



Spring 2025 Fitness and Programs



Registration opens
April 14th at 9:00 am via
eServices

If space allows, a date
for non-resident registration
will be announced.

Adult Fitness

14 Classes

\$35.00

April 29th to June 12th
Tuesdays and Thursdays
9:30am to 10:30am

Yoga (Mondays)

5 Classes

\$58.00

May 5th to June 9th
(no class on May 19th)
6:30pm to 7:30pm

Yoga (Wednesdays)

7 Classes

\$82.00

April 30th to June 11th
5:15pm to 6:15pm

Playgroup

6 Classes

\$15.00

May 7th to June 11th
Wednesdays
10:00am to 11:30am

Pound Fitness

5 Classes

\$48.00

April 27th to June 8th
(no class on May 11th or
May 18th)
Sundays
7:00pm to 8:00pm

Seniors Pickleball

\$2.50 per
session

April 30th to June 20th
Mon., Tues., Wed.
1:30pm to 3:00pm
Fridays
10:00am to 11:30am
Register for individual dates

Senior's Sit and Fit

12 Classes

\$35.00

April 29th to June 5th
Tuesdays and Thursdays
11:00am to 12:00pm

Storytime

6 Classes

Free

May 8th to June 12th
Thursdays
10:30am to 11:30am

Zumba

7 Classes

\$67.00

April 30th to June 11th
Wednesdays
6:30pm 7:30pm

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 Thursday, April 17th, at 9:00am via eServices.

Non-resident registration will take place Monday, April 21st, 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 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.
 - 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: \$15.00

Dates: May 7th to June 11th

- 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'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 May 8th running to June 12th

- 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.
- 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: \$35.00

Dates: April 29th to June 12th

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: \$30.00

Dates: April 29th to June 5th

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: \$58.00

Dates: May 5th to June 9th (no class on May 19th)

When: Wednesdays at 5:15 pm – 6:15pm.

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

Ages: 18+ years

Cost: \$82.00

Dates: April 30th to June 11th

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: \$67.00

Dates: April 30th to June 11th

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: \$48.00

Dates: April 27th to June 8th (no classes on May 11th or May 18th)

Seniors Pickleball (50+)

When: Monday's 1:30pm-3:00pm, Tuesday's 1:30pm-3:00pm, Wednesday's 1:30pm-3:00pm, Friday's 10:00am-11:30am

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

Cost: \$2.50 per session

Dates: Sessions start on April 13th to June 20th (28 sessions)

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

No experience or equipment needed.

For Inquiries or to register, contact Stacey at stacey.hanlon@pcsp.ca