



AUTUMN 2024



- *Community/Family Programs & Events*
- *Kids After School Leisure*
- *Child/Youth Programs & Special Events*
- *Adult Programs & Special Events*
- *Goulds Library*
- *Additional Information & Notices*



Registration Information

If you have not already, please ensure you complete your family's free 2024 Goulds Rec Membership by clicking on the link:

<https://www.eventbrite.ca/e/goulds-recreation-2023-membership-registration-503602838647>

To register for any of our Fall events/programs (with the exception of the 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.

Registration fees can be e-transferred to gouldsrecreg@gmail.com. Please ensure to include the participants name and the program/event you are registering for in the message section.

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



Community/Family Programs & Events



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 1 -1.5 hour slots.

Organizations/groups can't book Bubble Gym Time slots.

Ages: All ages

Cost: 1 hour day time slots (during regular office hours): \$2/person

1.5 hour day time slots (during regular office hours): \$3/person

1 hour evening slot: \$20 (must be paid at least 3 hours prior to start time)

1.5 hour evening slot: \$30 (must be paid at least 3 hours prior to start time)



When: Available times vary from week to week. Interested in bubble gym time? Please email us at gouldsrecinfo@gmail.com. We will add you to our email list. 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. Each email can request more than one slot, however, due to the popularity of our Bubble Gym Times, we are going to share out the times as much as possible, therefore, we won't be able to guarantee you multiple slots, regardless of the time stamped email.

****Equipment fees will apply if using certain Goulds Rec equipment.**

le. \$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 take home snack will be provided! There will be active play equipment set up!

When: Wednesdays, 6-7pm **Starting:** October 2nd, 2024 **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.



On the Move

This is a semi Structured Active Play Program for families with toddlers and young children! It 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:



September 14 & 28

October 12 & 26 (Halloween party)

November 16, 30

December 14



Ages: 3 (turning 3 in 2024) to 6 (turning 6 in 2024) years

Cost: \$25/family for all 7 sessions or \$5/session drop-in

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

Free Community Skate

Our FREE SKATE at the Goulds Lions Arena will be happening again this year! We are waiting for the Goulds Lions Arena to have their schedule finalized to see where we can fit in. The skate will NOT be starting until after the Thanksgiving Day weekend. Please follow our Facebook page for updates!



Yoga Nigra Session

As a part of Wellness Week 2024, the KFFRC will be offering a Yoga Nigra session with Head to Heart Therapeutic Yoga! Childcare will be offered by Goulds Recreation!

When: 6:30-7:30pm, September 25th **Where:** Goulds Rec Centre

Attendees: Open to all parents and caregivers **Cost:** FREE!!!

Childcare: Available at the Goulds Family Resource Centre for children 18 months and older.
(limited child care spots available)

Yoga Nidra is a gentle yoga with relaxation exercises, breathing techniques, meditation, and guided imagery that will help your daily energy and tensions, and releases deep stress by nourishing neurology - making it profoundly cathartic and therapeutic.

Lisa Pinhorn (Empowered Parents), is the creator of Head to Heart Therapeutic Yoga and will be leading this session. A little about Lisa can be found here: [Lisa's Bio | Empowered Parents \(empoweredparentservices.com\)](#).

Registration will open on September 3rd via the KFFRC Goulds Facebook page.

Kids After School Leisure (Grades K-5)



This program is based on Canada's High Five® quality standard for children's recreation and sport. Our aim for this program is to provide 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

No program on regular holidays or on PD days scheduled at Goulds Elementary

Grades: K-6 **Start Date:** September 9, 2024 **End Date:** June 20, 2024

REGISTRATION occurred in 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 spot may become available!

Registration is only for the current school year and **will not** be carried over to our day camps or the following school year. Our After School Leisure Program is a program separate from our day camp programs.

