



Wednesday, September 1, 2021

Strong Seniors

Date and Time: Wednesday, September 1 09:00 a.m. - 9:45 a.m.

Address: 10 Bay Bridge Road, Belleville, ON10 Bay Bridge Road, Belleville, ON

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](#)

Located at West Zwick's Park at 10 Bay Bridge Road, Belleville, ON.

Stretch and Balance Fit - Zoom

Date and Time: Wednesday, September 1 10:00 a.m. - 11:00 a.m.

Address: Zoom (Online)Zoom (Online)

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. Perfect for beginners or those who prefer a lower intensity class. 2021 Waiver must be submitted. [Register Online](#)

Located on Zoom (Online)

Yoga Fusion

Date and Time: Wednesday, September 1 10:15 a.m. - 11:15 a.m.

Address: 10 Bay Bridge Road, Belleville, ON10 Bay Bridge Road, Belleville, ON

This new Fusion Yoga class is a combination of yoga and resistance training. This technique still focuses on balance and flexibility, while also providing a strength component using body weight and bands. Bands are provided. Participants must bring their own mat and are welcome to bring their own band. 2021 Waiver must be submitted. [Register Online](#)

Located at West Zwick's Park at 10 Bay Bridge Road, Belleville, ON.

30 Minute Body Blast

Date and Time: Wednesday, September 1 12:15 p.m. - 12:45 p.m.

Address: 344 Moira Street East, Belleville, ON344 Moira Street East, Belleville, ON

This full body workout utilizing free weights, resistance bands and body weight exercises is a great middle of the day pick-me-up. Designed to target all major muscle groups, you will receive the variety your body needs. This 30-minute class will leave you feeling stronger and more energized.

Located at Riverside Park West at 344 Moira Street East, Belleville, ON

Science Explorers - Catapult

Date and Time: Wednesday, September 1 04:30 p.m. - 5:30 p.m.

Address: Riverside Picnic Area, 344 Moira St. E., Belleville, ON Riverside Picnic Area, 344 Moira St. E., Belleville, ON

Join us each week for a different science workshop! Pre-registration is required by calling 613-966-4632 or by [registering online](#).

September 1 - Catapult

Want to learn how to make simple catapult with popsicle sticks? This catapult design is an awesome stem activity! Ages: 5-10 years

Location: Riverside Picnic Area

Cost: \$6.00

Short code: 11971

Yoga Fit

Date and Time: Wednesday, September 1 05:00 p.m. - 6:00 p.m.

Address: 54 Riverfront Trail, Belleville, ON 54 Riverfront Trail, Belleville, ON

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](#)

Located at Lion's Park 54 Riverfront Trail, Belleville, ON

Fit & Firm

Date and Time: Wednesday, September 1 05:35 p.m. - 6:35 p.m.

Address: 344 Moira Street East, Belleville, ON 344 Moira Street East, Belleville, ON

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

Located at Riverside Park West at 344 Moira Street East, Belleville, ON

Line Dancing

Date and Time: Wednesday, September 1 06:00 p.m. - 7:00 p.m.

Address: 241 North Park Street, Belleville, ON, K8P 2Z1 241 North Park Street, Belleville, ON, K8P 2Z1

Line dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. Come out and try Line Dancing - you will have a great time! This class is offered in both an adult or an older adult option.

Located at Memorial Garden at 241 North Park Street, Belleville, ON, K8P 2Z1.

Thursday, September 2, 2021

B.L.T. (Butts, Legs and Tummy)

Date and Time: Thursday, September 2 07:30 a.m. - 8:00 a.m.

Address: 344 Moira Street East, Belleville, ON 344 Moira Street East, Belleville, ON

Who doesn't want a B.L.T. first thing in the morning? Join us in this 30 minute fitness class where your instructor will focus on working your legs, butt and tummy. You will use body weight, resistance bands and dumbbells to target the big and small muscles in each area! 2021 Waiver must be submitted. [Register Online](#)

Located at Riverside Park West at 344 Moira Street East, Belleville, ON

Older Adult Yoga - Zoom

Date and Time: Thursday, September 2 09:00 a.m. - 10:00 a.m.

Address: Zoom (Online)Zoom (Online)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat. 2021 Waiver must be submitted. [Register Online](#)

Located on Zoom (Online)

Stretch and Strengthen - Zoom

Date and Time: Thursday, September 2 10:00 a.m. - 11:00 a.m.

Address: Zoom (Online)Zoom (Online)

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 work towards improving your total body strength, cardiovascular health, and flexibility. 2021 Waiver must be submitted. [Register Online](#)

Located on Zoom (Online)

Older Adult Yoga

Date and Time: Thursday, September 2 10:15 a.m. - 11:15 a.m.

Address: 119 Birch Street, Belleville, ON 119 Birch Street, Belleville, ON

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat. 2021 Waiver must be submitted. [Register Online](#)

Located at Parkdale Vertern's Park 119 Birch Street, Belleville, ON

Total Body Fitness

Date and Time: Thursday, September 2 10:30 a.m. - 11:30 a.m.

