



# WINTER 2026

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## Registration Information

If you have not already, please ensure you complete your family's free Goulds Rec Membership by clicking on the link: <https://www.eventbrite.ca/e/goulds-recreation-membership-registration-1978434512886?aff=oddtdtcreator>

To register for any of our events/programs (with the exception of Spring Camp), please email [gouldsrecinfo@gmail.com](mailto: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](mailto:gouldsrecreg@gmail.com). Please ensure to include the participants name and the program/event you are registering for in the message section. **Only send fees if we have confirmed by phone or email that you are registered.**

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

**Be sure to follow us!**



# COMMUNITY/FAMILY PROGRAMS & EVENTS



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 (insurance may need to be considered)! An adult 18+ MUST be in attendance for the entire time slot. Times will be 1-1.5 hours. **Businesses/Organizations/groups can't book Bubble Gym Time slots.**

**Ages:** All ages **Cost:** \$2/person during regular office hours (children under 12 is free)

\$20/hour; \$30/1.5hour for time slots outside of regular office hours (must be paid in advance)

**When:** Available times vary from week to week. Interested in bubble gym time?

Please email us at [ouldsrecinfo@gmail.com](mailto:ouldsrecinfo@gmail.com). We will add you to our email list. Every Friday at 8:30am, 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. 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.**

**Ie. \$2 for use of our pickle ball rackets, \$2 for use of one of our pickle balls.\*\***



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 **Resuming:** January 14<sup>th</sup> **Cost:** Free!!!

**Where:** Goulds Rec Centre

**This program is a lot of fun & a great way to burn energy before bedtime!**

For more information on this program, you can email [ouldsfrc@kffrc.com](mailto:ouldsfrc@kffrc.com).



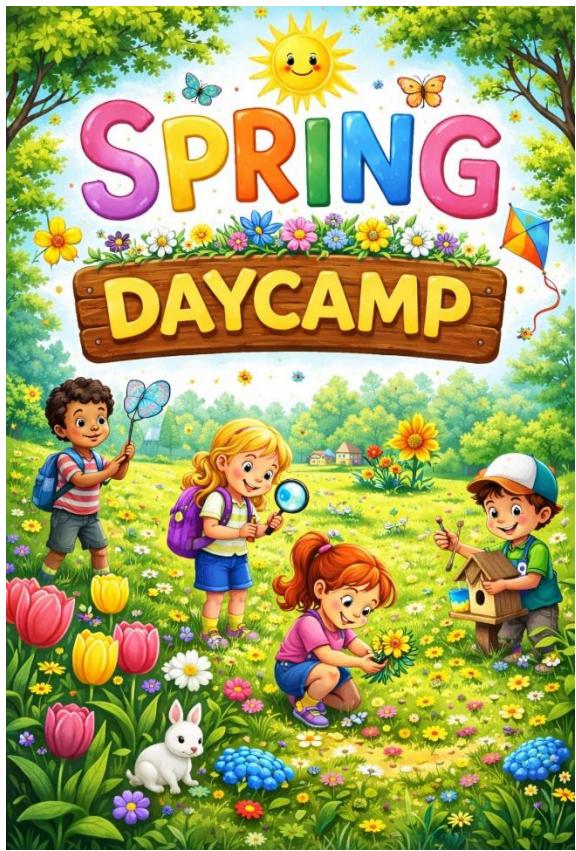
Our FREE SKATE at the Goulds Lions Arena is every **Wednesday**, 4:30-5:30pm. Everyone on the ice MUST be wearing skates and a helmet.

A big **THANK-YOU** to the Arena for providing us with this time slot!



Keep an eye out for some fun, entertaining events taking place around St. Patrick's Day!

We will post more on our Facebook page once events become finalized!



We will be having a Spring (Easter) Daycamp 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

**When:** April 6-10   **Ages:** 5-12 (grades K-6)   **Cost:** \$120/Child; \$110 for each additional child in the 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 26<sup>th</sup>, 2026 at 12 noon.** Registration procedures will be posted on our website: [gouldsrecreation.com](http://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 Spring Break.

**PAYMENT/CANCELLATION:** Full payment is due by March 23<sup>rd</sup>. March 23<sup>rd</sup> is also the last day to cancel and receive a refund. A \$15 administration fee will be applied to all refunds. Refunds will not be issued past the March 23<sup>rd</sup> deadline.

