

PORTUGAL COVE - ST. PHILIP'S

FALL FITNESS & PROGRAMS

| Class / Program | Date / Time | Cost |
|-------------------------|--|------|
| Older Adult Fitness (1) | Mondays & Wednesdays 2:30 - 3:30pm November 2 - December 2 *No class November 11 | \$18 |
| Older Adult Fitness (2) | Tuesdays & Thursdays 2:30 - 3:30pm November 3 - December 3 | \$20 |
| Seniors Sit n Fit | Tuesdays & Thursdays 10:30 - 11:30am November 12 - December 10 | \$18 |
| Gentle Yoga | Mondays 6:15 - 7:15pm November 2 - December 7 | \$65 |
| Zumba | Wednesdays 6:30 - 7:30pm November 4 - December 9 *No class November 11 | \$40 |
| Pound Fitness | Sundays 7:00 - 8:00pm November 8 - December 6 | \$45 |
| Playgroup | Fridays 9:30 - 11:30am November 13 - December 11 *No group on November 27 | \$8 |

Further details can be found throughout the Fall Programming 2020 Overview document.

Registration opens Friday, October 16th
through eServices at www.pcsp.ca

We look forward to a fun & fit fall for everyone!



**Portugal Cove
St. Philip's**

Fall Programming 2020 Overview:

The Town of Portugal Cove – St. Philip's is looking forward to seeing participants in the coming weeks. We have missed our fitness and program family! It has been a long, challenging few months for everyone due to the ongoing pandemic, and we hope the return of these programs bring some joyful activity to your lives.

It is important for all participants to recognize that programs will look much different than when things ended in the winter session, prior to the pandemic. There are new procedures and protocols in place to lower the risk of COVID-19 transmission. These include changes to the room layout, schedule, numbers of participants, and more. Please ensure to read the document in full and contact our recreation staff if you have any questions.

Important Notes:

If at any time you feel ill, stay home. Participants are required to stay home if they are showing any signs and symptoms such as, but not limited to: sore throat, cough, fever.

Travel: If you have travelled outside the Atlantic Bubble within 14 days of your program, you are not permitted to attend until the isolation period of 14 days has ended.

Reduced Capacity: To allow participants to socially distance, there is a reduced capacity of classes and programs. Staff do not have the ability to change the numbers at this time. Please keep in mind that persons should be 2 meters or 6 feet apart at all times during our programming.

Sanitization Measures: Before opening each day, the building is sanitized. Before and after each class/program the high touch surface areas are cleaned. There are hand sanitizer units placed in the foyer and room. Participants are to use it upon arrival to the building and throughout the class. The cleaners used are effective against COVID-19 and approved by Health Canada.

Equipment: Facility equipment for fitness classes will not be available. Please check the class list and review the specific items needed for each fitness class which you will be required to bring from home.

Masks: The Recreation Centre is a common indoor area, therefore it follows the Public Health measures in place on masks. Please read the information related to each program in regards to wearing a mask.

Schedule: The Fall 2020 schedule has been created to allow for cleanings to take place, and no overlap of classes coming and going at the same time. Participants are asked to show up no more than 10 minutes before class, and leave immediately following the end of the class.

Registration: Registration for classes/programs must be completed online. Registration for the next session opens on Friday, October 16th, 2020. There will be no drop ins during Fall 2020 programming. All participants must register for the entire session in order to attend. Classes are scheduled from September until the end of October. Please see the section on page 2 for further registration information.

Registration Information:

- Registration is completed through [eServices](#).
- Visit www.pcsp.ca and click on eServices in the top right.
- Please make sure your account is up to date, or set up prior to the opening of registration.
- To create a new account if you have not used eServices before, a Sign-Up Key can be found on your Tax Bill, or by contacting our Accounting Technician, Joe Donkers, by phone at 895-5666 or by email at joe.donkers@pcsp.ca.
 - A Sign-Up Key is 8 characters (could be numbers of letters) located in a box at the bottom of your tax bill.
- Once the classes open for registration, you'll see each class listed under "Events" on eServices.
- To register, you click on the class/classes you're looking for, and add them to your cart.
- When you're ready to check out, click on the cart, make sure to read the terms and conditions of the Town (link in blue), and then check out with credit card or a Visa-debit card. American Express is NOT accepted.
- Pay Later is an option, but you will need to then create the Town of Portugal Cove – St. Philip's as a bill payee through online banking and transfer the funds. Email transfer is not accepted if you choose the pay later option.

