



Thursday, April 1, 2021

Lane Swim (Pre-registration required)

Date and Time: Thursday, April 1 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, April 1 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.

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

Date and Time: Thursday, April 1 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, April 1 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.

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

Date and Time: Thursday, April 1 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, April 1 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.

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

Date and Time: Thursday, April 1 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, April 1 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.

Seniors Swim (Pre-registration required)

Date and Time: Thursday, April 1 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: Thursday, April 1 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: Thursday, April 1 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.

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

Date and Time: Thursday, April 1 8:00 pm - 8:45 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.

Friday, April 2, 2021

QSWC Closed for Good Friday

Date and Time: Friday, April 2 12:00 am

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

Saturday, April 3, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Saturday, April 3 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Sunday, April 4, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Sunday, April 4 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Monday, April 5, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Monday, April 5 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Tuesday, April 6, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Tuesday, April 6 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, April 6 10:15 am - 11:15 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](#)

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, April 6 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. 2021 waiver must be submitted. [Register Online](#)

Wednesday, April 7, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Wednesday, April 7 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, April 7 9:30 am - 10:30 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](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, April 7 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](#)

Fun On The Phone!

Date and Time: Wednesday, April 7 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

- April 7 to June 23 shortcode: 10648
- Free, Pre-registration is required
- Call 613-966-4632 to register

Yoga Fit (Zoom Class)

Date and Time: Wednesday, April 7 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. [Register Online](#)

Thursday, April 8, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Thursday, April 8 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, April 8 10:15 am - 11:15 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, April 8 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](#)

Learn & Create Series - Watercolour Hydrangeas (Zoom)

Date and Time: Thursday, April 8 1:00 pm - 2:00 pm

Address: Zoom

Every Thursday from 1:00-2:00 p.m. You can join us over ZOOM and create something new! We will feature a variety of instructors who will help you create a new masterpiece each week; from technology to arts and crafts, to home-cooking, there will be something for everyone to enjoy. Supply lists will be sent to you prior to your class.

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

April 8 - Watercolour Hydrangeas

Lorri will be joining us this week to teach us how to draw a flowy, soft watercolour Hydrangea. You will learn the strokes for creating the blossom of the flower and how to add in the leaves for the beautiful finished product. (Shortcode: 10515)

Zumba (Zoom Class)

Date and Time: Thursday, April 8 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. 2021 Waiver must be submitted. [Register Online](#)

Friday, April 9, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Friday, April 9 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Friday, April 9 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. 2021 waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, April 9 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](#)

Saturday, April 10, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Saturday, April 10 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Sunday, April 11, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Sunday, April 11 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Monday, April 12, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Monday, April 12 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Gentle Pilates (Zoom, 50+)

Date and Time: Monday, April 12 9:15 am - 10:15 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Monday, April 12 10:45 am - 11:30 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Monday, April 12 11:00 am - 11:45 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](#)

Bird Feeder (Zoom)

Date and Time: Monday, April 12 4:15 pm - 5:00 pm

Address: Zoom

Learn how to make your own bird feeder with just a couple of items. We will fill the feeder with seeds and then hang it somewhere to see how many different birds will come to eat! Ages: 5-10 years [Register Online](#)

*2021 Waiver must be submitted

Yoga Fit (Zoom Class)

Date and Time: Monday, April 12 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, April 12 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. 2021 waiver must be submitted. [Register Online](#)

Tuesday, April 13, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Tuesday, April 13 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, April 13 10:15 am - 11:15 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](#)

Cherry Blossom Tree Painting (Zoom)

Date and Time: Tuesday, April 13 4:00 pm - 5:00 pm

Address: Zoom

Learn how to make your very own cherry blossom tree painting on a canvas in our one hour virtual workshop. No painting experience needed. This is a great relaxing and fun workshop. Youth ages 10 to 17 [Register Online](#)

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*2021 Waiver must be submitted

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, April 13 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. 2021 waiver must be submitted. [Register Online](#)

Stay Safe (Zoom)

Date and Time: Tuesday, April 13 5:15 pm - 7:45 pm

Address: Zoom

Your child aged 9 to 13 years can take this Red Cross Stay Safe course. They will learn basic first aid and safety skills when they are without a parent or guardian. This program is currently only being offered over Zoom. [Register Online](#)

Dates: April 13-15

Time: 5:15-7:45pm

*2021 Waiver must be submitted

Wednesday, April 14, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Wednesday, April 14 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, April 14 9:30 am - 10:30 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 e

xercises. 2021 waiver must be submitted. [Register Online](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, April 14 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](#)

Fun On The Phone!

