



Goulds Recreation Association

Committed to our community!



Spring 2026

here's what's **HaPpening**



- **Community/Family Programs & Events**
- **Children/Youth Programs & Special Events**
- **Adult Programs & Special Events**
- **Training Opportunities**
- **Summer Employment Info**
- **Summer Program Info**
- **Goulds Library Info & Other User Group Info**
- **Additional Info**



If you have not already, please
Complete your family's **Goulds**
Rec Membership (free) by clicking on:

<https://www.eventbrite.ca/e/goulds-recreation-membership-tickets-1978434512886?aff=oddttdtcreator>.

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 and how to go about paying registration fees.

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



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, soccer or pickle ball, toddler play.

All you need to do is be added to our Bubble

Gym Time email list. An email goes out every Friday with available times! Reply to the email to book a time slot! A max of 8 people per group.

Businesses/Organizations/groups can't book Bubble Gym Times

Email us at gouldsrecinfo@gmail.com for more details or to be added to the email list.

EVENING ACTIVE PLAY



This program is a partnership program with the *Goulds Family Resource Centre* and 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 & a great way to burn energy before bedtime! This program will restart on Wednesday, April 15th.

For more information on this program, you can email gouldsfrc@kffrc.com.



When: 10:45am – 1pm,
Sunday, June 7th

Where: Goulds Rec Centre

Cost: FREE!!!!!!!

Ages: Families of all ages!

Goulds Recreation and the Kilbride to Ferryland Family Resource Centre are joining forces to host this awesome event! Join us at the Rec Centre as the Jellybean Reptile Stage Show performs for you all! Get to meet some very interesting reptiles! You may even get to touch them and get a photo with them (if you want)! We are also going to be serving popcorn and hotdogs! Get the family together for a great event!

Registration Procedures: due to spacing, we are limited in numbers. If you would like to register your family for this event, please email gouldsrecinfo@gmail.com. In the email provide your name and the name of those in your family that will be attending. We will confirm if we have space available!

THIS IS NOT A DROP-OFF EVENT! Every child/youth 15 and under MUST be accompanied by an adult.



Join us every Thursday for Mountain Biking fun! We will be building our biking skills by trying different obstacles and as well exploring different terrains. Half the sessions will be skill development, and the other half will be riding different trails/locations. The goal is to increase confidence and have fun!

This is an 8-week program, May 7 to June 25

Ages: 6 – 12

(turning 6, 7, 8, 9, 10, 11, 12 in 2026)

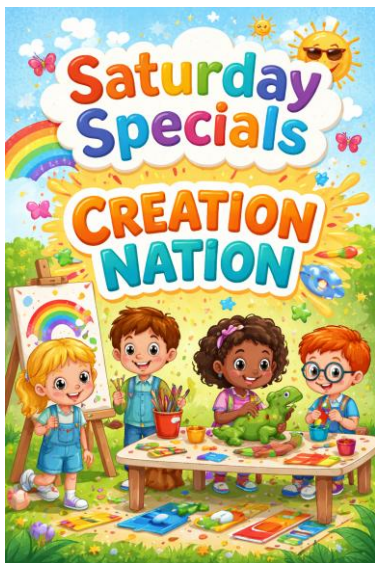
Cost: \$40/Participant

Location: will be announced weekly as it will vary within Goulds and across the city (potentially the pump track at Quidi Vidi and the Skills Park in Pippy Park).

Participants must be able to ride their bike on all terrains (pavement, grass and gravel)

SPACE IS LIMITED!

This program is run completely by volunteers. If you would like to volunteer, please contact the rec center to complete the volunteer forms. More volunteers will allow more participation.



Our Spring Saturday Specials will be all about creating! We will work with scrapbook materials, wood, fabric, buttons, sea shells, rocks, food and more! We are going to create our own games & activities too! Let's put our imagination into overdrive!

Ages: 6-12 years

Cost: \$10 per special

Where: Goulds Rec Centre

Time: Saturday, 10am-12pm

Specials:

April 25 – “Scrapping” it out!

May 9 – “Wooden” it be Fun!

May 30 – Fabric and Button Friends!

June 13 – Oceans and Beaches

Please remember, that space is limited!

