



FALL PROGRAMS & SPECIAL EVENTS 2025

- *Community/Family Programs & Events*
- *Kids After School Leisure Program*
- *Children/youth Programs & Special Events*
- *Adult Programs*
- *Bubble Gym Time*



Fall Registration

If you have not already, please ensure you complete your free Goulds Rec Membership on our website www.gouldsrecreation.com. 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 745-7575 or email us at gouldsrecinfo@gmail.com. **To register for any of our events/programs, with the exception of our 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. *Please remember, SPACE IS LIMITED for all events/ programs. Registration deadlines are in place, however, spaces could be filled prior to that deadline date. Do not wait to register!*

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

COMMUNITY/FAMILY PROGRAMS & EVENTS



We are waiting on confirmation from Goulds Lions Arena on the day and time that we will be able to have our free skate this year. Once we have that confirmation, we will post the info on our Facebook page.



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 between 1 hour and 1.5 hours.

Organizations/groups cannot book Bubble Gym Time slots. All ages welcome!

Cost: \$2/person during regular office hours (children under 12 is free) for 1 hour
\$3/person during regular office hours (children under 12 is free) for 1.5 hours
\$20/hour for 1 hour time slots outside of regular office hours (must be paid in advance)
\$30/hour for 1.5 hour time slots outside of regular office hours (must be paid in advance)

When: Available times vary from week to week. All those interested in bubble gym time, please email us at gouldsrecinfo@gmail.com. Be sure to include in that email that you are interested in Bubble Gym Times. Every Friday at 4:30pm, we will send an email with the available time slots for the following week. Reply directly to that 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 (more than 1 request is not guaranteed). Within the timed replies of 4:30-4:35, we will share out as many time slots as possible to ensure everyone has a fair shot of getting a time slot.

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



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 October 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.



We have some great plans for this Fall at the Goulds Library! Please follow the Goulds Library Facebook Page for days our library is open for book loaning and computer use. We will also post any updates to programs/events! Check out below with what we have happening now!

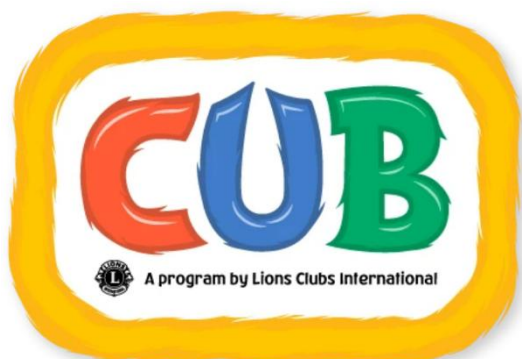
For more info or to register (with the exception of the Cub program), email gouldsrecinfo@gmail.com.

**Stay tuned for
details on a Library
Bookcraft Night!**

*We will be making
Book Pumpkins*

**Keep a look out for our BLIND
DATE WITH A BOOK night!**

We will have books wrapped and
you pick a book without knowing
what it is!



Calling all kids 12 and under! Join us at the Goulds Library as a member of the Cub Program, proudly sponsored by the Goulds Lions Club. Learn what it means to be a volunteer and how rewarding helping others can be- while enjoying fun activities, making new friends, and having a blast while making a difference! Meeting the first Tuesday of each month starting in October at the Goulds Library from 6:30-7:30pm. If interested, please email lionsgoulds@gmail.com

Book Club
Main Road Goulds, Goulds Library

Tea and Coffee
Take turns
bringing snacks

ADULT
CONTEMPORARY
Fiction

7:00-8:30 PM
one Monday a Month
from Sept- June

- ◆ September 15th/25 ◆ December 8th/25
- ◆ October 13th/25 ◆ January 19th/26
- ◆ November 10th/25 ◆ February 16th/26

Fun questions and discussion!



