



Generated May 13, 2025

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Lane Swim - 6:00 - 6:55 a.m.</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)</p> <p>8:00 am Lane Swim - 8:00 - 8:45 a.m.</p> <p>9:00 am 50+ Centre Programs (Various Programs)</p> <p>9:00 am Family Swim - 9:00 - 10:00</p>	<p>2</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)</p> <p>8:00 am Lane Swim - 8:00 - 8:45 a.m.</p> <p>9:00 am Lane Swim - 9:00 - 9:55 a.m.</p> <p>9:00 am 50+ Centre Programs (Various Programs)</p> <p>10:00 am Lane Swim - 10:00 - 10:45 a.m.</p>	<p>3</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Lane Swim - 6:00 - 6:55 a.m.</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>8:00 am Lane Swim - 8:00 - 8:45 a.m.</p> <p>9:00 am 50+ Centre Programs (Various Programs)</p> <p>9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)</p> <p>10:00 am Family Swim - 10:00 - 11:00</p>	<p>4</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)</p> <p>1:00 pm Lane Swim - 1:00 - 2:00 p.m.</p> <p>1:00 pm Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)</p> <p>2:00 pm Open Gym - 2:00 - 3:45 p.m.</p> <p>2:15 pm Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)</p> <p>2:15 pm Lane Swim - 2:15 - 3:15 p.m.</p> <p>7:00 pm Belleville Senators vs. Rochester Americans</p>

			a.m. (Main Pool Only) 10:00 am Bay of Quinte Boys Hockey 11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m. 11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only) 2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool) 3:00 pm Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool) 3:00 pm Lane Swim - 3:00 - 3:45 p.m. 3:45 pm Lane Swim - 3:45 - 4:30 p.m. 4:00 pm Public Skating - 4:00 - 4:50 p.m. (Helmets strongly recommended) 7:00 pm Belleville Senators vs. Utica Comets 8:00 pm Lane Swim - 8:00 - 8:45 p.m.	10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only) 11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only) 2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool) 3:00 pm Lane Swim - 3:00 - 3:45 p.m. 3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m. 3:15 pm Open Gym - 3:15 - 5:00 p.m. 8:00 pm Lane Swim - 8:00 - 8:45 p.m.	a.m. (Therapy/Preschool Pool Only) 2:00 pm Senior's Swim - 2:00 - 2:55 p.m. (Therapy Pool Only) 3:00 pm Lane Swim - 3:00 - 3:45 p.m. 3:30 pm Open Gym - 3:30 - 5:15 p.m. 4:00 pm Rehabilitation Swim - 4:00 - 5:00 p.m. (Therapy Pool) 5:15 pm Open Gym - 5:15 - 7:00 pm 7:00 pm Belleville Senators vs. Rockford Icehogs	
5 6:00 am Preschool Programs (Various Programs/Date/Time) 6:00 am Children's Programs (Various Programs) 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Workout Studio (Various Dates/Times) 6:00 am Youth Room (Various Dates/Times) 8:00 am Lane Swim - 8:00 - 8:55 a.m. 8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m.	6 6:00 am Youth Room (Various Dates/Times) 6:00 am Lane Swim - 6:00 - 6:55 a.m. 6:00 am Workout Studio (Various Dates/Times) 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Pickleball - Various Levels/Dates/Times 6:00 am Children's Programs (Various Programs) 6:00 am Preschool Programs (Various Programs/Date/Time)	7 6:00 am Youth Room (Various Dates/Times) 6:00 am Workout Studio (Various Dates/Times) 6:00 am Pickleball - Various Levels/Dates/Times 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Older Adult Health & Wellness Programs (Various Programs) 6:00 am Adult Health & Wellness Programs (Various Programs)	8 6:00 am Youth Room (Various Dates/Times) 6:00 am Lane Swim - 6:00 - 6:55 a.m. 6:00 am Gymnasium Closed for Special Events 6:00 am Workout Studio (Various Dates/Times) 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Pickleball - Various Levels/Dates/Times 6:00 am Children's