We recommend that you do not wait to register!



Design, paint and draw your masterpieces to put on display at our Family and Friends Art Show! This will be a combination of various art forms that the participants can choose from to create their pieces!

Ages: 6-13 years (turning 6, 7, 8, 9, 10, 11, 12, 13 in 2026)

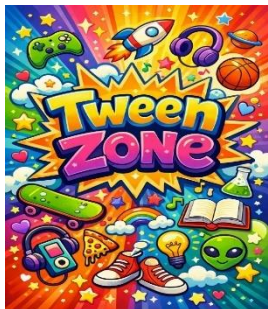
Cost: \$35

Where: Goulds Rec Centre

When: Mondays, 6-7:30pm: April 27, May 11 & 25

Art Show: Monday, June 8 (6-7pm)

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



Come hang out at the rec centre with a few counselors! Play different sports, board games, cards, make suggestions on what you would like to have at other drop-ins....

Grades: 5 & 6 Cost: \$2/Drop-In

Where: Goulds Rec Centre

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

April 17, 24

May 8, 22

June 5, 12, 19

While there is no registration for this program, we ask that you email us one time at gouldsrecinfo@gmail.com to let us know that your child may attend our Tween Zone. At arrival, the youth will need to sign themselves in and provide an emergency name and phone number.

This is a drop-in. There is no sign-out, and youth in attendance can leave at any point in the time frame.



Great place to hang with your buddies. Enjoy a game of basketball, or another sport. Play board games, sit and chat. Let us know what you would like to do here and we will see if we can make it happen!

Grades: 7, 8 & 9 Cost: \$2/Drop-In

Where: Goulds Rec Centre

When: Fridays, 7:30 – 9pm on the following dates:

April 17, 24

May 8, 22

June 5, 12, 19

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

Spring training - U11/U13 Boys Softball

We have a commitment from coaching volunteers for U11/U13 (born in years 2013, 2014, 2015, 2016) and are looking for interest in this age group. Plans for this year are as follows:

Spring Training: \$30/participant

- Potential for indoor sessions to be held at the Goulds Rec Centre starting mid to end of April.
- Potential for outdoor sessions to be held on Thursday evenings (weather dependent), once the fields open for the season

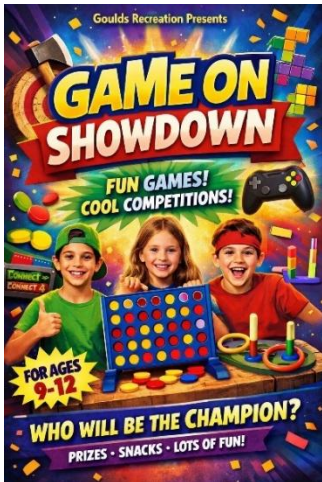
Tryouts:

- will start when the fields open and team selection to be completed by early June.

Team Selected: \$70/athlete that is selected for the team

- participate in Softball NL sanctioned tournaments. Tentative dates are June 12-14, July 3-5, July 24-26, and August 8-10.
- Costs for uniforms and tournament registration were covered by sponsors last year and are hopeful the same for this year.

We require that all parents/players with interest in Spring training to register by April 10, 2026. Email gouldsrecinfo@gmail.com to register. Please indicate in your email your child's name and birth year.



Do you and your friends like engaging in friendly competition? This is the event for you! We will be having competitions in various games, such as oversized games of Connect 4 and Tetris. We will also be doing some axe throwing, and playing the retro – Nintendo Wii! We are even going to have a massive game of Rock, Paper, Scissor, Shoot! Do you have what it takes to be the ultimate winner?

Ages: 10-12 (turning 10, 11 or 12 in 2026) Cost: \$10/child

Where: Goulds Rec Centre When: 6-7:30, Friday, May 1st

Heads up! Some of the counselors may get in on the action!!

Don't wait to register! Register now!!!!



Let's rock out to some awesome kid friendly rock music! We will make our own microphones, play fun rock inspired games and activities! It's sure to be a rocking good time!

Ages: 6-9 (turning 6, 7, 8, 9 in 2026)

Cost: \$10/child

Where: Goulds Rec Centre

When: 6-7:30pm,
Friday, May 29th

Register now! SPACE IS LIMITED!