Our 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, building, active and quiet zones)
- We will spend as much time as possible outside
- Activities focus on physical activity, fundamental movement & art
- Special activities planned for special days

Hours of Operation: 2:30-5:30pm, Monday – Friday

(we are closed for regular holidays and there is no program on school PD days)

Grades: K-6

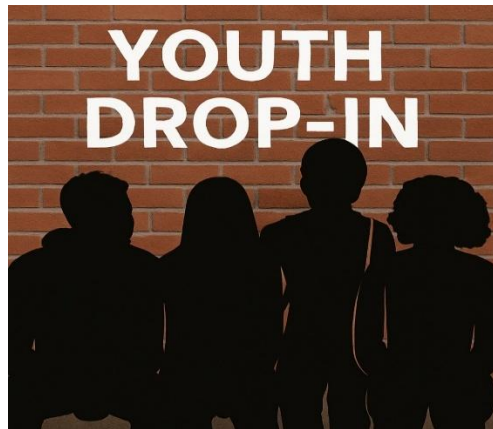
Start Date: Monday, September 8th, 2025

End Date: June 19, 2026

REGISTRATION occurred in mid August. The program is currently full, however, if you would like to be placed on our wait list, please email gouldsrecinfo@gmail.com. There may be a possibility that a full-time or part-time position may become available. We may also be able to have more participants based on counselor's availability.

*****A Program Package is available on our website- www.gouldsrecreation.com. This contains all the details you will need to know about our program, including the tentative monthly planner and payment plan!***

CHILDREN/YOUTH PROGRAMS & SPECIAL EVENTS



We will have the Rec Centre opened for the Fall season!
Drop by, play basketball, cards, hang out with your friends!

Ages: 12-16 years **Cost:** \$2 drop-in **Where:** Goulds Rec Centre **Time:** 6-8pm

All fall on a Friday on the following dates:

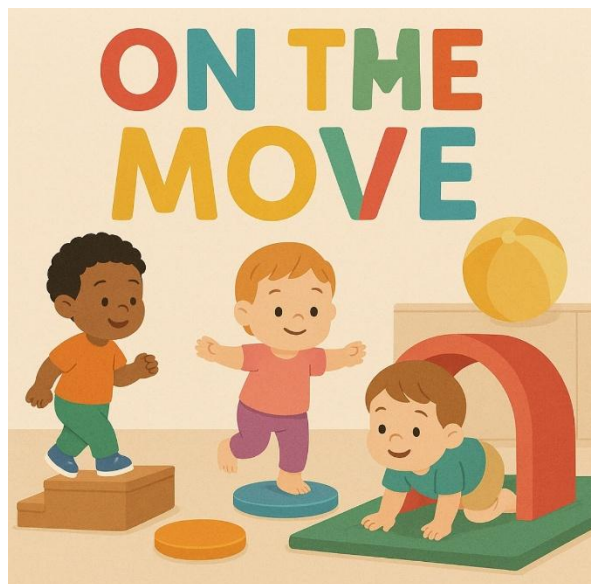
Sept. 12, 26

Oct. 10, 24

Nov. 7, 21

Dec. 5, 19

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



This is a semi Structured Active Play Program for toddlers and young children!

This program 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 WITH THEIR CHILD AND HELP THEIR CHILD WITH THE ACTIVITIES.

Program will take place on Saturdays, on the following dates:

Sept. 20

Oct. 4, 18

Nov. 1, 15, 29

Dec. 13

Ages: 3 years (turning 3 in 2025) to 5 years (turning 5 in 2025)

Cost: \$5 drop-in/family

Where: Goulds Rec Centre

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

While this is a drop-in program, we still require all families in attendance to ensure they have completed the Goulds Rec Membership on our website – www.gouldsrecreation.com.



These are so fun... and SPACES FILL VERY FAST!

These upcoming Saturday Specials will have a “Mish Mash” theme!

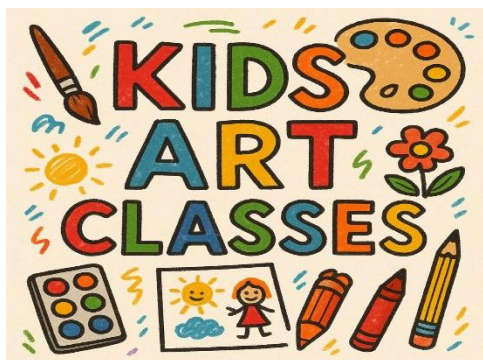
Participants will get to make a craft, and/or do a science experiment, engage in a physical activity and make their own treat!

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

Time: Saturday, 10am-12pm

Specials:

- Sept. 27: Poke-a-Roo
- Oct. 11: Thanks a Bunch!
- Oct. 25: Monster Mash
- Nov. 8: Flying objects
- Nov. 22: Salty Things
- Dec. 6: Merry and Bright



If you have an interest in art, this is the program for you!

This Fall, we will explore some very cool techniques!

