



WINTER PROGRAMS & SPECIAL EVENTS

- Kids After School Leisure
- Easter Camp
- Children Programs & Special Events
- Youth Programs
- Adult Programs
- Community/Family Programs & Events
- Bubble Gym Time

2023



Winter 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 2022, active memberships (those who participated in at least one event/program in 2022) have been carried over to 2023. 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 the After School Leisure Program and Easter Camp), please email gouldsrecinfo@gmail.com.

Let us know what you are interested in and we will follow up with you to complete registration.

Goulds Recreation will be following all recommendations put forth by Public Health in regards to COVID.

All Winter programs/events will occur in January, February, March and April, 2023.

We will post any updates to programming and events on our Facebook page.

So, be sure to follow us!



KIDS AFTER SCHOOL LEISURE (GRADES K-6)

Our Kids 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 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 (we are closed for regular holidays)

Ages: 5-12 (grades K-6)

Resuming: January 3rd, 2023

End Date: June 16, 2023



REGISTRATION is active on our website gouldsrecreation.com. Registration is only for the current school year (2022/2023) and will not be carried over to the following year (2023/2024). 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 in the current school year.

PAYMENT: Monthly payments are preferred. Fees will be based on a Monday-Friday (5-day school week) of **\$100/week** (or \$20/day) for 1 child and **\$90/week** (\$18/day) for the 2nd child in same household. There will be a prorated cost for weeks that contain Statutory holidays. We will still operate on PD days (2:30-5:30pm). If your child will not be attending on the PD, you do not need to pay! More info on this is provided in our After School Leisure info package! We only accept cash or e-transfer for payment. While monthly payments are preferred, we will accommodate other payment options. We do require a 2-week advance payment for days/weeks attending. A 2-week notice is also required to cancel any days/weeks in order to receive refund or transfer the funds paid to future payment. If you need to discuss alternative payment plans, please feel free to speak with Nicole by calling 745-7575.

TRANSPORTATION: We provide transportation from Goulds Elementary every school day. Transportation will not be provided from St. Kevin's Junior High.

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

Easter Camp

We will be having an Easter Camp 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

EASTER BREAK



When: April 10-14 ***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 23rd, 2023 at 12 noon. Registration 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 Easter Break.

PAYMENT/CANCELLATION: Full payment is due by March 27th. March 27th is also the last day to cancel and receive a full refund. Full refunds will not be issued past the March 27th deadline.

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

CHILDREN/YOOTH PROGRAMS & SPECIAL EVENTS

On the Move

NEW!!! 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 ON SITE WITH THEIR CHILD AND HELP THEIR CHILD WITH THE ACTIVITIES.

Program will take place on Saturdays, on the following dates: January 14, 21

February 4, 18

March 4, 18

April 1



TODDLERS ON THE MOVE:

Ages: 3(turning 3 in 2023) to 4 years **Cost:** \$5/session for the first child. Additional children in same household are free.

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



KIDS ON THE MOVE:

Ages: 5(turning 5 in 2023) to 6 years **Cost:** \$5/session for the first child. Additional children in same household are free.

Where: Goulds Rec Centre **Time:** Saturday, 10:45 - 11:45am on the above noted dates

****Should a household have children in both age categories, that family will only have to pay the \$5 fee for one child on that session day.**



SATURDAY SPECIALS

These are a huge hit and spaces fill fast!!!!



Ages: 6-12 years **Cost:** \$10 per session **Where:** Goulds Rec Centre **Time:** Saturday, 10am-12pm (1 session per event)

Specials: ***Snow Day Survival Kit – Jan 28:*** Participants will get to make their own board games, craft kits and learn awesome games/activities that can be played indoors and more! All will go home with their own little “Snow Day Survival Kit”!

Be My Valentine - Feb 11: All things Valentines! Crafts, activities and games....includes making their own valentine treat!

Curious Georges - Feb 25: This is all about discovering cool things, concepts, science, “did you know” facts and so much more! Jammed pack with some pretty cool, interesting and “Wow” type activities!

Gym Class - Mar 11: This won't be your typical gym class! Participants need to come prepared for a morning of movement!

Easter Treats - Mar 25: Easter break is just around the corner! We are going to make some yummy Easter treats! There will also be an Easter craft!

Deadline to register will be the Monday prior to each special (however, please remember, that space is limited!)

Children/Youth Special Events

We plan on having more special events this winter! These events will be posted on our Facebook Page – Goulds Recreation, once we have them in place. Keep an eye out, especially when Professional Learning days are around the corner at Goulds Elementary and St. Kevin's Junior High!

Do you have an idea that would make a great Special Event? Send Nicole an email at gouldsrecreation@gmail.com, or give her a call at 745-7575!

****Check out the event below! Sure to be lots of fun!**

Special Event: Minion Mania

Learn to speak Minionese (the banana language) and engage in some very fun activities! There is sure to be a lot of laughing at this event!

Ages: 6-12 years **Cost:** \$10

Where: Goulds Rec Centre

When: Thursday, January 26, 6-7:30pm

(Friday, January 27th is a PL Day at Goulds Elementary)

Registration Deadline: Thursday, January 19th (please remember that space is limited!)



Youth Drop-In

We will have the Rec Centre opened for a youth drop-in this Winter!

Drop by, hang out and stay warm!

Shoot some hoops, play cards, board games, 4 square and more!

Ages: 12-16 years **Cost:** \$2 drop-in **Where:** Goulds Rec Centre **Time:** 7-9pm

When: All fall on a Friday on the following dates: January 6, 27, February 17, March 10, April 14



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

Youth Night Out!