Address: 344 Moira Street East, Belleville, ON344 Moira Street East, Belleville, ON

Do you want to burn fat and build lean muscle while improving your overall total body fitness? This new class incorporates strength training, cardio and stretching to work your entire body. Strength training helps keep bones and joints strong and is one of the best defenses against osteoporosis, while exercise in general will help prevent falls, combat depression and anxiety, and prevent cognitive decline. Weights and bands will be provided. Participants must bring their own mat and can bring their own weights and bands if preferred. 2021 Waiver must be submitted. [Register Online](#)

Located at Riverside Park West at 344 Moira Street East, Belleville, ON

Cardio & Core (Zoom)

Date and Time: Thursday, September 2 12:15 p.m. - 12:45 p.m.

Address: ZoomZoom

[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.

Cardio & Core

Date and Time: Thursday, September 2 12:15 p.m. - 12:45 p.m.

Address: 135 Adam St, Belleville, ON, K8N 5K3 135 Adam St, Belleville, ON, K8N 5K3

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](#) or register by calling 613-966-4632. 2021 waiver must be submitted.

Located at St. Theresa's Soccer Field at 135 Adam St, Belleville, ON, K8N 5K3.

Cardio & Core

Date and Time: Thursday, September 2 05:15 p.m. - 5:45 p.m.

Address: 135 Adam St, Belleville, ON, K8N 5K3 135 Adam St, Belleville, ON, K8N 5K3

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](#) or register by calling 613-966-4632. 2021 waiver must be submitted.

Located at St. Theresa's Soccer Field at 135 Adam St, Belleville, ON, K8N 5K3.

Cuts & Curves

Date and Time: Thursday, September 2 06:15 p.m. - 7:00 p.m.

Address: 135 Adam St, Belleville, ON, K8N 5K3 135 Adam St, Belleville, ON, K8N 5K3

This program is for women only and designed to increase muscle and core strength and endurance. You will learn how to safely perform a variety of weight training exercises using different weights, bands and your own body weight to reach your personal goals. 2021 waiver must be submitted. [Register Online](#) or by calling 613-966-4632.

Located at St. Theresa's Soccer Field at 135 Adam St, Belleville, ON, K8N 5K3.

Located at St. Theresa's Soccer Field at 135 Adam St, Belleville, ON, K8N 5K3.

Friday, September 3, 2021

Older Adult Yoga

Date and Time: Friday, September 3 09:30 a.m. - 10:30 a.m.

Address: 241 North Park Street, Belleville, ON 241 North Park Street, Belleville, ON

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat. 2021 Waiver must be submitted. [Register Online](#)

Located at Memorial Garden 241 North Park Street, Belleville, ON

Mix It Up

Date and Time: Friday, September 3 10:15 a.m. - 11:15 a.m.

Address: 344 Moira Street East, Belleville, ON 344 Moira Street East, Belleville, ON

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, 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](#)

Located at Riverside Park West 344 Moira Street East, Belleville, ON.

Stretch & Relax

Date and Time: Friday, September 3 12:15 p.m. - 12:45 p.m.

Address: 241 North Park Street, Belleville, ON K8P 2Z1
241 North Park Street, Belleville, ON K8P 2Z1

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.

Located at Memorial Garden at 241 North Park Street, Belleville, ON K8P 2Z1.

Monday, September 6, 2021

Labour Day Public Swim at Kinsmen (Pre-registration required)

Date and Time: Monday, September 6 10:30 a.m. - 12:00 p.m.

Address: 151 Dundas St. E., Belleville, ON K8N 1C3
151 Dundas St. E., Belleville, ON K8N 1C3

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. Please note that telephone registration for September 6 Labour Day swim must be done in advance as the office is closed for the holiday.

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

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. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Children under 10 must be accompanied by an adult. Equipment is limited in this opening phase; please bring your own equipment from home when possible.

This swim is in the Kinsmen Community Outdoor Pool.

Labour Day Public Swim at Kinsmen (Pre-registration required)

Date and Time: Monday, September 6 12:30 p.m. - 2:00 p.m.

Address: 151 Dundas St. E., Belleville, ON K8N 1C3
151 Dundas St. E., Belleville, ON K8N 1C3

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. Please note that telephone registration for September 6 Labour Day swim must be done in advance as the office is closed for the holiday.

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

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. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Children under 10 must be accompanied by an adult. Equipment is limited in this opening phase; please bring your own equipment from home when possible.

This swim is in the Kinsmen Community Outdoor Pool.

Labour Day Public Swim at Kinsmen (Pre-registration required)

Date and Time: Monday, September 6 02:30 p.m. - 4:00 p.m.

Address: 151 Dundas St. E., Belleville, ON K8N 1C3
151 Dundas St. E., Belleville, ON K8N 1C3

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. Please note that telephone registration for September 6 Labour Day swim must be done in advance

as the office is closed for the holiday.

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

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. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Children under 10 must be accompanied by an adult. Equipment is limited in this opening phase; please bring your own equipment from home when possible.

This swim is in the Kinsmen Community Outdoor Pool.