Join us for an end of school year, kick-off to summer event! It's going to be a magical evening with Party Time Magic! You can choose option A or Option B!

Ages: 6-12 years
(turning 6, 7, 8, 9, 10, 11 or 12 in 2026)

Where: Goulds Rec Centre

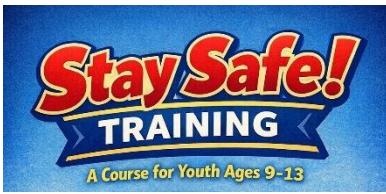
When: Saturday, June 20th

OPTION A: 4:30-8:30pm, and have PIZZA for Supper!

OPTION B: 6:30-8:30pm come to the Magic Show Only

Cost: OPTION A: \$25 OPTION B: \$10

**REGISTER NOW! Please let us know if you want OPTION A or
OPTION B. SPACE IS LIMITED!!!!**



Empower your child with essential life skills with the Stay Safe! Training for youth ages 9 to 13.

This course provides children with the knowledge and skills they need to stay safe when they are away from their parents or guardians, both at home and in their communities.

Youth will learn how to be responsible, respectful, and accountable when they are on their own. They will learn how to set and follow safety rules, both at home and in the community. They will also learn how to prepare for and respond to unexpected situations such as inclement weather, strangers, and unanticipated visits. Basic first aid skills will also be covered, so your child will be ready to respond in case of an emergency.

Ages: 9-13 years (be 9 already or completed grade 3)

Where: Goulds Library

When: 9am-3:30pm, Monday, June 15th (PD day for Goulds Elementary)

Cost: \$55/participant. An additional \$10 fee for lunch time supervision.

This training is lead by an experienced facilitator with First Aid Vitals, a Canadian Red Cross Training Partner

SPACE IS VERY LIMITED FOR THIS!

BABYSITTING COURSE:

We are working on securing a date to offer the Babysitting Course.

We will post any updates on our Facebook page.



Registration Notice for the 2026/2027 School Year

Registration will open on Monday, August 10th, 2026. More details will be posted on our Facebook Page and on our Website.



Walk n Talk

The Rec Centre is opened for anyone wanting to walk inside.

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

****The last day for this program will be June 19th. The program will start up again in the Fall season.**

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). It's a lot of fun!

Ages: Adults of all ages **Where:** Goulds Rec Centre

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

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!!!!

This program will break for summer, with the last class being June 19th. It will resume in the Fall.

Keenagers Social Club

We always have a great time! If you are interested in learning more or would like to register, give us a call at 709-745-7575 or email us at gouldsrecinfo@gmail.com.

May 12th– Nia and Ageless Grace on the Rock with Elaine Dunphy

Elaine is coming back! This is a playful fusion of dance, martial arts, and healing movement that gets every cell smiling. We'll shift into **Ageless Grace on the Rock**, a brain-body fitness experience done from a chair that boosts mobility, memory, and pure delight. Then it will be gentle **guided meditation** to leave you centered, refreshed, and glowing from the inside out. Perfect for every body, every ability, and every age — especially those who know that growing older just means growing bolder. Click the link for a video from Elaine: [Nia and Ageless Grace on the Rock](#) . *Light snack, tea and coffee will be served.*

June 9th- Indoor Garden Tea Party

Lets get all fancied up with our hair fasteners and handkerchiefs for a morning of tea, desserts and fun garden games! Hair Fasteners and handkerchiefs will be provided unless you want to bring your own!

Ages: Adults of all ages Cost: \$10/social Where: Goulds Rec Centre

Time: Tuesdays, 10am-12noon

Keenagers Healthy Together

This program involves engaging in some light demonstrations and practices that you can do at home to help with strength, flexibility and balance. We will then have a discussion on & practice mindfulness. We will prep a nutritious snack & enjoying it together with tea and coffee!

Ages: Adults of all ages Cost: FREE Where: Goulds Rec Centre

Time: Tuesday, April 28, 10am-12noon

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.

Adult Craftastic Workshop

We are planning another Craft Night! We haven't quite decided on what we will be doing yet... If you have any craft ideas, feel free to pass along! Once a craft is decided, we will post on our Facebook Page. Either way, we are going to have fun!

