



Portugal Gove
St. Philip's

Fall 2026

Fitness & Programs Guide



**Registration opens Wednesday, September 2nd
at 9:00 am via eServices for residents of PCSP.**

Fall 2026 Fitness + Programs

Absolute Beginners Line Dancing Workshop 18+ (Sunday)

September 20

Cost: \$9.50

Time: 3:30 pm - 4:30 pm

Absolute Beginners Line Dancing 18+ (Sundays)

October 25 to November 29

6 sessions

Cost: \$57.00

Time: 3:30 pm - 4:30 pm

Adult Fitness (Tuesdays & Thursdays)

September 15 to December 10

No sessions on October 1 and
November 12

24 Sessions

Cost: \$60.00

Time: 9:30-10:30am

Kickboxing (Thursdays)

September 17 to December 3

10 Sessions

No sessions on October 1, and
November 5

Cost: \$90.00

Time: 6:30 - 7:30pm

Pickleball (Mondays, Tuesdays, Wednesdays, Fridays)

September 14 to December 11

Cost: \$2.50 per session.

Time: M,T,W: 1:30 - 2:30pm,
2:30 - 3:30pm.

Friday: 9:30 - 10:30am, 10:30 - 11:30am

Limit of one (1) time slot per day.

Playgroup (Wednesdays)

September 16 - December 9

No sessions September 30, and
November 11.

11 Sessions

Cost: \$27.50

Time: 10:00-11:30am

Sit and Fit (Tuesdays & Thursdays)

September 17 to December 10

22 Sessions

No sessions on October 1,
November 5, and December 1.

Cost: \$55.00

Time: 11:00am-12:00pm

Storytime (Fridays)

September 11 to December 4

12 Sessions

No session on October 23

Cost: Free

Time: 10:30-11:30am

Register for individual dates only.

Yoga 18+ (Mondays)

September 14 to December 7

No session October 12

12 Sessions

Cost: \$114.00

Time: 6:30-7:30pm

Zumba (Wednesdays)

October 7 to December 9

No sessions November 11
9 Sessions

Cost: \$86.00

Time: 6:30-7:30pm



**Registration opens Wednesday, September 2nd
at 9:00am via eServices for residents of PCSP.**

Registration Information

Important Information Before You Register

Registration Dates

- Registration for classes/programs must be completed online.
- Registration for residents opens on Wednesday, September 2nd at 9:00am via eServices.
- Non-resident registration will take place Friday, September 4th at 9:00am should space allow.
- Classes require a minimum registration to proceed.

If at any time the participant is ill, stay home.

Participants (or 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 (with the exception of kickboxing).

Schedule

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

Quick Information Before You Register



**Registration opens
Wednesday,
September 2nd at
9:00am via eServices
for residents of PCSP.**



**Once the
classes/programs
open for registration,
you'll see each class
listed under "Events"
on eServices.**



**Please read the Town's
terms and conditions
([link in blue](#)) prior to
completing
registration.**

How to Register Online

Registering for our fitness and programs has never been easier with eServices!

- **Online:** 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.
- **Choose a Program:** To register, click on the class/program you're interested in, and add them to your cart.
- **Check Out:** 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, and payments must be made online at time of registration.*
- **New to eServices?:** To create a new account if you have not used eServices before, a Sign-Up Key can be found on your Tax invoice, 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 invoice.

Have a question? Need help registering?

Our Community Services team is here to help you make the most of Fall 2026. We can assist with registration, program details, and general inquiries, view staff details on page 8.

Refund Policy

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 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 a 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.

Fall Program Session Information

Absolute Beginners Preparation Line Dancing Workshop

Session Dates: September 20

When: Sunday, 3:30–4:30pm

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 18+

Cost: \$9.50

Description: Join Colleen, owner and head instructor of Kicking It Country with Colleen, for a fun and welcoming Introduction to Line Dancing Workshop! Whether you have two left feet or have danced before, this beginner-friendly workshop will teach you the fundamentals of modern line dancing in a relaxed, supportive environment. No partner required, just bring your smile, your energy, and get ready to hit the dance floor!

Absolute Beginners Line Dancing

Session Dates: October 25 – November 29

When: Sundays, 3:30–4:30pm

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 18+

Cost: \$57.00 (6 Sessions)

Description: Join Colleen, owner and head instructor of Kicking It Country with Colleen, for a fun and welcoming 6-Week Introduction to Line Dancing Class! Whether you have two left feet or have danced before, this beginner-friendly session will teach you the fundamentals of modern line dancing in a relaxed, supportive environment. No partner required, just bring your smile, your energy, and get ready to hit the dance floor!