Programs (Various Programs)	9 6:00 am Gymnasium Closed for Special Events 6:00 am Youth Room (Various Dates/Times) 6:00 am Workout Studio (Various Dates/Times) 6:00 am Preschool Programs (Various Programs/Date/Time) 6:00 am Children's Programs (Various Programs) 7:00 am Lane Swim - 7:00 - 7:55 a.m. 7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)	10 6:00 am Gymnasium Closed for Special Events 6:00 am No Programs, Pool or Ice Rentals at the QSWC due to RV Show 10:00 am Quinte Sportsman Boat and RV Show	11 6:00 am No Programs, Pool or Ice Rentals at the QSWC due to RV Show 6:00 am Gymnasium Closed for Special Events 9:00 am Quinte Sportsman Boat and RV Show

(Therapy Pool) 9:00 am Lane Swim - 9:00 - 10:00 a.m. 9:00 am Family Swim - 9:00 - 10:15 a.m. (All pools) 1:00 pm Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool) 1:00 pm Lane Swim - 1:00 - 2:00 p.m. 1:30 pm Open Gym - 1:30 - 3:15 p.m. 2:15 pm Lane Swim - 2:15 - 3:15 p.m. 2:15 pm Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool) 3:15 pm Open Gym - 3:15 - 5:00 p.m.	6:00 am Adult Health & Wellness Programs (Various Programs) 6:00 am Older Adult Health & Wellness Programs (Various Programs) 7:00 am Lane Swim - 7:00 - 7:55 a.m. 8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool) 9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only) 9:00 am 50+ Centre Programs (Various Programs) 10:00 am C.O.S.S.A. Boys Hockey 11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m. 11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only) 2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool) 3:00 pm Rehabilitation Swim - 3:00 - 4:30 p.m. (Therapy Pool) 3:00 pm Lane Swim - 3:00 - 3:45 p.m. 3:30 pm Open Gym - 3:30 - 5:15 p.m. 3:45 pm Lane Swim - 3:45 - 4:30 p.m. 8:00 pm Lane Swim - 8:00 - 8:45 p.m.	6:00 am Preschool Programs (Various Programs/Date/Time) 6:00 am Children's Programs (Various Programs) 7:00 am Lane Swim - 7:00 - 7:55 a.m. 7:00 am Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool) 8:00 am Lane Swim - 8:00 - 8:45 a.m. 9:00 am Lane Swim - 9:00 - 9:55 a.m. 9:00 am 50+ Centre Programs (Various Programs) 10:00 am Lane Swim - 10:00 - 10:45 a.m. 10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only) 11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only) 2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool) 3:00 pm Lane Swim - 3:00 - 3:45 p.m. 3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m. 3:30 pm Open Gym - 3:30 - 5:15 p.m. 7:30 pm Public Swim - 7:30 - 8:55 p.m. (Main Pool or Therapy/Preschool Pool) 8:00 pm Lane Swim - 8:00 - 8:45 p.m.	6:00 am Preschool Programs (Various Programs/Date/Time) 6:00 am Older Adult Health & Wellness Programs (Various Programs) 7:00 am Lane Swim - 7:00 - 7:55 a.m. 7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool) 8:00 am Lane Swim - 8:00 - 8:45 a.m. 9:00 am 50+ Centre Programs (Various Programs) 9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only) 11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m. 11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only) 2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool) 3:00 pm Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool) 3:00 pm Lane Swim - 3:00 - 3:45 p.m. 3:45 pm Lane Swim - 3:45 - 4:30 p.m. 8:00 pm Lane Swim - 8:00 - 8:45 p.m.	8:00 am Lane Swim - 8:00 - 8:45 a.m. 9:00 am Lane Swim - 9:00 - 9:55 a.m. 10:00 am Lane Swim - 10:00 - 10:45 a.m. 10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only) 11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only) 2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool) 3:00 pm Lane Swim - 3:00 - 3:45 p.m. 3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m. 8:00 pm Lane Swim - 8:00 - 8:45 p.m.		