PAYMENT: Monthly or bi-weekly payments will be required. Fees will be based on a Monday-Friday (5-day school week) of **\$100/week** for 1 child and **\$90/week** for the 2nd child in same household (\$20/day for part-time). There will be a prorated cost for weeks that contain Statutory holidays and PL Days. First payment is due on August 26th, by email to gouldsrecreg@gmail.com. This first payment will cover the month of September or the first two weeks of the program. Monthly payments are due two weeks prior to the start of that month, bi-weekly are due two weeks prior to the start of that two-week period. If you need to discuss alternative payment plans, please feel free to give us a call at 709-745-7575.

TRANSPORTATION: Transportation provided only from Goulds Elementary every school day.

A Program Package is available on our website and can also be viewed by clicking on this link:

<https://nebula.wsimg.com/c2dd20d374812e1d2fa1d8700e66c4d7?AccessKeyId=9E7FB21A22AAD75C8B4A&disposition=0&alloworigin=1>

This package will contain all the details you will need to know about our program, including the links for registration and the monthly/bi-weekly payment plan!



Child/Youth Programs & Special Events



Drama Club

Come join our Drama Club! No experience required!

The Club will get to perform for family and friends!

Ages: 9-12 years (turning 9, 10, 11 or 12 in 2024) **Cost:** \$40/participant

Where: Goulds Rec Centre

When: Mondays, 6-7:30pm; starting September 16th.

The program will run for 9 weeks, with a performance for family and friends on the 10th week.



There will be no club on Sept. 30, Oct. 14th or November 11th.

Youth Art Classes

We are offering our classes again this Fall! Let's see the creativity!

Ages: 10-13 years (turning 10, 11, 12 or 13 in 2024)

Cost: \$10/session or \$35 for all 4 classes **Where:** Goulds Library

When: Tuesdays, 6-7:30pm on the following dates: September 17 – 3D Texture Painting
October 15- Ceramic Tile Painting
November 19- Crayola Marker Art
December 17- Yarn Art



Deadline to register for individual classes will be the Thursday prior to each class.

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



Kids Art Classes

We are offering our classes again this Fall! Let's see the creativity!

Ages: 7-9 years (turning 7, 8 or 9 in 2024)

Cost: \$10/session or \$35 for all 4 classes **Where:** Goulds Library

When: Tuesdays, 6-7:30pm on the following dates: September 17 – 3D Texture Painting
October 15- Ceramic Tile Painting
November 19- Crayola Marker Art
December 17- Yarn Art



Deadline to register for individual classes will be the Thursday prior to each class.

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

Saturday Specials

This Fall of Saturday Specials we will be making some awesome crafts,
along with some fun activities!

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

Time: Saturday, 10am-12pm

Specials: Sept. 21st: Falling into Autumn Theme
October 5th: Full of Thanks Theme
October 19th: FaBOOlous Halloween Theme
November 2nd: Puppet Show Theme
November 23rd: Board Game Fun Theme
December 7th: 'Tis the Season to be Jolly Theme



Deadline to register will be the Monday prior to each special.

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

Kids Night Out! TRY A SPORT

This is a structured program for children ages 6-9. It's all about trying a sport/game that you may not have tried before. It may be a combination of regular sports played differently. This is all about good sportsmanship, friendship building and friendly competition!

Ages: 6 -9 years (turning 6, 7, 8 or 9 in 2024)

Cost: \$10/participant

Where: Goulds Rec Centre (outdoors if weather permits)

When: Friday, September 27th **Time:** 6-8pm



Deadline to register will be the Monday prior to the event date.

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

Youth Night Out! TRY A SPORT

This is a structured program for youth ages 10-12. It's all about trying a sport/game that you may not have tried before. It may be a combination of regular sports played differently. This is all about good sportsmanship, friendship building and friendly competition!

Ages: 10 -12 years (turning 10, 11 or 12 in 2024)

Cost: \$10/participant

Where: Goulds Rec Centre (outdoors if weather permits)

When: Friday, October 4th **Time:** 6-8pm



Deadline to register will be the Monday prior to each special.

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



Drop and Go Event!



