



Monday, February 1, 2021

Gentle Pilates (Zoom Class)

Date and Time: Monday, February 1 10:00 am - 11:00 am

Address: Zoom

Pilates workouts focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. [Register Online](#)

Strong Seniors (Zoom Class)

Date and Time: Monday, February 1 10:30 am - 11:15 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, February 1 5:15 pm - 6:15 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, February 1 6:30 pm - 7:30 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Tuesday, February 2, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, February 2 10:00 am - 11:00 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. [Register Online](#)

Cardio and Core (Zoom Class)

Date and Time: Tuesday, February 2 12:15 pm - 12:45 pm

Address: Zoom

A total body workout with focus on the abdominals and back that can relieve stress amongst other joints, improve posture and functionality by strengthening these areas. [Register Online](#)

H.I.I.T. (Zoom Class)

Date and Time: Tuesday, February 2 5:15 pm - 6:15 pm

Address: Zoom

H.I.I.T. (high intensity interval training), is a training technique in which you exert maximal effort in small, intense bursts of exercise, followed by short, sometimes active, recovery time. H.I.I.T. keeps your heart rate up and burns fat even following the workout. [Register Online](#)

Wednesday, February 3, 2021

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, February 3 9:15 am - 10:15 am

Address: Zoom

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training balance and flexibility exercises. [Register Online](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, February 3 11:00 am - 11:45 am

Address: Zoom

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. [Register Online](#)

Winter Session B Activity Guide Available Online

Date and Time: Wednesday, February 3 12:00 pm - 11:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

View our [Activity Guide](#) to see the programs we are offering.

Therapy Fit (Zoom Class)

Date and Time: Wednesday, February 3 2:30 pm - 3:30 pm

Address: Zoom

This specialized therapeutic class for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor who has received specialized training in therapeutic exercise will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. New participants must have a Referral Form (call 613-966-4636 to obtain a form) completed by their family physician or be referred by a rehabilitation program. [Register Online](#)

Hatha Flow Yoga (Zoom Class)

Date and Time: Wednesday, February 3 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. This class is being held on Zoom. [Register Online](#)

Fit and Firm (Zoom Class)

Date and Time: Wednesday, February 3 5:35 pm - 6:35 pm

Address: Zoom

This 60-minute beginner/intermediate group fitness class starts with an extended cardiovascular warm up with an emphasis on resistance training and a targeted stretch at the end. Different levels of intensity will be provided

with a focus on form and technique over repetitions. A great way to learn about your body as you work to tone up and stay strong! [Register Online](#)

Thursday, February 4, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, February 4 10:00 am - 11:00 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. [Register Online](#)

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, February 4 10:30 am - 11:30 am

Address: Zoom

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving total body strength, cardiovascular health, and flexibility. [Register Online](#)

Zumba (Zoom Class)

Date and Time: Thursday, February 4 5:15 pm - 6:15 pm

Address: Zoom

These fitness classes are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed. [Register Online](#)

Friday, February 5, 2021

Strong Seniors (Zoom Class)

Date and Time: Friday, February 5 9:00 am - 9:45 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. [Register Online](#)

Older Adult Yoga (Zoom Class)

Date and Time: Friday, February 5 9:30 am - 10:30 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, February 5 10:15 am - 11:15 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. [Register Online](#)

Stretch and Relax (Zoom Class)

Date and Time: Friday, February 5 12:15 pm - 12:45 pm

Address: Zoom

Join us for this 30 minute stretch class. You will lengthen muscles in your body and leave feeling relaxed, more flexible and ready for the day. This class is offered in both an adult or an older adult option. [Register Online](#)

Monday, February 8, 2021

Winter Session B Registration (online or by phone) for City Taxpayers

Date and Time: Monday, February 8 8:30 am

Address: 265 Cannifton Road, Belleville ON (online or by phone)

The Quinte Sports and Wellness Centre is closed to the public until February 16, 2021 (subject to change) due to the provincial Stay at Home Order. View our [Activity Guide](#) to see the programs we are offering. Call our office or [Register Online](#)

Gentle Pilates (Zoom Class)

Date and Time: Monday, February 8 10:00 am - 11:00 am

Address: Zoom

Pilates workouts focus first on developing core strength, the back, abdomen and hips. Body weight resistance a

s well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. [Register Online](#)

Strong Seniors (Zoom Class)

Date and Time: Monday, February 8 10:30 am - 11:15 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, February 8 5:15 pm - 6:15 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, February 8 6:30 pm - 7:30 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Tuesday, February 9, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, February 9 10:00 am - 11:00 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. [Register Online](#)

Cardio and Core (Zoom Class)