Tuesday, September 7, 2021

Lane Swim (Pre-registration required)

Date and Time: Tuesday, September 7 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Tuesday, September 7 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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: Tuesday, September 7 08:00 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 7 09:00 a.m. - 9:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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: Tuesday, September 7 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 7 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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: Tuesday, September 7 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 7 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. 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: Tuesday, September 7 02:00 p.m. - 3:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. For ages 50+. Please book based on the pool you will be swimming in. 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, September 7 03:00 p.m. - 3:45 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Parent and Tot Swim (Pre-registration required)

Date and Time: Tuesday, September 7 03:15 p.m. - 4:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is for Parent/guardians and children 4 and under. 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, September 7 07:30 p.m. - 8:55 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. 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: Tuesday, September 7 08:00 p.m. - 8:45 p.m.

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

Wednesday, September 8, 2021

Lane Swim (Pre-registration required)

Date and Time: Wednesday, September 8 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Wednesday, September 8 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 8 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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Lane Swim (Pre-registration required)

Date and Time: Wednesday, September 8 08:00 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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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: Wednesday, September 8 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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: Wednesday, September 8 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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Public Swim (Pre-registration required)

Date and Time: Wednesday, September 8 11:15 a.m. - 12:30 p.m.

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

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

For Public Swims, both the Main and Therapy/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. 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: Wednesday, September 8 02:00 p.m. - 3:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. For ages 50+. Please book based on the pool you will be swimming in. 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, September 8 03:00 p.m. - 3:45 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Wednesday, September 8 03:15 p.m. - 4:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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: Wednesday, September 8 08:00 p.m. - 8:45 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 9 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Thursday, September 9 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 9 08:00 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 9 09:00 a.m. - 9:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 9 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 9 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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, September 9 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 9 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. 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, September 9 02:00 p.m. - 3:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. For ages 50+. Please book based on the pool you will be swimming in. 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, September 9 03:00 p.m. - 3:45 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Parent and Tot Swim (Pre-registration required)

Date and Time: Thursday, September 9 03:15 p.m. - 4:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is for Parent/guardians and children 4 and under. 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, September 9 08:00 p.m. - 8:45 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 10, 2021

Lane Swim (Pre-registration required)

Date and Time: Friday, September 10 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Friday, September 10 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 10 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 10 08:00 a.m. - 8:45 a.m.

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

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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: Friday, September 10 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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, September 10 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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: Friday, September 10 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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: Friday, September 10 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. 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: Friday, September 10 02:00 p.m. - 3:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. For ages 50+. Please book based on the pool you will be swimming in. 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, September 10 03:00 p.m. - 3:45 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Friday, September 10 03:15 p.m. - 4:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Saturday, September 11, 2021

Rehabilitation Swim (Pre-registration required)

Date and Time: Saturday, September 11 08:00 a.m. - 9:00 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 11 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. 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, September 11 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 11 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 11 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Sunday, September 12, 2021

Lane Swim (Pre-registration required)

Date and Time: Sunday, September 12 08:00 a.m. - 8:55 a.m.

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

Rehabilitation Swim (Pre-registration required)

Date and Time: Sunday, September 12 08:00 a.m. - 9:00 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 12 09:00 a.m. - 10:15 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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, September 12 09:00 a.m. - 10:00 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 12 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 12 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. 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, September 12 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 12 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Monday, September 13, 2021

Lane Swim (Pre-registration required)

Date and Time: Monday, September 13 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Monday, September 13 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 13 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 13 08:00 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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: Monday, September 13 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Fitness

Date and Time: Monday, September 13 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Family Swim (Pre-registration required)

Date and Time: Monday, September 13 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Strong Seniors

Date and Time: Monday, September 13 09:15 a.m. - 10:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Strong Seniors

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Strong Seniors (Zoom)

Date and Time: Monday, September 13 09:15 a.m. - 10:00 a.m.

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

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

Strong Seniors (Zoom)

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Fitness

Date and Time: Monday, September 13 10:00 a.m. - 10:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Gentle Pilates (Zoom)

Date and Time: Monday, September 13 10:30 a.m. - 11:30 a.m.

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

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

Gentle Pilates (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.

Proof of vaccination required to enter the building unless you have an exemption.

Gentle Pilates

Date and Time: Monday, September 13 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Gentle Pilates

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.

Proof of vaccination required to enter the building unless you have an exemption.

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

Date and Time: Monday, September 13 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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, September 13 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Line Dancing - Experienced

Date and Time: Monday, September 13 11:30 a.m. - 12:30 p.m.

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

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

Line Dancing - Experienced

Not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. This class is for those people who have experience with line dancing and are familiar with the terms and steps in line dancing. This class is for those people who have experience with line dancing and are familiar with the terms and steps in line dancing. Come out and try Line Dancing - you will have a great time!

Proof of vaccination required to enter the building unless you have an exemption.

Tuesday, September 14, 2021

Lane Swim (Pre-registration required)

Date and Time: Tuesday, September 14 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Tuesday, September 14 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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: Tuesday, September 14 08:00 a.m. - 8:45 a.m.

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

Aqua Fitness

Date and Time: Tuesday, September 14 08:00 a.m. - 8:45 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Lane Swim (Pre-registration required)

Date and Time: Tuesday, September 14 09:00 a.m. - 9:55 a.m.