***\*\*A Program Package for our Spring Camp will be available on our Website - [gouldsrecreation.com](http://gouldsrecreation.com). This will contain all the details you will need to know about our Spring Camp.***

# CHILDREN/YOUTH PROGRAMS & SPECIAL EVENTS



The Saturday Specials this season will be based off of popular children's tv/streaming shows! Activities can range from crafts, science, food, physical activity and more!

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

Time: Saturday, 10am-12pm

Specials: January 17<sup>th</sup>: SpongeBob Square Pants

January 31<sup>st</sup>: The Thundermans

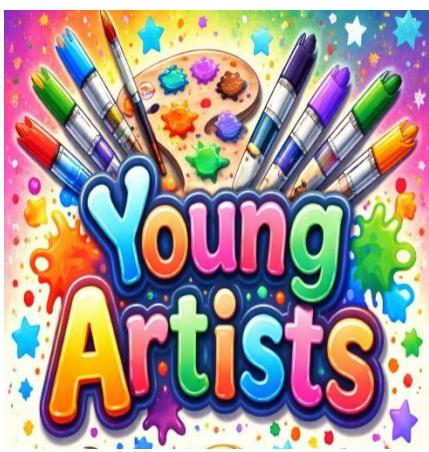
February 14<sup>th</sup>: Bluey

February 28<sup>th</sup>: Ada Twist, Scientist

March 28<sup>th</sup>: Kids Baking Championship

*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!*



Lets work with canvases and complete some very neat art projects!

Ages: 6-13 years (turning 6, 7, 8, 9, 10, 11, 12, 13 in 2026) group will be divided up at the sessions based on ages

Cost: \$10/session Where: Goulds Rec Centre

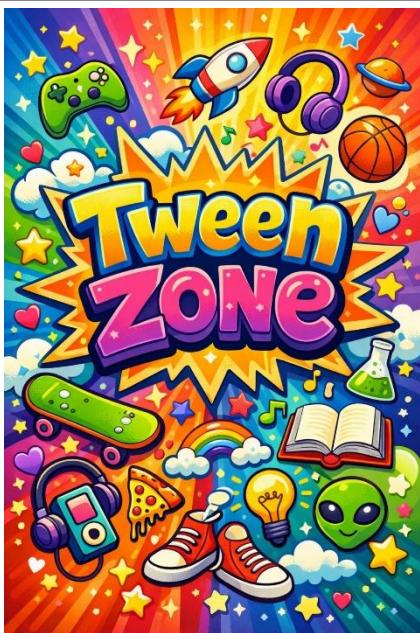
When: Mondays, 6-7:30pm: January 26: Acrylic

February 23: Sharpies

March 30: Watercolor

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

*Please remember, that space is limited! We recommend that you do not wait to register!*



Come hang out at the rec centre with a few counselors!

Play different sports, board games, cards, make suggestions on what you would like to have at other drop-ins....

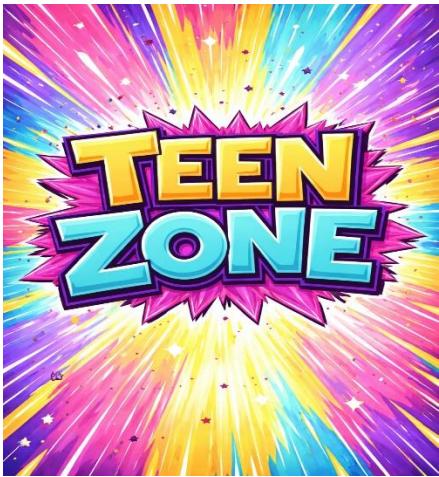
Grades: 5 & 6 Cost: \$2/Drop-In Where: Goulds Rec Centre

When: Fridays, 6-7:30pm on the following dates: Jan 16, 30

Feb 13, 27

Mar 13, 27

*While there is no registration for this program, we ask that you email us one time at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) to let us know that your child may attend our Tween Zone. At arrival, the youth will need to sign themselves in and provide an emergency name and phone number. This is a drop-in. There is no sign-out, and youth in attendance can leave at any point in the time frame.*



Great place to hang out during the winter months! Play different sports, games, or just hang out with your friends!

