

GOOLDS RECREATION

AFTER SCHOOL CHILDREN'S PROGRAMS

Grades K-5

Time: Monday-Friday, 2:15pm-5:30pm



*Pick and choose what you would like to participate in! So many options that you may want to register for them all!
(Payment options/plans can be put in place. Nicole can have a chat with you to come up with the best option for your family)*

Kids on the Move

Mondays at the Rec Centre

This program is full of physical activity! Children will be engaged in various exercises, sports, nature walks, scavenger hunts, obstacle courses, skipping, races, good old fashion outdoor games such as tag, red light green light, and so much more! Activities will keep them moving! Participants will also be given the opportunity to create their own games. All activities will be age appropriate for the participants and encourage the skill of mastery.

*Just want to register for Kids at play?
That's 14 weeks (September 13 – December 20,
no session on October 11) for \$112!*



Library Time

Tuesdays at the Library

Each week, a different book will be the theme. Activities will be based around that book. There will be crafts, games, and many adventures as they explore the book of the day! The opportunity to use their imagination will be a key point to this program. The participants will also be given the opportunity to take a loan of a book from our library after every session.



*Just want to register for Library Time?
That's 15 weeks (September 14 – December 21) for \$120!*

Take Two

Wednesdays and Fridays at the Rec Centre

This program is broken up into two sessions per week. Each week will be a different mini program. This will range from science experiments, to messy projects, to sports, to becoming a good detective and even learning some pretty cool magic tricks....and so much more!

Just want to register for Take Two? That's 14 programs – 2 sessions/week (September 15– December 17) for \$224!



Power Kids

Thursdays at the Rec Centre

This program is all about keeping ourselves overall healthy, in regards to social, physical and mental well-being. The participants will be engaged in many fun activities, such as team building, friendship building, staying physically active, healthy lifestyle choices (ie. Healthy eating), activities around self-esteem, confidence building, and so much more!

Just want to register for Power Kids?

*That's 13 weeks (September 16 – December 16,
no session on November 11) for \$104!*



PROGRAM NOTES:

- + Covid Guidelines will be in place, based on the Public Health Measures at that time.
 - + Time slot for programs will be 2:15pm-5:30pm. With the amount of cleaning required, we would greatly appreciate it if you could have your child picked up by 5:00pm. We do understand that in certain situations, this may not be possible. Children cannot be dropped off prior to 2:15 and must be picked up no later than 5:30pm.
 - + With all our After School Programs, the participants will spend as much time outside as possible. Participants should have what they need for outside play, walks, adventures - ie. Proper outdoor wear and sunblock
 - + Participants should have water to drink and some snacks. We will be able to refill their water bottles at the Rec Centre.
 - + All sessions will start and end with Free Play. This means that the participants will have several options of activities to engage in during the first part and last part of every session.
 - + We will follow all our regular behavior guidelines for our After School Programs.
 - + These are not drop-in programs. Pre-registration is required. We need to ensure we are prepared for each session.
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PAYMENT OPTIONS:

- + Booking individual days (random days) will be \$10/day (pre-registration required)
- + Kids on Move - Mondays - 14 weeks : \$112
- + Library Time - Tuesdays - 15 weeks : \$120
- + Take Two - Wednesdays & Fridays - 14 weeks (28 sessions) : \$224
- + Power Kids - Thursdays - 13 weeks : \$120
- + Register for all 4 programs (5 days/week) : \$40/week

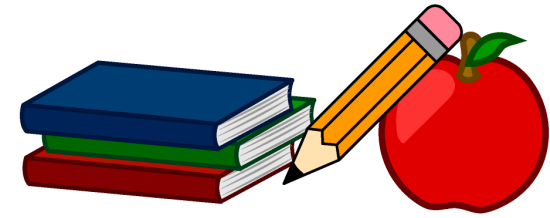
**Payment plans can be put in place if needed. Simply get in touch with Nicole at the Rec Centre (745-7575 or gouldsrecreation@gmail.com) and together we can work out the best payment option for your family.

HOW TO REGISTER:

Registration will begin on August 23rd. You will need to go to our website gouldsrecreation.com and click on the "After School Programs" button. Payment is not required at registration. We will follow up with you by email once you have completed your initial registration.