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

Tai Chi (Intermediate)

Date and Time: Tuesday, September 14 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Riverside Park/Minor Sports Room

Tai Chi

Tai Chi is an ancient Chinese exercise. Men and women of all ages can practice these non-strenuous, flowing and relaxing movements to regain their natural health and remain in good physical condition. It is often described as a "moving meditation" because it relieves stress, improves concentration, perception and balance. It is also an effective therapy for many health problems. This class is suitable for beginners and intermediate participants. The Fall "A" session will run at Riverside Park Pavilion with the Minor Sports room as a back up location as needed due to weather.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Mix It Up

Date and Time: Tuesday, September 14 09:45 a.m. - 10:45 a.m.

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

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

Mix It Up

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

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Tuesday, September 14 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 14 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Joint Replacement Rehabilitation

Date and Time: Tuesday, September 14 10:00 a.m. - 10:45 a.m.

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

Joint Replacement Rehabilitation

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+) (Zoom)

Date and Time: Tuesday, September 14 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+)

Date and Time: Tuesday, September 14 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Tai Chi (Beginner)

Date and Time: Tuesday, September 14 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Riverside Park/Minor Sports Room

Tai Chi

Tai Chi is an ancient Chinese exercise. Men and women of all ages can practice these non-strenuous, flowing and relaxing movements to regain their natural health and remain in good physical condition. It is often described as a "moving meditation" because it relieves stress, improves concentration, perception and balance. It is also an effective therapy for many health problems. This class is suitable for beginners and intermediate participants. The Fall "A" session will run at Riverside Park Pavilion with the Minor Sports room as a back up location as needed due to weather.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Tuesday, September 14 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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, September 14 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. 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, September 15 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Wednesday, September 15 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 15 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 15 08:00 a.m. - 8:45 a.m.

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

Aqua Fitness

Date and Time: Wednesday, September 15 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Family Swim (Pre-registration required)

Date and Time: Wednesday, September 15 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Strong Seniors

Date and Time: Wednesday, September 15 09:15 a.m. - 10:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Strong Seniors

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Strong Seniors (Zoom)

Date and Time: Wednesday, September 15 09:15 a.m. - 10:00 a.m.

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

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

Strong Seniors (Zoom)

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Fitness

Date and Time: Wednesday, September 15 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Stretch & Balance Fit

Date and Time: Wednesday, September 15 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Balance Fit

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of seated and standing gentle movements in resistance training, balance and flexibility exercises. All exercises can be performed on a chair if needed.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Stretch & Balance Fit (Zoom)

Date and Time: Wednesday, September 15 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Balance Fit (Zoom)

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of seated and standing gentle movements in resistance training, balance and flexibility exercises. All exercises can be performed on a chair if needed.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Chair Yoga

Date and Time: Wednesday, September 15 11:00 a.m. - 11:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Chair Yoga

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Chair Yoga (Zoom)

Date and Time: Wednesday, September 15 11:00 a.m. - 11:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Chair Yoga (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.

Proof of vaccination required to enter the building unless you have an exemption.

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

Date and Time: Wednesday, September 15 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 15 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Thursday, September 16, 2021

Lane Swim (Pre-registration required)

Date and Time: Thursday, September 16 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Thursday, September 16 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 16 08:00 a.m. - 8:45 a.m.

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

Aqua Fitness

Date and Time: Thursday, September 16 08:00 a.m. - 8:45 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Lane Swim (Pre-registration required)

Date and Time: Thursday, September 16 09:00 a.m. - 9:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 16 09:00 a.m. - 9:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

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

Date and Time: Thursday, September 16 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 16 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Older Adult Yoga (50+)

Date and Time: Thursday, September 16 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

Proof of vaccination required to enter the building unless you have an exemption.

Older Adult Yoga (50+) (Zoom)

Date and Time: Thursday, September 16 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

Proof of vaccination required to enter the building unless you have an exemption.

Stretch & Strengthen (Zoom)

Date and Time: Thursday, September 16 10:30 a.m. - 11:30 a.m.

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

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

Stretch & Strengthen (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 work towards improving your total body strength, cardiovascular health, and flexibility.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Stretch & Strengthen

Date and Time: Thursday, September 16 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Strengthen

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 work towards improving your total body strength, cardiovascular health, and flexibility.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Thursday, September 16 11:00 a.m. - 12:00 p.m.

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, September 16 11:15 a.m. - 12:30 p.m.

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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Cardio & Core (Zoom)

Date and Time: Thursday, September 16 12:15 p.m. - 12:45 p.m.

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

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

Cardio & Core (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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Friday, September 17, 2021

Lane Swim (Pre-registration required)

Date and Time: Friday, September 17 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Friday, September 17 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 17 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 17 08:00 a.m. - 8:45 a.m.

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

Muck & Mess

Date and Time: Friday, September 17 09:00 a.m. - 10:00 a.m.

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

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

Muck & Mess

Your child will discover the world of art and crafts. Using chalk, paint, bubbles and more. Your child will socialize with other children all while sparking their imagination! Ages: 18 months to 3 years.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Fitness

Date and Time: Friday, September 17 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Family Swim (Pre-registration required)

Date and Time: Friday, September 17 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Older Adult Yoga (50+) (Zoom)

Date and Time: Friday, September 17 09:30 a.m. - 10:30 a.m.

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

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

Proof of vaccination required to enter the building unless you have an exemption.

Older Adult Yoga (50+)

Date and Time: Friday, September 17 09:30 a.m. - 10:30 a.m.

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

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

Proof of vaccination required to enter the building unless you have an exemption.

