

## PORTUGAL COVE - ST. PHILIP'S

# APRIL & MAY 2021 FITNESS + PROGRAMS

Class / Program	Date / Time	Cost
Older Adult Fitness (1)	<b>Mondays &amp; Wednesdays</b> 2:30 - 3:30pm April 12th to June 2nd No Class on Monday, May 24th	\$30
Older Adult Fitness (2)	<b>Tuesdays &amp; Thursdays</b> 9:30 - 10:30am April 13th to June 3rd	\$32
Seniors Sit n Fit	<b>Tuesdays &amp; Thursdays</b> 11:00am - 12:00pm April 13th to May 20th	\$24
Yoga Class	<b>Mondays</b> 6:15 - 7:15pm April 12th to May 31st no class on Monday, May 24th	\$76
Zumba Class	<b>Wednesdays</b> 6:30pm - 7:30pm April 14th to June 2nd	\$64
Pound Class (1)	<b>Sundays</b> 5:45pm - 6:30pm April 11th to May 31st No class on Sunday, May 23rd	\$63
Pound Class (2)	<b>Sundays</b> 7:00pm - 7:45pm April 11th to May 31st No class on Sunday, May 23rd	\$63
Playgroup (1)	<b>Wednesdays</b> 10am - 11am April 14th to May 19th	\$12
Playgroup (2)	<b>Fridays</b> 10am - 11am April 16th to May 21st	\$12

**Further details can be found throughout the April - May 2021 Programming Overview document.**

Registration opens Monday, April 5th at 9am through eServices at [www.pcsp.ca](http://www.pcsp.ca)

**\*Please note you may only register for one session of the duplicate classes (Pound, Older Adult Fitness or Playgroup). All fitness registrants will be required to submit a waiver to participate. We look forward to a fun & fit season for everyone!**



**Portugal Cove  
St. Philip's**

## April – May 2021 Programming Overview:

It is important for all participants to recognize that programs have been adapted to fit regulations in place due to the ongoing 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.

The Government of Newfoundland and Labrador has provided the following information:

*The presence of COVID-19 variants (including B.1.1.7), introduces new challenges and it is important that facility operators, organizations and participants are aware of the following:*

*COVID-19 variants may spread more rapidly than the original strain of the virus;*

*Given that COVID-19 is transmissible by asymptomatic individuals, it may go undetected, thus the more rapid spread of COVID-19 variants can lead to more cases, and potentially more deaths.*

*The potential risk of COVID-19 spread, is highest when individuals are indoors, within two metres of each other, in a small space with limited ventilation, sharing equipment or food, and/or taking deep breaths. Therefore, recreational activity and sports occurring indoors and/or in close proximity to others, are considered higher risk. Maintaining physical distance during recreation activities and sport is very important, especially, as Alert Level 2 commences, particularly in the context of COVID-19 variants.*

*Effective August 24, 2020, wearing a non-medical mask that covers the nose and mouth is mandatory for people 5 years of age or older in public indoor settings. Non-medical masks should be worn as much as possible when in indoor spaces, including during low intensity physical activities. However, individuals engaging in moderate to vigorous physical activity, may remove their mask for the duration of the activity only. Non-medical masks should be worn as much as possible when individuals interact with other individuals from outside their household bubble, both in indoor and outdoor spaces. Wearing a non-medical mask in the community is not a substitute for maintaining physical distance and proper hand hygiene protocols. For more information on the use of non-medical mask use in indoor public spaces, please visit: [www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/](http://www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/)*

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 province 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. They must be worn at all times by persons with the ability to do so, other than vigorous fitness activity.

***Schedule:*** The April – May 2021 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 Monday, April 5<sup>th</sup>, 2021. There will be no drop ins during April - May 2021 programming. All participants must register for the entire session in order to attend. Classes are scheduled from April until the end of May, 2021. Please see the section on page 2 for further registration information.

## Registration Information:

- Registration is completed through [eServices](#).
- Visit [www.pcsp.ca](http://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](mailto: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.

\* Participants can only register for one Playgroup Session \*

## Playgroup Session 1

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:** Wednesdays at 10:00am – 11:00am

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

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

**Cost:** \$12 - six week session; free for guardians (max 1 guardian per child)

**Dates:** Wednesday, April 14<sup>th</sup> to Wednesday, May 19<sup>th</sup>, 2021

**Registration:** Opens through eServices on Monday, April 5<sup>th</sup> 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>
  - Upon arrival you will only be permitted once you have confirmed your self-screening checklist prior to attending
- Upon arrival to the building all participants MUST use the hand sanitizer in the foyer before entering the room.
- Effective August 24, 2020, wearing a non-medical mask that covers the nose and mouth is mandatory for people 5 years of age or older in public indoor settings. Non-medical masks should be worn as much as possible when in indoor spaces, including during low intensity physical activities. However, individuals engaging in moderate to vigorous physical activity, may remove their mask for the duration of the activity only. Non-medical masks should be worn as much as possible when individuals interact with other individuals from outside their household bubble, both in indoor and outdoor spaces. Wearing a non-medical mask in the community is not a substitute for maintaining physical distance and proper hand hygiene protocols.