Have some shopping to do? Gift wrapping? Want to go out for a nice supper, kid free? 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 finishing the evening with snack and a movie!

Ages: 6-12 years **Time:** 4:30-8:30pm **When:** Saturday, November 30th

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)

Deadline to register will be the Wednesday prior to this event.

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



Youth Drop-In

We will have the Rec Centre opened for the Fall season!
Shoot some hoops, play cards, board games, 4 square and more!

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

When: All fall on a Friday on the following dates:

September 13th & 20th

October 18th

November 1st, 22nd, 29th

December 13th

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

Girls Night Out! STEM FOR GIRLS

This is a structured program for girls ages 9-12. Join us for some cool STEM projects!

Ages: 9-12 years (turning 9, 10, 11, 12 in 2024) **Cost:** \$10/participant

Where: Goulds Rec Centre

When: Friday, October 11th **Time:** 6-8pm

Deadline to register will be the Monday prior to the event. However, please remember, that space is limited! We recommend that you do not wait to register!



Girls Night Out! CHRISTMAS PILLOW

This is a structured program for girls ages 9-12. Join us as we make a Christmas pillow! These are not difficult and fun to make!

Ages: 12-14 years (turning 12, 13, 14 in 2024) **Cost:** \$15/participant

Where: Goulds Rec Centre **Time:** 6-8pm **When:** Friday, December 6th

Deadline to register will be the Monday prior to the event.

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



Pirates and Mermaids!

Ahoy Matey's! This event is for our younger participants! It will be filled with all things pirate and mermaid related! Come and join us for a MERMAZING time!

Ages: 5-7years (turning 5, 6, 7 in 2024)

Cost: \$10/participant

Where: Goulds Rec Centre

Time: 6-7:30pm

When: October 25th

Deadline to register will be the Wednesday prior to the event. However, please remember, that space is limited! We recommend that you do not wait to register!



Art Attack!

This event is for our younger participants! Be prepared to get messy as we engage in all sorts of fun art projects!

Ages: 5-7years (turning 5, 6, 7 in 2024)

Cost: \$10/participant

Where: Goulds Rec Centre

Time: 6-7:30pm

When: November 15th

Deadline to register will be the Monday before the event date.

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



Spoke Squad School

This program is based on the Sprockids mountain bike training material. It will be led by an instructor with Sprockids certification.

The program involves progression-based skill development using curated courses, fun games and group rides! **Minimum skill level!** Participants must be able to pedal freely without use of training wheels on varying terrain (road, grass, dirt, gravel, etc). "We will learn the rest!" instruction will be personalized to each participant's skill level.

Ages: 6 (in grade 1)-11 years

Cost: \$30/participant *Guardians are welcomed to join on their own bike at no extra cost!*

When: Thursdays from 5:30-6:30pm (September 12-October 24, 2024)

Location: Will vary. We will start at the Goulds Rec Centre parking lot area and expand to various locations, in Goulds and surrounding area, to experience different terrains and explore new trails.

Equipment: Participants must have their own bike and CSA certified cycling helmet

We will be having an end of program family ride with date, time and location to be determined!



Adult Programs & Special Events



Adults on the Move

This program is a low to moderate (at your own pace) exercise & full body workout. We utilize aerobic exercise, wall exercises, chairs, weights, mats, bands and balls (all can be modified to each individual) and everyone always has a good time!



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

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

Classes will start September 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 in cash)

EVERYONE'S FIRST CLASS IS FREE!!!!



Walk n' Talk

The Rec Centre will be opened for anyone who would like to 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 September 9th

In the Stitches



Have sewing/knitting projects you are working on? Gather with others who enjoy sewing/knitting and work on your projects. We provide the space to do so! This is not a "learn to sew program". Have a chat, share ideas & praise each other's work!

Ages: Adults of all ages

Where: Goulds Library

When: 1-3:30pm Wednesdays

Cost: Fall session (Sept 11-Dec 18) is \$30

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

Adult Beginner Pickleball

Want to learn the game of Pickleball?