Date and Time: Wednesday, April 14 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

- April 7 to June 23 shortcode: 10648
- Free, Pre-registration is required
- Call 613-966-4632 to register

Yoga Fit (Zoom Class)

Date and Time: Wednesday, April 14 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. [Register Online](#)

Stay Safe (Zoom)

Date and Time: Wednesday, April 14 5:15 pm - 7:45 pm

Address: Zoom

Your child aged 9 to 13 years can take this Red Cross Stay Safe course. They will learn basic first aid and safety skills when they are without a parent or guardian. This program is currently only being offered over Zoom. [Register Online](#)

Dates: April 13-15

Time: 5:15-7:45pm

Thursday, April 15, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Thursday, April 15 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, April 15 10:15 am - 11:15 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, April 15 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](#)

Learn & Create Series - Celebrate Spring Calendar Creations (Zoom)

Date and Time: Thursday, April 15 1:00 pm - 2:00 pm

Address: Zoom

Every Thursday from 1:00-2:00 p.m. You can join us over ZOOM and create something new! We will feature a variety of instructors who will help you create a new masterpiece each week; from technology to arts and crafts, to home-cooking, there will be something for everyone to enjoy. Supply lists will be sent to you prior to your class.

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

April 15 - Celebrate spring calendar creation

Celebrate spring with a cheerful organized message centre! In this workshop you will create a colourful easel calendar with post-it notes and a mini pen holder! It's a great way to start the season fresh with ideas and important notes! Your kit will contain everything you need to create your own colourful calendar. An email will be sent out with instructions for the supply pick-up at the Quinte Sports & Wellness Centre.

A special thank you to The Richmond Retirement Residence for supplying the materials.

(Shortcode: 10557)

Slime and Bouncy Balls (Zoom)

Date and Time: Thursday, April 15 4:30 pm - 5:30 pm

Address: Zoom

Join us for an hour of ooey gooey slime that you get to take home with you and make your bouncy ball! Ages: 5-10 years

2021 Waiver must be submitted. [Register Online](#)

Zumba (Zoom Class)

Date and Time: Thursday, April 15 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. 2021 Waiver must be submitted. [Register Online](#)

Stay Safe (Zoom)

Date and Time: Thursday, April 15 5:15 pm - 7:45 pm

Address: Zoom

Your child aged 9 to 13 years can take this Red Cross Stay Safe course. They will learn basic first aid and safety skills when they are without a parent or guardian. This program is currently only being offered over Zoom. [Register Online](#)

Dates: April 13-15

Time: 5:15-7:45pm

*2021 Waiver must be submitted

Friday, April 16, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Friday, April 16 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Friday, April 16 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. 2021 waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, April 16 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](#)

Saturday, April 17, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Saturday, April 17 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Sunday, April 18, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Sunday, April 18 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Monday, April 19, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Monday, April 19 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Gentle Pilates (Zoom, 50+)

Date and Time: Monday, April 19 9:15 am - 10:15 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Monday, April 19 10:45 am - 11:30 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](#)

Sock Puppets (Zoom)

Date and Time: Monday, April 19 4:15 pm - 5:00 pm

Address: Zoom

Learn how to make your own sock puppets with just a couple of items. Ages: 5-10 years. 2021 waiver must be submitted. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, April 19 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, April 19 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. 2021 waiver must be submitted. [Register Online](#)

Tuesday, April 20, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Tuesday, April 20 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, April 20 10:15 am - 11:15 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](#)

D.I.Y. Macramé Feathers (Zoom)

Date and Time: Tuesday, April 20 4:00 pm - 5:00 pm

Address: Zoom

With just a few materials you can learn the basic skills to create macramé feathers and learn tips on how you can make beautiful wall hangings with them and decorate your home. No experience is needed! [Register Online](#)

Youth ages 10 to 17

*2021 Waiver must be submitted

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, April 20 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. 2021 waiver must be submitted. [Register Online](#)

Wednesday, April 21, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Wednesday, April 21 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, April 21 9:30 am - 10:30 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Wednesday, April 21 11:00 am - 11:45 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](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, April 21 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](#)

Fun On The Phone!

Date and Time: Wednesday, April 21 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

- April 7 to June 23 shortcode: 10648
- Free, Pre-registration is required
- Call 613-966-4632 to register

Yoga Fit (Zoom Class)

Date and Time: Wednesday, April 21 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. [Register Online](#)

Thursday, April 22, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Thursday, April 22 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, April 22 10:15 am - 11:15 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, April 22 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](#)

Learn & Create Series - DIY Spa Day (Zoom)

Date and Time: Thursday, April 22 1:00 pm - 2:00 pm

Address: Zoom

Every Thursday from 1:00-2:00 p.m. You can join us over ZOOM and create something new! We will feature a variety of instructors who will help you create a new masterpiece each week; from technology to arts and crafts, to home-cooking, there will be something for everyone to enjoy. Supply lists will be sent to you prior to your class.

