



**2021**

**Goulds Recreation has some great programs/events planned for the Winter Season! We are still not back to full programming operations due to COVID, but we have quite a bit to offer you and your family. We are following public health measures and ensuring our own guidelines are being met to make our facilities as safe as possible for you all.**

**Below you will find information about upcoming programs and events being offered, as well as info on rentals of the Rec Centre. Any questions, please give us a call at 745-7575 or email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)! Be sure to follow us on Facebook (Goulds Recreation Association) and check out our webpage at [gouldsrecreation.com](http://gouldsrecreation.com).**

**Goulds Rec Board of Directors**

**Chair:** Michelle Downey

**Vice-Chair:** Dave Ryan

**Treasurer:** Susan Putt

**Secretary:** Jeannie Reddy

**Community Members:**

Gina Evoy	Donnie Earle	Chad Vaughan
Tina Dinn	Cindy Vickers	Donna Emberley
Pam Mills		

**Goulds Rec Directory**

**Main Office:** 745-7575

**Rec Coordinator:** 745-7504

[gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com)

**Info:** [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)

**Payment:** [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com)

**Fax #:** 745-2727

**Facebook:** Goulds Recreation Association

**Website:** [www.gouldsrecreation.com](http://www.gouldsrecreation.com)

## **PROGRAMS/EVENTS:**

Anyone who would like to take part in any of Goulds Recreation programs and/or events will need to register themselves, along with any interested family members for a 2021 Goulds Recreation Membership (FREE) . This membership will then allow you to receive emails with details on various programs/events taking place during different seasons that you are interested in and how to go about registering for them. Members who registered for Fall membership will need to complete this one for the 2021 year. Here is the link for Membership registration:

<https://www.eventbrite.ca/e/goulds-recreation-2021-membership-registration-133711136609>

\*\*you may need to copy link and paste in your search bar\*\*

## Video Story Time

Looking for a fun activity to do at home with your child? Do they like to have stories read to them and making crafts? Are you homeschooling and would like to change it up a little, or add to your homeschooling plan? This cute Video Story Time may be exactly what you are looking for!



Here is how it works:

Prior to the first week, you will receive through curb-side pick-up at the Rec Centre, your kit of supplies, which will include 1 pair of children's scissors, an 8 pack of crayons, glue stick and pencil, along with the craft materials for each weeks crafts! We may also throw in a scattered coloring sheet, activity sheet and other items!

Each week you will receive a video link of Goulds Rec staff that will read a story, complete a craft step by step and show how to do a fun activity (each week will be a different theme). Because these videos will be pre-taped, you can watch them at your convenience!

**AGES:** all ages      **COST:** \$20/kit; \$30 for two kits

**STARTING:** First video will be emailed to participating families on January 27<sup>th</sup>, and every Wednesday thereafter for a total of 10 weeks.

**Registration deadline: January 13<sup>th</sup>**

## Kids Days



Looking for something to do on a Sunday afternoon?

Maybe one of these *Kids Days* will be what you are looking for!

So many different opportunities for those with many different interests! You simply register for the ones you want!

This program will take place at the Rec Centre, following all appropriate public health measures and guidelines.

**Days:**      January 31<sup>st</sup>: *Canvas Painting* – Instructor led winter theme canvas painting  
February 21<sup>st</sup>: *Indoor Tennis* – using our indoor nets, all equipment provided  
March 7<sup>th</sup>: *Super Science* – a whole lot of cool science experiments!  
March 21<sup>st</sup>: *Outdoor Childhood Games* – played indoors, with a twist!

**COST:** \$10/day      **AGES:** 6-12 years      **TIMES:** 2-3:15pm (ages 6-9); 3:45-5pm (ages 10-12)

**LOCATION:** Goulds Rec Centre      **Registration deadline is two weeks prior to each day**

## Youth VLP



This is our Youth Volunteer Leadership Program. It is for youth who want to develop their leadership skills and also learn how to be a good volunteer. You will learn how to be a team player, communication skills and so much more. Sessions will be done in mini workshops, with certain topics each week. This is a great program to help youth build on their resume! This program will take place at the Rec Centre, following all appropriate public health measures and guidelines.