Playgroup

A fun morning group for children to play with their peers and socialize! A range of activities and toys are available on site for participants. Come meet other parents and caregivers while your children have fun with friends!

When: Fridays at 9:30am – 11:30am

Where: Recreation Centre, located behind the Town Hall at 1119 Thorburn Rd.

Ages: 0-5 years (guardian required for all participants)

Cost: \$8 - four week session; free for guardians (max 1 guardian per child)

Dates: November 13th & 20th, December 4th & 11th (no group on November 27th)

Registration: Opens through eServices on Friday October 16th at 9:00am

Create a subaccount in your child/children's name(s) to register for the program:

- Click on "Your Account" and then add subaccount. When you open "Playgroup", you'll add the child to the cart for check out.

All programs are pre-registration through eServices only; there will be no drop-in service available.

Due to COVID-19 Regulations:

- Please read the COVID-19 Screening Questions and answer them prior to coming to each session:
 - Participants are required to stay home from class if they are unwell or show any signs of symptoms.
 - <https://www.gov.nl.ca/covid-19/files/Fit-for-Play-questionnaire.pdf>
 - Participants/guardians will be given paper copies to fill out and submit upon arrival.
- Upon arrival to the building all participants MUST use the hand sanitizer in the foyer before entering the room.
- The Recreation Centre is a common area, therefore guardians entering must wear a mask, children under 5 years of age are not required. Please see the Government of Newfoundland and Labrador documents on wearing a mask:
 - <https://www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/>
- Social Distancing – please follow social distancing measures whenever possible.
- Enter and Exit – enter and exit are using the same door, please be respectful and allow one person at a time to enter and exit.
- Please bring water bottles for participants from home.

- Healthy Snacks will be provided in individual bags (examples: Clementine and Yogurt Tube, Bear Paw and Banana).
- The kitchen is closed at this time, please do not enter (except for emergency purposes only.)
- Limited play equipment will be available due to regulations.

Gentle Yoga

During this class you can expect to improve your overall fitness level by gaining strength, flexibility, and balance. This 60-minute class promotes a heightened sense of awareness and well-being in a slower paced, non-competitive and supportive environment.

Participants must bring their own mat, block, and water bottle.

When: Mondays at 6:15pm – 7:15pm.

Where: Recreation Centre, located behind the Town Hall at 1119 Thorburn Rd.

Ages: 18+ years

Cost: \$65 (six class session)

Dates: November 2nd to December 7th

Registration: Opens through eServices on Friday, October 16th at 9:00am

Due to COVID-19 regulations:

- *All programs are pre-registration through e-services only; there will be no drop-in service available.*
- *All participants and guardians will be asked to complete the COVID-19 screening questionnaire upon arrival to the program.*

Please review the “2020 Fall Fitness Attendee Information” pages at the end of the document.

Sit & Fit (Tuesdays & Thursdays)

Participants must bring a water bottle.

When: Tuesdays & Thursdays at 10:30am – 11:30am.

Where: Recreation Centre, located behind the Town Hall at 1119 Thorburn Rd.

Ages: 50+

Cost: \$20 (10 class session)

Dates: November 12th to December 10th

Registration opens: Opens through eServices on Friday, October 16th at 9:00am

Due to COVID-19 regulations:

- *All programs are pre-registration through e-services only; there will be no drop-in service available.*
- *All participants and guardians will be asked to complete the COVID-19 screening questionnaire upon arrival to the program.*

Please review the “2020 Fall Fitness Attendee Information” pages at the end of the document.

* Participants can only register for one Adult Fitness Session *

Adult Fitness Session 1 (Monday and Wednesday)

Participants must bring a mat, weights, bands and water bottle.

When: Mondays and Wednesdays at 2:30pm – 3:30pm

Where: Recreation Centre, located behind the Town Hall at 1119 Thorburn Rd.