Adult Fitness

Session Dates: September 15 – December 10 (No Sessions October 1 & November 12)

When: Tuesdays & Thursdays, 9:30–10:30am

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 50+

Cost: \$60.00 (24 Sessions)

Description: Join our Adult Fitness program with Janet Pack 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.

Kickboxing

Session Dates: September 17 to December 3 (No sessions on October 1 and November 5)

When: Thursdays, 6:30pm to 7:30pm

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 18+

Cost: \$90.00 (10 sessions)

Description: Grab a partner and learn kickboxing and Muay Thai skills in a safe and friendly environment! A great way to stay in shape, and burn off some weekly steam.

Pickleball

Session Dates: September 14 to December 11

When: Mondays, Tuesdays, Wednesdays: 1:30–2:30pm & 2:30–3:30 pm. Fridays: 9:30–10:30am & 10:30–11:30am.

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 18+

Cost: \$2.50 per session

Description: Get in on the action of the fastest growing sport in North America. Pickleball is a fun and exciting racquet 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. Date availability varies depending on facility schedule.

Playgroup

Session Dates: September 16 to December 9 (No sessions September 30 and November 11)

When: Wednesdays, 10:00–11:30am

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

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

Cost: \$27.50 (11 Sessions)

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

Sit & Fit

Session Dates: September 17 to December 10 (No sessions on October 1, November 5, and December 1)

When: Tuesdays and Thursdays, 11:00am to 12:00pm

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 50+

Cost: \$55.00 (22 sessions)

Description: 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.

Storytime

Session Dates: September 11 to December 4 (No session October 23)

When: Fridays, 10:30–11:30am

Event Location: PCSP Library (Located back of Town Hall, Planning Entrance)

Ages: 0–4 (each child must be accompanied by **one** parent, guardian or family member)

Cost: Free, **register for individual dates.**

Description: Join Mike for a fun and interactive morning designed for children ages 0–4 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.

Yoga (Monday)

Session Dates: September 14 to December 7 (No session October 12)

When: Mondays, 6:30–7:30pm

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 18+

Cost: \$114.00 (12 Sessions)

Description: Join Instructor Barbra Murphy 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 practitioners. 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.

Zumba

Session Dates: October 7 to December 9 (No session November 11)

When: Wednesdays, 6:30–7:30pm

Event Location: PCSP Recreation Centre (3 Rainbow Gully Road)

Ages: 18+

Cost: \$86.00 (9 Sessions)

Description: 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 make 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.



Fall 2026

Library Hours

September 15 to December 11

Tuesdays

- 9:30 am to 12:00 pm
- 2:00 pm to 4:30 pm

Wednesdays

- 3:30 pm to 7:00 pm

Thursdays

- 9:00 am to 1:00 pm

Fridays

- 10:30 am to 11:30 am
(storytime program only)

Good to Know:

Every Wednesday night, Mike will have an activity for families to come in and try! Join us beginning at 5:30 pm in the library for a fun science experiment or art craft!



pcsp.ca/live-play/library

OCTOBER 1ST

NATIONAL SENIORS DAY

Registration opens
September 10th
9:00 am

1:30 PM - 3:30 PM
PCSP RECREATION CENTRE
\$6.00 PER SENIOR
CALL, EMAIL OR VISIT
KIRK TO REGISTER
KIRK.COMBDEN@PCSP.CA

**Music and light fare served
with coffee and tea**

YOU'RE INVITED

Fall

FAMILY FESTIVAL

Saturday
October 17
12:00 pm - 3:00 pm

Voisey's
Brook Park

Under 2 Pass (Free) | Individual Pass - (\$6.00)
Family Pass (4 people max) - (\$20.00)

Registration opens on October 2nd, 9:00 am
via eServices

FOR FULL FESTIVAL INFO

www.pcsp.ca

Two time slots available;
please choose one.

6:30 pm to 7:15 pm
7:30 pm to 8:15 pm

TRUNK OR TREAT

FRIDAY, OCTOBER 23

Beachy Cove Elementary Parking Lot
Registration opens October 2nd
9:00 am via eServices

**Don't forget your costume,
and non-perishable food item
for the food bank!**

Stay Connected with Community Services

Have a question? Need help registering? Looking for the right program fit?

Our Community Services team is here to help you make the most of Fall 2026. We can assist with registration, program details, and general inquiries.

Get in Touch:

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Portugal Gove St. Philip's



pcsp.ca/live-play/fitness-classes/



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