



2025

**REGISTER
NOW**

What's Happening

- Community/Family Programs & Events
- Kids After School Leisure Program
- Children/Youth Programs & Special Events
- Adult Programs
- Goulds Library Info & Other Info
- Summer Program Info



We will post any updates to our programming and events on our Facebook page. Be sure to follow us!

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

<https://www.eventbrite.ca/e/goulds-recreation-2025-membership-registration-764630750157>

If you have a membership, and some of your info has changed, please let us know by calling 709-745-7575 or by email to

gouldsrecinfo@gmail.com.

To register for any of our SPRING events/programs, please email gouldsrecinfo@gmail.com. Let us know what you are interested in and we will follow up with you to complete registration.

Only send fees if we have confirmed your 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 of the transfer.

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 **When:** Available times vary from week to week.

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)



Interested in our Bubble Gym Times? 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.**

le. \$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

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.

Basic First Aid, CPR Level C & AED

Goulds Rec will be hosting a first aid training workshop! We are waiting to confirm a date with the instructor. We will post to our facebook page once confirmed. We will take a wait list for this course. Please email gouldsrecinfo@gmail.com to be added to the waitlist. All summer counselors with Goulds Recreation are required to have this level of first aid completed prior to the start of the summer programs. Thanks!

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.

This workshop will take place at the Goulds Rec Centre. The date and time are to be determined. We will post all details on our Facebook page once confirmed.

***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 information and/or to place your name on our participant list, please email 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.

This workshop will take place at the Goulds Rec Centre. The date and time are to be determined. We will post all details on our Facebook page once confirmed.

***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 Program

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:**
<https://nebula.wsimg.com/717d723854e869982b084fc11270e046?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!

After School Leisure Program Registration for 2025/2026 school year

Registration will open on Monday, August 11th, 2025.

More details will be posted on our Facebook Page and on our Website.

Children/Youth Programs & Special Events

Spoke Squad Mountain Biking Program

We can't wait to get this program up and running (or should we say pedaling) again! This is a whole lot of Mountain Biking fun!

We will be building our biking skills by trying different obstacles and as well exploring different terrains. The goal is to increase confidence and have fun!

Every participant will receive a bike plate!

Program will take place on Thursdays from 6-7pm.

Starting May 15th and concluding June 19th

Ages: 6 (turning 6 in 2025) to 12 (turning 12 in 2025) years

MUST BE ABLE TO RIDE THEIR BIKE ON ALL TERRAINS (pavement, grass and gravel)

Cost: \$40/participant

Location: will be announced weekly as it will vary between the Goulds Lions Arena parking lot, Goulds Skate Park, Powers Road, Cochrane Pond Road and potentially the pump track at Quidi Vidi

SPACE IS LIMITED!

This program is run completely by Goulds Rec volunteers, with some trained under the Sproc Kids programs, and others with mountain biking experience of all levels. If you would like to volunteer, please contact Goulds Rec by email gouldsrecreation@gmail.com or by phone to 709-745-7575. We will send you the volunteer forms to complete.

Guardians are welcome to attend the program with their child (at no extra cost). If riding a bike, you must be comfortable on all terrains and must wear a helmet.



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: May 10 & 31 and June 14

Ages: 3 (turning 3 in 2025) to 6 (turning 6 in 2025) years

Cost: \$5 drop-in/family

Time: Saturday, 9:30 - 10:30am on the above noted dates.

Where: Goulds Rec Centre

If the weather cooperates, we will have the program outside on our tennis courts! Be sure to have proper clothing on!



Saturday Specials

Busy Bees addition! These 3 sessions will all have a Spring/Summer theme. They will involve a craft, a seasonal treat (they will make their own) and seasonal activities! If the weather cooperates, we will be going outside for these sessions!

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

Specials: May 24th: Spring Flowers – we will paint a clay pot and plant a flower, make “mud” pudding with gummy worms for a snack!

June 7th: Sounds & Smells of Spring & Summer – we will make our own wind chimes and have fruit cones!

June 21st: Catch the Summer Breeze – we will make our own kites and have ice-cream sundaes!

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

Join us and learn some cool drawing techniques with crayons and colored pencils!

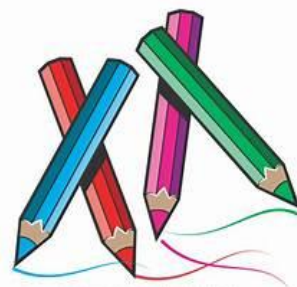
Ages: 10-13 years (turning 10, 11, 12 or 13 in 2025)

Cost: \$10/session

Where: Goulds Rec Centre

When: Mondays, 6-7:30pm: May 12th: Colored Pencils Art

June 9th: Crayon Art



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

Learn some cool ways to color with crayon and colored pencils!

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

Cost: \$10/session

Where: Goulds Rec Centre

When: Mondays, 6-7:30pm: May 12th: Crayon Art

June 9th: Colored Pencils Art



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 Spring 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: Fridays on the following dates: May 2nd

May 16th

May 30th

June 13th



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

A Camping We Will Go!

Make some s'mores, play fun camping games, have a sing along, do a camping craft and more!

Cost: \$10/child per event **Where:** Goulds Rec Centre **When:** May 9th **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 Farm



All sorts of Farm related fun for this one!

Cost: \$10/child per event **Where:** Goulds Rec Centre **When:** June 6th **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!

