided once we see how much interest there is.



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: Winter session (Jan. 8-Apr.16) is \$30

If you are interested in learning more, or would like to register, please email us at 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
Classes resume January 6th, 2025

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

Buy 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!!!!

Adult Craftastic Workshop

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: Tuesday, April 15th and will start at 7pm.

This project will be an Easter/Spring Theme.

Picture of the actual craft will be posted on our Facebook page a few weeks prior to the event. SPACE IS LIMITED! Must be registered at least a week in advance, but why wait? Register now! Payment is not due until the registration deadline date.



Adult Beginner Pickleball

Want to learn the game of Pickleball? We are offering our beginner pickleball program during the winter season! 4 per group!

Ages: Adults of all ages

Cost: \$40/person for 4 weeks

Where: Goulds Rec Centre

When: Tuesdays for 4 weeks, starting January 14th

Time: Slot 1: 6-7pm Slot 2: 7-8pm Slot 3: 8-9pm

These fill fast! Do not wait to register!



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 6th, 2025.

Keenagers Social Club

We always have a great time! Every meeting we will be doing something fun! We will have tea, coffee and light 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:** \$10/meeting **Where:** Goulds Rec Centre

Time: Tuesdays, 10am-12noon **When:** January 21st – Mexican Train Domino Game
March 4th – Line Dancing
April 15th – Easter craft

Registration deadline is the Thursday prior to each event. SPACE IS LIMITED!

Keenagers Healthy Together Program

We are happy to report that we have received another grant from the Department of Tourism, Culture, Arts and Recreation under the ACTIVE NL Fund to run our Keenagers Healthy Together Program! Due to the popularity of this program, for this round, we will have two groups, 1 group for any returning participants and 1 group for new participants!

Each group will have 3 session. The program will involve some light stretching, balance, small movements to help with flexibility, along with a short group discussion on topics such as importance of sleep, drinking water, and more. The group will prepare a healthy, light lunch that will be enjoyed by all in a socially safe setting, to end the session!

Ages: 50+ **Cost:** FREE **Where:** Goulds Rec Centre

Time: Tuesdays, 10am-12noon

When: **Group 1 (returning participants):** Feb. 4th, Mar. 18th & May 6th
Group 2 (new participants): Feb. 18th, Apr. 1st, May 20th

Pre-registration is required for this program, as there is a lot of prep work. Space is limited! You can register for 1, 2 or all 3 sessions (should space be available). Please call us at (709) 745-7575 or email gouldsrecinfo@gmail.com to register.

GOULDS LIBRARY

We are hoping to have our library opened more often in the New Year. Please stay tuned for updates!

With our Library being 100% volunteer run, we are looking for more volunteers to help! We need volunteers during the week, day times, evenings and even weekends!

For more information, please email gouldsrecinfo@gmail.com or give Nicole a call at 709-745-7575.

We are also hoping to have more programs/events take place out of our library, so stay tuned! We will post on our Facebook page!

What book donations are we looking for?

We are looking for French language books for all ages, Newfoundland and Labrador books, children and youth books. We cannot accept encyclopedia's or school books. Books must be in good shape, please email us and we will work out a drop-off 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

Rentals

Interested in renting one of our facilities? Email us at gouldsrecinfo@gmail.com. We will provide you with the details! Please remember that our Rec Centre is alcohol, smoke and vape free. There are no exceptions to this policy.

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. A 2 week notice of cancellation for programming 4+ weeks long must be provided. Refunds will not be issued for 2-3 week programs or for special events.