Quinte Sports and Wellness Centre Calendar





Generated January 21, 2025

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					6:00 am Lane Swim	8:00 am Rehabilitation
					7:00 am Lane Swim	Swim 9:00 am
					7:30 am Rehabilitation Swim	Preschool Play Zone (18 months to 5 Years)
					8:00 am Lane Swim	9:45 am Preschool
					9:00 am Aqua Fitness	Gym/Swim (18 months to 5 Years)
					9:00 am Family Swim (All Pools)	10:00 am Youth Room
					9:30 am Older Adult Yoga	Drop-in (Grade 6-12)
					10:00 am Movers & Shakers (18 months to 3 Years)	10:15 am Family/Open Gym
					10:00 am Aqua Fitness	12:00 pm Badminton
					10:15 am Mix It Up	2:00 pm Open Gym
					10:45 am Line Dancing - Beginner	2:00 pm Lane Swim (1/2 pool)
					11:15 am Lane Swim (1/2 pool)	2:00 pm Public Swim
					11:15 am Public Swim (All Pools)	(All Pools) 4:00 pm
					12:00 pm Line Dancing - Beginner	Futsal
					12:15 pm Total Body Strength	
					1:00 pm Bridge (Experienced)	
					2:00 pm Senior's Swim (All Pools)	
					3:00 pm Rehabilitation	

					Swim	
					3:00 pm Lane Swim	
3	4	5	6	7	8	9
8:00 am Lane Swim 8:00 am	6:00 am Lane Swim 7:00 am Lane	7:00 am Lane Swim 7:30 am Rehabilitation Swim	6:00 am Lane Swim 7:00 am Lane Swim	7:00 am Lane Swim 7:30 am Rehabilitation Swim	6:00 am Lane Swim 7:00 am Lane	8:00 am Rehabilitation Swim
Rehabilitation Swim	Swim 7:30 am	8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim 8:00 am Lane Swim	8:00 am Aqua Fitness 8:00 am Lane Swim	Swim 7:30 am	9:00 am Preschool Play Zone (18
9:00 am Family Swim (All Pools) 9:00 am Lane	Rehabilitation Swim 8:00 am Lane	8:00 am Aqua Fitness 8:45 am Older Adult	8:45 am Pickleball (Intermediate)	(1/2 pool) 8:45 am Pickleball	Rehabilitation Swim 8:00 am Lane	months to 5 Years)
Swim (1/2 pool) 11:00 am Aqua	Swim 8:45 am Pickleball	Yoga 9:00 am Sketch & Swim	9:00 am Aqua Fitness	(Beginner) 8:45 am Older Adult Flow Yoga	Swim 8:45 am Pickleball	9:45 am Preschool Gym/Swim
Cross Training 12:10 pm Aqua Mind and Body	(Advanced) 8:45 am Learn to Speak French -	9:00 am Therapy Fitness 9:00 am Lane Swim	9:00 am Family Swim (All Pools)	8:45 am Learn to Speak French - The	(Intermediate) 9:00 am Aqua Fitness	(18 months to 5 Years) 10:00 am
12:15 pm Open Gym	Communicate in a French Restaurant	9:30 am Artist Collective 10:00 am Older Adult	9:00 am Strong Seniors 9:00 am Intro to	Basics 9:00 am Mini Scientists (18	9:00 am Family Swim (All Pools)	Youth Room Drop-in (Grade 6-12)
2:00 pm Lane Swim (1/2 pool)	9:00 am Art-Muck & Mess (18 months to 3 Years)	Yoga 10:00 am Lane Swim (1/2 pool)	Yoga, Continuing the Journey 9:00 am OA	months to 3 Years) 9:00 am Women's	9:30 am Older Adult Yoga	10:15 am Family/Open Gym