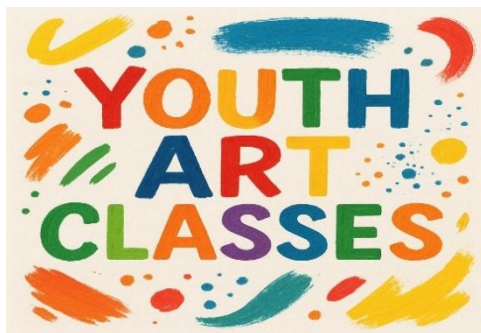
Ages: 6-9 years (turning 6, 7, 8, 9 in 2025) **Cost:** \$10 per session **Where:** Rec Centre

Time: Mondays, 6-7:30pm: Sept 22nd *Watercolor Wax Reset*

Oct 20th *Pointillism Art*

Nov 17th *Clay Sculpting*

Dec 15th *Holiday theme using our 3 previous techniques*



If you have an interest in art, this is the program for you!

This Fall, we will explore some very cool techniques!

Ages: 10-13 years (turning 10, 11, 12, 13 in 2025) **Cost:** \$10 per session **Where:** Rec Centre

Time: Mondays, 6-7:30pm: Sept 22nd *Pointillism Art*

Oct 20th *Clay Sculpting*

Nov 17th *Watercolor Wax Reset Art*

Dec 15th *Holiday theme using our 3 previous techniques*



Join us every Thursday for Mountain Biking Fun! We will be building our biking skills by trying different obstacles, as well exploring different terrains. The goal is to increase confidence & have fun!

Ages: 6-12 years old ***Must be able to ride their bike on all terrains (pavement, grass and gravel)*

Cost: \$40 **Time:** Thursdays, 5:30-6:30pm, Starting September 11th. Program will run for 6 weeks

Where: location will be announced weekly (via email) as it will vary between different locations in Goulds, as well as other biking locations across the city, including the Pump Track at Quidi Vidi Lake and the skills park in Pippy Park.

***NEW* Safety Session** – This session will be held Monday, Sept. 8 from 6-7pm at the Rec Centre. This session is mandatory for all riders. We will review all safety guidelines for sessions, which will allow us more time for riding each week. Bring your bike and helmet. This program is run completely by volunteers. If you would like to volunteer, please contact Goulds Rec to complete the volunteer forms. More volunteers will allow more participation.



Want to have a “roaring” good time? Join us for an evening of all things DINOSAUR! We will play games, make a craft, we may even hunt for dinosaurs! This event is for our youngest participants!

Ages: 5 – 8 (already or will be turning 5, 6, 7, 8 in 2025) **Cost:** \$10/child

Where: Goulds Rec Centre **When:** 6-7:30pm, Friday, Sept. 19th

Deadline to register will be the Wednesday prior to the event, however, remember, SPACE IS LIMITED! Spots may fill sooner! We recommend you do not wait to register!

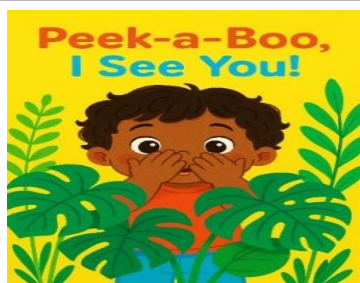


Join us for an evening of games, where prizes are to be won!
Let's play Bingo, Plinko, Connect 4 and maybe even a game of Chase the Ace!

Ages: 9-12 (already or will be turning 9, 10, 11 or 12 in 2025) **Cost:** \$10/child

Where: Goulds Rec Centre **When:** 6-8pm, Friday, Oct. 3rd

Deadline to register will be the Wednesday prior to the event, however, remember, SPACE IS LIMITED! Spots may fill sooner! We recommend you do not wait to register!

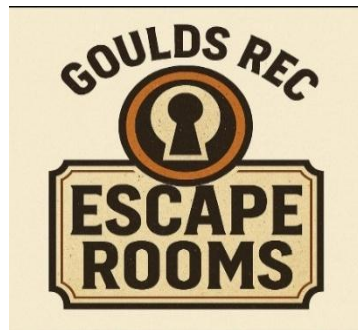


Now we see you, now we don't! Come have some fun while we engage in various activities, from hide-n-seek, shadow guessing, make a peek-a-boo puppet and more! This event is for our youngest participants!