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

Date and Time: Friday, September 17 10:00 a.m. - 10:45 a.m.

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

Critters & Dinos

Date and Time: Friday, September 17 10:15 a.m. - 11:15 a.m.

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

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

Critters & Dinos

If your child is interested in bugs, critters and dinosaurs then join us each week to learn about a different critter or creature! Through crafts, games and activities your child will be sure to a blast! Ages: 18 months to 3 years.

Proof of vaccination required to enter the building unless you have an exemption.

Mix It Up

Date and Time: Friday, September 17 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Mix It Up

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

Proof of vaccination required to enter the building unless you have an exemption.

Mix It Up (Zoom)

Date and Time: Friday, September 17 10:30 a.m. - 11:30 a.m.

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

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

Mix It Up (Zoom)

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

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Friday, September 17 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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: Friday, September 17 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Saturday, September 18, 2021

Rehabilitation Swim (Pre-registration required)

Date and Time: Saturday, September 18 08:00 a.m. - 9:00 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 18 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. 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, September 18 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 18 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 18 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Sunday, September 19, 2021

Lane Swim (Pre-registration required)

Date and Time: Sunday, September 19 08:00 a.m. - 8:55 a.m.

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

Rehabilitation Swim (Pre-registration required)

Date and Time: Sunday, September 19 08:00 a.m. - 9:00 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 19 09:00 a.m. - 10:15 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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, September 19 09:00 a.m. - 10:00 a.m.

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

Aqua Cross Training

Date and Time: Sunday, September 19 11:00 a.m. - 11:55 a.m.

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

Aqua Cross Training

This class is taught in our Main Pool and you will use steps, gloves, fins and receive a full body workout including increasing balance, strength and flexibility.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Mind and Body

Date and Time: Sunday, September 19 12:10 p.m. - 12:55 p.m.

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

Aqua Mind and Body

This class taught in the therapeutic pool will explore movements taken from the disciplines of Tai Chi, Yoga or Pilates to help control breathing, increase flexibility, core stability, coordination, and muscular endurance. Enhance your posture using the relaxing and healing properties of water.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Sunday, September 19 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. 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, September 19 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. 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, September 19 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. 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, September 19 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Monday, September 20, 2021

Lane Swim (Pre-registration required)

Date and Time: Monday, September 20 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Monday, September 20 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 20 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 20 08:00 a.m. - 8:45 a.m.

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

Aqua Fitness

Date and Time: Monday, September 20 09:00 a.m. - 9:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Family Swim (Pre-registration required)

Date and Time: Monday, September 20 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Strong Seniors

Date and Time: Monday, September 20 09:15 a.m. - 10:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Strong Seniors

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

Proof of vaccination required to enter the building unless you have an exemption.

Strong Seniors (Zoom)

Date and Time: Monday, September 20 09:15 a.m. - 10:00 a.m.

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

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

Strong Seniors (Zoom)

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

Proof of vaccination required to enter the building unless you have an exemption.

Aqua Fitness

Date and Time: Monday, September 20 10:00 a.m. - 10:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Gentle Pilates (Zoom)

Date and Time: Monday, September 20 10:30 a.m. - 11:30 a.m.

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

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

Gentle Pilates (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.

Proof of vaccination required to enter the building unless you have an exemption.

Gentle Pilates

Date and Time: Monday, September 20 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Gentle Pilates

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.

Proof of vaccination required to enter the building unless you have an exemption.

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

Date and Time: Monday, September 20 11:00 a.m. - 12:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 20 11:15 a.m. - 12:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pools are open. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Line Dancing - Experienced

Date and Time: Monday, September 20 11:30 a.m. - 12:30 p.m.

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

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

Line Dancing - Experienced

Not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. This class is for those people who have experience with line dancing and are familiar with the terms and steps in line dancing. This class is for those people who have experience with line dancing and are familiar with the terms and steps in line dancing. Come out and try Line Dancing - you will have a great time!

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Deep Water Aqua Fitness

Date and Time: Monday, September 20 12:00 p.m. - 12:45 p.m.

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

Deep Water 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!

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Lane Swim (Pre-registration required)

Date and Time: Tuesday, September 21 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Tuesday, September 21 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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: Tuesday, September 21 08:00 a.m. - 8:45 a.m.

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

FDC Indoor Track

Date and Time: Tuesday, September 21 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Fitness

Date and Time: Tuesday, September 21 08:00 a.m. - 8:45 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Therapy Fitness

Date and Time: Tuesday, September 21 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Lane Swim (Pre-registration required)

Date and Time: Tuesday, September 21 09:00 a.m. - 9:55 a.m.

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

Tai Chi (Intermediate)

Date and Time: Tuesday, September 21 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Riverside Park/Minor Sports Room

Tai Chi

Tai Chi is an ancient Chinese exercise. Men and women of all ages can practice these non-strenuous, flowing and relaxing movements to regain their natural health and remain in good physical condition. It is often described as a "moving meditation" because it relieves stress, improves concentration, perception and balance. It is also an effective therapy for many health problems. This class is suitable for beginners and intermediate participants. The Fall "A" session will run at Riverside Park Pavilion with the Minor Sports room as a back up location as needed due to weather.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Tuesday, September 21 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Mix It Up

Date and Time: Tuesday, September 21 09:45 a.m. - 10:45 a.m.

