

Winter 2026 Fitness + Programs

Adult Fitness (Tuesdays & Thursdays)

January 20 to March 26

(No class on March 17)

19 Sessions

Cost: \$47.50 / Time: 9:30-10:30am

Kickboxing (Thursdays)

January 22 to March 26

(No class February 12)

9 Sessions

Cost: \$87.00/ Time: 6:30 - 7:30pm

Playgroup (Wednesdays)

January 14 to March 25

11 Sessions

Cost: \$27.50 / Time: 10:00-11:30am

Sit and Fit (Tuesdays & Thursdays)

January 20 to March 26

(No class March 17)

19 Sessions

Cost: \$47.50/Time: 11:00am-12:00 pm

Storytime (Fridays)

January 16 to March 27

11 Sessions

Cost: Free / Time: 10:30-11:30am

Pickleball (Mondays, Wednesdays & Fridays)

**January 12 to March 30 (No
Session March 16, 17 & February 11)**

Cost: \$2.50 per session / Time:
1:30-2:30pm & 2:30-3:30pm. Limit
of one (1) time slot per day.

Yoga (Mondays)

January 19- March 23

(No session February 9)

9 Sessions

Cost: \$87.00/Time:6:30-7:30pm

Yoga (Wednesdays)

January 21- March 25

(No Session February 11)

9 Sessions

Cost: \$87.00 / Time: 5:15-6:15pm

Zumba (Wednesdays)

January 21 - March 25

(No Session February 11)

9 Sessions

Cost: \$86.00/6:30-7:30pm



**Registration opens
Tuesday, January 6th at
9:00 am via eServices**

**View the Program Package
at pcsp.ca/classes-courses**

NEW

PICKLE PRACTICE

Clinics, Tournaments, and More!

Fridays | 10:00 am to 11:30 am | PCSP Recreation Centre

Beginners Pickleball Clinic

January 23 to February 6

Cost: \$20 for 3 sessions

Beginners Pickleball Clinic

March 13 to March 27

Cost: \$20 for 3 sessions

Mini Games Session

February 13

All skill levels

Cost: \$2.50 per person

Dinks & Drops Session

February 20

Some experience required

Cost: \$5.00 per person

Game Strategy Session

February 27

Some experience required

Cost: \$5.00 per person

Pickleball 4 Square Tournament

March 6

All skill levels

Cost: \$5.00 per person

Programming Overview

Registration Dates

- Registration for classes/programs must be completed online.
- Registration for residents opens on Tuesday, January 6th at 9:00am via eServices.
- Non-resident registration will take place Friday, January 9th at 9:00 am should space allow.
- Classes require a minimum registration to proceed.

If at any time the participant is ill, stay home

Participants (or their guardians on their behalf) are asked to refrain 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.

Schedule

Participants are asked to show up no more than 10 minutes before class, and leave immediately following the end of the class.

Registration Information

Important information prior to registering:

- Registration for classes/programs must be completed online via eServices. Visit www.pcsp.ca and click on eServices in the top right purple banner. 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/program you're interested in, and add them to your cart.
- When ready to check out, click on the cart icon, make sure to read the Town's terms and conditions (link in [blue](#)), and proceed with your preferred method of payment (Visa, Mastercard, Visa-Debit card). *Please note: American Express is not accepted.*
- Payments must be made online at 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 in the amount of \$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 class/program. 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're unable to attend for any reason other than medical, you can submit a request for credit.
- In the case of an class/program with a waitlist, if staff are able to sell spaces to waitlisted participants a credit can be issued. If the class/program has no waitlist, or cannot be sold, the above refund guidelines apply for medical reasons only.
- Refunds will be processed within 30 business days.

Winter Program Session Information

YOGA (MONDAY)

Dates: January 19th – March 23rd (No Session February 9)

When: Mondays

Time: 6:30-7:30pm

Location: PCSP Recreation Centre

Ages: 18+

Cost: \$87.00 (9 Sessions)

Join Instructor Carly Broccolo for a 60-minute yoga class designed to unite your breath with your body offering a variety of poses accessible for all levels of yoga participants. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived in a slower pace, non-competitive and supportive environment. Participants must bring their own mat, block, and water bottle.

