



Generated May 13, 2025

March 2023

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

			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	
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 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 (Various Programs (Various Programs (Various)	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

Ice Renta QSWC do Show 6:00 am C	pm Open Gym - - 5:00 p.m.	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 p.m. 8:00 pm Lane Swim - 3:45 p.m.	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 p.m. (3:15 pm Parent and Tot Swims 3:15 - 4:00 p.m. 3:30 pm Open Gym - 3:30 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.	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 p.m. 8:00 pm Lane Swim - 3:45 p.m.	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.		
	rams, Pool or entals at the C due to RV am Gymnasium of for Special ts am Quinte sman Boat and	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/Date/Time) 6:00 am Older Adult Health & Wellness Programs (Various Programs)	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	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	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	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 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 (Various	6:00 am Older Adult	Programs)	6:00 am Older Adult	Programs)	6:00 am Children's
Programs)	Health & Wellness Programs (Various	6:00 am Preschool	Health & Wellness Programs (Various	6:00 am Preschool	Programs (Various Programs)
6:00 am Workout Studio (Various	Programs)	Programs (Various Programs/Date/Time)	Programs)	Programs (Various Programs/Date/Time)	8:00 am
Dates/Times)	6:00 am Preschool Programs (Various	6:00 am Older Adult	6:00 am Preschool Programs (Various	6:00 am Older Adult	Rehabilitation Swim - 8:00 - 9:00 a.m.
6:00 am Pickleball - Various	Programs/Date/Time)	Health & Wellness Programs (Various	Programs/Date/Time)	Health & Wellness Programs (Various	(Therapy Pool)
Levels/Dates/Times	6:00 am Children's	Programs)	6:00 am Children's	Programs)	8:00 am Belleville &
6:00 am Drop-in	Programs (Various Programs)	6:00 am Adult Health	Programs (Various Programs)	6:00 am Adult Health	District Kennel Club Dog Show
Sports & Games - Various	7:00 am Lane Swim -	& Wellness Programs (Various	7:00 am Lane Swim -	& Wellness Programs (Various	1:00 pm Lane Swim
Levels/Dates/Times	7:00 - 7:55 a.m.	Programs)	7:00 - 7:55 a.m.	Programs)	- 1:00 - 2:00 p.m.
7:00 am Lane Swim - 7:00 - 7:55 a.m.	7:00 am Rehabilitation Swim -	7:00 am Lane Swim - 7:00 - 7:55 a.m.	7:00 am Rehabilitation Swim -	7:00 am Lane Swim - 7:00 - 7:55 a.m.	1:00 pm Public Swim - 1:00 - 2:00 p.m.
8:00 am	7:00 - 8:45 a.m.	7:00 = 7.33 a.m.	7:00 - 8:00 a.m.	8:00 am Lane Swim -	(Main Pool/Therapy
Rehabilitation Swim -	(Therapy Pool)	Rehabilitation Swim -	(Therapy Pool)	8:00 - 8:45 a.m.	& Preschool Pool)
8:00 - 9:00 a.m. (Therapy Pool)	8:00 am Lane Swim - 8:00 - 8:45 a.m.	7:00 - 8:00 a.m. (Therapy Pool)	8:00 am Lane Swim - 8:00 - 8:45 a.m.	9:00 am 50+ Centre	2:15 pm Public Swim - 2:15 - 3:15 p.m.
9:00 am Family	9:00 am Lane Swim -	8:00 am Lane Swim -	9:00 am Lane Swim -	Programs (Various Programs)	(Main Pool/Therapy & Preschool Pool)
Swim - 9:00 - 10:00 a.m. (Main Pool	9:00 - 9:55 a.m.	8:00 - 8:45 a.m.	9:00 - 9:55 a.m.	9:00 am Family	2:15 pm Lane Swim
Only)	9:00 am 50+ Centre Programs (Various	9:00 am 50+ Centre Programs (Various	9:00 am 50+ Centre Programs (Various	Swim - 9:00 - 10:00 a.m. (Main Pool	- 2:15 - 3:15 p.m.
9:00 am 50+ Centre	Programs)	Programs)	Programs)	Only)	4:30 pm Public
Programs (Various Programs)	10:00 am Lane Swim	9:00 am Family	9:00 am Family	9:30 am Family	Skating - 4:30 - 5:20 p.m. (Helmets
11:00 am Lane Swim	- 10:00 - 10:45 a.m.	Swim - 9:00 - 10:00 a.m. (Main Pool	Skating - 9:00 - 9:50 a.m. (Helmets	Skating - 9:30 - 10:20 a.m. (Helmets	strongly recommended)