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

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

Mix It Up

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

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Tuesday, September 21 10:00 a.m. - 10:45 a.m.

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

Joint Replacement Rehabilitation

Date and Time: Tuesday, September 21 10:00 a.m. - 10:45 a.m.

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

Joint Replacement Rehabilitation

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Family Swim (Pre-registration required)

Date and Time: Tuesday, September 21 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Older Adult Yoga (50+) (Zoom)

Date and Time: Tuesday, September 21 10:15 a.m. - 11:15 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+)

Date and Time: Tuesday, September 21 10:15 a.m. - 11:15 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Wednesday, September 22, 2021

Lane Swim (Pre-registration required)

Date and Time: Wednesday, September 22 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8Quinte 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Wednesday, September 22 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8Quinte 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 22 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 22 08:00 a.m. - 8:45 a.m.

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

FDC Indoor Track

Date and Time: Wednesday, September 22 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Family Swim (Pre-registration required)

Date and Time: Wednesday, September 22 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Wednesday, September 22 09:00 a.m. - 9:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Wednesday, September 22 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Strong Seniors

Date and Time: Wednesday, September 22 09:15 a.m. - 10:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Strong Seniors

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Strong Seniors (Zoom)

Date and Time: Wednesday, September 22 09:15 a.m. - 10:00 a.m.

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

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

Strong Seniors (Zoom)

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Fitness

Date and Time: Wednesday, September 22 10:00 a.m. - 10:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Wednesday, September 22 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Stretch & Balance Fit

Date and Time: Wednesday, September 22 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Balance Fit

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of seated and standing gentle movements in resistance training, balance and flexibility exercises. All exercises can be performed on a chair if needed.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Stretch & Balance Fit (Zoom)

Date and Time: Wednesday, September 22 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Balance Fit (Zoom)

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of seated and standing gentle movements in resistance training, balance and flexibility exercises. All exercises can be performed on a chair if needed.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Chair Yoga

Date and Time: Wednesday, September 22 11:00 a.m. - 11:45 a.m.

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

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

Chair Yoga

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Thursday, September 23, 2021

Lane Swim (Pre-registration required)

Date and Time: Thursday, September 23 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Thursday, September 23 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. Prior to attending your first swim, please watch our reopening video that is posted on our website.

FDC Indoor Track

Date and Time: Thursday, September 23 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Thursday, September 23 08:00 a.m. - 8:45 a.m.

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

Aqua Fitness

Date and Time: Thursday, September 23 08:00 a.m. - 8:45 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Lane Swim (Pre-registration required)

Date and Time: Thursday, September 23 09:00 a.m. - 9:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 23 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Thursday, September 23 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Family Swim (Pre-registration required)

Date and Time: Thursday, September 23 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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, September 23 10:00 a.m. - 10:45 a.m.

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

Older Adult Yoga (50+)

Date and Time: Thursday, September 23 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+) (Zoom)

Date and Time: Thursday, September 23 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Stretch & Strengthen (Zoom)

Date and Time: Thursday, September 23 10:30 a.m. - 11:30 a.m.

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

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

Stretch & Strengthen (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 work towards improving your total body strength, cardiovascular health, and flexibility.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Thursday, September 23 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Stretch & Strengthen

Date and Time: Thursday, September 23 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Strengthen

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 work towards improving your total body strength, cardiovascular health, and flexibility.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Lane Swim (Pre-registration required)

Date and Time: Friday, September 24 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Friday, September 24 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 24 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 24 08:00 a.m. - 8:45 a.m.

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

FDC Indoor Track

Date and Time: Friday, September 24 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Muck & Mess

Date and Time: Friday, September 24 09:00 a.m. - 10:00 a.m.

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

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

Muck & Mess

Your child will discover the world of art and crafts. Using chalk, paint, bubbles and more. Your child will socialize with other children all while sparking their imagination! Ages: 18 months to 3 years.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Family Swim (Pre-registration required)

Date and Time: Friday, September 24 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Friday, September 24 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Friday, September 24 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+)

Date and Time: Friday, September 24 09:30 a.m. - 10:30 a.m.

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

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+) (Zoom)

Date and Time: Friday, September 24 09:30 a.m. - 10:30 a.m.

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

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Friday, September 24 10:00 a.m. - 10:45 a.m.

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

Critters & Dinos

Date and Time: Friday, September 24 10:15 a.m. - 11:15 a.m.

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

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

Critters & Dinos

If your child is interested in bugs, critters and dinosaurs then join us each week to learn about a different critter or creature! Through crafts, games and activities your child will be sure to a blast! Ages: 18 months to 3 years.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Mix It Up

Date and Time: Friday, September 24 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Mix It Up

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

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Mix It Up (Zoom)

Date and Time: Friday, September 24 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Mix It Up (Zoom)

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

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Saturday, September 25, 2021

FDC Indoor Track

Date and Time: Saturday, September 25 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Rehabilitation Swim (Pre-registration required)

Date and Time: Saturday, September 25 08:00 a.m. - 9:00 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8Quinte 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. Prior to attending your first swim, please watch our reopening video that is posted on our website.