YOGA (WEDNESDAY)

Dates: January 21st – March 25th (No Session February 11)

When: Wednesday

Time: 5:15-6:15pm

Location: PCSP Recreation Centre

Ages: 18+

Cost: \$87.00 (9 Sessions)

Join Instructor Carly Broccolo for a 60-minute yoga class designed to unite your breath with your body offering a variety of poses accessible for all levels of yoga participants. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived in a slower pace, non-competitive and supportive environment. Participants must bring their own mat, block, and water bottle.

SIT & FIT

Dates: January 20th – March 26th (no class March 17th)

When: Tuesday and Thursday

Time: 11:00am to 12:00pm

Location: PCSP Recreation Centre

Ages: 55+

Cost: \$47.50 (19 classes)

The Sit & Fit Program is designed especially for older adults and individuals seeking a gentle, low-impact way to stay active. This class focuses on simple movements that can be done from a seated position or with the support of a chair, making it accessible for all mobility levels.

ADULT FITNESS

Dates: January 20th – March 26th (No Session on March 17th)

When: Tuesdays & Thursdays

Time: 9:30-10:30am

Location: Recreation Centre

Ages: 50+

Cost: \$47.50 (19 Sessions)

Join our Adult Fitness with Janet program for a fun, energizing way to stay active and healthy! This class offers a full-body workout with a mix of cardio, strength, balance, and flexibility exercises. Movements can be modified to suit all fitness levels, making it a great option whether you're just starting out or looking to keep up your routine. Led by Janet, an experienced and motivating instructor, each class provides a supportive and encouraging environment to help you reach your goals while enjoying the social benefits of group fitness.

PLAYGROUP

Dates: January 14th – March 25th

When: Wednesdays

Time: 10:00am to 11:30am

Location: PCSP Recreation Centre

Ages: 0 – 4 (child must be accompanied by parent, guardian or family

Cost: \$27.50 (11 Sessions)

Join us for a morning of fun, activity & socializing as part of our Playgroup program. Throughout this program; participants and caregivers will have the opportunity to make new friends while using their imaginations & active play. Snacks will be provided.

PICKLEBALL

When: Mondays, Wednesdays & Fridays

Time: 1:30-2:30pm & 2:30-3:30pm (No Sessions March 16, 17 and February 11)

Location: PCSP Recreation Centre

Ages: 18+

Cost: 2.50 per session

Get in on the action of the fastest growing sport in North America. Pickleball is a fun and exciting racket sport that is inclusive to people of all skill levels and is great exercise while socializing with others. No previous experience is required and all necessary equipment will be provided.

PICKLE PRACTICE CLINICS AND SESSION (NEW)

Beginner Pickleball Clinic #1

Join NCCP Level 2 Pickleball Instructor; Nicole Carlson for this 3-week session catered to those new to and/or interested in learning the game of Pickleball. Throughout this 3 week clinic, participants will gain insight into the gameplay rules and learn the basic skills to get you comfortable on the court and ready to play! Spaces are limited, please register through our eServices website.

When: Fridays – 10:00-11:30am (January 23rd-February 6th)

Where: Recreation Centre

Skill Level: Beginners

Cost: \$20.00 (3 Sessions)

Beginner Pickleball Clinic #2

Join NCCP Level 2 Pickleball Instructor; Nicole Carlson for this 3-week session catered to those new to and/or interested in learning the game of Pickleball. Throughout this 3 week clinic, participants will gain insight into the gameplay rules and learn the basic skills to get you comfortable on the court and ready to play! Spaces are limited, please register through our eServices website.

When: Fridays – 10:00-11:30am (March 13th-27th)

Where: Recreation Centre

Skill Level: Beginners

Cost: \$20.00 (3 Sessions)

Mini Games Session

Join members of the Recreation & Community Services Department for a fun morning of Pickleball related mini games. Throughout the session a variety of stations will be set up for participants to take part in which will be targeted to working on various part of your game such as; dinking, serving, light touches and much more!