2:00 pm Public Swim (All Pools) 2:15 pm Pickleball	9:00 am Strong Seniors	10:00 am Therapy Fitness	Dancing for Fitness 9:00 am Stitches	Weight Training 9:00 am Lane Swim	10:00 am Movers & Shakers (18 months to 3 Years)	12:00 pm Badminton
(Recreational) 4:30 pm Open	9:00 am Aqua Fitness 9:00 am Family	10:00 am Family Swim (Main Pool Only)	10:00 am StrongER Seniors	9:00 am Therapy Fitness 9:30 am Shuffleboard	10:00 am Aqua Fitness	2:00 pm Open Gym
Gym 6:30 pm Basketball	Swim (All Pools) 9:30 am Zumba	10:15 am Mix It Up 11:15 am Public Swim (All Pools)	10:00 am Aqua Fitness 10:15 am Stretch	9:30 am Falls	10:15 am Mix It Up 10:45 am Line	2:00 pm Lane Swim (1/2 pool)
	10:00 am StrongER Seniors	11:15 am Lane Swim (1/2 pool)	and Balance Fit 11:00 am Chair	Prevention 10:00 am Family Swim (Main Pool	Dancing - Beginner	2:00 pm Public Swim
	10:00 am Mini Scientists (18 months to 3 Years)	11:45 am Parkinson's Social Hour	Yoga 11:15 am Lane Swim (1/2 pool)	Only) 10:00 am Lane Swim	11:15 am Lane Swim (1/2 pool) 11:15 am Public	(All Pools) 4:00 pm Futsal
	10:00 am Deaf Seniors	12:15 pm Circuit Training 1:00 pm Bridge	11:15 am Public Swim (All Pools)	(1/2 pool) 10:00 am Older Adult Yoga	Swim (All Pools) 12:00 pm Line	7:00 pm Belleville
	10:00 am Aqua Fitness 10:15 am Gentle	(Experienced) 1:30 pm Guitar Lessons:	12:15 pm Cardio Core	10:00 am Tech Talks and Tech Support	Dancing - Beginner	Senators vs. Laval Rocket
	Core Strengthening	Small Group Format 2:00 pm Senior's Swim (All Pools)	1:00 pm Mah Jongg 1:15 pm Pickleball	with Jordan 10:15 am Stretch and	12:15 pm Total Body Strength 1:00 pm Bridge	
	10:45 am Pickleball (Beginner)	3:00 pm Parent and Tot Swim (Therapy Pool	(Advanced) 1:30 pm Zumba Gold	Strengthen 10:45 am Pickleball (Advanced)	(Experienced) 1:15 pm Pickleball (Beginner)	
	11:15 am Lane Swim (1/2 pool)	Only) 3:00 pm Lane Swim	2:00 pm Senior's Swim (All Pools)	11:15 am Lane Swim (1/2 pool)	2:00 pm Senior's Swim (All Pools)	
	11:15 am Public Swim (All Pools)	3:15 pm Open Gym 5:00 pm Artist Hub (9 to	3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	3:00 pm Rehabilitation	

Rehabilitation Swim	7:30 am Rehabilitation	7:00 am Lane Swim	7:30 am	Swim	Rehabilitation Swim
8:00 am Lane	Swim 8:00 am Aqua Fitness	7:30 am Rehabilitation Swim	Rehabilitation Swim 8:00 am Aqua Fitness	7:00 am Lane Swim	9:00 am
Swim 9:00 am Lane	8:00 am Lane Swim (1/2	8:00 am Lane Swim	8:00 am Lane Swim	7:30 am Rehabilitation	Preschool Play Zone (18
Swim (1/2 pool)	pool)	8:45 am Pickleball	(1/2 pool)	Swim	months to 5 Years)
9:00 am Family Swim (All Pools)	8:45 am Older Adult Yoga	(Intermediate) 9:00 am Aqua	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	9:45 am Preschool