**AGES:** 13-15 years

**COST:** \$50/participant

**WHEN:** 6-7:30pm, Thursdays (starting January 28<sup>th</sup>); 8 weeks total

**LOCATION:** Goulds Rec Centre

**Registration Deadline:** January 13<sup>th</sup>

## Adult Craft Night ~ Carrot Wreath

This is a special event for those who like to make crafts!

The level of this craft is easy to moderate level.

*This event will take place at the Rec Centre, following all appropriate public health measures and guidelines set at that time.*

**AGES:** Adults of all ages (15+)

**COST:** \$35/participant

**WHEN:** 7pm, Sunday, March 28<sup>th</sup>

**LOCATION:** Goulds Rec Centre

**Registration Deadline:** March 1<sup>st</sup>



## In the Stitches Sewing Group



Do you like to sew/quilt? Have some projects that you are working on and like to get together with others who are also working on sewing projects? This is the group for you! This group is open to sewers/quilt makers who would like to gather with others and work on their projects. Goulds Rec will simply provide you with the space, and tables to do so! Get some pointers, ideas, and praise each other's work!

*This program will take place at the Rec Centre, following all appropriate public health measures and guidelines.*

**AGES:** Adults of all ages

**LOCATION:** Goulds Rec Centre

**COST:** \$20/participant (covers from Jan. 13-Apr. 31)

**WHEN:** 1-4pm, Wednesdays, starting Jan 13<sup>th</sup>

## Crafternoon Group

This is going to be so much fun! Come for an afternoon of crafting! No experience required! Join us and become a “Crafternooner”! For the winter season, we will be focusing on painting! We are sure to have some great laughs! You can register for one, two, three or all four workshops! Discount to those who register for all 4! *This event will take place at the Rec Centre, following all appropriate public health measures and guidelines.*



**AGES:** Adults of all ages    **LOCATION:** Goulds Rec Centre  
**COST:** \$10/session, or register for all 4 for \$35!    **TIME:** 2:30-4pm

**WHEN:**    Session 1: January 21<sup>st</sup> – Salt Bucket painting  
              Session 2: February 11<sup>th</sup> – Serving Tray Painting  
              Session 3: March 4<sup>th</sup> – Canvas Painting  
              Session 4: March 25<sup>th</sup> – Clay Pot painting

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

## Adults on the Move



Our ever popular Adults on the Move exercise program is back for the new year! This exercise program is low to moderate level that ensures a full body workout at your own pace! We utilize aerobic exercise, wall exercises, chair exercises, light weights, mats, bands, balls (all can be modified to each individual). This group always has a good time!

*This event will take place at the Rec Centre, following all appropriate public health measures and guidelines.*

**AGES:** Adults of all ages    **LOCATION:** Goulds Rec Centre

**COST:** \$35 for ten class pass + 1 free class (do not have to be consecutive)

Or \$12 for 3 class pass

**WHEN:** 10:30- 11:30am; Mondays, Wednesdays and Fridays; starting Wednesday, Jan. 6<sup>th</sup>

## Zumba with Katherine Croft

Katherine cannot wait to get the classes going again in the new year! This program is for all ages, bodies and abilities (youth may need to receive permission from legal guardian). No experience is required. Zumba is a dance-inspired fitness class that feels like a party!

