



FALL PROGRAMS & SPECIAL EVENTS

2021



- Children Programs
- Youth Programs
- Adult Programs
- Family Programs
- Special Events
- Open Gym Time

Registration

If you have not already, please ensure you complete your free Goulds Rec Membership 2021 on our website www.gouldsrecreation.com

Days and times of programs are subject to change due to registration numbers.

Program/event registration will begin on Monday, August 23rd. Here is the link: <https://www.eventbrite.ca/e/fall-registration-2021-registration-165117515935>. The link will also be available on our Website, our Facebook Page and will be emailed out to our Goulds Rec Members. After registration, a follow-up email will be sent with procedures for registration fees. Any questions, please email gouldsrecinfo@gmail.com or give us a call at 745-7575.

***Program layouts may need to be adjusted due to the Public Health Measures in place around the COVID-19 Pandemic**



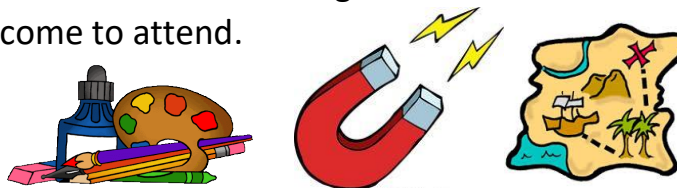
CHILDREN PROGRAMS & SPECIAL EVENTS (5-12 years)



After School Programs:

We are offering after school programs! We have an After School Programs package on our website (www.gouldsrecreation.com) homepage. You can also click this link: [ASP's Fall 2021.pdf](#). This package includes a great description of what these programs are about! Price of our After School Programs is dependent on what you register for. This information is also included in the package. Our After School Programs are suitable for children in grades K-5, however, children in grade 6 are more than welcome to attend.

Saturday Specials:



These Saturday Specials are perfect for those who are unable to attend our Take Two After School Program. You will have the opportunity to jam pack one of our Take Two programs into a 2-hour modified Saturday session!

Ages: 6-12 years **Cost:** \$12 per session or register for all 5 for \$50! **Where:** Goulds Rec Centre **Time:** 10am-12pm

<u>Specials:</u>	September 18	<i>Mystery, Maps and Riddles</i> – attend detective training! Learn how to decode, do fingerprints, solve riddles and more!
	October 9	<i>What a Mess</i> – make silly putty, gooey ooze, playdough and more!
	October 23	<i>Amazing Artist</i> – learn unique ways to paint, color and draw!
	November 20	<i>Super Science</i> – you'll get to do some pretty awesome science experiments!
	December 18	<i>Creative Christmas Crafts</i> – Come and make some nice Christmas crafts that you can use for decorations, or even give away as Christmas gifts!

****Registration deadline for each session is 1 week prior to session date****



Drama Club:

If you are in grades K-6, and you enjoy acting and/or singing, this is the Club for you! Right now, we are just looking for interest. If the interest is there, we will get the Club up and running! The program will not start until October. It will be 1 evening a week (10 weeks), with an extra session thrown in at the end for additional practice before the year end performance (December)! That's right! You will get to perform in front of family and friends for a special show (by invite only). We had a lot of fun with this program last time, and we are hoping to build on it! If interested, follow our regular registration procedures. We will be in touch by email! If there is enough interest, the registration fee will be \$50.

Special Events:



We have a few awesome Special Events planned for this Fall!

Ages: 6-12 years **Cost:** \$12 per event **Where:** Goulds Rec Centre **Time:** 6:30-9pm

- Events:**
- | | |
|-------------|--|
| October 15 | <i>Try a Sport</i> – Join us for an evening of sports! We will play a variety of sports, such as tennis, as well as modified versions of Soccer and hand ball, as well as some unique sports (Goulds Rec sports)! |
| November 26 | <i>Glam Night</i> – Join us for an evening of glam! Have your hair, makeup and nails done (everyone will have their own supplies). Take part in a fashion show and photo shoot! |
| December 10 | <i>Movie Night</i> – Join us as we watch a movie (most likely holiday related). We will provide the snacks (prepackaged). Bring along a blanket if you like! |

****Registration deadline for each session is 1 week prior to event date****

YOUTH PROGRAMS & SPECIAL EVENTS (13-18 years)



Youth Drop-in:

We will have the Rec Centre opened for a youth drop-in this upcoming Fall! Shoot some hoops, play cards, board games, 4 square, or simply hang-out with your friends! Please complete registration so that we can have all contact information that we need. By registering, you will also receive an email with our youth drop-in schedule and any other important information about this program.