Grades: 7, 8 & 9    Cost: \$2/Drop-In

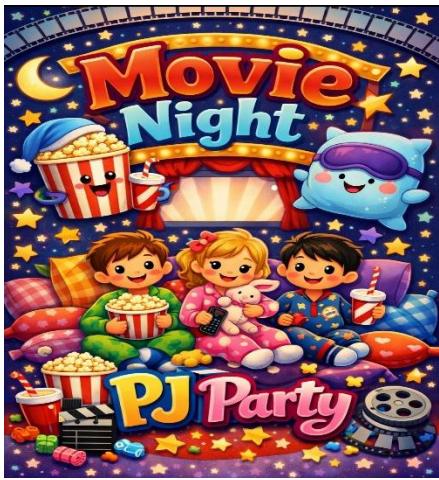
Where: Goulds Rec Centre

When: Fridays, 7:30 – 9pm on the following dates: Jan 16, 30

Feb 13, 27

Mar 13, 27

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



Arrive in your pj's, bring a blanket, pillow and stuffie if you like! Enjoy a movie and snack!

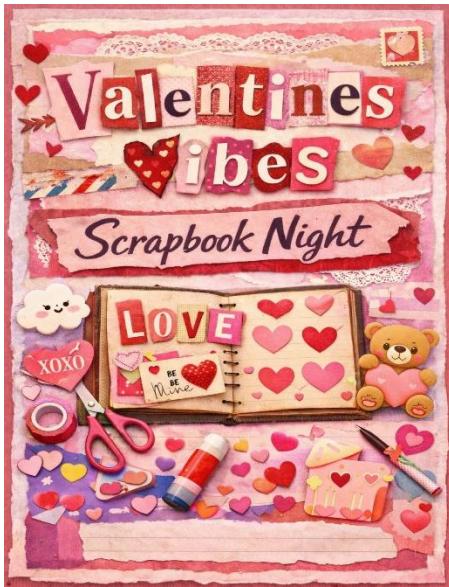
Ages: 6-12 years    Cost: \$10/child

Where: Goulds Rec Centre

When: Friday, January 23<sup>rd</sup>, 6-8pm

\*\*Movie to be determined closer to the event date\*\*

***Deadline to register will be the Wednesday before the event. However, SPACE IS LIMITED, so register now!***



This night is all about using scrapbook techniques and working on a few projects with a Valentine theme!

Ages: 11-13 (turning 11, 12, or 13 in 2026)    Cost: \$20/child

Where: Goulds Rec Centre

When: Friday, February 6<sup>th</sup>, 6-8pm

***Projects will include a framed valentine scrapbook art piece, a valentine banner, a valentine card and valentine wreath.***

***This one takes a lot of prep work! Deadline to register will be the Monday before the event. However, SPACE IS LIMITED, so register now!***



Come to our "Pet" adoption event! You will get to officially adopt a "Pet"! You'll make them a collar, take them to their first vet checkup, learn how to train them, and decorate their carrying case to take them home in!

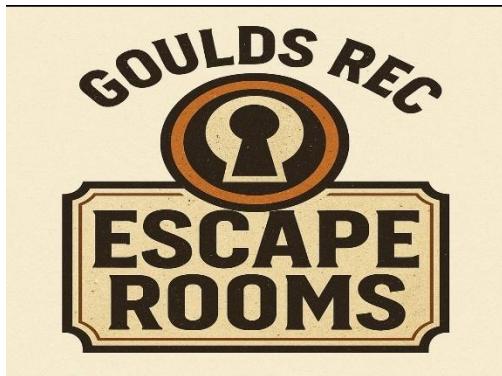
Ages: 6-8 (turning 6, 7, or 8 in 2026)

Cost: \$10/child

Where: Goulds Rec Centre

When: Friday, February 20<sup>th</sup>, 6-7:30pm

*This is going to be so much fun! Every child will go home with their own special "Pet". No worries parents/guardians, this "pet" makes no noise, does not need to go outside for the bathroom, does not require real food and will not eat your shoes! We expect this one to fill fast! Due to the amount of planning for this event, registration deadline will be the Monday before the event, but remember – SPACE IS LIMITED, so register now!*

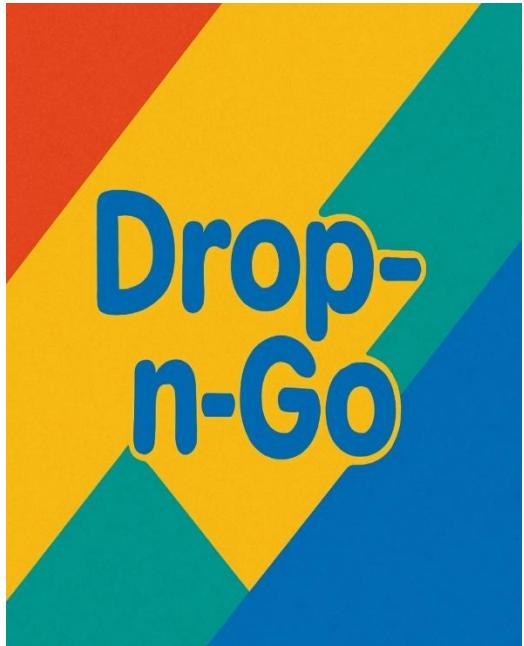


We are going to try and create a few mini escape rooms in our Rec Centre. These will be kid friendly! Think you can solve them? Come and give it a try!