Ages: 5 – 8 (already or will be turning 5, 6, 7 or 8 in 2025) **Cost:** \$10/child

Where: Goulds Rec Centre **When:** 6-7:30pm, Friday, Oct. 17th

Deadline to register will be the Wednesday prior to the event, however, remember, SPACE IS LIMITED! Spots may fill sooner! We recommend you do not wait to register!



Goulds Rec are going to attempt to create a few escape rooms in our Rec Centre! These will be kid friendly! We would love to have some participants to attend and see if they can solve them!

Ages: 9-12 (already or will be turning 9, 10, 11 or 12 in 2025) **Cost:** \$10/child

Where: Goulds Rec Centre **When:** 6-8pm, Friday, Nov. 14th

Deadline to register will be the Wednesday prior to the event, however, remember, SPACE IS LIMITED! Spots may fill sooner! We recommend you do not wait to register!



This event is going to be “out of this world!” Join us for an evening of exploring all things space! We will “walk” on some planets, explore the stars, and so much more! This event is for our youngest participants!

Ages: 5 – 8 (already or will be turning 5, 6, 7 or 8 in 2025) **Cost:** \$10/child

Where: Goulds Rec Centre **When:** 6-7:30pm, Friday, Nov. 28th

Deadline to register will be the Wednesday prior to the event, however, remember, SPACE IS LIMITED! Spots may fill sooner! We recommend you do not wait to register!



Parents/Guardians, do you have some shopping to do? Maybe some gift wrapping? Want to go out for a nice supper, kid free? You can 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 finish the evening with a snack and movie! Is your child only interested in attending the movie portion of the event? That’s totally fine! See options below!

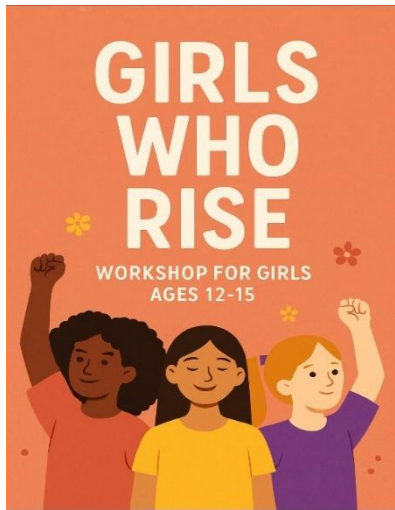
Ages: 6- 12 (already or will be turning 6, 7, 8, 9, 10 or 12 in 2025)

Time: 4:30pm-8:30pm **When:** Saturday, December 13th

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)

Supper options will be a select menu from local restaurants – Mary Browns, Subway and Greco Pizza

Deadline to register will be the Wednesday prior to the event, however, remember, SPACE IS LIMITED! Spots may fill sooner! We recommend you do not wait to register!



We are excited for this one! We are planning a workshop for girls ages 12-15. We will host this workshop on an upcoming PD day with St. Kevin's Junior high (full-day). The workshop will incorporate some fun activities around positive self-esteem, confidence, self-defense, physical activity, mindfulness, crafts, and more. Our aim is to create a safe space for girls that will be empowering and fun! Lunch will be provided!

Ages: 12- 15 (have turned or will be turning 12, 13, 14 or 15 in 2025)

Where: Goulds Rec Centre and Goulds Library

Cost: FREE!!!!

Date: To be Determined

If you would like to place someone on the list for this workshop, please email

gouldsrecinfo@gmail.com. We will then follow up with you once a date has been decided!



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 is an 8-week program (1 session per week)

Ages: 12 - 14 years (turning 12, 13, 14 in 2025)

Cost: Only \$20/participant!

Where: Goulds Library

When: day to be determined. 2:45-4:15pm

Starting the week of Oct 6-10

For this program to go ahead, we require a minimum of 8 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 (BSW, RSW) will be leading this group. She has completed the training for this program through the Canadian Mental Association. She will be assisted by a Social Work student from MUN. Please contact Nicole for more information (709-745-7575, or gouldsrecreation@gmail.com) or checkout youthrelationships.org. To register, email gouldsrecinfo@gmail.com.

YOUTH VOLUNTEER APPRECIATION NIGHT



Goulds Rec is hosting a Youth Volunteer Appreciation Night in honor of Youth that volunteer within the community of Goulds.

This also includes Youth Volunteers at any of the three schools within the Goulds!