Date and Time: Tuesday, February 9 12:15 pm - 12:45 pm

Address: Zoom

A total body workout with focus on the abdominals and back that can relieve stress amongst other joints, improve posture and functionality by strengthening these areas. [Register Online](#)

H.I.I.T. (Zoom Class)

Date and Time: Tuesday, February 9 5:15 pm - 6:15 pm

Address: Zoom

H.I.I.T. (high intensity interval training), is a training technique in which you exert maximal effort in small, intense bursts of exercise, followed by short, sometimes active, recovery time. H.I.I.T. keeps your heart rate up and burns fat even following the workout. [Register Online](#)

Wednesday, February 10, 2021

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, February 10 9:15 am - 10:15 am

Address: Zoom

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training balance and flexibility exercises. [Register Online](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, February 10 11:00 am - 11:45 am

Address: Zoom

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. [Register Online](#)

Therapy Fit (Zoom Class)

Date and Time: Wednesday, February 10 2:30 pm - 3:30 pm

Address: Zoom

This specialized therapeutic class for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor who has received specialized training in therapeutic exercise will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. New participants must have a Referral Form (call 613-966-4636 to obtain a form) completed by their family physician or be referred by a rehabilitation program. [Register](#)

[Online](#)

Hatha Flow Yoga (Zoom Class)

Date and Time: Wednesday, February 10 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. This class is being held on Zoom. [Register Online](#)

Fit and Firm (Zoom Class)

Date and Time: Wednesday, February 10 5:35 pm - 6:35 pm

Address: Zoom

This 60-minute beginner/intermediate group fitness class starts with an extended cardiovascular warm up with an emphasis on resistance training and a targeted stretch at the end. Different levels of intensity will be provided with a focus on form and technique over repetitions. A great way to learn about your body as you work to tone up and stay strong! [Register Online](#)

Thursday, February 11, 2021

Winter Session B Registration (online or by phone) for Non-City Taxpayers

Date and Time: Thursday, February 11 8:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

The Quinte Sports and Wellness Centre is closed to the public until February 16, 2021 (subject to change) due to the provincial Stay at Home Order. View our [Activity Guide](#) to see the programs we are offering. Call our office or [Register Online](#)

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, February 11 10:00 am - 11:00 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. [Register Online](#)

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, February 11 10:30 am - 11:30 am

Address: Zoom

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving total body strength, cardiovascular health, and flexibility. [Register Online](#)

Zumba (Zoom Class)

Date and Time: Thursday, February 11 5:15 pm - 6:15 pm

Address: Zoom

These fitness classes are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed. [Register Online](#)

Friday, February 12, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Friday, February 12 9:30 am - 10:30 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, February 12 10:15 am - 11:15 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. [Register Online](#)

Stretch and Relax (Zoom Class)

Date and Time: Friday, February 12 12:15 pm - 12:45 pm

Address: Zoom

Join us for this 30 minute stretch class. You will lengthen muscles in your body and leave feeling relaxed, more flexible and ready for the day. This class is offered in both an adult or an older adult option. [Register Online](#)

Strong Seniors (Zoom Class)

Date and Time: Friday, February 12 9:00 pm - 9:45 pm

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. [Register Online](#)

Monday, February 22, 2021

Lane Swim (Pre-registration required)

Date and Time: Monday, February 22 6:00 am - 6:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Monday, February 22 6:30 am - 7:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Monday, February 22 6:45 am - 7:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Monday, February 22 7:30 am - 8:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Monday, February 22 7:45 am - 8:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Monday, February 22 9:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9067

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Family Swim (Pre-registration required)

Date and Time: Monday, February 22 9:00 am - 10:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is held in 1/2 Main Pool and in the Therapy Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Gentle Pilates (Zoom Class)

Date and Time: Monday, February 22 10:00 am - 11:00 am

Address: Zoom

Pilates workouts focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. 2021 Waiver must be submitted. [Register Online](#)

Aqua Fitness

Date and Time: Monday, February 22 10:05 am - 10:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9068

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Strong Seniors (Zoom Class)

Date and Time: Monday, February 22 10:30 am - 11:15 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. 2021 Waiver must

be submitted. [Register Online](#)

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Monday, February 22 11:00 am - 12:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Public Swim (Pre-registration required)

Date and Time: Monday, February 22 11:15 am - 12:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Deep Aqua Fitness

Date and Time: Monday, February 22 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Location: Templeman Aquatic Centre

Barcode 9069

Deep Aqua Fitness

This class is taught in the deep end of the Main Pool and is the best class for getting into shape. Stay afloat by using an aqua belt or noodle and feel your muscles burn!