12 6:00 am No Programs, Pool or Ice Rentals at the QSWC due to RV Show 6:00 am Gymnasium Closed for Special Events 9:00 am Quinte Sportsman Boat and RV Show	13 6:00 am Lane Swim - 6:00 - 6:55 a.m. 6:00 am Youth Room (Various Dates/Times) 6:00 am Children's Programs (Various Programs) 6:00 am Preschool Programs (Various Programs/Date/Time) 6:00 am Older Adult Health & Wellness Programs (Various Programs) 6:00 am Adult Health & Wellness	14 6:00 am Youth Room (Various Dates/Times) 6:00 am Workout Studio (Various Dates/Times) 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Pickleball - Various Levels/Dates/Times 6:00 am Adult Health & Wellness Programs (Various Programs)	15 6:00 am Youth Room (Various Dates/Times) 6:00 am Lane Swim - 6:00 - 6:55 a.m. 6:00 am Workout Studio (Various Dates/Times) 6:00 am Pickleball - Various Levels/Dates/Times 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Children's Programs (Various	16 6:00 am Youth Room (Various Dates/Times) 6:00 am Workout Studio (Various Dates/Times) 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Pickleball - Various Levels/Dates/Times 6:00 am Adult Health & Wellness Programs (Various Programs)	17 6:00 am Youth Room (Various Dates/Times) 6:00 am Lane Swim - 6:00 - 6:55 a.m. 6:00 am Workout Studio (Various Dates/Times) 6:00 am Pickleball - Various Levels/Dates/Times 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Children's Programs (Various	18 6:00 am Youth Room (Various Dates/Times) 6:00 am Workout Studio (Various Dates/Times) 6:00 am Drop-in Sports & Games - Various Levels/Dates/Times 6:00 am Adult Health & Wellness Programs (Various Programs) 6:00 am Preschool Programs (Various Programs/Date/Time)

	Programs (Various Programs)	6:00 am Older Adult Health & Wellness Programs (Various Programs)	Programs)	6:00 am Older Adult Health & Wellness Programs (Various Programs)	Programs)	6:00 am Children's Programs (Various Programs)
	6:00 am Workout Studio (Various Dates/Times)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Preschool Programs (Various Programs/Date/Time)	8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)
	6:00 am Pickleball - Various Levels/Dates/Times	6:00 am Children's Programs (Various Programs)	6:00 am Older Adult Health & Wellness Programs (Various Programs)	6:00 am Children's Programs (Various Programs)	6:00 am Older Adult Health & Wellness Programs (Various Programs)	8:00 am Belleville & District Kennel Club Dog Show
	6:00 am Drop-in Sports & Games - Various Levels/Dates/Times	7:00 am Lane Swim - 7:00 - 7:55 a.m.	6:00 am Adult Health & Wellness Programs (Various Programs)	7:00 am Lane Swim - 7:00 - 7:55 a.m.	6:00 am Adult Health & Wellness Programs (Various Programs)	1:00 pm Lane Swim - 1:00 - 2:00 p.m.
	7:00 am Lane Swim - 7:00 - 7:55 a.m.	7:00 am Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool)	7:00 am Lane Swim - 7:00 - 7:55 a.m.	7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)	7:00 am Lane Swim - 7:00 - 7:55 a.m.	1:00 pm Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)
	8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)	8:00 am Lane Swim - 8:00 - 8:45 a.m.	7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)	8:00 am Lane Swim - 8:00 - 8:45 a.m.	8:00 am Lane Swim - 8:00 - 8:45 a.m.	2:15 pm Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)
	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	9:00 am Lane Swim - 9:00 - 9:55 a.m.	8:00 am Lane Swim - 8:00 - 8:45 a.m.	9:00 am Lane Swim - 9:00 - 9:55 a.m.	9:00 am 50+ Centre Programs (Various Programs)	2:15 pm Lane Swim - 2:15 - 3:15 p.m.