We are offering our beginner pickleball program again this fall! 4 per group!

Ages: Adults of all ages

Where: Rec Centre

When: Tuesdays for 4 weeks: September 17th, 24th, October 8th, 15th

Time: slot 1: 6-7pm slot 2: 7-8pm slot 3: 8-9pm

Cost: \$40 for 4 weeks!

These fill fast! Do not wait to register! Email gouldsrecinfo@gmail.com to register!



Keenagers Social Club

Join us for a morning of social fun! We always have a great time with our Social Club! Serving tea, coffee and light snack!

Ages: Adults of all ages

Where: Rec Centre

Cost: \$10/person

When: Tuesdays, 10am-12noon on the following dates:

October 22nd: Halloween Themed Craft

November 19th: Backyard Games (ie. Axe throwing)

December 3rd: Christmas Themed door hanger

Must be registered by the Thursday before each session.

***We are hoping to offer the Keenagers Healthy Together Program in the New Year. Stay tuned!*



Adult Craftastic

Join us for a fun evening of Craft Making! Always a laugh! This is a great social time and you will impress yourself with what you make!

Ages: Adults of all ages

Where: Rec Centre

Cost: \$20/person

When: Tuesdays 7-9pm on the following dates:

October 1st: Halloween/Christmas Door Hanger

December 10th: Christmas tags and cards

Deadline to register will be the Thursday prior to each event.

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



High Five® Strengthening Children's Mental Health Workshop

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.

When: TBD: Please follow our facebook page for an update

Cost: \$60

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) to complete this workshop! The tools you receive will greatly assist you in your work with children.*

***For more info or to be notified when the workshop will be taking place, please email
gouldsrecinfo@gmail.com***

Goulds Recreation Facebook Page



Please follow our Facebook Page! We may have a few pop-up events offered throughout the fall season! The best way to get ACCURATE information on our programs/events, is to contact us directly!



Goulds Library



Library Hours

Due to the library requiring volunteers to operate, our hours may need to fluctuate. We are aiming to have the library open to the public on as much of a regular schedule as possible. We will post the hours on Goulds Rec Facebook weekly and the hours will be posted in the front window of the library.

Goulds Lions Family Game Night

Bring the family for a fun night of board games! Various board games will be on site.

This is a great family social night!

Where: Goulds Library

Cost: FREE!!!

Time: 6-8pm

When: Tuesdays on the following dates: Sept. 10th, Oct. 8th, Nov. 12th and Dec. 10th

Adult Social Club (am & pm)

Are you interested in meeting at the library once a week for some social time with other adults? Discuss a book, have access to adult coloring books, simply have a chat? Sip on some tea or coffee? If so, let us know by calling us at 709-745-7575 or send us an email to gouldsrecinfo@gmail.com. If we have enough interest, we will get this started!

Storytime Circle

Want a quiet place to bring your young child? Have a story read to them, followed by a small, easy to do craft and finish with taking a loan of a library book? Let us know! If the interest is there, we will offer our Storytime! Email gouldsrecinfo@gmail.com if interested!

Book Club

Interested in joining a book club? Let us know!

We are ready to go if we have enough interest!

Email gouldsrecinfo@gmail.com or call 709-745-7575 if you would like to be added to the list of those interested!

Additional Information & Notices



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 Recreation Annual General Meeting

Our AGM will be held on November 18th, 2024 at 7pm at the Goulds Library. Everyone is welcome! Only Goulds Rec Members can nominate and vote during the elections. Not sure if you are a member? A member is any volunteer with our association, any program participant 18+ and any parent of a child in one of our programs in the 2024 year.



Goulds Rec Program 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 two week notice of cancelation for programing 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: 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



Rentals

Interested in renting one of our facilities? Our Rec Centre is available for children's birthday parties, baby and wedding showers, and possibly more! Please remember that we are an alcohol, smoke and vape free facility. Email us at gouldsrecinfo@gmail.com. We will provide you with all the details about our rentals!