11:00 am Aqua Cross Training	9:00 am Sketch & Swim 9:00 am Lane Swim	Fitness 9:00 am Family	8:45 am Older Adult Flow Yoga	8:45 am Pickleball (Intermediate)	Gym/Swim (18 months to
12:10 pm Aqua	9:00 am Therapy Fitness	Swim (All Pools)	8:45 am Learn to Speak French - The	9:00 am Aqua	5 Years) 10:00 am
Mind and Body 12:15 pm Open	9:30 am Artist Collective	9:00 am Strong Seniors	Basics	Fitness 9:00 am Family	Youth Room
Gym	10:00 am Older Adult Yoga	9:00 am Intro to Yoga, Continuing	9:00 am Mini Scientists (18	Swim (All Pools)	Drop-in (Grade 6-12)
2:00 pm Lane Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	the Journey 9:00 am OA	months to 3 Years) 9:00 am Women's	9:30 am Calligraphy Card workshop	10:15 am Family/Open
2:00 pm Public Swim (All Pools)	10:00 am Therapy	9:00 am OA Dancing for Fitness	Weight Training	9:30 am Older	Gym 12:00 pm
2:15 pm Pickleball	Fitness	9:00 am Stitches	9:00 am Lane Swim 9:00 am Therapy	Adult Yoga	Badminton
(Recreational) 4:30 pm Open	10:00 am Family Swim (Main Pool Only)	10:00 am StrongER Seniors	Fitness	10:00 am Movers & Shakers (18	2:00 pm Open Gym
Gym	10:15 am Mix It Up	10:00 am Aqua Fitness	9:30 am Shuffleboard 9:30am-12:00pm	months to 3 Years) 10:00 am Aqua	2:00 pm Lane Swim (1/2
6:30 pm Basketball	11:15 am Public Swim (All Pools)	10:15 am Stretch	9:30 am Falls Prevention	Fitness	pool)
	11:15 am Lane Swim (1/2 pool)	and Balance Fit	10:00 am Family	10:15 am Mix It Up	2:00 pm Public Swim
	11:45 am Parkinson's	11:00 am Chair Yoga	Swim (Main Pool Only)	10:45 am Line Dancing -	(All Pools) 4:00 pm
	Social Hour 12:15 pm Circuit	11:15 am Public Swim (All Pools)	10:00 am Lane Swim (1/2 pool)	Beginner	Futsal
	Training	12:15 pm Cardio	10:00 am Older Adult	11:00 am Lane Swim (1/2 pool)	
	1:00 pm Bridge (Experienced)	Core 1:00 pm Mah Jongg	Yoga	11:15 am Public	
	1:30 pm Guitar Lessons: Small Group Format	1:15 pm Pickleball	10:00 am Tech Talks and Tech Support	Swim (All Pools) 12:00 pm Line	
	2:00 pm CARP	(Advanced) 1:30 pm Zumba	with Jordan 10:15 am Stretch and	Dancing - Beginner	
	2:00 pm Senior's Swim (All Pools)	Gold	Strengthen 10:45 am Pickleball	12:15 pm Total Body Strength	
	3:00 pm Parent and Tot	2:00 pm Senior's Swim (All Pools)	(Advanced)	1:00 pm Bridge	
	Swim (Therapy Pool Only)	3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	(Experienced) 1:15 pm Pickleball	
	3:00 pm Lane Swim	3:00 pm Lane Swim	11:15 am Older Adult	(Beginner)	
	3:15 pm Open Gym	3:15 pm Family/Open Gym	Chair Fitness/ Chair Yoga Combo - Level	2:00 pm Senior's Swim (All Pools)	
	5:00 pm Artist Hub (9 to 15 Years)	5:15 pm Pickleball	2 12:15 pm Circuit	3:00 pm	
	5:15 pm Power Skating (Beginner)	(Recreational)	Training	Rehabilitation Swim	
	5:30 pm Preschool Play	5:15 pm Line Dancing - Beginner	12:30 pm Older Adult Chair Fitness/ Chair	3:00 pm Lane Swim	
