

**WINTER 2025  
FITNESS + PROGRAMS**

Registration for Winter Programs opens Monday, January 6<sup>th</sup> at 9:00am via eServices.

Non-resident registration will open if space permits January 8<sup>th</sup>.

Full details are available in programming document and on pcsp.ca

**ADULT FITNESS**

Tuesdays & Thursdays  
9:30am - 10:30am  
January 21<sup>st</sup> to April 17<sup>th</sup>

24 classes \$60

**YOGA (MONDAY)**

Mondays 6:30pm - 7:30pm  
January 27<sup>th</sup> to April 14<sup>th</sup>

12 classes \$140

**YOGA (WEDNESDAY)**

Wednesdays 5:15pm - 6:15pm  
January 29<sup>th</sup> to April 16<sup>th</sup>

11 classes \$130

**KICKBOXING**

Thursdays 6:30pm - 7:30pm  
January 23<sup>rd</sup> to April 10<sup>th</sup>  
(no class March 6<sup>th</sup> and 13<sup>th</sup>)

10 classes \$94

**PLAYGROUP**

Wednesdays 10:00am - 11:30am  
January 22<sup>nd</sup> to April 16<sup>th</sup>

12 classes \$30

**POUND FITNESS**

Saturdays 7:00pm - 8:00pm  
January 19<sup>th</sup> to April 13<sup>th</sup>  
(no class March 2<sup>nd</sup> and 9<sup>th</sup>)

12 classes \$115

**SENIOR'S PICKLEBALL**

Mon. & Wed. 1:30pm - 3:00pm  
Fridays 10:00am - 11:30am  
January 13<sup>th</sup> to April 16<sup>th</sup>  
(registration required - no drop ins)

36 classes \$2.50 per session

**SENIOR'S SIT & FIT**

Tuesdays & Thursdays  
11:00am - 12:00pm  
January 21<sup>st</sup> to April 10<sup>th</sup>

24 classes \$60

**STORYTIME**

Thursdays 10:30am - 11:30am  
January 16<sup>th</sup> to April 17<sup>th</sup>

14 classes Free

**ZUMBA**

Wednesdays 6:30pm - 7:30pm  
January 22<sup>nd</sup> to April 16<sup>th</sup>

12 classes \$115

## 2025 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 6th, at 9:00am via eServices. Non-resident registration will take place Wednesday, January 8th, 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](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:** \$30.00

**Dates:** January 22nd to April 16th

- 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:** Thursday's, 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 16<sup>th</sup> running to April 17<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:** \$60.00

**Dates:** January 21s to April 17<sup>th</sup> (24 classes)

## Seniors 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:** \$60.00

**Dates:** January 21<sup>st</sup> to April 10<sup>th</sup> (24 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 6:30pm – 7:30pm.

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

**Ages:** 18+ years

**Cost:** \$140.00

**Dates:** January 27<sup>th</sup> to April 14<sup>th</sup>\*\* (12 classes)

**\*\*MARCH 3<sup>RD</sup> CLASS TIME CHANGE TO 5:15PM TO 6:15PM**

**When:** Wednesdays at 5:15 pm – 6:15pm.

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

**Ages:** 18+ years

**Cost:** \$130.00

**Dates:** January 29<sup>th</sup> to April 16<sup>th</sup> (11 classes)

## 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:** \$115.00

**Dates:** January 22<sup>nd</sup> to April 16<sup>th</sup> ( 12 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:** \$115.00

**Dates:** January 19<sup>th</sup> to April 13<sup>th</sup>, no class on March 2<sup>nd</sup> and March 9<sup>th</sup> (12 classes)

## 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:** \$94.00

**Dates:** January 23<sup>rd</sup> to April 10<sup>th</sup>, no class March 6<sup>th</sup> and March 13<sup>th</sup> (10 classes)

## Seniors Pickleball (50+)

**When:** Monday's 1:30pm-3pm, Wednesday's 1:30pm-3pm, Friday's 10am-11:30am

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

**Cost:** \$2.50 per session

**Dates:** Sessions start on January 13<sup>th</sup> to April 16<sup>th</sup> (36 sessions)

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)