*This event will take place at the Rec Centre, following all appropriate public health measures and guidelines.*

**AGES:** All ages    **LOCATION:** Goulds Rec Centre

**COST:**    \$50 for ten class pass + 1 free class (do not have to be consecutive)

Or \$15 for 3 class pass

**WHEN:** 7:30pm, Wednesdays, starting January 6<sup>th</sup>



## Walk n' Talk



Looking for a warm place to walk during the cold winter months? Come to the Rec Centre! Pre-registration is required for this program (book your time slot the day of). Below are listed times available, however, if you would like to inquire about a different time, give us a call! We may have more time become available! *This event will take place at the Rec Centre, following all appropriate public health measures and guidelines.*

**AGES:** Adults of all ages (strollers and baby wearing are welcome!)

**COST:** \$2/adult      **LOCATION:** Goulds Rec Centre

**WHEN:** 45 min. time slots, starting January 12<sup>th</sup>:

Tuesdays 9:30am-12noon

Thursdays 12-2pm

Fridays 12-2pm



## Bubble Gym Time

We will have certain time slots available for individuals or bubbles to use our gym for their own activities! There will be certain activities that will be permitted, such as basketball, ball hockey, toddler play, etc., with a max of 8 people from the same bubble. Equipment will be limited. Simply run it by us what you would like to do here and we will let you know if it falls under our guidelines (this is in regards to public health measures and insurance purposes!) Cost will be determined based on time slot. Time slots during our regular office hours will cost less than time slots outside of regular office hours. An adult 18+ must be in attendance for the entire slot. Time slots will be 45 mins - 1 hour. Food will not be permitted during Bubble Gym Time (with the exception to bottle feeding and breastfeeding babies). Organizations/groups cannot book Bubble Gym Time slots. This is a PROGRAM offered by Goulds Rec and is similar to a drop-in, however, due to safety in relation to COVID-19, we will be having booked times.

*This event will take place at the Rec Centre, following all appropriate public health measures and guidelines.*

**AGES:** All Ages      **COST:** \$2/person during regular office hours (children 12under, free)

\$20/hour for time slot outside of regular office hours

**WHEN:** Those interested in this program will receive an email with available slots

**LOCATION:** Goulds Rec Centre

## Great Family Challenge

**CHECK  
THIS  
OUT!**

Unfortunately due to the current COVID-19 pandemic, we have decided to cancel this year's Winter Carnival. However, Goulds Rec still wanted to do something fun with the families of this community during the time that our Winter Carnival would have taken place (February). We are calling it the GREAT FAMILY CHALLENGE! We will have a bunch of challenges for you to complete with your family that will be fun and exciting! We are so excited! Stay tuned for more details in the New Year!

## **Goulds Rec Rental Info:**

Rental of the Rec Centre is an hourly rate. For 1 hour: \$45+tax; for 2 hours: \$90+tax. Every additional hour will be \$40/hour+tax. All rentals will be subject to a \$50 damage/time deposit. This will be used in the event of any damages to our facilities, equipment, as well as for any rental that goes over the time booked or if our staff have to stay longer than scheduled time to clean the facilities after the rental. All rental fees MUST be paid at least two weeks before the rental date. It is mandatory that all rental fees and damage/time deposits be paid before rental date. If payments are not received within the time frame noted above, Goulds Rec has the right to cancel the booking. Bookings should be made at least one month in advance. Goulds Rec cannot guarantee availability of staff or facilities with less than a month's notice. Refunds will only be issued 2 or more weeks prior to rental date. All refunds will be subject to a \$15 administration fee. Please remember that we are smoke-free, alcohol free, peanut/nut aware and a scent aware facility. The rental includes the use of the gymnasium and kitchen area.

**We have updated Rental guidelines due to the Public Health Measures in place with COVID-19. This includes such policies as:**

- **Max 20 people (children and adults) in total for any group renting our rec centre (ie. Birthday party, baby/wedding shower, user groups)**
- **No bouncy castles or outside vendors permitted**

**For a full list of our COVID-19 Rental guidelines, please email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.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 (or more) programs and during the first week of 6 week programs. Refunds will NOT be issued for 2 week programs or special events.

## **Goulds Library Notice:**

**At this time, Goulds Library will be remaining closed. Our aim is to have it reopened in the not to far future. We need to ensure that we can offer services in a safe way to our patrons during this COVID-19 Pandemic. We appreciate your patience and understanding at this time.**