Ages: 8-12 (turning 8, 9, 10, 11 or 12 in 2026) Cost: \$10/child

Where: Goulds Rec Centre When: Friday, March 6<sup>th</sup>, 6-8pm

**Deadline to register will be the Wednesday before the event. However, please remember that SPACE IS LIMITED!**



Have some Spring cleaning you want to do? Maybe need to prep for the upcoming Spring break? 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, March 21<sup>st</sup>

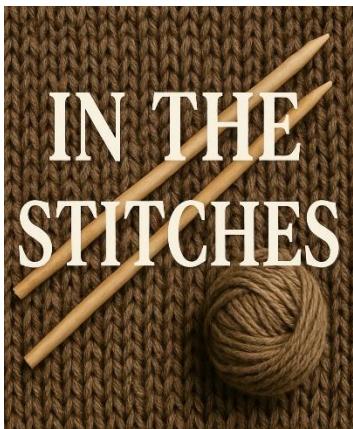
Where: Goulds Rec Centre

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, space is limited!**

**We recommend that you do not wait to register!**

# ADULT PROGRAMS & SPECIAL EVENTS



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

Winter Session: Jan 7 – Apr 1

Spring Session: Apr 15-Jun17

Cost: Winter session to be paid prior to Jan 7 = \$26

Spring session to be paid prior to April 15 = \$20

If you are interested in learning more, or would like to register, please email us at [ouldsrecinfo@gmail.com](mailto:ouldsrecinfo@gmail.com)

## 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 10-class pass (do not have to be consecutive).

Buy a 10-class pass, you will get your 11<sup>th</sup> 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



No worries of slipping on ice, and you can stay warm! The Rec Centre is opened for anyone who would like to take a walk around our gym!

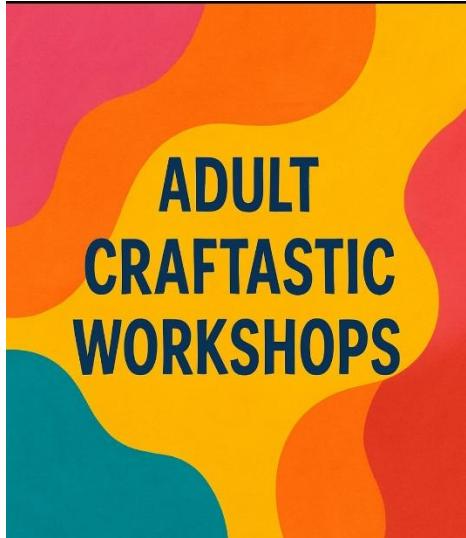
Ages: Adults of all ages;

    baby wearing and baby strollers are welcome!

Cost: FREE!!!

Where: Goulds Rec Centre

When: 9:10am-9:50am; Mondays, Wednesdays, Fridays



These are great social events! Fun is had by all participants! Come for an evening of crafting! No experience required! You will surprise yourself with your crafting abilities!

Ages: Adults of all ages    Where: Goulds Rec Centre

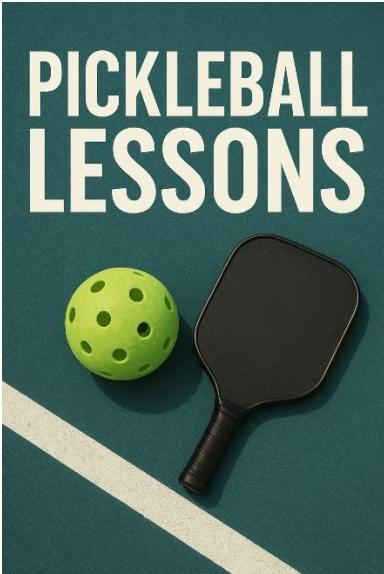
Cost: \$20/session

When: 7pm on Monday,

February 9<sup>th</sup> – Nautical Rope Heart Wreath

March 23<sup>rd</sup> - Clay Pot with Solar Light

Below are just ideas of what the craft will be based off of. They will not be identical to these.



