

PORTUGAL COVE - ST. PHILIP'S

# FALL FITNESS & PROGRAMS

Class or Program	Date and Time	Number of Classes	Cost
American Sign Language	Tuesdays @ 6:00pm to 7:30pm October 4th to November 22nd	8	\$40
Friends of Music*	Sundays @ 5:30pm to 6:30pm September 18th to November 27th (No class: October 16th) <i>*Call Debbie Churchill to register (895-3137)*</i>	10	FREE
Gentle Yoga	Mondays @ 6:00pm to 7:00pm September 12th to December 5th (No class: Oct. 10th & Nov. 28th)	11	\$120
Kickboxing	Thursdays @ 6:30pm to 7:30pm September 15th to November 24th	11	\$97
Older Adult Fitness	Tuesdays & Thursday @ 9:30am to 10:30am September 13th to December 8th (No class: Nov. 29th & Dec. 1st)	24	\$48
Playgroup	Wednesdays @ 10:00am to 11:30am September 14th to December 7th (No class: Nov. 30th)	12	\$24
Pound	Sundays @ 7:00pm to 8:00pm September 11th to November 27th	12	\$105
Seniors Chair Yoga	Mondays @ 1:00pm to 2:00pm September 12th to December 5th (No class: Oct. 10th & Nov. 28th)	11	\$120
Seniors Pickleball	Mondays @ 10:00am to 11:30am Wednesdays @ 1:00pm to 2:30pm September 12th to November 30th (No class: Oct. 10th)	23	\$2 Pay Per Class
Seniors Sit n Fit	Tuesdays & Thursday @ 11:00am to 12:30pm September 13th to November 24th (No class: Sept. 20th)	21	\$42
Storytime	Tuesdays @ 9:45am to 10:45am or 11am to 12pm September 13th to December 13th (No session: Dec. 6th)	13	FREE
Zumba	Wednesdays @ 6:30pm to 7:30pm September 14th to December 7th (No class: Nov. 30th)	12	\$105

Complete details on program can be found online at [www.pesp.ca](http://www.pesp.ca) Registration for residents opens Wednesday, September 7th at 10:00am via eServices. Non-resident registration opens Friday September 9th at 9:00am if space allows.



Further details can be found throughout the Fall Programming 2022 Overview document

## 2022 Programming Overview:

***If at any time the participant is ill, stay home.*** Participants (or their guardians on their behalf) are asked to 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.

***Sanitization Measures:*** Before opening each day, the building is sanitized. There are hand sanitizer units placed in the foyer and room. Participants may use it upon arrival to the building and throughout the class.

***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. Participants and guardians in the programs may wear masks while in the program space if they choose to do so.

***Schedule:*** Participants are asked to show up no more than 10 minutes before class, and leave immediately following the end of the class.

***Registration Dates:*** Registration for classes/programs must be completed online. Registration for residents opens on Wednesday, September 7th, 2022, at 10:00am via eServices. Non-resident registration will take place Monday, September 12th, 2022 should space allow. There will be no drop ins during the Fall programming.

*The Town of Portugal Cove - St. Philip's will be following any updates and guidelines from the Government of Newfoundland and Labrador. If there are any changes, participants will be notified.*

**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 the Town Office at 895-8000
  - A Sign-Up Key is 8 characters (could be numbers or letters) located in a box at the bottom of your tax bill.
- Once the classes/programs 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 Session

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 10:00am to 11:30am

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

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

**Cost:** \$24.00

**Dates:** September 14<sup>th</sup> to December 7<sup>th</sup> (no class on November 30<sup>th</sup>)

Create a subaccount in the 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.