Emoji Fun!

This event will be all fun things around Emoji's!

Cost: \$10/child per event **Where:** Goulds Rec Centre **When:** May 23rd

Time: 6-8pm **Ages:** 8-12 (Turning 8,9,10,11,12 in 2025)



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!

Beach Party!

Kick off the start of Summer with a fun Beach Party Theme Event!



Cost: \$10/child per event **Where:** Goulds Rec Centre **When:** June 20th

Time: 6-7:30pm **Ages:** 8-12 (Turning 8, 9, 10, 11, 12 in 2025)

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!

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 30-June 18) is \$16

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
(no classes April 18, 21st, 23rd or 25th)

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!!!!



Walk n’ Talk



The Rec Centre is 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

Adult Beginner/Skill Development Pickleball

Want to learn the game of Pickleball? Or continue to work on your skills? We are offering our pickleball program during the Spring season! 4 per group! This program is open to people wanting to learn the game of pickleball and also opened to participants in our beginner pickleball program in the Fall of 2024 and Winter 2025.

Ages: Adults of all ages

Cost: \$60/person for 6 weeks

Where: Goulds Rec Centre

When: Tuesdays for 6 weeks, starting May 6th

Time: Slot 1: 6-7pm

Slot 2: 7-8pm

Slot 3: 8-9pm

These fill fast! Do not wait to register! Email gouldsrecinfo@gmail.com to register yourself or your group. Remember, only 4 participants per slot!



Keenagers Social Club – Line Dancing Event

We had so much fun at our last line dancing event, that we are going to offer it again! Join us in an hour of line dancing with Colleen. No experience required! This is a social event, where everyone is welcomed and you can go at your own pace, or sit and watch!



We will have tea, coffee and light snack after the hour of line dancing!

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

Where: Goulds Rec Centre

Time: Tuesday, 10am-12noon

When: June 3rd

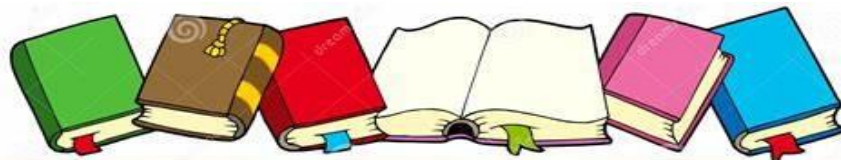
Registration deadline is the Thursday prior to the event. SPACE IS LIMITED!

Goulds Library

Our Goulds Library now has its own Facebook page! Check out “Goulds Library” on Facebook for info such as Library hours, selection of books and programs/events!

We have new adult novels, as well as a large selection of Children’s Newfoundland and Labrador books! Drop by and get your Library card!

Have books to donate? We may be interested! 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 at librarygoulds@gmail.com or call 709-745-7454 and we will work out a drop-off time.



We are always looking for volunteers to help operate our Library. If you are interested, please email Goulds Recreation at gouldsrecreation@gmail.com.

Goulds Rec Additional Info

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. We will not be taking bookings for the Rec Centre from June 16th-Sept. 5th, 2025.

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.

Summer Program Information

There will be more details provided in our Summer Brochure which will be available soon.

Summer Day Camp

- Camp runs from June 30th- August 22nd (8 weeks)
- Registration process will begin on May 21st (8am). We will have a new process this year. The first step on May 21st will be for you to get your place in the day camp queue. IT DOES NOT GUARANTEE YOU HAVE A SPOT. We will phone guardians in order of the queue to fill the spots for each week.
- Initial registration with 40 spots for ages 5/6 – 8/9 (children must be turning 6, 7, 8, 9 in 2025) and 20 spots for ages 9/10-11/12 (children must be turning 10, 11, 12 in 2025).
- Please place your child's name on the wait list if you are not successful in getting a spot.
- A day camp info session will take place prior to registration. We highly recommend everyone to attend this session (either in person or virtually) due to the new registration process. Date TBD. Please keep checking our Facebook page for an update.

Goulds Minor Softball

- We will be having a community meeting on Tuesday, April 22nd at the Rec Centre at 7pm to discuss the upcoming softball season. We are exploring the possibility of a fun learn during play slo-pitch program (following an Active for Life Framework). We also want to confirm interest in fast pitch, in particular for teams under Goulds Recreation Minor Softball Program entering Provincial Fast Pitch Tournaments. We recommend anyone interested in helping with an in-house slo-pitch program, potential coaches for slo-pitch minor teams to participate/compete in tournaments/provincials and potential coaches for fastpitch teams to attend this meeting. We would like to see parents/guardians in attendance who would consider signing their child up with our softball program.
- Registration for our Minor Softball Program will open in May (date tbd)
- If we are having teams compete in tournaments/leagues (ie. provincials), tryouts will take place closer to the end of May and into June.
- Goulds Recreation is an affiliated association with Softball NL. Our program will include the participants fee for this affiliation.

Goulds Minor Soccer

- Registration will begin in early May (date TBD).
- Program will run for 8 weeks on Thursday evenings starting July 3rd.
- Program will be open to ages 4 (turning 4 in 2025) – 9 (turning 9 in 2025).
- We are looking at the possibility of entering 2 fun tournaments for our u7-u9 age groups

Outdoor Basketball, Tennis, Kids at Play & On the Move

- These programs will be offered again this summer (based on registration numbers)
- Registration will begin in May (date TBD).