NEW!!! This is a structured program for youth ages 9-12. Each session will have a certain theme/activity. It will also incorporate friendship building, confidence building, and more. It is a great opportunity to hang out with friends and meet new friends! It also will provide an opportunity to try something new or take part in an activity that you truly enjoy...all in a safe environment!

Session 1: Try a Sport Night

Session 2: Canvas Painting Night

Session 3: Minute to Win It Night

Session 4: Make a Pizza and Games Night



Ages: 9 (turning 9 in 2023) -12 years

Cost: \$10/session or register for all 4 for \$30

Where: Goulds Rec Centre

Time: 6-8pm

When: All fall on a Friday. We have two groups, both groups will participate in the same sessions, just on different Fridays.

For specific dates and the counselors that will be leading the groups, please see below:

Just for Girls Night Out

(Counselors Devon, Grace and Delanie)

Session 1: January 13

Session 2: February 3

Session 3: February 24

Session 4: March 24

Youth Night Out

(Counselors Kyle, Cameron and Rylan)

Session 1: January 20

Session 2: February 10

Session 3: March 3

Session 4: March 31

ADULT PROGRAMS & SPECIAL EVENTS

Keenagers Social Club

We would love to see more attend our Keenagers Social Club! We had a small group this past fall, and even though small, what a great time we all had!

Every meeting we will be doing something new and fun! We will have tea and coffee to sip on 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! You can pick and choose what dates you want to come to, or you can come to all dates! We will have a list of activities available prior to the start of the Club. If you are interested in learning more, feel free to give us a call at 745-7575 or email us at gouldsrecinfo@gmail.com.

Ages: Adults of all ages

Cost: \$8/meeting or register for all for \$20!

Where: Goulds Rec Centre

Time: 10am-12noon

When: All fall on a Tuesday on the following dates:
Jan 24, Feb 21, Mar 21



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
Resuming January 9th

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!



Zumba with Katherine Croft

We will update on our Zumba Program as soon as possible. We are looking at offering pop-up Zumba events throughout the Winter session. Keep an eye out on our Facebook page!

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 (January 11-April 5) is \$20

If you are interested in learning more, please email us at gouldsrecinfo@gmail.com



Adult Craftastic Workshops

Always a good time! Come for an evening of crafting! No experience required! You will surprise yourself with your “Craftastic” skills!

Pictures of crafts will be posted on our Facebook Page.

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

Cost: \$20/session or register for both for \$35!

When: Tuesdays, 7-9pm:

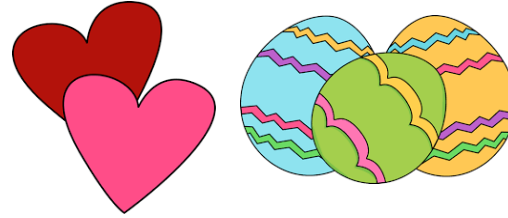
Session 1: Feb 7 – Valentine Canvas Painting (not your average painting though!)

register by January 31st

Session 2: Mar 28 – “Pizza Pan” Easter door/wall Hanging

register by March 21st

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



Goulds Daffodil Seniors Club

50+ Seniors....You're invited!

Join the Daffodil club for a friendly game of 120's with prizes, friendship and so much more!

Where: Goulds Rec Centre

When: Tuesday afternoons, 1:30-4pm

For more information, call Madeline at 722-8480 or Marilyn at 770-1911

*****PLEASE NOTE:*** The Goulds Daffodil Seniors Club is not a Goulds Rec Program. If you have any questions about the Club, you will need to contact Madeline or Marilyn at the numbers noted above.

COMMUNITY/FAMILY PROGRAMS & EVENTS

Free Community Skate

Goulds Recreation hosts a **free** community skate at the Goulds Lions Arena! Takes place on Wednesdays, 4:30-5:30pm. Please follow Goulds Recreation's Facebook page for any cancellations that may occur.

*Everyone on the ice **MUST** be wearing skates and a helmet.*

Bubble Gym Time

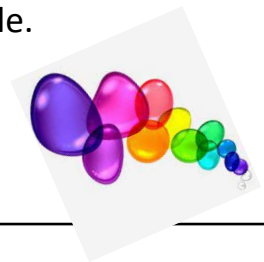
Our gym area will be opened at certain times during the week for small groups of people to use for their own activities. Examples: to go for a nice walk inside, a small game of basketball or soccer or pickle ball, toddler play. All you need to do is book a time slot! A max of 8 people per group. We will let you know if the activity is good with us (factors such as insurance may need to be considered)! An adult 18+ **MUST** be in attendance for the entire time slot. Times will be one hour. ***Organizations/groups cannot book Bubble Gym Time slots.***

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: 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 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.

*****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.**



Adventures Before Bedtime/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

Resuming: January 4th, 2023

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.



High Five® Strengthening Children's Mental Health

This one-day in-person training, developed in collaboration with the Canadian Mental Health Association will help anyone running children's programs be more informed and prepared to support their staff/co-workers/volunteers 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. The training will provide tools and suggested activities to use with staff/co-workers/volunteers to help improve their understanding and interactions with children who face challenges in their programs.

When: Will take place in February. Specific day to be determined

Cost: \$50

Where: Goulds Rec Centre

*****This workshop is great for professional development! We recommend anyone who is currently working with children (recreation, coaches, teachers, ECE's, leadership programs, ie. Girl Guides, Scouts, etc) to complete this workshop! The tools you receive will greatly assist you in your work with children.***

St. Patrick's Day Celebrations

Keep an eye out for some fun, entertaining events taking place around St. Patrick's Day! We are sure there will be a Kitchen Party or two occurring, along with a few other exciting events!

We will post more early in the new year once events become finalized! We will post on our Facebook Page with details!

ADDITIONAL INFORMATION:

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 Voluntary Board of Directors

as of January 1st, 2023:

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 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!