



Portugal Gove
St. Philip's

Fall 2024 Fitness and Programs Guide

Drop in classes available! Details via pcsp.ca

Portugal Cove
St. Philip's
Fall 2024

Registration opens via eServices on Friday, September 6, 2024 9:00 am for residents.

Fitness + Programs

Class + Program	Date +Time	Number of Classes	Cost
Adult Fitness	Tuesday and Thursday September 17th to November 28th 9:30 am to 10:30 am	22	\$55
Yoga Session #1	Monday September 16th to November 25th 6:30 pm to 7:30 pm	8	\$92
Yoga Session #2	Wednesday September 18th to November 27th (No class November 6th) 5:15 pm to 6:15 pm	10	\$115
Kickboxing	Thursday September 19th to November 28th 6:30 pm to 7:30 pm	11	\$103
Playgroup	Wednesday September 18th to November 27th 10:00 am - 11:30 am	11	\$28
Pound Fitness	Sunday September 15th to November 24th 7:00 pm to 8:00 pm	11	\$103
Seniors Pickleball (50+)	Monday, Wednesday, Thursday September 9th to November 28th- No session November 27th 1:00 pm – 2:30 pm	32	\$2.50 per session
Seniors Sit & Fit	Tuesday and Thursday September 17th to November 28th - No class October 1st 11:00 am to 12:00 pm	21	\$53
Storytime	Thursday September 12th to November 28th 10:30 am to 11:30 am	10	Free
Zumba	Wednesday September 18th to November 27th- No class November 6th 6:30pm to 7:30pm	10	\$94

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, September 6th, at 9:00am via eServices.*

Non-resident registration will take place Monday, September 9th at 9:00am should space allow. Classes require a minimum registration to proceed.

Registration Information - Full Term Session

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 709-895-8000. *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.

Choosing Your Class:

- 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.

Registration Information - Individual Classes

NEW! For Fall 2024, we're introducing drop in classes.

How to Register:

To participate in a drop in class, you must register online no later than 12:00pm the day of the class and have forms completed before attending. **Please see page 4** for details on how to use eServices, register for a class, and access refunds/credits. We cannot guarantee the same number of spaces will be available each week, and registration will operate on a first come, first serve basis.

Choosing Your Class:

Yoga #1 and Yoga #2

- \$12.00 per class
- Complete registration by 12:00 pm day of the class (Monday or Wednesday)

Zumba

- \$11.00 per class
- Complete registration by 12:00 pm day of the class (Wednesday)

Pound Fitness

- \$11.00 per class
- Complete registration by 12:00 pm Friday prior to class (class is on Sunday)

Seniors Sit and Fit

- \$3.50 per class
- Complete registration by 12:00 pm day before class (Monday or Wednesday)

Adult Fitness

- \$3.50 per class
- Complete registration by 12:00 pm day before class (Monday or Wednesday)
- *No drop ins for Pickleball*
- *Playgroup drop in availability will be announced based on available space. Please note, that this isn't a guarantee each week.*

*Example: Yoga Session #1 on Monday, September 15th must register by 12:00 pm on Monday, September 15th for class that evening. If you cannot make the class, please refer to the **Refund/Credit information on page 4.***

Program Details

Playgroup

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 from 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: \$28.00

Dates: September 18th to November 27th

You must register your child with a sub-account that is attached to your account:

- Create a sub-account in your child/children's name(s) to register for the program:
- Click on "Your Account" and then add sub-account.
- 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: 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)

Cost: Free

Dates: September 12th to November 28th

You must register your child with a sub-account that is attached to your account:

- 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 from 9:30am – 10:30am

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

Ages: 50+

Cost: \$55.00

Dates: September 17th to November 28th

Seniors Sit & Fit

Participants must bring a water bottle.

When: Tuesdays and Thursdays from 11:00am – 12:00pm

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

Ages: 50+

Cost: \$53.00

Dates: September 17th to November 28th - no class October 1st.

Yoga Session #1

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 from 6:30 pm to 7:30 pm.

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

Ages: 18+ years

Cost: \$92.00 (8 classes)

Dates: September 16th to November 25th

Yoga Session #2

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: Wednesdays from 5:15 pm to 6:15 pm

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

Ages: 18+ years

Cost: \$115.00 (10 classes)

Dates: September 18th to November 27th - no class November 6th

Zumba

Participants must bring a water bottle.

When: Wednesdays from 6:30pm – 7:30pm

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

Ages: 18+

Cost: \$94.00

Dates: September 18th to November 27th - no class November 6th

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: \$103.00

Dates: September 15th to November 24th

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: \$103.00

Dates: September 19th to November 28th

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 September 9th- November 28th.

- 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



Portugal Cove St. Philip's



pcsp@pcsp.ca



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[pcsp.ca/recreation-programs/](https://www.pcsp.ca/recreation-programs/)



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