Quinte Sports and Wellness Centre Calendar

Generated March 28, 2024

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Lane Swim (Pre-registration required) 7:00 am - 8:00 am Therapy Swim (Pre-registration required) 7:15 am - 8:45 am Lane Swim (1/2 Pool, Pre-registration required) 8:00 am - 8:45 am Lane Swim (Pre-registration required) 9:00 am - 9:45 am Lane Swim (1/2 Pool, Pre-registration required)	2 QSWC Closed for Good Friday 12:00 am	3 QSWC Temporarily Closed Until Further Notice 12:00 am

				9:45 am - 10:30 am **Family Swim (Pre-registration required)** 10:00 am - 10:45 am **Lane Swim (1/2 Pool, Pre-registration required)** 11:00 am - 12:00 pm **Public Swim (Pre-registration required)** 11:15 am - 12:30 pm **Seniors Swim (Pre-registration required)** 2:00 pm - 3:00 pm **Lane Swim (Pre-registration required)** 3:00 pm - 3:45 pm **Therapy Swim (Pre-registration required)** 3:15 pm - 4:00 pm **Lane Swim (1/2 Pool, Pre-registration required)** 8:00 pm - 8:45 pm		

4 **QSWC Temporarily Closed Until Further Notice** 12:00 am	5 **QSWC Temporarily Closed Until Further Notice** 12:00 am	6 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **Hatha Flow Yoga (Zoom Class)** 5:00 pm - 6:00 pm	7 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Stretch and Balance Fit (Zoom Class)** 9:30 am - 10:30 am **Chair Yoga (Zoom Class)** 11:00 am - 11:45 am **Fun On The Phone!** 1:30 pm - 2:00 pm **Yoga Fit (Zoom Class)** 5:00 pm - 6:00 pm	8 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **Stretch and Strengthen (Zoom Class)** 10:30 am - 11:30 am **Learn & Create Series - Watercolour Hydrangeas (Zoom)** 1:00 pm - 2:00 pm **Zumba (Zoom Class)** 5:15 pm - 6:15 pm	9 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 9:30 am - 10:30 am **Mix It Up (Zoom Class)** 10:15 am - 11:15 am	10 **QSWC Temporarily Closed Until Further Notice** 12:00 am

11 **QSWC Temporarily Closed Until Further Notice** 12:00 am	12 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Gentle Pilates (Zoom, 50+)** 9:15 am - 10:15 am **Strong Seniors (Zoom, 50+)** 10:45 am - 11:30 am **Strong Seniors (Zoom, 50+)** 11:00 am - 11:45 am **Bird Feeder (Zoom)** 4:15 pm - 5:00 pm **Yoga Fit (Zoom Class)** 5:15 pm - 6:15 pm **Yoga Fit (Zoom Class)** 6:30 pm - 7:30 pm	13 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **Cherry Blossom Tree Painting (Zoom)** 4:00 pm - 5:00 pm **Hatha Flow Yoga (Zoom Class)** 5:00 pm - 6:00 pm **Stay Safe (Zoom)** 5:15 pm - 7:45 pm	14 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Stretch and Balance Fit (Zoom Class)** 9:30 am - 10:30 am **Chair Yoga (Zoom Class)** 11:00 am - 11:45 am **Fun On The Phone!** 1:30 pm - 2:00 pm **Yoga Fit (Zoom Class)** 5:00 pm - 6:00 pm **Stay Safe (Zoom)** 5:15 pm - 7:45 pm	15 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **Stretch and Strengthen (Zoom Class)** 10:30 am - 11:30 am **Learn & Create Series - Celebrate Spring Calendar Creations (Zoom)** 1:00 pm - 2:00 pm **Slime and Bouncy Balls (Zoom)** 4:30 pm - 5:30 pm **Zumba (Zoom Class)** 5:15 pm - 6:15 pm **Stay Safe (Zoom)** 5:15 pm - 7:45 pm	16 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 9:30 am - 10:30 am **Mix It Up (Zoom Class)** 10:15 am - 11:15 am	17 **QSWC Temporarily Closed Until Further Notice** 12:00 am

18	19	20	21	22	23	24
QSWC Temporarily Closed Until Further Notice 12:00 am	**QSWC Temporarily Closed Until Further Notice** 12:00 am **Gentle Pilates (Zoom, 50+)** 9:15 am - 10:15 am **Strong Seniors (Zoom, 50+)** 10:45 am - 11:30 am **Sock Puppets (Zoom)** 4:15 pm - 5:00 pm **Yoga Fit (Zoom Class)** 5:15 pm - 6:15 pm **Yoga Fit (Zoom Class)** 6:30 pm - 7:30 pm	**QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **D.I.Y. Macramé Feathers (Zoom)** 4:00 pm - 5:00 pm **Hatha Flow Yoga (Zoom Class)** 5:00 pm - 6:00 pm	**QSWC Temporarily Closed Until Further Notice** 12:00 am **Stretch and Balance Fit (Zoom Class)** 9:30 am - 10:30 am **Strong Seniors (Zoom, 50+)** 11:00 am - 11:45 am **Chair Yoga (Zoom Class)** 11:00 am - 11:45 am **Fun On The Phone!** 1:30 pm - 2:00 pm **Yoga Fit (Zoom Class)** 5:00 pm - 6:00 pm	**QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **Stretch and Strengthen (Zoom Class)** 10:30 am - 11:30 am **Learn & Create Series - DIY Spa Day (Zoom)** 1:00 pm - 2:00 pm **Galaxy Jars and Lava Lamps (Zoom)** 4:30 pm - 5:30 pm **Zumba (Zoom Class)** 5:15 pm - 6:15 pm	**QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 9:30 am - 10:30 am **Mix It Up (Zoom Class)** 10:15 am - 11:15 am **Armchair Travel - Brazil** 11:30 am - 12:00 pm	**QSWC Temporarily Closed Until Further Notice** 12:00 am

25 **QSWC Temporarily Closed Until Further Notice** 12:00 am	26 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Gentle Pilates (Zoom, 50+)** 9:15 am - 10:15 am **Strong Seniors (Zoom, 50+)** 10:45 am - 11:30 am **Speaker Series (50+) - The Quinte Real Estate Market Has Gone Crazy! (Zoom)** 11:30 am - 12:30 pm **Yoga Fit (Zoom Class)** 5:15 pm - 6:15 pm **Yoga Fit (Zoom Class)** 6:30 pm - 7:30 pm	27 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **Hatha Flow Yoga (Zoom Class)** 5:00 pm - 6:00 pm	28 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Stretch and Balance Fit (Zoom Class)** 9:30 am - 10:30 am **Strong Seniors (Zoom, 50+)** 11:00 am - 11:45 am **Chair Yoga (Zoom Class)** 11:00 am - 11:45 am **Fun On The Phone!** 1:30 pm - 2:00 pm **Yoga Fit (Zoom Class)** 5:00 pm - 6:00 pm	29 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 10:15 am - 11:15 am **Stretch and Strengthen (Zoom Class)** 10:30 am - 11:30 am **Learn & Create Series - Technology Tips: Social Media (Zoom)** 1:00 pm - 2:00 pm **Zumba (Zoom Class)** 5:15 pm - 6:15 pm	30 **QSWC Temporarily Closed Until Further Notice** 12:00 am **Older Adult Yoga (Zoom Class)** 9:30 am - 10:30 am **Mix It Up (Zoom Class)** 10:15 am - 11:15 am	1