

Full Details are available in Programming Document and on [pcsp.ca](http://pcsp.ca)

  
**Portugal Cove  
St. Philip's  
Winter 2023  
Fitness + Programs**

Registration Opens via eServices on Monday, January 9, 2023 10 am for residents. Non-residents may register Friday, January 11 space allowing.

| Class + Program            | Date + Time  | Number of Classes | Cost                   |
|----------------------------|--|-------------------|------------------------|
| <b>Adult Fitness</b>       | Tuesdays & Thursdays,<br>9:30am – 10:30am<br>January 17th to March 30th  | <b>22</b>         | <b>\$55</b>            |
| <b>Friends in Music</b>    | Sundays from 5:00pm to 6:30pm<br>January 15th to March 26th  | <b>11</b>         | <b>Free</b>            |
| <b>Yoga</b>                | Mondays, 6:30 pm - 7:30 pm<br>January 16th to March 27th   | <b>11</b>         | <b>\$125</b>           |
| <b>Kickboxing</b>          | Thursdays, 6: 30 pm - 7:30 pm<br>January 19th to March 30th (no classes on February 16th and March 16th)                           | <b>9</b>          | <b>\$80</b>            |
| <b>Playgroup</b>           | Wednesdays, 10:00am to 11:30am<br>January 18th to March 29th (no session February 22nd)  | <b>10</b>         | <b>\$25</b>            |
| <b>Pound Fitness</b>       | Sundays, 7:00pm - 8:00 pm<br>January 15th to March 26th  | <b>11</b>         | <b>\$100</b>           |
| <b>Senior's Pickleball</b> | Monday, Wednesday Thursdays,<br>1:00pm – 2:30pm<br>January 16th to March 30th (no sessions February 20th, 23rd, March 16th & 20th) | <b>27</b>         | <b>\$2 per session</b> |
| <b>Sit &amp; Fit</b>       | Tuesdays & Thursdays<br>11:00am – 12:00pm<br>January 17th to March 30th  | <b>22</b>         | <b>\$55</b>            |
| <b>Storytime</b>           | Tuesdays, 10:30am - 11:30am<br>January 17th to March 28th  | <b>11</b>         | <b>Free</b>            |
| <b>Zumba</b>               | Wednesdays, 6:30pm - 7:30 pm<br>January 18th to March 29th   | <b>11</b>         | <b>\$100</b>           |

## 2023 Programming Overview:

***If at any time the participant is ill, stay home.*** Participants (or their guardians on their behalf) are asked to remain from attending programs or events if showing any symptoms of illness.

***Equipment:*** Facility equipment for fitness classes will not be available. Please check the class list and review the specific items needed for each class or program, 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 Monday, January 9th, 2023, at 10:00am via eServices. Non-resident registration will take place Wednesday, January 11th, 2023 should space allow. Drop ins are permitted for Playgroup program only. Classes require a minimum registration to proceed.

*All Covid-19 Public Health Guidelines will be followed. If there are any changes, participants will be notified.*

**Registration Information:**

**Registration for classes/programs must be completed online.**

**Registration for residents opens on Monday, January 9th, 2023, at 10:00am via eServices.**

**Non-resident registration will take place Wednesday, January 11th, 2023 should space allow. Classes require a minimum registration to proceed.**

- 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, click on the class/classes you're looking for, and add them to your cart.
  - When 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 no longer an option, payments must be made online at the time of registration.
- Refunds/Credits
  - Refunds for programs and events will only be issued for medical reasons with proper documentation.
  - Refunds will be subject to a \$10 non-refundable administration fee
  - Refunds of the amount \$25.00 and less will be applied as a credit to an account holder.
  - Refunds in the amount of \$25.00 and above will be issued to the customer with proper medical documentation.
  - Requests for a refund/credit must be made in writing to staff no later than one week after the conclusion of the program/event. Requests given by phone requests will not be taken.
- Refunds or credits will not be issued for missed classes due to illness, weather, power outages, travel, personal commitments or other unforeseen circumstances of the Town of Portugal Cove – St. Philip's.
- A credit to an account is valid for a period of one (1) calendar year from time of approval.
- Tickets for events are non-transferable. If you are unable to attend for any reason other than medical you can submit a request for credit.

- In the case of an event with a waitlist, if staff are able to sell tickets to waitlisted participants a credit can be issued. If the event has no waitlist or cannot be sold the above refund guidelines apply for medical reasons only.
- Refunds will be processed with 30 business days.

## 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:** \$25.00

**Dates:** January 18<sup>th</sup> to March 29<sup>th</sup> (10 sessions, no session on February 22<sup>nd</sup>, as an outdoor event will take place for Winter Carnival celebrations)

- 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/participant to the cart for check out.
- Please bring water bottles for participants from home.
- Snacks will be provided.
- Drop ins if space allows for Playgroup Program, for more information contact [mike.stone@pcsp.ca](mailto:mike.stone@pcsp.ca)

## Storytime

**When:** Tuesdays, 10:30am - 11:30am

**Where:** Portugal Cove – St. Philip's Library, located in the Town Hall at 1119 Thorburn Rd.

**Ages:** 0 – 4 (participants must be accompanied by a guardian)

**Dates:** Starts on January 17<sup>th</sup> until March 28<sup>th</sup>

- 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 "Storytime", you'll add both the child/participant and the guardian attending to the cart for each week you wish to attend
- Please bring water bottles for participants from home.
- Drop ins are not permitted.
- For more information contact [Stacey.hanlon@pcsp.ca](mailto:Stacey.hanlon@pcsp.ca)

## 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:** \$55.00

**Dates:** January 17<sup>th</sup> to March 30<sup>th</sup> (22 sessions)

## 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:** \$55.00

**Dates:** January 17<sup>th</sup> to March 30<sup>th</sup> (22 sessions)

## 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 6:30pm – 7:30pm.

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

**Ages:** 18+ years

**Cost:** \$125.00

**Dates:** January 16<sup>th</sup> to March 27<sup>th</sup> (11 sessions)

## 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:** \$100.00

**Dates:** January 18<sup>th</sup> to March 29<sup>th</sup> (11 sessions)

## 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:** \$100.00

**Dates:** January 15<sup>th</sup> to March 26<sup>th</sup> (11 sessions)

## 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:** \$80.00

**Dates:** January 19<sup>th</sup> to March 30<sup>th</sup> (no classes on February 16<sup>th</sup> and March 16<sup>th</sup>)

## Seniors PickleBall (50+)

**When:** Monday, Wednesday and Thursdays, 1:00pm – 2:30pm

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

**Cost:** \$2.00 per session pickleball

**Dates:** Sessions start on Monday January 16<sup>th</sup> through end of March (no sessions February 20<sup>th</sup> and 23<sup>rd</sup>, March 16<sup>th</sup> and 20<sup>th</sup>)

Pre-registration required – no drop ins, register via eServices.

No experience or equipment needed.

For Inquiries or to register, contact Kyle at [kyle.mcguirk@pcsp.ca](mailto:kyle.mcguirk@pcsp.ca)

## Friends in Music

**When:** Sundays from 5:00pm to 6:30pm

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

**Cost:** FREE

**Dates:** January 15<sup>th</sup> to March 26<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 5:00 to 6:30pm.

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