

WINTER 2024 Fitness + Programs

Registration for Winter Program Session:
Friday, January 5th at 9:00am via eServices.
Non-resident registration will open if space
permits January 8th.

Class + Program	Date + Time	Number of Classes	Cost
Adult Fitness	Tuesdays & Thursdays, 9:30am - 10:30am January 16 th to March 28 th (No class on January 25 th and February 13 th)	20	\$50
Yoga	Mondays, 6:30pm - 7:30pm January 15 th to March 25 th	11	\$125
Kickboxing	Thursdays, 6:30pm - 7:30pm January 18 th to March 28 th (No class on February 15 th)	10	\$90
Playgroup	Wednesdays, 10:00am - 11:30am January 17 th to March 25 th (No session on January 31 st and February 14 th , March 27 th moved to March 25 th)	9	\$23
Pound Fitness	Sundays, 7:00pm - 8:00pm January 14 th to March 24 th	11	\$100
Senior's Pickleball	Monday, Wednesday, Thursdays, 1:00pm - 2:30pm January 10 th to April 30 th (No drop-ins - registration required.)	27	\$2.50 per session
Sit & Fit	Tuesdays & Thursdays, 11:00am - 12:00pm January 16 th to March 28 th (No class on February 13 th)	21	\$53
Storytime	Thursdays, 10:30am - 11:30am January 11 th to March 28 th	12	Free
Zumba	Wednesdays, 6:30pm - 7:30pm January 17 th to March 27 th	11	\$100

Full details are available on pcsp.ca

2024 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 Friday January 5th at 9:00am via eServices. Non-resident registration will take place Monday January 8th, 2024 should space allow.

Registration for classes/programs must be completed online.

- 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 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: \$23.00

Dates: January 17th to March 27th (9 sessions, **no session on January 31st, an outdoor event will take place for Winter Carnival celebrations Feb 15th**)

- 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

Storytime

When: Thursday, 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 11th until March 28th

- 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

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: \$50.00

Dates: January 16th to March 28th (20 sessions) **no classes on January 25th and February 13th**

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: \$53.00

Dates: January 16th to March 28th (21 sessions) **No class February 13th**

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 15th to March 25th (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 17th to March 27th (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 14th to March 24th (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: \$90.00

Dates: January 18th to March 28th (10 sessions) – **no class February 15th**

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: \$2.50 per session

Dates: Sessions start on Wednesday January 10th through end of April.

Pre-registration required – no drop ins.

No experience or equipment required.

For Inquiries, contact Kyle at kyle.mcguirk@pcsp.ca or 895-8000

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 14th to March 24th

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