

Full Details are available in Programming Document and on pcsp.ca


**Portugal Cove
St. Philip's
Spring 2024
Fitness + Programs**

Registration Opens via eServices on Monday, March 25, 2024 9:00 am for residents. Non-residents may register Wednesday, March 27, space permitting.

Class + Program	Date + Time	Number of Classes	Cost
Adult Fitness	Tuesdays & Thursdays 9:30am – 10:30am April 9th to June 13th	20	\$50
Laugh n' Learn	Fridays 9:30am - 11:30am April 19th – May 24th (No session on April 26th)	5	\$60
Yoga	Mondays 6:30pm - 7:30pm April 8th to June 10th (No class May 20th)	9	\$103
Kickboxing	Thursdays 6:30pm - 7:30pm April 18th to June 6th	8	\$75
Playgroup	Wednesdays 10:00am to 11:30am April 10th to June 12th (No playgroup May 1st, moved to Friday, May 3rd)	10	\$25
Pound Fitness	Sundays 7:00pm - 8:00pm April 7th to June 9th (No classes May 12th and May 19th)	8	\$75
Senior's Pickleball	Monday, Wednesday, Thursdays 1:00pm – 2:30pm May 8th to May 30th	Session availability on eServices	\$2.50 per session
Sit & Fit	Tuesdays & Thursdays 11:00am – 12:00pm April 9th to June 6th	18	\$45
Storytime	Thursdays 10:30am - 11:30am April 18th – June 6th	10	Free
Zumba	Wednesdays 6:30pm - 7:30pm April 17th to June 12th	10	\$82

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 Monday, March 25th, at 9:00am via eServices. Non-resident registration will take place Wednesday, March 27th, at 9:00am should space allow. Classes require a minimum registration to proceed.

Registration Information:

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: \$25.00

Dates: April 10th to June 12th (no class on May 1st, instead it will be moved to Friday May 3rd)

- 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

We will be reading, doing arts and crafts, movement activities/games and learning how to socialize and share with other children all while having fun.

When: Thursdays, 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 April 18th running to June 6th

- 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: April 9th to June 13th (20 Classes)

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: \$45.00

Dates: April 9th to June 6th (18 Classes)

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: \$103.00

Dates: April 8th to June 10th (9 Classes) -No class on May 20th

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: \$82.00

Dates: April 17th to June 12th (9 Classes)

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: \$75.00

Dates: April 7th to June 9th (8 Classes) – no classes May 12th and May 19th

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: \$75.00

Dates: April 18th to June 6th

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 Monday May 8th and run to May 30th.

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

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: April 7th, April 21st, May 5th, May 26th, June 9th

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>

Laugh'n'Learn

This program is designed to help our new little learners learn socialization, independence and the importance of having fun all while in a nurturing environment.

Children will spend the morning learning new skills on how to be creative while doing crafts, learning how to write the alphabet and count even higher than they already know how all while getting ready for their next big adventure in school.

When: Fridays, 9:30am - 11:30am

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

Ages: Children must be 4 years old (not in school)

Cost: \$60.00

Dates: Starts on April 19th running to May 24th (NOT on April 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 "Laugh'n'Learn", you'll add your child that will be attending to the cart for the program
- Please bring water bottles for participants from home.
- Drop ins are not permitted.
- For more information contact Stacey.hanlon@pcsp.ca