



Saturday, May 1, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Saturday, May 1 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](#).

National Youth Week (May 1-7, 2021)

Date and Time: Saturday, May 1 12:00 am

Address: Virtual

Take part in [National Youth Week](#)

National Youth Week (May 1-7, 2021)

Date and Time: Saturday, May 1 12:01 am

Address: Virtual

Take part in [National Youth Week](#)

Sunday, May 2, 2021

National Youth Week (May 1-7, 2021)

Date and Time: Sunday, May 2 12:00 am

Address: Virtual

Take part in [National Youth Week](#)

QSWC Temporarily Closed Until Further Notice

Date and Time: Sunday, May 2 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, May 3, 2021

QSWC Temporarily Closed Until Further Notice

Date and Time: Monday, May 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](#).

National Youth Week (May 1-7, 2021)

Date and Time: Monday, May 3 12:00 am

Address: Virtual

Take part in [National Youth Week](#)

Gentle Pilates (Zoom, 50+)

Date and Time: Monday, May 3 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, May 3 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](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, May 3 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, May 3 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, May 4, 2021

National Youth Week (May 1-7, 2021)

Date and Time: Tuesday, May 4 12:00 am

Address: Virtual

Take part in [National Youth Week](#)

Older Adult Yoga (Zoom Class)

Date and Time: Tuesday, May 4 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, May 4 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, May 5, 2021

National Youth Week (May 1-7, 2021)

Date and Time: Wednesday, May 5 12:00 am

Address: Virtual

Take part in [National Youth Week](#)

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, May 5 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, May 5 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Wednesday, May 5 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](#)

Fun On The Phone!

Date and Time: Wednesday, May 5 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, May 5 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, May 6, 2021

National Youth Week (May 1-7, 2021)

Date and Time: Thursday, May 6 12:00 am

Address: Virtual

Take part in [National Youth Week](#)

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, May 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](#)

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, May 6 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 - Cooking with Chef Jesse (Zoom)

Date and Time: Thursday, May 6 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](#)

May 6 - Cooking with Chef Jesse

Join us for one of our most popular Zoom classes to work alongside Chef making your own treat at home while having fun and socializing. Not only do you get to learn a new recipe, you get to enjoy your tasty creation when you are done. You will receive an email with the day and time to pick up your ingredients at Quinte Gardens.

A special thank you to Quinte Gardens for supplying the ingredients to the participants.

(Shortcode: 10556)

Zumba (Zoom Class)

Date and Time: Thursday, May 6 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, May 7, 2021

National Youth Week (May 1-7, 2021)

Date and Time: Friday, May 7 12:00 am

Address: Virtual

Take part in [National Youth Week](#)

Older Adult Yoga (Zoom Class)

Date and Time: Friday, May 7 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, May 7 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](#)

Monday, May 10, 2021

Gentle Pilates (Zoom, 50+)

Date and Time: Monday, May 10 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, May 10 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](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, May 10 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](#)

Wednesday, May 12, 2021

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, May 12 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, May 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](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, May 12 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, May 12 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, May 12 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, May 13, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, May 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](#)

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, May 13 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](#)

Zumba (Zoom Class)

Date and Time: Thursday, May 13 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, May 14, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Friday, May 14 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, May 14 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](#)

Monday, May 17, 2021

Gentle Pilates (Zoom, 50+)

Date and Time: Monday, May 17 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](#)

Yoga Fit (Zoom Class)

Date and Time: Monday, May 17 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](#)

Wednesday, May 19, 2021

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, May 19 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, May 19 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](#)

Strong Seniors (Zoom, 50+)

Date and Time: Wednesday, May 19 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](#)

Fun On The Phone!

Date and Time: Wednesday, May 19 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, May 19 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, May 20, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Thursday, May 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](#)

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, May 20 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](#)

Zumba (Zoom Class)

Date and Time: Thursday, May 20 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, May 21, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Friday, May 21 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, May 21 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](#)

Tuesday, May 25, 2021

Spring 'B' Registration (City Taxpayers)

Date and Time: Tuesday, May 25 8:30 am - 7:30 pm

Address: 265 Cannifton Road

Spring 'B' recreation registration begins May 25 for City of Belleville Taxpayers and May 27 for Non-City Taxpayers. Spring 'B' session will run from May 31-June 25.

Please note that the Spring 'B' session begins quickly after registration. We recommend registering as soon as you are able to so you avoid disappointment.

2021 Waiver forms must be submitted prior to your first class if you have not already filled one out. Waivers are available electronically on www.qswc.ca.

To register, call **613-966-4632** or login to your online account at www.qswc.ca. If you need assistance with your online account or to gain access please give us a call.

Wednesday, May 26, 2021

Fun On The Phone!

Date and Time: Wednesday, May 26 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

Thursday, May 27, 2021

Spring 'B' Registration (Non-City Taxpayers)

Date and Time: Thursday, May 27 8:30 am - 7:30 pm

Address: 265 Cannifton Road

Spring 'B' recreation registration begins May 25 for City of Belleville Taxpayers and May 27 for Non-City Taxpayers. Spring 'B' session will run from May 31-June 25.

Please note that the Spring 'B' session begins quickly after registration. We recommend registering as soon as you are able to so you avoid disappointment.

2021 Waiver forms must be submitted prior to your first class if you have not already filled one out. Waivers are available electronically on www.qswc.ca.

To register, call **613-966-4632** or login to your online account at www.qswc.ca. If you need assistance with your online account or to gain access please give us a call.

Monday, May 31, 2021

Strong Seniors (50+) - Zoom

Date and Time: Monday, May 31 9:15 am - 10:00 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.

Yoga Fit (Zoom Class)

Date and Time: Monday, May 31 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. 2021 Waiver must be submitted. [Register Online](#)

<https://calendar.quintesportsandwellnesscentre.ca>