FDC Indoor Track

Date and Time: Saturday, September 25 09:15 a.m. - 10:15 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Saturday, September 25 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Saturday, September 25 11:45 a.m. - 12:45 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Public Swim (Pre-registration required)

Date and Time: Saturday, September 25 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8Quinte 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/preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. 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, September 25 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8Quinte 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

FDC Indoor Track

Date and Time: Saturday, September 25 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Saturday, September 25 02:15 p.m. - 3:15 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Saturday, September 25 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. 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, September 25 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. Prior to attending your first swim, please watch our reopening video that is posted on our website.

FDC Indoor Track

Date and Time: Saturday, September 25 03:30 p.m. - 4:30 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Saturday, September 25 04:45 p.m. - 5:45 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Saturday, September 25 06:00 p.m. - 7:00 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Saturday, September 25 07:15 p.m. - 8:15 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Sunday, September 26, 2021

FDC Indoor Track

Date and Time: Sunday, September 26 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Rehabilitation Swim (Pre-registration required)

Date and Time: Sunday, September 26 08:00 a.m. - 9:00 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 26 08:00 a.m. - 8:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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, September 26 09:00 a.m. - 10:15 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool Pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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, September 26 09:00 a.m. - 10:00 a.m.

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

FDC Indoor Track

Date and Time: Sunday, September 26 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Sunday, September 26 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Cross Training

Date and Time: Sunday, September 26 11:00 a.m. - 11:55 a.m.

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

Aqua Cross Training

This class is taught in our Main Pool and you will use steps, gloves, fins and receive a full body workout including increasing balance, strength and flexibility.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Sunday, September 26 11:45 a.m. - 12:45 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Aqua Mind and Body

Date and Time: Sunday, September 26 12:10 p.m. - 12:55 p.m.

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

Aqua Mind and Body

This class taught in the therapeutic pool will explore movements taken from the disciplines of Tai Chi, Yoga or Pilates to help control breathing, increase flexibility, core stability, coordination, and muscular endurance. Enhance your posture using the relaxing and healing properties of water.

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Sunday, September 26 01:00 p.m. - 2:00 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Public Swim (Pre-registration required)

Date and Time: Sunday, September 26 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/preschool pools are open. For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water swim within arm's reach at all times. 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, September 26 01:00 p.m. - 2:00 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

FDC Indoor Track

Date and Time: Sunday, September 26 02:15 p.m. - 3:15 p.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Sunday, September 26 02:30 p.m. - 3:30 p.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Monday, September 27, 2021

Lane Swim (Pre-registration required)

Date and Time: Monday, September 27 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Monday, September 27 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 27 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. 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, September 27 08:00 a.m. - 8:45 a.m.

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

FDC Indoor Track

Date and Time: Monday, September 27 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Family Swim (Pre-registration required)

Date and Time: Monday, September 27 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Monday, September 27 09:00 a.m. - 9:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Monday, September 27 09:15 a.m. - 10:15 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Strong Seniors

Date and Time: Monday, September 27 09:15 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Strong Seniors

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Strong Seniors (Zoom)

Date and Time: Monday, September 27 09:15 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Strong Seniors (Zoom)

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Aqua Fitness

Date and Time: Monday, September 27 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Monday, September 27 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Gentle Pilates (Zoom)

Date and Time: Monday, September 27 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Gentle Pilates (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.

Proof of vaccination required to enter the building unless you have an exemption.

Gentle Pilates

Date and Time: Monday, September 27 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Gentle Pilates

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.

Proof of vaccination required to enter the building unless you have an exemption.

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

Date and Time: Monday, September 27 11:00 a.m. - 12:00 p.m.

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

Tuesday, September 28, 2021

Lane Swim (Pre-registration required)

Date and Time: Tuesday, September 28 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Tuesday, September 28 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. Prior to attending your first swim, please watch our reopening video that is posted on our website.

FDC Indoor Track

Date and Time: Tuesday, September 28 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

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

Date and Time: Tuesday, September 28 08:00 a.m. - 8:45 a.m.

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

Aqua Fitness

Date and Time: Tuesday, September 28 08:00 a.m. - 8:45 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Therapy Fitness

Date and Time: Tuesday, September 28 09:00 a.m. - 9:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Lane Swim (Pre-registration required)

Date and Time: Tuesday, September 28 09:00 a.m. - 9:55 a.m.

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

FDC Indoor Track

Date and Time: Tuesday, September 28 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Tai Chi (Intermediate)

Date and Time: Tuesday, September 28 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Riverside Park/Minor Sports Room

Tai Chi

Tai Chi is an ancient Chinese exercise. Men and women of all ages can practice these non-strenuous, flowing and relaxing movements to regain their natural health and remain in good physical condition. It is often described as a "moving meditation" because it relieves stress, improves concentration, perception and balance. It is also an effective therapy for many health problems. This class is suitable for beginners and intermediate participants. The Fall "A" session will run at Riverside Park Pavilion with the Minor Sports room as a back up location as needed due to weather.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Mix It Up

Date and Time: Tuesday, September 28 09:45 a.m. - 10:45 a.m.

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

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

Mix It Up

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

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Tuesday, September 28 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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, September 28 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Joint Replacement Rehabilitation

Date and Time: Tuesday, September 28 10:00 a.m. - 10:45 a.m.