	9:00 am 50+ Centre Programs (Various Programs)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	4:30 pm Public Skating - 4:30 - 5:20 p.m. (Helmets strongly recommended)
	11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m.	10:00 am Lane Swim - 10:00 - 10:45 a.m.	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	9:00 am Family Skating - 9:00 - 9:50 a.m. (Helmets mandatory for all participants)	9:30 am Family Skating - 9:30 - 10:20 a.m. (Helmets mandatory for all participants)	6:00 pm Gymnasium Closed for Special Events
	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)	10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)	11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m.	10:00 am Public Skating - 10:00 - 10:50 a.m. (Helmets strongly recommended)	10:00 am Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only)	
	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)	10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)	2:00 pm Senior's Swim - 2:00 - 2:55 p.m. (Therapy Pool Only)	
	3:00 pm Rehabilitation Swim - 3:00 - 4:30 p.m. (Therapy Pool)	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	10:00 am Lane Swim - 10:00 - 10:45 a.m.	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	
	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	3:00 pm Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)	4:00 pm Rehabilitation Swim - 4:00 - 5:00 p.m. (Therapy Pool)	
	3:30 pm Open Gym - 3:30 - 5:15 p.m.	3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m.	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	12:00 pm Adult Recreational Skating - 12:00 - 12:50 p.m. (Helmets strongly recommended)	5:00 pm Gymnasium Closed for Special Events	
	3:45 pm Lane Swim - 3:45 - 4:30 p.m.	3:30 pm Open Gym - 3:30 - 5:15 p.m.	3:45 pm Lane Swim - 3:45 - 4:30 p.m.	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)		
	8:00 pm Lane Swim - 8:00 - 8:45 p.m.	6:00 pm Free Public Skate Sponsored by Soltex Canada (no registration required). Helmets strongly recommended	7:00 pm Belleville Senators vs. Utica Comets	3:00 pm Lane Swim - 3:00 - 3:45 p.m.		
		7:30 pm Public Swim - 7:30 - 8:55 p.m. (Main Pool or Therapy/Preschool Pool)	8:00 pm Lane Swim - 8:00 - 8:45 p.m.	3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m.		
		8:00 pm Lane Swim - 8:00 - 8:45 p.m.		3:15 pm Open Gym - 3:15 - 5:00 p.m.		
				4:15 pm Free Public Skate Sponsored by Soltex Canada (no registration required). Helmets strongly recommended		
				8:00 pm Lane Swim - 8:00 - 8:45 p.m.		

19	20	21	22	23	24	25
6:00 am Gymnasium Closed for Special Events	6:00 am Workout Studio (Various Dates/Times)	6:00 am Youth Room (Various Dates/Times)	6:00 am Youth Room (Various Dates/Times)	6:00 am Youth Room (Various Dates/Times)	6:00 am Youth Room (Various Dates/Times)	6:00 am Youth Room (Various Dates/Times)
6:00 am Youth Room (Various Dates/Times)	6:00 am Drop-in Sports & Games - Various Levels/Dates/Times	6:00 am Workout Studio (Various Dates/Times)	6:00 am Lane Swim - 6:00 - 6:55 a.m.	6:00 am Workout Studio (Various Dates/Times)	6:00 am Lane Swim - 6:00 - 6:55 a.m.	6:00 am Workout Studio (Various Dates/Times)
6:00 am Children's Programs (Various Programs)	6:00 am Pickleball - Various Levels/Dates/Times	6:00 am Pickleball - Various Levels/Dates/Times	6:00 am Workout Studio (Various Dates/Times)	6:00 am Pickleball - Various Levels/Dates/Times	6:00 am Workout Studio (Various Dates/Times)	6:00 am Drop-in Sports & Games - Various Levels/Dates/Times
6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Drop-in Sports & Games - Various Levels/Dates/Times	6:00 am Drop-in Sports & Games - Various Levels/Dates/Times	6:00 am Drop-in Sports & Games - Various Levels/Dates/Times	6:00 am Drop-in Sports & Games - Various Levels/Dates/Times	6:00 am Adult Health & Wellness Programs (Various Programs)
