

PORTUGAL COVE - ST. PHILIP'S FALL FITNESS & PROGRAMS

Class or Program	Date and Time	Number of Classes	Cost
Adult Fitness	Tues & Thurs @ 9:30am to 10:30am September 21st to December 2nd (No class: Sept 28th & Nov 11th)	20	\$40
Seniors Sit n Fit	Tues & Thurs @ 11:00am to 12:00pm September 21st to December 2nd (No class: Sept 28th & Nov 11th)	20	\$40
Parents & Tots	Wednesday @ 9:30am to 11:00am September 22nd to November 24th	10	\$20
Parents & Tots	Friday @ 9:30am to 11:00am September 24th to November 26th	10	\$20
Kickboxing	Thursday @ 6:15pm to 7:15pm September 23rd to December 2nd (No class: November 11th)	10	\$80
Pound	Sunday @ 6:30pm to 7:30pm September 19th to November 28th (No class: October 31st)	10	\$85
Yoga	Monday @ 6:00pm to 7:00pm September 27th to November 29th (No class: October 11th)	9	\$95
Zumba	Wednesday @ 6:30pm to 7:30pm September 22nd to December 1st	11	\$94

**Further details can be found throughout the
Fall Programming 2021 Overview document**

Registration opens through eServices at www.pcsp.ca on
Wednesday, September 8th at 9:00am for PCSP residents, and
Friday, September 10th at 9:00am for non-residents if space
permits. We look forward to a fun & fit fall for everyone!



**Portugal Cove
St. Philip's**

Fall 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.

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 2 meters of each other, in a small space with limited ventilation, sharing equipment or food, and/or taking deep breaths (e.g. while singing, shouting or exercising). Therefore, recreational activities and physical activity occurring indoors and/or in close proximity to others are considered higher risk.

It is recommended that non-medical masks be worn as much as possible when in indoor spaces, including during low intensity physical activities. Non-medical masks should be worn as much as possible when individuals interact with other individuals who are not their close, consistent contacts, both in indoor and outdoor spaces.

Individuals engaging in moderate to vigorous physical activity, may remove their non-medical mask for the duration of the activity. It is recommended that individuals wear a non-medical mask, while participating in low intensity physical activity in indoor environments, where possible. Wearing a non-medical mask in the community is not a substitute for maintaining physical distance and proper hand hygiene protocols.

Important Notes:

If at any time you feel ill, stay home. Participants are asked to self-screen prior to attending the program. If there are any signs and symptoms such as, but not limited to: sore throat, cough, fever, participants are required to stay home.

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. 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.

Schedule: The Fall 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 residents for the Fall session opens on Wednesday, September 8th, 2021.

Non-resident registration will take place Friday, September 10th should space allow.

There will be no drop ins during the Fall programming. All participants must register for the entire session in order to attend. Classes are scheduled from April until end of November or December. Please see the section on page 3 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.

* 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 children have fun with friends!

When: Wednesdays at 9:30am – 11:00am

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

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

Cost: \$20 – 10 week session; free for guardians (max 1 guardian per child)

Dates: September 22nd – November 24th

Playgroup Session 2

When: Fridays at 9:30am – 11:00am

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

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

Cost: \$20 – 10 week session; free for guardians (max 1 guardian per child)

Dates: September 24th – November 26th

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.

Due to COVID-19 Regulations:

- Participants must self – screen before arriving to the program and are required to stay home from class if they are unwell or show any signs of symptoms.
- Upon arrival to the building all participants MUST use the hand sanitizer in the foyer before entering the room.
- 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 be provided.
- The kitchen is closed at this time, please do not enter (except for emergency purposes only.)
- Limited play equipment will be available.
- **Please review the "2021 Fall Program Attendee Information" pages at the end of the document.**

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: \$95

Dates: September 27th – November 29th (no class on October 11th)

Please review the “2021 Fall Program 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

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

Ages: 50+

Cost: \$40

Dates: September 21st – December 2nd (no classes on September 28th and November 11th)

Please review the “2021 Fall Program Attendee Information” pages at the end of the document.

Adult Fitness

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

When: Tuesday and Thursday, 9:30am – 10:30am

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

Ages: 50+

Cost: \$40

Dates: September 21st – December 2nd (no classes on September 28th and November 11th)

Please review the “2021 Fall Program 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: \$94

Dates: September 22nd – December 1st

Please review the “2021 Fall Program Attendee Information” pages at the end of the document.

Pound Fitness

Participants must bring a water bottle.

When: Sundays from 6:30pm – 7:30pm

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

Ages: 18+

Cost: \$85.00

Dates: September 19th – November 28th

Please review the “2021 Fall Program Attendee Information” pages at the end of the document.

2021 Fall Program Attendee Information

- Participants are required to stay home from class if they are unwell, or show any signs of symptoms
- Upon arrival to the building all participants MUST use the hand sanitizer in the foyer before entering the room.
- 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.)