- For more information on the use of non-medical mask use in indoor public spaces, please visit: [www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/](http://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.
- Snacks will not be provided at this time.
- 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.

\* Participants can only register for one Playgroup Session \*

## Playgroup Session 2

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 10:00am – 11:00am

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

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

**Cost:** \$12 - six week session; free for guardians (max 1 guardian per child)

**Dates:** Friday, April 16<sup>th</sup> to Friday, May 21<sup>st</sup>, 2021

**Registration:** Opens through eServices on Monday, April 5<sup>th</sup> 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>
  - Upon arrival you will only be permitted once you have confirmed your self-screening checklist prior to attending
- Upon arrival to the building all participants MUST use the hand sanitizer in the foyer before entering the room.
- Effective August 24, 2020, wearing a non-medical mask that covers the nose and mouth is mandatory for people 5 years of age or older in public indoor settings. Non-medical masks should be worn as much as possible when in indoor spaces, including during low intensity physical activities. However, individuals engaging in moderate to vigorous physical activity, may remove their mask for the duration of the activity only. Non-medical masks should be worn as much as possible when individuals interact with other individuals from outside their household bubble, both in indoor and outdoor spaces. Wearing a non-medical mask in the community is not a substitute for maintaining physical distance and proper hand hygiene protocols.



- For more information on the use of non-medical mask use in indoor public spaces, please visit: [www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/](http://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.
- Snacks will not be provided at this time.
- 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:** \$76 (seven class session)

**Dates:** April 12<sup>th</sup> to May 31<sup>st</sup>, 2021 (No class on Monday, May 24<sup>th</sup>)

**Registration:** Opens through eServices on Monday, April 5<sup>th</sup> 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 “2021 Spring Fitness Attendee Information” pages at the end of the document.**

## Sit & Fit (Tuesdays & Thursdays)

***Participants must bring a water bottle.***

**When:** Tuesdays & Thursdays at 11:00am – 12:00am (new time)

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

**Ages:** 50+

**Cost:** \$24 (12 class session)

**Dates:** April 13<sup>th</sup> to May 20<sup>th</sup>, 2021

**Registration opens:** Opens through eServices on Monday, April 5<sup>th</sup> 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 “2021 Spring 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:** \$30 (15 class session)

**Dates:** April 12<sup>th</sup> to June 2<sup>nd</sup>, 2021 (No Class on Monday, May 24<sup>th</sup>)

**Registration:** Opens through eServices on Monday, April 5<sup>th</sup> 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 “2021 Spring Fitness Attendee Information” pages at the end of the document.

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## Adult Fitness Session 2 (Tuesday & Thursday)

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

**When:** Tuesdays & Thursdays at 9:30am – 10:30am (new time)

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

**Ages:** 50+

**Cost:** \$32 (16 class session)

**Dates:** April 13<sup>th</sup> to June 3<sup>rd</sup>, 2021

**Registration:** Opens through eServices on Monday, April 5<sup>th</sup> 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 “2021 Spring 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:** \$64 (8 class session)

**Dates:** April 14<sup>th</sup> to June 2<sup>nd</sup>, 2021

**Registration opens:** Opens through eServices on Monday, April 5<sup>th</sup> 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 “2021 Spring Fitness Attendee Information” pages at the end of the document.**

\* Participants can only register for one Pound Session \*

## Pound Fitness 1

***Participants must bring a water bottle.***

**When:** Sundays from 5:45pm to 6:30pm

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

**Ages:** 18+

**Cost:** \$63 (7 class session)

**Dates:** April 11<sup>th</sup> to May 31<sup>st</sup>, 2021 (No classes on Sunday, May 23<sup>rd</sup>)

**Registration opens:** Opens through eServices on Monday, April 5<sup>th</sup> 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 “2021 Spring Fitness Attendee Information” pages at the end of the document.**

## Pound Fitness 2

***Participants must bring a water bottle.***

**When:** Sundays from 7:00pm to 7:45pm

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

**Ages:** 18+

**Cost:** \$63 (7 class session)

**Dates:** April 11<sup>th</sup> to May 31<sup>st</sup>, 2021 (No classes on Sunday, May 23<sup>rd</sup>)

**Registration opens:** Opens through eServices on Monday, April 5<sup>th</sup> 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 “2021 Spring Fitness Attendee Information” pages at the end of the document.**

## **2021 Spring 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.
- Effective August 24, 2020, wearing a non-medical mask that covers the nose and mouth is mandatory for people 5 years of age or older in public indoor settings. Non-medical masks should be worn as much as possible when in indoor spaces, including during low intensity physical activities. However, individuals engaging in moderate to vigorous physical activity, may remove their mask for the duration of the activity only. Non-medical masks should be worn as much as possible when individuals interact with other individuals from outside their household bubble, both in indoor and outdoor spaces. Wearing a non-medical mask in the community is not a substitute for maintaining physical distance and proper hand hygiene protocols.
  - For more information on the use of non-medical mask use in indoor public spaces, please visit: [www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/](http://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
  - Pound – Yoga Mat
- 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. Classes require a minimum registration to proceed.
- The kitchen is closed at this time, please do not enter (except for emergency purposes only.)