



Generated November 21,
2024

Week of November 17, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 <u>Lane Swim</u> 8:00 am - 8:55 am <u>Rehabilitation Swim</u> 8:00 am - 9:00 am <u>Family Swim (All Pools)</u> 9:00 am - 10:15 am <u>Lane Swim (1/2 pool)</u> 9:00 am - 10:00 am <u>Aqua Cross</u>	18 <u>Lane Swim</u> 6:00 am - 7:00 am <u>Lane Swim</u> 7:00 am - 7:55 am <u>Rehabilitation Swim</u> 7:30 am - 8:30 am <u>Lane Swim</u> 8:00 am - 8:45 am <u>Learn to Speak French - Communicate in a</u>	19 <u>December Pickleball Registration</u> 8:30 am <u>Older Adult Yoga</u> 8:45 am - 9:45 am <u>Artist Collective</u> 9:30 am - 11:30 am <u>Older Adult Yoga</u> 10:00 am - 11:00 am <u>Mix It Up</u> 10:15 am - 11:15 am	20 <u>Lane Swim</u> 6:00 am - 7:00 am <u>Lane Swim</u> 7:00 am - 7:55 am <u>Rehabilitation Swim</u> 7:30 am - 8:30 am <u>Lane Swim</u> 8:00 am - 8:45 am <u>Pickleball (Intermediate)</u> 8:45 am - 10:30 am	21 <u>Lane Swim</u> 7:00 am - 7:55 am <u>Rehabilitation Swim</u> 7:30 am - 8:30 am <u>Aqua Fitness</u> 8:00 am - 8:50 am <u>Lane Swim (1/2 pool)</u> 8:00 am - 8:45 am <u>Pickleball (Beginner)</u>	22 <u>Lane Swim</u> 6:00 am - 7:00 am <u>Lane Swim</u> 7:00 am - 8:00 am <u>Rehabilitation Swim</u> 7:30 am - 8:30 am <u>Lane Swim</u> 8:00 am - 8:45 am <u>PA Day Camp (Grades 3 - 8)</u> 8:00 am - 5:00 pm	23 <u>Preschool Play Zone (18 months to 5 Years)</u> 9:00 am - 9:45 am <u>Youth Room Drop-in (Grade 6-12)</u> 10:00 am - 2:00 pm <u>Family/Open Gym</u>

<u>Training</u> 11:00 am - 11:50 am <u>Aqua Mind and Body</u> 12:10 pm - 12:55 pm <u>Open Gym</u> 12:15 pm - 2:00 pm <u>Lane Swim (1/2 pool)</u> 2:00 pm - 3:00 pm <u>Public Swim (All Pools)</u> 2:00 pm - 3:15 pm <u>Pickleball (Recreational)</u> 2:15 pm - 4:00 pm <u>Open Gym</u> 4:30 pm - 6:15 pm <u>Basketball</u> 6:30 pm - 8:15 pm	<u>French Restaurant</u> 8:45 am - 9:45 am <u>Pickleball (Advanced)</u> 8:45 am - 10:30 am <u>Art-Muck & Mess (18 months to 3 Years)</u> 9:00 am - 9:45 am <u>Strong Seniors</u> 9:00 am - 9:45 am <u>Family Swim (All Pools)</u> 9:00 am - 10:15 am <u>Aqua Fitness</u> 9:00 am - 9:50 am <u>Zumba</u> 9:30 am - 10:30 am <u>StrongER Seniors</u> 10:00 am - 10:45 am <u>Older Adult Yoga</u> 10:00 am - 11:00 am <u>Mini Scientists (18 months to 3 Years)</u> 10:00 am - 10:45 am <u>Deaf Seniors</u> 10:00 am - 1:00 pm	<u>Parkinson's Social Hour</u> 11:45 am - 1:00 pm <u>Circuit Training</u> 12:15 pm - 12:45 pm <u>Bridge (Experienced)</u> 1:00 pm - 4:00 pm <u>Guitar Lessons: Small Group</u> <u>Format</u> 1:30 pm - 3:00 pm <u>Senior's Swim (All Pools)</u> 2:00 pm - 3:00 pm <u>Parent and Tot Swim (Therapy Pool Only)</u> 3:00 pm - 4:00 pm <u>Lane Swim</u> 3:00 pm - 4:00 pm <u>Open Gym</u> 3:15 pm - 5:00 pm <u>Artist Hub (9 to 15 Years)</u> 5:00 pm - 6:00 pm <u>Power Skating (Beginner)</u> 5:15 pm - 6:00 pm	<u>Family Swim (All Pools)</u> 9:00 am - 10:15 am <u>Aqua Fitness</u> 9:00 am - 9:50 am <u>Intro to Yoga, Continuing the Journey</u> 9:00 am - 10:00 am <u>Strong Seniors</u> 9:00 am - 9:45 am <u>OA Dancing for Fitness</u> 9:00 am - 10:00 am <u>Stitches</u> 9:00 am - 12:00 pm <u>StrongER Seniors</u> 10:00 am - 10:45 am <u>Aqua Fitness</u> 10:00 am - 10:50 am <u>Stretch and Balance Fit</u> 10:15 am - 11:15 am <u>Chair Yoga</u> 11:00 am - 11:45 am	8:45 am - 10:30 am <u>Older Adult Flow Yoga</u> 8:45 am - 9:45 am <u>Learn to Speak French - The Basics</u> 8:45 am - 9:45 am <u>Mini Scientists (18 months to 3 Years)</u> 9:00 am - 9:45 am <u>Women's Weight Training</u> 9:00 am - 9:45 am <u>Therapy Fitness</u> 9:00 am - 9:50 am <u>Lane Swim</u> 9:00 am - 9:55 am <u>Shuffleboard 9:30am-12:00pm</u> 9:30 am - 12:00 pm <u>Falls Prevention</u> 9:30 am - 11:30 am <u>Family Swim (Main Pool Only)</u> 10:00 am - 11:00 am <u>Lane Swim (1/2 pool)</u> 10:00 am - 11:00 am	<u>PA Day Camp (Grades JK -2)</u> 8:00 am - 5:00 pm <u>December Pickleball Registration</u> 8:30 am <u>Pickleball (Intermediate)</u> 8:45 am - 10:30 am <u>Aqua Fitness</u> 9:00 am - 9:50 am <u>Family Swim (All Pools)</u> 9:00 am - 10:15 am <u>Older Adult Yoga</u> 9:30 am - 10:30 am <u>Aqua Fitness</u> 10:00 am - 10:50 am <u>Mix It Up</u> 10:15 am - 11:15 am <u>Line Dancing - Beginner</u> 10:45 am - 11:45 am <u>Lane Swim (1/2 pool)</u> 11:00 am - 12:00 pm	10:15 am - 12:00 pm <u>Badminton</u> 12:00 pm - 1:45 pm <u>Open Gym</u> 2:00 pm - 3:45 pm <u>Futsal</u> 4:00 pm - 6:00 pm <u>Belleville Senators vs. Laval Rocket</u> 7:00 pm - 10:00 pm
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End Date: 11/23/2024
Start Date: 11/17/2024

<https://calendar.quintesportsandwellnesscentre.ca>