When: Friday, February 13th – 10:00-11:30am

Where: Recreation Centre

Skill Level: All Skill Levels

Cost: \$2.50

Dinks & Drops Session

Join NCCP Level 2 Pickleball Instructor; Nicole Carlson for this 1.5-hour session which will focus on dinks & drops. Throughout the session, participants will be led through a variety of different techniques on how to both deliver and defend against these types of shots. Limited spaces available, please register through eservices.

When: Friday, February 20th – 10:00-11:30am

Where: Recreation Centre

Skill Level: Some Previous Pickleball Experience Required

Cost: \$5.00

Strategy Session

Join NCCP Level 2 Pickleball Instructor; Nicole Carlson for this 1.5-hour session which will focus on gameplay strategies. Throughout this session, participants will learn various strategies and gameplay methods to best handle your opponents both offensively and defensively in game situations. Limited spaces available, please register through eServices.

When: Friday, February 27th – 10:00-11:30am

Where: Recreation Centre

Skill Level: Some Previous Pickleball Experience Required

Cost: \$5.00

Pickleball 4-Square Tournament

Round up your friends and take part in our Pickleball 4-Square Tournament! Battle your way to the #1 square in this fun rallying game which will work on light taps, footwork and vision as you look to land the ball in your opponent's square and move up the chain. The player to appear in square #1 the most at the end of the session wins!

When: Friday, March 6th – 10:00-11:30am

Where: Recreation Centre

Skill Level: All Skill Levels

Cost: \$5.00

KICKBOXING

Dates: January 22nd – March 26th (No class February 12th)

When: Wednesdays

Time: 6:30pm-7:30pm

Location: PCSP Recreation Centre

Ages: 18+

Cost: \$87.00 (9 Sessions)

Join instructor Michael Stone, sign up on your own or with a partner to release some of that mid-week stress. Class starts off with a light warm up and stretch. You will partner up, while one person will hold the pads and the other practices the combinations given by the instructor. It's a fun way to work out, and learn some great self-defense techniques!

STORYTIME

Dates: January 16th – March 27th

When: Fridays

Time: 10:30am to 11:30am

Location: PCSP Library

Ages: 0-3 (kids must be accompanied by parent or guardian)

Cost: Free (11 sessions)

Join Mike for a fun and interactive morning designed for children ages 0–3 and their caregivers. Together, we'll enjoy stories, songs, and rhymes that spark imagination and encourage early literacy skills. Storytime is a wonderful opportunity for little ones to develop a love of reading while also building social connections in a welcoming, playful environment. Caregivers are encouraged to join in and share the fun! Bring your child, get cozy, and start the weekend with laughter, learning, and stories with Mike.

ZUMBA

Dates: January 21st – March 25th (No Session February 11)

When: Wednesdays

Time: 6:30-7:30pm

Location: PCSP Recreation Centre

Ages: 18+

Cost: \$86.00 (9 Sessions)

Perfect for all fitness levels, Zumba helps improve cardio, coordination, and flexibility — all while keeping you smiling and motivated. Janet's enthusiasm and supportive teaching style makes every class welcoming, fun, and full of energy. No dance experience needed - just bring your sneakers, water, and a positive attitude. Come join the dance-fitness fun and leave each class feeling energized and inspired

PCSP Library Winter 2025 Hours

January 13th to March 27th

Tuesdays: 9:30am to 12:00pm / 2:00pm to 4:30pm

Wednesdays: 4:30pm to 7:00pm (activity night begins 6pm)

Thursdays: 9:30am to 1:00pm

Fridays: Storytime program 10:30am to 11:30am

Please Note:

Every Wednesday night, Mike will have an activity for families to come in and try!

Join us beginning 6:00 pm in the Library on Wednesday for a fun science or art craft!



Portugal Gove St. Philip's



pcsp.ca/classes-and-courses/



@townofpcsp



pcsp@pcsp.ca