Arthritis and Fibromyalgia Aqua Fitness

Date and Time: Monday, February 22 1:05 pm - 1:50 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9070

Arthritis and Fibromyalgia

This specialized aqua fitness class will cater to those who need extra care in the warm therapeutic pool. Our Certified instructor will lead you through a safe and pain-free therapy class. This light exercise class will focus on stretching, strengthening and relaxation to help manage your pain.

Seniors Swim (Pre-registration required)

Date and Time: Monday, February 22 2:00 pm - 3:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool and in the Therapy Pool. Please book based on the pool you will be swimming in. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Tuesday, February 23, 2021

Lane Swim (Pre-registration required)

Date and Time: Tuesday, February 23 7:00 am - 8:00 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Tuesday, February 23 7:15 am - 8:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on T

uesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Tuesday, February 23 8:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Location: Templeman Aquatic Centre

Barcode 9072

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Tuesday, February 23 8:00 am - 8:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Tuesday, February 23 9:00 am - 9:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Fitness

Date and Time: Tuesday, February 23 9:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Location: Templeman Aquatic Centre

Barcode 9073

Therapy Fitness

This class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Tuesday, February 23 9:45 am - 10:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Family Swim (Pre-registration required)

Date and Time: Tuesday, February 23 10:00 am - 10:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is held in 1/2 Main Pool and in the Therapy Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, February 23 10:00 am - 11:00 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. 2021 Waiver must be submitted. [Register Online](#)

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Tuesday, February 23 11:00 am - 12:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Public Swim (Pre-registration required)

Date and Time: Tuesday, February 23 11:15 am - 12:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Tuesday, February 23 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeton Aquatic Centre

Barcode 9074

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Seniors Swim (Pre-registration required)

Date and Time: Tuesday, February 23 2:00 pm - 3:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool and in the Therapy Pool. Please book based on the pool you will be swimming in. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Tuesday, February 23 3:00 pm - 3:45 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Tuesday, February 23 3:15 pm - 4:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Wednesday, February 24, 2021

Lane Swim (Pre-registration required)

Date and Time: Wednesday, February 24 6:00 am - 6:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021

Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Wednesday, February 24 6:30 am - 7:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Wednesday, February 24 6:45 am - 7:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Wednesday, February 24 7:30 am - 8:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Wednesday, February 24 7:45 am - 8:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Family Swim (Pre-registration required)

Date and Time: Wednesday, February 24 9:00 am - 10:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is held in 1/2 Main Pool and in the Therapy Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Wednesday, February 24 9:00 am - 9:50 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9077

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, February 24 9:15 am - 10:15 am

Address: Zoom

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training balance and flexibility exercises. 2021 Waiver must be submitted. [Register Online](#)

Aqua Fitness

Date and Time: Wednesday, February 24 10:05 am - 10:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeton Aquatic Centre

Barcode 9078

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Chair Yoga (Zoom Class)

Date and Time: Wednesday, February 24 11:00 am - 11:45 am

Address: Zoom

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. 2021 Waiver must be submitted. [Register Online](#)

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Wednesday, February 24 11:00 am - 12:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Public Swim (Pre-registration required)

Date and Time: Wednesday, February 24 11:15 am - 12:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Wednesday, February 24 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9079

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Post-Surgery Therapy Fitness

Date and Time: Wednesday, February 24 1:00 pm - 1:30 pm

Address: 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9159

This 30 minute class is taught in our Therapeutic Pool for people who are recovering from surgery and want to gain more mobility and movement.

Parkinson's & Movement Disorder Therapy Fitness

Date and Time: Wednesday, February 24 1:30 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9080

Parkinson's & Movement Disorder Therapy Fitness

This therapeutic class is for anyone with neuromuscular movement disorders such as MS, Stroke, Huntingtons

Disease or Parkinson's. This class will work on slow movements; increasing balance and will utilize a variety of equipment to assist you during the class. We suggest participants bring someone who can assist them in the pool, free of charge.

Thursday, February 25, 2021

Lane Swim (Pre-registration required)

Date and Time: Thursday, February 25 7:00 am - 8:00 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Thursday, February 25 7:15 am - 8:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Thursday, February 25 8:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9081

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and spl

ash your way to a healthy lifestyle.

Aqua Fitness

Date and Time: Thursday, February 25 8:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9081

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Thursday, February 25 8:00 am - 8:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Thursday, February 25 9:00 am - 9:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Fitness

Date and Time: Thursday, February 25 9:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9082

Therapy Fitness

This class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Thursday, February 25 9:45 am - 10:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Family Swim (Pre-registration required)

Date and Time: Thursday, February 25 10:00 am - 10:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is held in 1/2 Main Pool and in the Therapy Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Older Adult Hatha Yoga (Zoom Class)

Date and Time: Thursday, February 25 10:00 am - 11:00 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. 2021 Waiver must be submitted. [Register Online](#)

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, February 25 10:30 am - 11:30 am

Address: Zoom

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving total body strength, cardiovascular health, and flexibility. 2021 Waiver must be submitted. [Register Online](#)

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Thursday, February 25 11:00 am - 12:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Public Swim (Pre-registration required)

Date and Time: Thursday, February 25 11:15 am - 12:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Cardio and Core (Zoom Class)

Date and Time: Thursday, February 25 12:15 pm - 12:45 pm

Address: Zoom

[Register Online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted.