Ages: 50+

Cost: \$18 (9 class session)

Dates: November 2nd to December 2nd (No class on Wednesday, November 11th)

Registration: Opens through eServices on Friday, October 16th at 9:00am

Due to COVID-19 regulations:

- *All programs are pre-registration through e-services only; there will be no drop-in service available.*
- *All participants and guardians will be asked to complete the COVID-19 screening questionnaire upon arrival to the program.*

Please review the “2020 Fall Fitness Attendee Information” pages at the end of the document.

Adult Fitness Session 2 (Tuesday & Thursday)

Participants must bring a mat, weights, bands and water bottle.

When: Tuesdays & Thursdays at 2:30pm – 3:30pm

Where: Recreation Centre, located behind the Town Hall at 1119 Thorburn Rd.

Ages: 50+

Cost: \$24 (10 class session)

Dates: November 3rd to December 3rd

Registration: Opens through eServices on Friday, October 16th at 9:00am

Due to COVID-19 regulations:

- *All programs are pre-registration through e-services only; there will be no drop-in service available.*
- *All participants and guardians will be asked to complete the COVID-19 screening questionnaire upon arrival to the program.*

Please review the “2020 Fall Fitness Attendee Information” pages at the end of the document.

Zumba

Participants must bring a water bottle.

When: Wednesdays at 6:30pm – 7:30pm

Where: Recreation Centre, located behind the Town Hall at 1119 Thorburn Rd.

Ages: 18+

Cost: \$48 (6 class session)

Dates: November 4th to December 9th (No class on Wednesday, November 11th)

Registration opens: Opens through eServices on Friday October 16th at 9:00am

Due to COVID-19 regulations:

- *All programs are pre-registration through e-services only; there will be no drop-in service available.*
- *All participants and guardians will be asked to complete the COVID-19 screening questionnaire upon arrival to the program.*

Please review the “2020 Fall Fitness Attendee Information” pages at the end of the document.

Pound Fitness

Participants must bring a water bottle.

When: Sundays from 7:00pm – 8:00pm

Where: Recreation Centre, located behind the Town Hall at 1119 Thorburn Rd.

Ages: 18+

Cost: \$45 (5-class session)

Dates: November 8th to December 6th

Registration opens: Opens through eServices on Friday October 16th at 9:00am

Due to COVID-19 regulations:

- *All programs are pre-registration through e-services only; there will be no drop-in service available.*
- *All participants and guardians will be asked to complete the COVID-19 screening questionnaire upon arrival to the program.*

Please review the “2020 Fall Fitness Attendee Information” pages at the end of the document.

2020 Fall Fitness Attendee Information

- Please read the COVID-19 Screen Questions and answer them prior to coming to each fitness class:
 - Participants are required to stay home from class if they are unwell, or show any signs of symptoms
 - <https://www.gov.nl.ca/covid-19/files/Fit-for-Play-questionnaire.pdf>
 - Participants will be given paper copies to fill out and submit upon arrival.
- Upon arrival to the building all participants MUST use the hand sanitizer in the foyer before entering the room.
- The Recreation Centre is a common area, therefore participants entering must wear a mask until the fitness class begins, you can remove it once class begins. Upon finishing class and leaving masks must be worn. Please see the Government of Newfoundland and Labrador documents on wearing a mask:
 - <https://www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/>
- Social Distancing – there are red feet markers placed on the floor that indicate where participants are able to stand/set up for class.
 - If the room set up requires a change for classes please follow the social distancing requirements of 2 meters or 6 feet from persons.
- Participants are required to bring their own equipment for classes:
 - Yoga – Yoga mat, block, water bottle
 - Adult Fitness – Mat, weights, bands, water bottle
 - Zumba – Water bottle
 - Sit & Fit – Water bottle
- Enter and Exit – enter and exit are using the same door, please be respectful and allow one person at a time to enter and exit.
- Participants are to arrive no earlier than 10 minutes before the session and are to leave immediately following, and are asked to arrive ready for class (other than outside footwear).
- All programs are pre-registration through eServices only; there will be no drop-in service available.
- The kitchen is closed at this time, please do not enter (except for emergency purposes only.)