Ages: 13-16 years **Cost:** \$2 drop-in **Where:** Goulds Rec Centre **Time:** 7-9:30pm

Dates: All fall on a Friday! **September 24th**; **October 8, 22**; **November 5, 19**; **December 3, 17**

****Public Health guidelines will be in place for this program. Pre-registration may be required.****



Drama Club:

If you are in grades 7-10, and you enjoy acting and/or singing, this is the Club for you! Right now, we are just looking for interest. If the interest is there, we will get the Club up and running! The program will not start until October. It will be 1 evening a week (10 weeks), with an extra session thrown in at the end for additional practice before the year end performance (December)! That's right! You will get to perform in front of family and friends for a special show (by invite only). We had a lot of fun with this program last time, and we are hoping to build on it! If interested, follow our regular registration procedures. We will be in touch by email! If there is enough interest, the registration fee will be \$50.

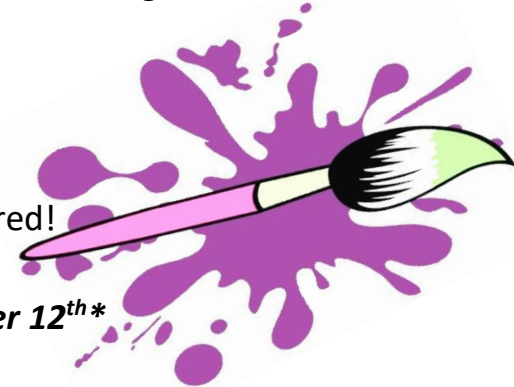
Special Event: Youth Paint?

Get a group of your friends together for an instructor led evening of painting! Everyone will go home with their own canvas painting! No experience is required!

Ages: 13-18 years **Cost:** \$10 **Where:** Goulds Rec Centre

When: Sunday, October 17th, 7-9:30pm

Registration deadline is October 12th



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

Cost: \$35 for a ten class pass (do not have to be consecutive). Come to 10 classes, get your 11th class free! Not sure if this is for you? You can purchase a three class pass for \$10.50! ***Classes start September 13th.***



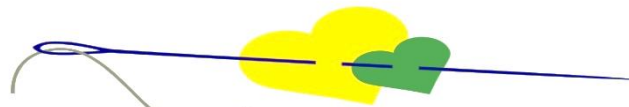
Zumba with Katherine Croft:

We are excited to announce that not only is Zumba back this fall, but it's also going to be 2 evenings a week! This program is for all ages, bodies and abilities (youth may need to receive permission from legal guardians). No experience is required. Zumba is a dance-inspired fitness class that feels like a party!

Ages: Adults of all ages **Where:** Goulds Rec Centre **When:** Mondays and Wednesdays; 7:30-8:30pm

Cost: \$50 for a ten class pass (do not have to be consecutive). Come to 10 classes, get your 11th class free! Not sure if this is for you? You can purchase a three class pass for \$15! ***Classes start September 13th (no class Sept. 27).***

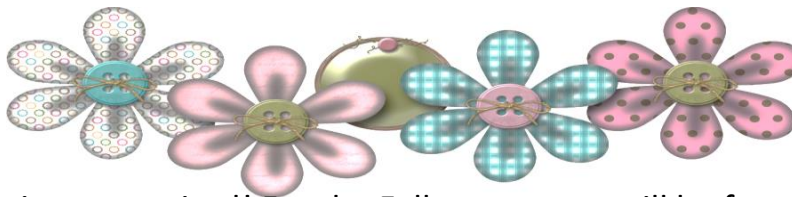
In the Stitches:



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 Rec Centre **Cost:** \$20 for the Fall season (11 meets)

When: 9:30am-12noon, Tuesdays, starting Oct. 5. No group on Oct. 19, Nov. 16, Dec. 14



Craftastic Daytime Workshops:

Always a good time! Come for a morning of crafting! No experience required! For the Fall season, we will be focusing on scrapbooking crafts. You can register for one, two, three or all four workshops!