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

Joint Replacement Rehabilitation

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+) (Zoom)

Date and Time: Tuesday, September 28 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Older Adult Yoga (50+)

Date and Time: Tuesday, September 28 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

Wednesday, September 29, 2021

Lane Swim (Pre-registration required)

Date and Time: Wednesday, September 29 06:00 a.m. - 6:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Wednesday, September 29 06:30 a.m. - 7:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. 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, September 29 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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. 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, September 29 08:00 a.m. - 8:45 a.m.

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

FDC Indoor Track

Date and Time: Wednesday, September 29 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Family Swim (Pre-registration required)

Date and Time: Wednesday, September 29 09:00 a.m. - 10:30 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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/Preschool pool (unless otherwise marked). All children under 16 must be accompanied by an adult who will remain in the pool with them. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Aqua Fitness

Date and Time: Wednesday, September 29 09:00 a.m. - 9:50 a.m.

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

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

FDC Indoor Track

Date and Time: Wednesday, September 29 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Strong Seniors

Date and Time: Wednesday, September 29 09:15 a.m. - 10:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Strong Seniors

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

Proof of vaccination required to enter the building unless you have an exemption.

Strong Seniors (Zoom)

Date and Time: Wednesday, September 29 09:15 a.m. - 10:00 a.m.

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

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

Strong Seniors (Zoom)

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, body weights, bands 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.

Proof of vaccination required to enter the building unless you have an exemption.

Aqua Fitness

Date and Time: Wednesday, September 29 10:00 a.m. - 10:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Wednesday, September 29 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Stretch & Balance Fit

Date and Time: Wednesday, September 29 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Balance Fit

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of seated and standing gentle movements in resistance training, balance and flexibility exercises. All exercises can be performed on a chair if needed.

Proof of vaccination required to enter the building unless you have an exemption.

Stretch & Balance Fit (Zoom)

Date and Time: Wednesday, September 29 10:30 a.m. - 11:30 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Balance Fit (Zoom)

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of seated and standing gentle movements in resistance training, balance and flexibility exercises. All exercises can be performed on a chair if needed.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Chair Yoga

Date and Time: Wednesday, September 29 11:00 a.m. - 11:45 a.m.

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

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

Chair Yoga

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.

[Proof of vaccination required to enter the building unless you have an exemption.](#)

Thursday, September 30, 2021

Lane Swim (Pre-registration required)

Date and Time: Thursday, September 30 07:00 a.m. - 7:55 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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. Prior to attending your first swim, please watch our reopening video that is posted on our website.

Rehabilitation Swim (Pre-registration required)

Date and Time: Thursday, September 30 07:15 a.m. - 8:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8 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 and is a therapeutic swim to work on rehabilitation, mobility, stretching and strengthening. Prior to attending your first swim, please watch our reopening video that is posted on our website.

FDC Indoor Track

Date and Time: Thursday, September 30 08:00 a.m. - 9:00 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

[Proof of vaccination required to enter the building unless you have an exemption.](#)

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

Date and Time: Thursday, September 30 08:00 a.m. - 8:45 a.m.

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

Aqua Fitness

Date and Time: Thursday, September 30 08:00 a.m. - 8:45 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Therapy Fitness

Date and Time: Thursday, September 30 09:00 a.m. - 9:50 a.m.

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

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.

Proof of vaccination required to enter the building unless you have an exemption.

Lane Swim (Pre-registration required)

Date and Time: Thursday, September 30 09:00 a.m. - 9:55 a.m.

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

FDC Indoor Track

Date and Time: Thursday, September 30 09:15 a.m. - 10:15 a.m.

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

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Family Swim (Pre-registration required)

Date and Time: Thursday, September 30 10:00 a.m. - 10:45 a.m.

Address: Quinte Sports & Wellness Centre, 265 Cannifton Rd, Belleville, ON K8N 4V8
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 Preschool Pool (No Therapy Pool). All children under 16 must be accompanied by an adult who will remain in the pool with them. 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, September 30 10:00 a.m. - 10:45 a.m.

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

Older Adult Yoga (50+)

Date and Time: Thursday, September 30 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

Proof of vaccination required to enter the building unless you have an exemption.

Older Adult Yoga (50+) (Zoom)

Date and Time: Thursday, September 30 10:15 a.m. - 11:15 a.m.

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

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

Older Adult Yoga (50+) (Zoom)

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat.

Proof of vaccination required to enter the building unless you have an exemption.

Stretch & Strengthen (Zoom)

Date and Time: Thursday, September 30 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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

Stretch & Strengthen (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 work towards improving your total body strength, cardiovascular health, and flexibility.

Proof of vaccination required to enter the building unless you have an exemption.

FDC Indoor Track

Date and Time: Thursday, September 30 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: FDC Indoor Track

Proof of vaccination required to enter the building unless you have an exemption.

Stretch & Strengthen

Date and Time: Thursday, September 30 10:30 a.m. - 11:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Must [register online](#) or register by calling 613-966-4632. 2021 Waiver must be submitted. Location: Minor Sports Room

Stretch & Strengthen

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 work towards improving your total body strength, cardiovascular health, and flexibility.

Proof of vaccination required to enter the building unless you have an exemption.

<http://calendar.quintesportsandwellnesscentre.ca>