6:00 am Drop-in Sports & Games - Various Levels/Dates/Times	6:00 am Children's Programs (Various Programs)	6:00 am Older Adult Health & Wellness Programs (Various Programs)	6:00 am Pickleball - Various Levels/Dates/Times	6:00 am Older Adult Health & Wellness Programs (Various Programs)	6:00 am Pickleball - Various Levels/Dates/Times	6:00 am Children's Programs (Various Programs)
6:00 am Workout Studio (Various Dates/Times)	6:00 am Adult Health & Wellness Programs (Various Programs)	6:00 am Adult Health & Wellness Programs (Various Programs)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Adult Health & Wellness Programs (Various Programs)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Preschool Programs (Various Programs/Date/Time)
8:00 am Belleville & District Kennel Club Dog Show	6:00 am Older Adult Health & Wellness Programs (Various Programs)	6:00 am Children's Programs (Various Programs)	6:00 am Children's Programs (Various Programs)	6:00 am Children's Programs (Various Programs)	6:00 am Children's Programs (Various Programs)	8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)
8:00 am Lane Swim - 8:00 - 8:55 a.m.	6:00 am Youth Room (Various Dates/Times)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Adult Health & Wellness Programs (Various Programs)	6:00 am Preschool Programs (Various Programs/Date/Time)	6:00 am Adult Health & Wellness Programs (Various Programs)	8:00 am BMHA House League Year End Tourney
8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)	6:00 am Lane Swim - 6:00 - 6:55 a.m.	7:00 am Lane Swim - 7:00 - 7:55 a.m.	6:00 am Older Adult Health & Wellness Programs (Various Programs)	7:00 am Lane Swim - 7:00 - 7:55 a.m.	6:00 am Older Adult Health & Wellness Programs (Various Programs)	1:00 pm Lane Swim - 1:00 - 2:00 p.m.
9:00 am Lane Swim - 9:00 - 10:00 a.m.	7:00 am Lane Swim - 7:00 - 7:55 a.m.	7:00 am Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool)	7:00 am Lane Swim - 7:00 - 7:55 a.m.	7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)	7:00 am Lane Swim - 7:00 - 7:55 a.m.	1:00 pm Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)
9:00 am Family Swim - 9:00 - 10:15 a.m. (All pools)	8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)	8:00 am Lane Swim - 8:00 - 8:45 a.m.	7:00 am Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)	8:00 am Lane Swim - 8:00 - 8:45 a.m.	8:00 am Lane Swim - 8:00 - 8:45 a.m.	2:00 pm Open Gym - 2:00 - 3:45 p.m.
1:00 pm Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	9:00 am Lane Swim - 9:00 - 9:55 a.m.	8:00 am Lane Swim - 8:00 - 8:45 a.m.	9:00 am Lane Swim - 9:00 - 9:55 a.m.	9:00 am 50+ Centre Programs (Various Programs)	2:15 pm Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)
1:00 pm Lane Swim - 1:00 - 2:00 p.m.	9:00 am Senior Shiny Hockey - 9:00 - 9:50 a.m. (Helmets are mandatory)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	2:15 pm Lane Swim - 2:15 - 3:15 p.m.
2:15 pm Lane Swim - 2:15 - 3:15 p.m.	9:00 am 50+ Centre Programs (Various Programs)	10:00 am Lane Swim - 10:00 - 10:45 a.m.	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	10:00 am Lane Swim - 10:00 - 10:45 a.m.	10:00 am Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only)	7:00 pm Belleville Senators vs. Milwaukee Admirals
2:15 pm Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)	11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m.	10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)	11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m.	10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)	11:00 am Figure Skating Ticket Ice - 11:00 - 11:50 a.m.	