- 11:00 a.m 12:00 p.m.	10:00 am Family Swim - 10:00 - 10:45	Only)	mandatory for all participants)	mandatory for all participants)	6:00 pm Gymnasium
11:15 am Public	a.m. (Main Pool Only)	11:00 am Lane Swim - 11:00 a.m 12:00	10:00 am Public	10:00 am Family	Closed for Special
Swim - 11:15 a.m	11:15 am Public	p.m.	Skating - 10:00 -	Swim - 10:00 - 11:00	Events
12:30 p.m. (Main Pool Only)	Swim - 11:15 a.m	11:15 am Public	10:50 a.m. (Helmets strongly	a.m. (Therapy/Preschool	
2:00 pm Senior's	12:30 p.m. (Therapy/Preschool	Swim - 11:15 a.m 12:30 p.m. (Main	recommended)	Pool Only)	
Swim - 2:00 - 3:00 p.m. (Main Pool or	Pool Only)	Pool Only)	10:00 am Family Swim - 10:00 - 10:45	2:00 pm Senior's Swim - 2:00 - 2:55	
Therapy Pool)	2:00 pm Senior's Swim - 2:00 - 3:00	2:00 pm Senior's Swim - 2:00 - 3:00	a.m. (Main Pool	p.m. (Therapy Pool	
3:00 pm	p.m. (Main Pool or	p.m. (Main Pool or	Only)	Only)	
Rehabilitation Swim - 3:00 - 4:30 p.m.	Therapy Pool)	Therapy Pool)	10:00 am Lane Swim - 10:00 - 10:45 a.m.	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	
(Therapy Pool)	3:00 pm Lane Swim - 3:00 - 3:45 p.m.	3:00 pm Rehabilitation Swim -	11:15 am Public	4:00 pm	
3:00 pm Lane Swim - 3:00 - 3:45 p.m.	3:15 pm Parent and	3:00 - 4:00 p.m. (Therapy Pool)	Swim - 11:15 a.m 12:30 p.m.	Rehabilitation Swim - 4:00 - 5:00 p.m.	
3:30 pm Open Gym -	Tot Swims 3:15 - 4:00 p.m.	3:00 pm Lane Swim	(Therapy/Preschool	(Therapy Pool)	
3:30 - 5:15 p.m.	3:30 pm Open Gym -	- 3:00 - 3:45 p.m.	Pool Only) 12:00 pm Adult	5:00 pm Gymnasium Closed for Special	
3:45 pm Lane Swim - 3:45 - 4:30 p.m.	3:30 - 5:15 p.m.	3:45 pm Lane Swim - 3:45 - 4:30 p.m.	Recreational Skating	Events	
8:00 pm Lane Swim	6:00 pm Free Public Skate Sponsored by	7:00 pm Belleville	- 12:00 - 12:50 p.m. (Helmets strongly		
- 8:00 - 8:45 p.m.	Soltex Canada (no	Senators vs. Utica	recommended)		
	registration required). Helmets strongly	Comets	2:00 pm Senior's Swim - 2:00 - 3:00		
	recommended	8:00 pm Lane Swim - 8:00 - 8:45 p.m.	p.m. (Main Pool or		
	7:30 pm Public Swim - 7:30 - 8:55 p.m.		Therapy Pool)		
	(Main Pool or		3:00 pm Lane Swim - 3:00 - 3:45 p.m.		
	Therapy/Preschool Pool)		3:15 pm Parent and		
	8:00 pm Lane Swim		Tot Swims 3:15 - 4:00 p.m.		
	- 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.		
			0.00 0.15 р.ш.		

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

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

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.	for City Residents/Taxpayers 9:00 am Senior Shinny Hockey - 9:00 - 9:50 a.m. (Helmets are mandatory) 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 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) 12:00 pm Adult Shinny Hockey - 12:00 - 12:50 p.m. (Helmets are mandatory) 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. 3:35 pm Lane Swim - 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.	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) 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. (Therapy/Preschool Pool Only) 12:00 pm Adult Recreational Skating - 12:00 - 12:50 p.m. (Helmets strongly recommended) 2:00 pm Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool) 3:00 pm Lane Swim - 3:00 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.	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.	for Non-City Residents/Taxpayers 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) 12:00 pm Adult Recreational Skating - 12:00 - 12:50 p.m. (Helmets strongly recommended) 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. 4:15 pm Public Skating - 4:15 - 5:05 p.m. (Helmets strongly recommended) 8:00 pm Lane Swim - 8:00 - 8:45 p.m.	9:00 am Family Swim - 9:00 - 10:00 a.m. (Main Pool Only) 10:00 am Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only) 11:00 am Figure Skating Ticket Ice - 11:00 - 11:50 a.m. 12:00 pm Figure Skating Ticket Ice - 12:00 - 12:50 p.m. 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
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