A total body workout with focus on the abdominals and back that can relieve stress amongst other joints, improve posture and functionality by strengthening these areas.

Seniors Swim (Pre-registration required)

Date and Time: Thursday, February 25 2:00 pm - 3:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool and in the Therapy Pool. Please book based on the pool you will be swimming in. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Friday, February 26, 2021

Lane Swim (Pre-registration required)

Date and Time: Friday, February 26 6:00 am - 6:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Friday, February 26 6:30 am - 7:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Friday, February 26 6:45 am - 7:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Friday, February 26 7:30 am - 8:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Friday, February 26 7:45 am - 8:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Strong Seniors (Zoom Class)

Date and Time: Friday, February 26 9:00 am - 9:45 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. 2021 Waiver must be submitted. [Register Online](#)

Aqua Fitness

Date and Time: Friday, February 26 9:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Templeman Aquatic Centre

Barcode 9085

Aqua Fitness

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

Family Swim (Pre-registration required)

Date and Time: Friday, February 26 9:00 am - 10:30 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is held in 1/2 Main Pool and in the Therapy Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Older Adult Yoga (Zoom Class)

Date and Time: Friday, February 26 9:30 am - 10:30 pm

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. 2021 Waiver must be submitted. [Register Online](#)

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Friday, February 26 10:00 am - 10:45 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited i

n opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Mix It Up (Zoom Class)

Date and Time: Friday, February 26 10:15 am - 11:15 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Friday, February 26 11:00 am - 12:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Meditate with Myra (Zoom)

Date and Time: Friday, February 26 11:00 am - 12:00 pm

Address: Zoom

Join Myra on Zoom every Friday at 11:00 a.m. to end your week with a thirty minute relaxation and meditation session. Guided meditation is known to have highly relaxing effects on the conscious and subconscious mind. This type of meditation is suitable for both new and experienced participants and can be performed either seated or laying down to be even more relaxed. Sit back, relax, and let go of your stress. (Shortcode: 9767) 2021 Waiver must be submitted.

- Free, Pre-registration is required
- Call 613-966-4632 to register or [register online](#)

Public Swim (Pre-registration required)

Date and Time: Friday, February 26 11:15 am - 12:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Friday, February 26 12:00 pm - 12:45 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Saturday, February 27, 2021

Therapy Swim (Pre-registration required)

Date and Time: Saturday, February 27 8:00 am - 9:00 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Saturday, February 27 1:00 pm - 2:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Public Swim (Pre-registration required)

Date and Time: Saturday, February 27 1:00 pm - 2:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Public Swim (Pre-registration required)

Date and Time: Saturday, February 27 2:30 pm - 3:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Saturday, February 27 2:30 pm - 3:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Therapy Swim (Pre-registration required)

Date and Time: Sunday, February 28 8:00 am - 9:00 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (Pre-registration required)

Date and Time: Sunday, February 28 8:00 am - 9:00 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Sunday, February 28 9:00 am - 10:00 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Family Swim (Pre-registration required)

Date and Time: Sunday, February 28 9:00 am - 10:15 am

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is held in 1/2 Main Pool and in the Therapy Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Public Swim (Pre-registration required)

Date and Time: Sunday, February 28 1:00 pm - 2:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Sunday, February 28 1:00 pm - 2:00 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Lane Swim (1/2 Pool, Pre-registration required)

Date and Time: Sunday, February 28 2:30 pm - 3:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released Tuesdays at 8:30am. 2021 Waiver must be submitted.

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This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, two people per lane. Equipment is limited i

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Public Swim (Pre-registration required)

Date and Time: Sunday, February 28 2:30 pm - 3:30 pm

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. Registration is in one week increments released on Tuesdays at 8:30am. 2021 Waiver must be submitted.

Be sure to read the [frequently asked questions and the new entrance guidelines](#).

For Public Swims, both the Main and Therapy pools are open. Preschool pool is not open at this time. All children under 16 must be accompanied by an adult who will remain in the pool with them, or they must pass the facility swim test. Equipment is limited in opening phase; please bring your own equipment from home. Prior to attending your first swim, please watch our reopening video that is posted on our website.

<https://calendar.quintesportsandwellnesscentre.ca>