	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)	10:00 am Family Skating - 10:00 -10:50 a.m. (Helmets mandatory for all participants)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)	12:00 pm Figure Skating Ticket Ice - 12:00 - 12:50 p.m.	
	12:00 pm Adult	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	12:00 pm Adult Recreational Skating - 12:00 - 12:50 p.m. (Helmets strongly	2:00 pm Senior's Swim - 2:00 - 2:55 p.m. (Therapy Pool Only)	

	<p>Shinny Hockey - 12:00 - 12:50 p.m. (Helmets are mandatory)</p> <p>2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)</p> <p>3:00 pm Rehabilitation Swim - 3:00 - 4:30 p.m. (Therapy Pool)</p> <p>3:00 pm Lane Swim - 3:00 - 3:45 p.m.</p> <p>3:30 pm Open Gym - 3:30 - 5:15 p.m.</p> <p>3:45 pm Lane Swim - 3:45 - 4:30 p.m.</p> <p>8:00 pm Lane Swim - 8:00 - 8:45 p.m.</p>	<p>Pool Only)</p> <p>12:00 pm Adult Recreational Skating - 12:00 - 12:50 p.m. (Helmets strongly recommended)</p> <p>2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)</p> <p>3:00 pm Lane Swim - 3:00 - 3:45 p.m.</p> <p>3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m.</p> <p>3:30 pm Open Gym - 3:30 - 5:15 p.m.</p> <p>7:30 pm Public Swim - 7:30 - 8:55 p.m. (Main Pool or Therapy/Preschool Pool)</p> <p>8:00 pm Lane Swim - 8:00 - 8:45 p.m.</p>	<p>3:00 pm Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool)</p> <p>3:00 pm Lane Swim - 3:00 - 3:45 p.m.</p> <p>3:45 pm Lane Swim - 3:45 - 4:30 p.m.</p> <p>8:00 pm Lane Swim - 8:00 - 8:45 p.m.</p>	<p>recommended)</p> <p>2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)</p> <p>3:00 pm Lane Swim - 3:00 - 3:45 p.m.</p> <p>3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m.</p> <p>3:15 pm Open Gym - 3:15 - 5:00 p.m.</p> <p>4:15 pm Public Skating - 4:15 - 5:05 p.m. (Helmets strongly recommended)</p> <p>8:00 pm Lane Swim - 8:00 - 8:45 p.m.</p>	<p>3:00 pm Lane Swim - 3:00 - 3:45 p.m.</p> <p>3:30 pm Open Gym - 3:30 - 5:15 p.m.</p> <p>4:00 pm Rehabilitation Swim - 4:00 - 5:00 p.m. (Therapy Pool)</p> <p>5:15 pm Open Gym - 5:15 - 7:00 pm</p> <p>7:00 pm Belleville Senators vs. Bridgeport Islanders</p>	
<p>26</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>8:00 am Lane Swim - 8:00 - 8:55 a.m.</p> <p>8:00 am Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)</p> <p>8:00 am BMHA House League Year End Tourney</p> <p>9:00 am Lane Swim - 9:00 - 10:00 a.m.</p> <p>9:00 am Family Swim - 9:00 - 10:15 a.m. (All pools)</p> <p>1:00 pm Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)</p> <p>1:00 pm Lane Swim - 1:00 - 2:00 p.m.</p>	<p>27</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Lane Swim - 6:00 - 6:55 a.m.</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>8:00 am Spring</p>	<p>28</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>9:00 am Lane Swim -</p>	<p>29</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Lane Swim - 6:00 - 6:55 a.m.</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>8:00 am Lane Swim -</p>	<p>30</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>8:00 am Lane Swim -</p> <p>8:30 am Spring</p>	<p>31</p> <p>6:00 am Youth Room (Various Dates/Times)</p> <p>6:00 am Lane Swim - 6:00 - 6:55 a.m.</p> <p>6:00 am Workout Studio (Various Dates/Times)</p> <p>6:00 am Drop-in Sports & Games - Various Levels/Dates/Times</p> <p>6:00 am Pickleball - Various Levels/Dates/Times</p> <p>6:00 am Children's Programs (Various Programs)</p> <p>6:00 am Preschool Programs (Various Programs/Date/Time)</p> <p>6:00 am Adult Health & Wellness Programs (Various Programs)</p> <p>6:00 am Older Adult Health & Wellness Programs (Various Programs)</p> <p>7:00 am Lane Swim - 7:00 - 7:55 a.m.</p> <p>8:00 am Lane Swim - 8:00 - 8:45 a.m.</p> <p>9:00 am 50+ Centre Programs (Various Programs)</p>	