	Zone (18 months to 5 Years)	5:15 pm Science Explorers (4 to 8	Yoga Combo - Level 1	3:15 pm Open	
	5:45 pm Dancing for Adults - Beginner	Years) 6:30 pm Line	1:00 pm Scrapbooking	Gym	
	6:05 pm Power Skating (Intermediate/Advanced)	Dancing - Experienced	1:00 pm Carpet Bowling - 1:00-		
	6:15 pm Sporty Kids (6	6:30 pm Dance Fusion for Adults	3:30pm		
	to 9 Years) 7:00 pm Dancing for	7:00 pm Belleville	1:15 pm Pickleball (Intermediate)		
	Adults - Intermediate 7:30 pm Volleyball	Senators vs. Syracuse Crunch	2:00 pm Senior's Swim (All Pools)		
	Intermediate/Advanced	7:15 pm Badminton	3:00 pm Parent and Tot Swim (Therapy		
	7:30 pm Table Tennis		Pool Only)		

Skills & years) 7:00 pn Fitness 7:30 pm Recreat 8:00 pn (1/2 po 8:00 pn	n Volleyball ional/Beginner n Lane Swim ol)
17 18 19 20 21 8:00 am Lane 6:00 am Lane 8:30 am December 6:00 am Lane Swim 7:00 an	22 23 n Lane Swim 6:00 am Lane 9:00 am

Swim	Swim	Pickleball Registration	7:00 am Lane Swim	7:30 am	Swim	Preschool
8:00 am Rehabilitation	7:00 am Lane Swim	8:45 am Older Adult Yoga	7:30 am	Rehabilitation Swim	7:00 am Lane Swim	Play Zone (18 months to 5 Years)
Swim	7:30 am	9:30 am Artist Collective	Rehabilitation Swim	8:00 am Aqua Fitness	7:30 am	10:00 am
9:00 am Family	Rehabilitation Swim	10:00 am Older Adult	8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	Rehabilitation Swim	Youth Room
Swim (All Pools)		Yoga	8:45 am Pickleball (Intermediate)	8:45 am Pickleball		Drop-in (Grade 6-12)
9:00 am Lane Swim (1/2 pool)	8:00 am Lane Swim	10:15 am Mix It Up	9:00 am Aqua	(Beginner)	8:00 am PA Day Camp (Grades 3 -	(01ade 0-12) 10:15 am
11:00 am Aqua	8:45 am Pickleball	11:45 am Parkinson's	Fitness	8:45 am Older Adult	8)	Family/Open
Cross Training	(Advanced)	Social Hour	9:00 am Family	Flow Yoga	8:00 am Lane	Gym
12:10 pm Aqua	8:45 am Learn to	12:15 pm Circuit Training	Swim (All Pools)	8:45 am Learn to Speak French - The	Swim	12:00 pm
Mind and Body	Speak French - Communicate in a	1:00 pm Bridge	9:00 am Strong Seniors	Basics	8:00 am PA Day Camp (Grades JK	Badminton
12:15 pm Open Gym	French Restaurant	(Experienced)	9:00 am Intro to	9:00 am Mini	-2)	2:00 pm Open Gym
2:00 pm Lane	9:00 am Art-Muck	1:30 pm Guitar Lessons:	Yoga, Continuing	Scientists (18 months to 3 Years)	8:30 am December	4:00 pm
Swim (1/2 pool)	& Mess (18 months to 3 Years)	Small Group Format	the Journey	9:00 am Women's	Pickleball Registration	Futsal
2:00 pm Public	9:00 am Strong	2:00 pm Senior's Swim (All Pools)	9:00 am OA Dancing for Fitness	Weight Training	8:45 am Pickleball	7:00 pm
Swim (All Pools)	Seniors	3:00 pm Parent and Tot	9:00 am Stitches	9:00 am Lane Swim	(Intermediate)	Belleville Senators vs.