### **Program reminders:**

- 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 should use the hand sanitizer in the foyer before entering the room.
- Social Distancing – please follow social distancing measures whenever possible.
- 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.)
- **Please review the "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:** \$48.00

**Dates:** September 13<sup>th</sup> to December 8<sup>th</sup> (no class on Nov 29<sup>th</sup> and Dec 1<sup>st</sup>)

**Please review the “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 – 12:00pm

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

**Ages:** 50+

**Cost:** \$42.00

**Dates:** September 13<sup>th</sup> to November 24<sup>th</sup> (no class on September 20<sup>th</sup>)

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

## Chair Yoga Class

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 1:00pm to 2:00pm

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

**Ages:** 18+ years

**Cost:** \$120.00

**Dates:** September 12<sup>th</sup> to December 5<sup>th</sup> (no class on Oct 10<sup>th</sup> and Nov 28<sup>th</sup>)

**Please review the “Program Attendee Information” pages at the end of the document**

## Gentle Yoga Class

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 6:00pm – 7:00pm.

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

**Ages:** 18+ years

**Cost:** \$120.00

**Dates:** September 12<sup>th</sup> to December 5<sup>th</sup> (no class on Oct 10<sup>th</sup> and Nov 28<sup>th</sup>)

**Please review the “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:** \$105.00

**Dates:** September 14 to December 7<sup>th</sup> (no class Nov 30<sup>th</sup>)

**Please review the “Program 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:** \$105.00

**Dates:** September 11<sup>th</sup> to November 27<sup>th</sup>

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

## Kickboxing

*Participants must bring a water bottle.*

**When:** Thursdays from 6:30pm – 7:30pm

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

**Ages:** 18+

**Cost:** \$97.00

**Dates:** September 15<sup>th</sup> to November 24<sup>th</sup>

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

## Friends in Music

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

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

**Cost:** FREE

**Dates:** September 18<sup>th</sup> to November 24<sup>th</sup> (no class October 16<sup>th</sup>)

Do you play acoustic guitar or ukulele? Do you like to sing? Are you tired of playing and singing alone in your house? Would you like to play with others?

The PCSP Lions Club is pleased to invite music lovers in our community to join our new weekly musical event called “Friends in Music.” Chords and lyrics to easy 3-4 chord songs will be provided, and everybody will play/sing along with a lead singer. Friends of all levels of musical talent are welcome. You will not be expected to perform individually — you will blend in with everybody else. These are not lessons, but knowledge of basic chords is recommended. So blow the dust off your instrument and get ready to join us.

This **free** event will take place at the PCSP Rec Centre on Sundays (6:00 to 7:00).

**Pre-registration is required**, as space is limited. Registration for this event will NOT be on eServices.

**For inquiries or to register, contact:**

- Email: FriendsInMusicLions@gmail.com
- Phone: 895-3137
- Facebook Group (Friends in Music)  
<https://www.facebook.com/groups/3184846355128213>

## Seniors Pickleball

*Participants must bring indoor sneakers.*

**When:** Monday's 10am-1130am & Wednesday's 1pm-230pm

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

**Ages:** 50+

**Cost:** \$2 per session

**Dates:** September 12th to November 23rd, 2022

(No Sessions October 10th)

## ASL Classes

**When:** Tuesdays from 6:00pm - 7:30pm

**Where:** PCSP Library, located in the Town Hall at 1119 Thorburn Rd.

**Cost:** \$40.00

**Dates:** October 4<sup>th</sup> to November 22<sup>nd</sup>, 2022

NLAD (Newfoundland and Labrador Association of the Deaf) will be joining participants for 8 weeks where they will be teaching ASL. Participants will learn the basics and complete exercises and received handouts to gain a better understanding of this amazing language.

Pre-registration will be required via eServices for these classes as there are a limited number of spaces available.



## **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 should use the hand sanitizer in the foyer before entering the room.
- Participants are required to bring their own equipment for classes:
  - Yoga – Yoga mat, block, water bottle
  - Older Adult Fitness – Mat, weights, bands, water bottle
  - Zumba – Water bottle
  - Sit & Fit – Water bottle
  - Kickboxing – Water Bottle
  - Pound – Yoga Mat
- 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 fitness programs are pre-registration through eServices only; there will be no drop-in service available.
- Information on program cancellations or changes will be sent via email on the eServices account.