Ages: Adults of all ages Where: Goulds Rec Centre Cost: \$20/session
When: 7pm on Monday, June 1st



**These 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! The date and time for each workshop will be posted on our Facebook page. Both will be completed prior to the start of summer programming. For more information and/or to place your name on our participant list, please email gouldsrecinfo@gmail.com.

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- preferably through Goulds Recreation.**

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.



Goulds Recreation is now accepting resumes and applications for summer employment – 2026.

- Job Descriptions and applications are available on our website www.gouldsrecreation.com and can also be picked up at the Rec Centre.
- Application deadline is May 15th, 2026.
- Only those who submit both their application and resume by the deadline date will be considered.
- You do not need to have all the check list items on the application completed in order to apply
- Applications should be filled out either through our fillable PDF application or in PEN.
- **APPLICANTS** should be the ones completing the application
- **APPLICANTS** picking up, completing and dropping off their applications and resumes shows a level of responsibility. This includes emailing their application as well.
- **APPLICANTS** inquiring about positions also shows a level of responsibility and maturity.
- ***We strongly recommend parents/guardians to assist/guide with the process of applying, but please do not do the work for the youth. Many youths are just starting to build on their resumes. Showing responsibility, maturity and independence during the application process goes a long way when applying for a position that requires you to supervise young children.***



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

Outdoor Basketball, Tennis, Kids at Play, On the Move and Youth VLP

- These programs will have open registration. They will only go ahead if there is enough registered.
- Registration will begin in May (date TBD).
- Some of these programs will be offered throughout the week with our Day Camp Participants

Soccer

Goulds Recreation are delighted to say that the Goulds Community now has its own Soccer Association again! This has been a goal of Goulds Rec for several years. Soccer is a huge and key sport in child development, especially with fundamental movements. The soccer program will not be running under Goulds Recreation this summer. For more details on the Goulds FC Cobras Soccer Association, please look under the "Goulds Library and Other User Info" section of this brochure.

We want to wish the Cobras a successful soccer season!

Summer Day Camp

- Camp runs from June 29th- August 28th (9 weeks)
- Registration process will begin on Monday, April 27th (8:30am). This portion 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 2026) and 20 spots for ages 9/10-11/12 (children must be turning 10, 11, 12 in 2026).
- 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 on April 20. We highly recommend everyone to attend one of these sessions (either in person or virtually). In person, 6:30pm at Rec Centre. Virtually 7:30pm through zoom. Please email gouldsrecinfo@gmail.com to receive the zoom link.
- Please keep checking our Facebook page for an update.

Summer Softball

We will be opening registration for Softball in May month. Whether or not a house program goes ahead will be dependent on registration numbers. We will explore interest in age groups from U5 up to and including U17. A decision will be made by mid-June on what age groups may have enough for a house program. Some of these age groups may just be the selection of players that will practice and compete at tournaments. More to follow on our softball program in our summer brochure.



Goulds Library

We have some fun activities and events coming up! Follow our

Facebook page for more info!

709-745-7454

Facebook Page: [Goulds Library](#)

Goulds FC Cobras Soccer Association

gouldsfcinfo@gmail.com

Facebook Page: [Goulds FC Cobras](#)

Kilbride to Ferryland Family Resource Centre (Goulds site)

709-747-8530

Facebook Page: [KFFRC Goulds Family Resource Centre](#)

Cabot Taekwon-Do

709-764-0028

Instagram: cabot taekwondo

Facebook page: [Cabot TKD](#)

Email: cabottkd@gmail.com

Goulds ZUMBA

With Marina Halleran

If interested, you can request to join the Facebook Group:

[Goulds Zumba](#)

Goulds Recreation 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](#)

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 22nd – Sept. 7th, 2026.

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.

Goulds Rec Voluntary Board of Directors

Chairperson: David Ryan

Vice Chair: Bryan Vaughan

Treasurer: Seth Brown

Secretary: Jeannie Reddy

Community Members: Michelle Downey Matthew Harty Allison Whelan
Donna Emberley Pam Mills
Gina Evoy Cindy Vickers