Ages: Adults of all ages **Where:** Goulds Rec Centre **Cost:** \$10/session or register for all 4 for \$35! **Time:** 10am-12noon

When: Session 1: September 21st – Various Greeting Card Sets
Session 2: October 19th – Halloween Holiday Framed Scrapbook Art
Session 3: November 16th – Holiday Tags and Gift Card Holders
Session 4: December 14th – Holiday Banner

Registration deadline for each session is 2 weeks prior to session date.



Craftastic Evening Workshops:

Spend an evening with some friends (or make new ones) and work on some awesome craft projects! No experience required! For the Fall season, we will be focusing on painting (Projects will be similar to projects done in our Crafternoon group last Winter/Spring. Pics are posted on our Facebook page). You can register for one, two, three or all four workshops!

Ages: Adults of all ages **Where:** Goulds Rec Centre **Cost:** \$10/session or register for all 4 for \$35! **Time:** 7-9pm

When: Session 1: September 23rd – Clay Pot Painting
Session 2: October 21st – Halloween Tray painting
Session 3: November 18th – Four Seasons Canvas Painting
Session 4: December 16th – Salt Bucket Painting

Registration deadline for each session is 2 weeks prior to session date.

FAMILY PROGRAMS & SPECIAL EVENTS



Active Play:

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

When: Mondays, 6-6:45pm, starting October 4th. **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 gouldsfrfc@kffrc.com



Special Event: National Family Week

This year, National Family week will be celebrated between October 4th-10th!

We decided to do a little virtual event during this week. While we wait for the announcement of this year's theme, we will provide you with some info on how the event will work!

On **October 4th**, we will make a National Family Week post on our **Goulds Recreation Facebook Page**. It will remain pinned to the top of our page. We will be looking for families to post a picture of them engaged in a Family Activity (preferably related to the theme of the week). Faces do not have to be shown! We will accept entries until end of the day on **October 10th** (only those in the comment section directly under the post will qualify). On Tuesday, October 12th, we will do a live draw from all entries for a lucky family winner!

Prize: 2-hour children's birthday party rental at the Rec Centre

If there are any businesses, groups, organizations that would like to contribute to the prize, please email us at gouldsrecreation@gmail.com. We would love to add to the prize!

We will provide more details on this event as we get closer.



BOBBLE GYM TIME



How it works:

Our gym area will be opened at certain times each month for small groups of people to use for their own activities. For example, you want to go for a nice walk inside, book a time slot! You want to have a small game of basketball or soccer or pickle ball, book a time slot! There will be certain activities that will be permitted, with a max of 8 people per group. We will let you know if the activity is good with us (factors such as insurance and public health measures in place)! Depending on the activity, you may need to bring your own equipment. The cost is dependent on the time slot. An adult 18+ MUST be in attendance for the entire time slot. Times will be 45 minutes – 1 hour. Food will not be permitted during Bubble Gym Times (with the exception to baby feedings).

Organizations/groups cannot book Bubble Gym Time slots. Bubble Gym Time is a PROGRAM offered by Goulds Rec and is similar to a drop-in program, however, times will be booked in advance.

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: A monthly schedule will be emailed to those interested in Bubble Gym Time and will also be posted on our Website – gouldsrecreation.com. Slots can be booked in advanced, evening time slots must be paid in advance to hold your slot and no refunds will be issued. Day time slots can be paid upon arrival.



Goulds Rec Directory

Main Office: 745-7575

Rec Coordinator: 745-7504; gouldsrecreation@gmail.com

Program Info: gouldsrecinfo@gmail.com

Payments: gouldsrecreg@gmail.com

Fax #: 745-2727

Facebook: Goulds Recreation Association

Website: www.gouldsrecreation.com

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.

Rentals

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