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

April 22 - DIY spa day

Spring is here and it is time to chase away the winter blahs by pampering ourselves! Sandal weather is almost here and these amazing soaks and scrubs will not only get your feet ready, but they are great for dry hands too! We don't want to leave out your beautiful face so we are doing a face mask as well and the best part is that all of these treatments are made using basic ingredients you probably already have in your kitchen. (Shortcode: 10554)

Galaxy Jars and Lava Lamps (Zoom)

Date and Time: Thursday, April 22 4:30 pm - 5:30 pm

Address: Zoom

Learn how to make your own galaxy jar and lava lamp with just a few items! They even will glow in the dark! Ages: 5-10 years

2021 Waiver must be submitted. [Register Online](#)

Zumba (Zoom Class)

Date and Time: Thursday, April 22 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. 2021 Waiver must be submitted. [Register Online](#)

Friday, April 23, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Friday, April 23 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Friday, April 23 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. 2021 waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, April 23 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](#)

Armchair Travel - Brazil

Date and Time: Friday, April 23 11:30 am - 12:00 pm

Address: Zoom

Do you miss travelling and wish you could see somewhere new or revisit some of your favourite travel destinations? Join us one Friday every month to virtually travel with others who have the travel bug too! We will watch a video with highlights about the chosen country (including some cultural experiences), discuss some fun facts, and talk about our travel experiences.

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

Join us as we escape the cold and journey to beautiful, warm Brazil! This captivating country of powdery white-sand beaches, verdant rainforests and wild, rhythm-filled cities is the largest country in South America. We will see the top tourist attractions in Rio de Janeiro, enjoy some local dancing and much more!

Saturday, April 24, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Saturday, April 24 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Sunday, April 25, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Sunday, April 25 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Monday, April 26, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Monday, April 26 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Gentle Pilates (Zoom, 50+)

Date and Time: Monday, April 26 9:15 am - 10:15 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Monday, April 26 10:45 am - 11:30 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](#)

Speaker Series (50+) - The Quinte Real Estate Market Has Gone Crazy! (Zoom)

Date and Time: Monday, April 26 11:30 am - 12:30 pm

Address: Zoom

Join us one Monday every month at 11:30 a.m. over Zoom. Listen to an interesting and informative speaker, ask questions and socialize virtually with others, There is also an option to phone-in if you do not have a computer. The link will be sent once your registration is received.

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

April 26 - The Quinte real estate market has gone crazy!

There are a lot of questions and concerns surrounding the topic such as, who is buying all the real estate in Quinte? What are the most popular types of homes people are interested in buying? Where are the hottest areas? Why are the prices so crazy? Is this a Buyers or Sellers Market? Should I sell my house now before it's too late? If I sell, will I be able to find something new? Where will I go?

Presented by: Michelle McFarland - eXp Realty (Shortcode: 10545)

Yoga Fit (Zoom Class)

Date and Time: Monday, April 26 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, April 26 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. 2021 waiver must be submitted. [Register Online](#)

Tuesday, April 27, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Tuesday, April 27 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, April 27 10:15 am - 11:15 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](#)

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, April 27 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. 2021 waiver must be submitted. [Register Online](#)

Wednesday, April 28, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Wednesday, April 28 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, April 28 9:30 am - 10:30 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Wednesday, April 28 11:00 am - 11:45 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](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, April 28 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](#)

Fun On The Phone!

Date and Time: Wednesday, April 28 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

- April 7 to June 23 shortcode: 10648
- Free, Pre-registration is required
- Call 613-966-4632 to register

Yoga Fit (Zoom Class)

Date and Time: Wednesday, April 28 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. [Register Online](#)

Thursday, April 29, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Thursday, April 29 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, April 29 10:15 am - 11:15 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, April 29 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](#)

Learn & Create Series - Technology Tips: Social Media (Zoom)

Date and Time: Thursday, April 29 1:00 pm - 2:00 pm

Address: Zoom

Every Thursday from 1:00-2:00 p.m. You can join us over ZOOM and create something new! We will feature a variety of instructors who will help you create a new masterpiece each week; from technology to arts and crafts, to home-cooking, there will be something for everyone to enjoy. Supply lists will be sent to you prior to your class.

- Free, Pre-registration is required

- Call 613-966-4632 to register or [register online](#)

April 29 - Technology tips - Social Media

Whether you would like to learn how to create one a social media account or already have one and want to learn more about the features, this class is for you. We will be covering Facebook, Twitter, Instagram and Pinterest. (Shortcode: 10555)

Zumba (Zoom Class)

Date and Time: Thursday, April 29 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. 2021 Waiver must be submitted. [Register Online](#)

Friday, April 30, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Friday, April 30 12:00 am

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

The Quinte Sports and Wellness Centre is closed due to the province-wide emergency brake. Refer to the list of [services impacted](#).

Older Adult Yoga (Zoom Class)

Date and Time: Friday, April 30 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. 2021 waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, April 30 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](#)