1:30 pm Open Gym - 1:30 - 3:15 p.m.	Registration Opens for City Residents/Taxpayers	9:00 - 9:55 a.m.	8:00 - 8:45 a.m.	Registration Opens for Non-City Residents/Taxpayers	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)
2:15 pm Lane Swim - 2:15 - 3:15 p.m.	9:00 am Senior Shinny Hockey - 9:00 - 9:50 a.m. (Helmets are mandatory)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am 50+ Centre Programs (Various Programs)	9:00 am Lane Swim - 9:00 - 9:55 a.m.	10:00 am Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only)
2:15 pm Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	10:00 am Lane Swim - 10:00 - 10:45 a.m.	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)	9:00 am 50+ Centre Programs (Various Programs)	11:00 am Figure Skating Ticket Ice - 11:00 - 11:50 a.m.
3:15 pm Open Gym - 3:15 - 5:00 p.m.	9:00 am 50+ Centre Programs (Various Programs)	10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)	11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m.	10:00 am Lane Swim - 10:00 - 10:45 a.m.	12:00 pm Figure Skating Ticket Ice - 12:00 - 12:50 p.m.
	11:00 am Lane Swim - 11:00 a.m. - 12:00 p.m.	10:00 am Family Skating - 10:00 - 10:50 a.m. (Helmets mandatory for all participants)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)	10:00 am Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)	2:00 pm Senior's Swim - 2:00 - 2:55 p.m. (Therapy Pool Only)
	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	11:15 am Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)	3:00 pm Lane Swim - 3:00 - 3:45 p.m.
	12:00 pm Adult Shinny Hockey - 12:00 - 12:50 p.m. (Helmets are mandatory)	12:00 pm Adult Recreational Skating - 12:00 - 12:50 p.m. (Helmets strongly recommended)	3:00 pm Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool)	12:00 pm Adult Recreational Skating - 12:00 - 12:50 p.m. (Helmets strongly recommended)	3:30 pm Open Gym - 3:30 - 5:15 p.m.
	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)	4:00 pm Rehabilitation Swim - 4:00 - 5:00 p.m. (Therapy Pool)
	3:00 pm Rehabilitation Swim - 3:00 - 4:30 p.m. (Therapy Pool)	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	3:45 pm Lane Swim - 3:45 - 4:30 p.m.	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	5:15 pm Open Gym - 5:15 - 7:00 pm
	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m.	8:00 pm Lane Swim - 8:00 - 8:45 p.m.	3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m.	
	3:30 pm Open Gym - 3:30 - 5:15 p.m.	3:30 pm Open Gym - 3:30 - 5:15 p.m.		3:15 pm Open Gym - 3:15 - 5:00 p.m.	
	3:30 pm Open Gym - 3:30 - 5:15 p.m.	7:30 pm Public Swim - 7:30 - 8:55 p.m. (Main Pool or Therapy/Preschool Pool)		4:15 pm Public Skating - 4:15 - 5:05 p.m. (Helmets strongly recommended)	
	3:45 pm Lane Swim - 3:45 - 4:30 p.m.	8:00 pm Lane Swim - 8:00 - 8:45 p.m.		8:00 pm Lane Swim - 8:00 - 8:45 p.m.	
	8:00 pm Lane Swim - 8:00 - 8:45 p.m.				

<https://calendar.quintesportsandwellnesscentre.ca>