September 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 Kids on the Move	14 <u>Library Time:</u> Willy Wonka and the Chocolate Factory	15 <u>Take Two:</u> Olympics- 1	16 Power Kids	17 <u>Take Two:</u> Olympics- 2
20 Kids on the Move	21 <u>Library Time:</u> Where the Wild Things Are	22 <u>Take Two:</u> Mystery, Maps & Riddles - 1	23 Power Kids	24 <u>Take Two:</u> Mystery, Maps & Riddles - 2
27 Kids on the Move	28 <u>Library Time:</u> Diary of a Wimpey Kid	29 <u>Take Two:</u> Old Time Childhood Games – 1	30 Power Kids	1 <u>Take Two:</u> Old Time Childhood Games - 2

Olympics: fun sporting events based off of sports in the Olympics. There will be an opening & closing ceremony!

Mystery Maps & Riddles: take part in some detective training as you learn how to decode, do fingerprints, solve riddles and so much more!

Old Time Childhood Games: Full of games like hopscotch, jump rope, tag games, card games, jacks, Simon says, Mother May I and other old time movement and sit down activities!



October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Kids on the Move	28 Library Time: Diary of a Wimpey Kid	29 Take Two: Old Time Childhood Games – 1	30 Power Kids	1 Take Two: Old Time Childhood Games - 2
4 Kids on the Move	5 Library Time: Harry Potter	6 Take Two: What a Mess- 1	7 Power Kids	8 Take Two: What a Mess- 2
11 	12 Library Time: Peter Pan	13 Take Two: Sports Day - 1	14 Power Kids	15 Take Two: Sports Day - 2
18 Kids on the Move	19 Library Time: How to Train a Dragon	20 Take Two: Amazing Artist - 1	21 Power Kids	22 Take Two: Amazing Artist - 1
25 Kids on the Move	26 Library Time: Cloudy with a Chance of Meatballs	27 Take Two: Games Day - 1	28 Power Kids	29 Take Two: Games Day - 2

What a Mess: Dress in old clothes for this one because things are about to get messy! Make silly putty, goopy ooze, playdough, and other messy projects!

Sports Day: Just like sports day at school....with maybe a few modifications! Also, you will have the opportunity to participate in several sports such as tennis and soccer!


Amazing Artist: We will be using all unique ways to paint, color and draw!

Games Day: These sessions are filled with all kinds of physical activity games, lawn games, board games, table top games and more!



November 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Kids on the Move	2 Library Time: Legos	3 Take Two: Magic Tricks- 1	4 Power Kids	5 Take Two: Magic Tricks- 2
8 Kids on the Move	9 Library Time: Jumanji	10 Take Two: Make a Game - 1	11 	12 Take Two: Make a Game - 2
15 Kids on the Move	16 Library Time: Madeline	17 Take Two: Super Science - 1	18 Power Kids	19 Take Two: Super Science - 2
22 Kids on the Move	23 Library Time: Paddington Bear	24 Take Two: Greatest Challenge 1	25 Power Kids	26 Take Two: Greatest Challenge 2
29 Kids on the Move	30 Library Time: Alice in Wonderland			

[Magic Tricks:](#) Learn some pretty awesome magic tricks that will surely impress your family and friends!

[Make a Game:](#) Creativity and imagination is key to these sessions! We will come up with our own games using various materials/equipment!

[Super Science:](#) We will be doing some cool science experiments! Maybe a good idea to wear some old clothes for this one!

[Greatest Challenge:](#) Do you think you have what it takes to conquer our challenges? Sure to be a lot of fun! We will challenge you with obstacle courses, puzzles, scavenger hunts and a lot of other activities!



December 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>Take Two:</u> Paper Mache - 1	2 <u>Power Kids</u>	3 <u>Take Two:</u> Paper Mache - 2
6 <u>Kids on the Move</u>	7 <u>Library Time:</u> Chronicles of Narnia	8 <u>Take Two:</u> Movin' & Groovin' 1	9 <u>Power Kids</u>	10 <u>Take Two:</u> Movin' & Groovin' 2
13 <u>Kids on the Move</u>	14 <u>Library Time:</u> Harriet the Spy	15 <u>Take Two:</u> Creative Christmas Crafts 1	16 <u>Power Kids</u>	17 <u>Take Two:</u> Creative Christmas Crafts 2
20 <u>Kids on the Move</u>	21 <u>Library Time:</u> The Polar Express	22 <u>Holiday Party</u>		

Paper Mache: Alert: old clothes is a MUST! Several paper mâché projects such as an octopus, pencil holder, vase and more!

Movin' & Groovin': Let's get the heart rate up and have fun with various exercises, yoga, a bit of Zumba & more!

Creative Christmas Crafts: This is a great opportunity to make some gifts for those you love!

Holiday Party: This day will be \$10. Participants can arrive after school dismissal (early). We will have a little party for the participants, which will include watching a holiday movie! More details to follow.