The youth do not need to be living in the Goulds to be recognized. This individual must be between the ages of 12 and 18. They could be a volunteer in one area, or a volunteer in various areas.

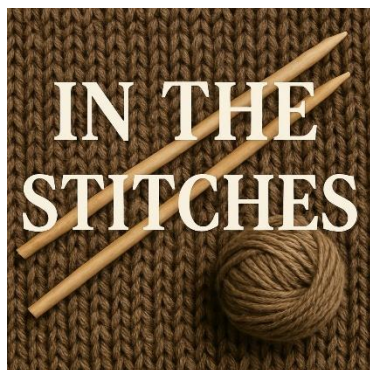
Do you know a youth deserving of this recognition? Please let us know!

We will be having a special reception (by invite only) for all youth receiving this recognition. They will receive a certificate, and a token of our appreciation. We will have finger foods and refreshments.

Date of Reception will be released shortly. It will take place during the Fall season!

Please email us at gouldsrecinfo@gmail.com with the names of youth you feel are deserving of this recognition. We will directly reach out to community groups over the next few weeks!

ADULT PROGRAMS & SPECIAL EVENTS



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

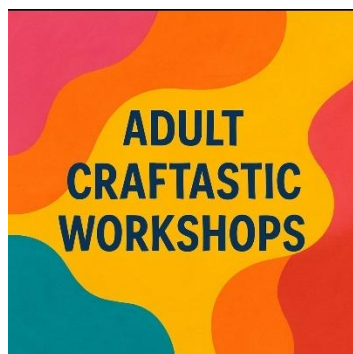
Where: Goulds Library

When: 1-3:30pm Wednesdays

Cost: Fall session (Sept.10 - Dec. 17) is \$30

If you are interested in learning more, please email us at gouldsrecinfo@gmail.com or call 709-745-7575.

SPACE IS LIMITED!



Always a good time! Come for an evening of crafting! No experience required! You will surprise yourself with your “Craftastic” skills! Pictures of the projects will be posted on our Facebook page. Project ideas may change based on available supplies.

Ages: Adults of all ages

Where: Goulds Rec Centre

Cost: \$20/class

When: Monday, Oct. 6, 7-9pm= Chunky Knit Pumpkin

Monday, Dec. 1, 7-9pm= Holiday Tree wreath

*****Please remember that space is limited!!!!***

WALK'N TALK



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

Starting Sept. 8th, 2025

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 start Monday, September 8th

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)

If you have never attended one of these classes before, your first class is free! So why not give it a try!

KEENAGERS HEALTHY TOGETHER



This program will run for 3 sessions. The program will involve examples of light stretching, balance, small movements to help with flexibility and balance that can easily be done at home. There will be a short group discussion on various topics such as mindfulness, sleep, hydration. The group will prepare a healthy snack/light lunch and most importantly, enjoy their healthy snack/light lunch in the company of others.

Ages: 50+

Cost: FREE!!!!

Where: Goulds Rec Centre

Time: 10am-12noon

When: Sept. 23rd, Oct. 28th, Dec. 2nd

We have limited spots for this program!

Please email gouldsrecinfo@gmail.com or call 709-745-7575 for more info or to register.

KEENAGERS SOCIAL CLUB



We have such a fun time at our social club! Much laughter will be had as you engage in an activity and enjoy a light snack with tea and coffee!

Ages: 50+

Cost: \$10/session

Where: Goulds Rec Centre

Time: 10am-12noon

When: October 14th – Halloween painting

November 18th – Games Day (bingo, plinko, connect 4 and more)

December 16th – Holiday Ornament

We have limited spots for this program! Please email gouldsrecinfo@gmail.com or call 709-745-7575 for more info or to register.

PICKLEBALL LESSONS



We are doing things a little different this time around! Are you someone who is looking to learn to play pickleball? Are you a beginner or advanced beginner that would like to have some further instruction through game play? Send us your email and we will provide you with some slots! You can register as an individual (we place you with others), or register as a group of 2-8 people.

Ages: 15+

Cost: \$10/person per session

Where: Goulds Rec Centre

Times: Day times and evening times may be available. The amount of slots will be dependent on interest.

Please email gouldsrecinfo@gmail.com for more info or to add your name(s) to the list!

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 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 with a 2 week notice before program start time. Refunds will not be issued for 1-time events/special events.

Rentals

Interested in renting one of our facilities?
Email us at gouldsrecinfo@gmail.com. We will provide you with the details!