Want to learn the game of pickleball, or work on skill development in pickleball? If you have a group of 4 (minimum) to 6 (max) interested, send us an email, and we can set some lessons up for you!

Ages: Adults of all ages    Where: Goulds Rec Centre

Cost: \$40 for 4 sessions

When: We will work with your group to determine a day/evening and time



We always have a great time! Every meeting we will be doing something fun! We will have tea, coffee and light snack 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! If you are interested in learning more or would like to register, feel free to give us a call at 709-745-7575 or email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com).

**Ages:** Adults of all ages **Cost:** \$10/meeting **Where:** Goulds Rec Centre

**Time:** Tuesdays, 10am-12noon

**Sessions:**

**January 20<sup>th</sup>– Nia and Ageless Grace on the Rock with Elaine Dunphy**

We'll kick things off with **Nia on the Rock** — a playful fusion of dance, martial arts, and healing movement that gets every cell smiling. Then we'll shift into **Ageless Grace on the Rock**, a brain-body fitness experience done from a chair that boosts mobility, memory, and pure delight. We'll wrap it all up with a gentle **guided meditation** to leave you centered, refreshed, and glowing from the inside out. Perfect for every body, every ability, and every age — especially those who know that growing older just means growing bolder. Come move with us. Come breathe with us. Come feel amazing. Click the link below for a quick video from Elaine. <https://drive.google.com/file/d/1SgsEhM-3NUh6JaGgKO32hdXPWXKtck1s/view?usp=sharing>

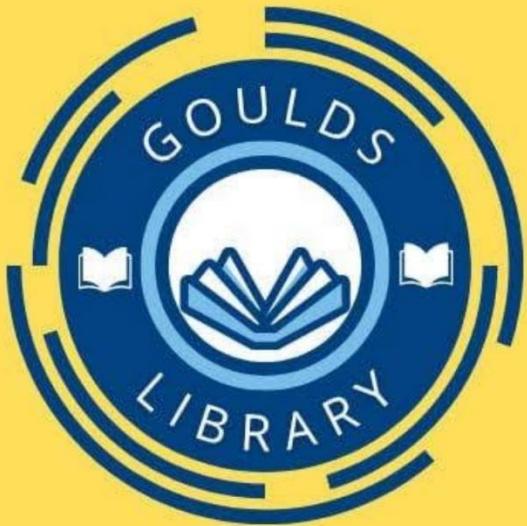
**February 17<sup>th</sup> – Team Competitions!**

This one is sure to make you laugh! Let's form teams and play charades, have some fun trivia, what about finishing the lyrics to a song, or name that Movie>Show, and more! There may be one team that may score the most points, but we will all be winners at the end as we laugh ourselves silly!

**March 24<sup>th</sup>– Easter Craft**

Join us as we make a fun little Easter craft! This will be a time to relax and create while enjoying the company of others! Sip on some tea/coffee and enjoy a light snack all while creating your craft!

***Registration deadline is the Thursday prior to each event. SPACE IS LIMITED!***



With our Library being 100% volunteer run, we are looking for more volunteers to help! We need volunteers during the week, day times, evenings and even weekends!

For more information, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or give Nicole a call at 709-745-7575.

We are also hoping to have more programs/events take place out of our library, so stay tuned!

Be sure to check out the Goulds Library Facebook Page! We will post any activities, events and hours of operation there!

## GOULDS RECREATION ADDITIONAL INFORMATION

### Goulds Rec Directory

**Main Office:** 709-745-7575

**Rec Coordinator:** 709-745-7504;

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

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

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

**Facebook:** Goulds Recreation Association

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

### Rentals

Interested in renting one of our facilities? Email us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). We will provide you with the details! Please remember that our Rec Centre is alcohol, smoke and vape free. There are no exceptions to this policy.

### Goulds Rec Voluntary Board of Directors

**Chairperson:** David Ryan

**Vice Chair:** Bryan Vaughan

**Treasurer:**

**Secretary:** Jeannie Reddy

<b>Community Members:</b> Michelle Downey	Cindy Vickers
Gina Evoy	Pam Mills
Donna Emberley	Allison Whelan
Matthew Harty	

### 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. A 2-week notice of cancellation for programming 4+ weeks long must be provided. Refunds will not be issued for 2-3-week programs or for special events.