2:15 pm Pickleball (Recreational)	9:00 am Aqua	Swim (Therapy Pool		9:00 am Therapy	9:00 am Aqua	Laval Rocket
4:30 pm Open	Fitness	Only)	10:00 am StrongER Seniors	Fitness	Fitness	
Gym	9:00 am Family Swim (All Pools)	3:00 pm Lane Swim	10:00 am Aqua	9:30 am Shuffleboard 9:30am-12:00pm	9:00 am Family Swim (All Pools)	
6:30 pm Basketball	9:30 am Zumba	3:15 pm Open Gym	Fitness	9:30 am Falls	9:30 am Older	
	10:00 am Older	5:00 pm Artist Hub (9 to	10:15 am Stretch	Prevention	Adult Yoga	
	Adult Yoga	15 Years)	and Balance Fit	10:00 am Family	10:00 am Aqua	
	10:00 am	5:15 pm Power Skating (Beginner)	11:00 am Chair Yoga	Swim (Main Pool Only)	Fitness	
	StrongER Seniors	5:30 pm Preschool Play	11:00 am Lane	10:00 am Lane Swim	10:15 am Mix It Up	
	10:00 am Mini Scientists (18	Zone (18 months to 5 Years)	Swim (1/2 pool)	(1/2 pool)	10:45 am Line	
	months to 3 Years)	5:45 pm Dancing for	11:15 am Public	10:00 am Older Adult	Dancing -	
	10:00 am Deaf	Adults - Beginner	Swim (All Pools) 12:15 pm Cardio	Yoga	Beginner	
	Seniors	6:00 pm Aqua Fitness	Core	10:00 am Tech Talks and Tech Support	11:00 am Lane Swim (1/2 pool)	
	10:00 am Aqua Fitness	6:05 pm Power Skating	1:00 pm Mah Jongg	with Jordan	11:15 am Public	
	10:15 am Gentle	(Intermediate/Advanced)	1:15 pm Pickleball	10:15 am Stretch and	Swim (All Pools)	
	Core	6:15 pm Sporty Kids (6 to 9 Years)	(Advanced)	Strengthen	12:00 pm Line	
	Strengthening	6:30 pm Youth Room	1:30 pm Zumba Gold	10:45 am Pickleball (Advanced)	Dancing - Beginner	
	10:45 am Pickleball	Drop-in (Grade 6-12)	2:00 pm Senior's	11:00 am Lane Swim	12:15 pm Total	
	(Beginner)	7:00 pm Dancing for	Swim (All Pools)	(1/2 pool)	Body Strength	
	11:00 am Lane Swim (1/2 pool)	Adults - Intermediate	3:00 pm	11:15 am Public	1:00 pm Bridge (Experienced)	
	11:15 am Public	7:30 pm Public Swim (All Pools)	Rehabilitation Swim	Swim (All Pools) 11:15 am Older Adult	1:15 pm Pickleball	
	Swim (All Pools)	7:30 pm Volleyball	3:00 pm Lane Swim	Chair Fitness/ Chair	(Beginner)	
	11:15 am Intro to	Intermediate/Advanced	3:15 pm Family/Open Gym	Yoga Combo - Level 2	2:00 pm Senior's	
	Yoga	7:30 pm Table Tennis	5:15 pm Pickleball	2 12:15 pm Circuit	Swim (All Pools)	
	11:30 am Line Dancing -	8:00 pm Lane Swim	(Recreational)	Training	3:00 pm Rehabilitation	
	Experienced	(1/2 pool)	5:15 pm Line	12:30 pm Older Adult	Swim	
	12:15 pm Cardio		Dancing - Beginner	Chair Fitness/ Chair Yoga Combo - Level	3:15 pm Open	
	Core		5:15 pm Science Explorers (4 to 8	1	Gym	
	12:30 pm Balance Yoga: Mind &		Years)	1:00 pm Cooking		
	Body		6:30 pm Line Dancing -	with Chef Jesse (Zoom)		
	1:15 pm Bid Euchre		Experienced	1:00 pm Carpet		
	1:15 pm Pickleball		6:30 pm Dance	Bowling - 1:00- 3:30pm		
	(Intermediate)		Fusion for Adults	1:00 pm		
	1:30 pm OA Gentle		7:15 pm Badminton	Scrapbooking		
	Exercise & Fitness			1:15 pm Pickleball		
	2:00 pm Therapy			(Intermediate)		

12:15 pm Open Gym	7:30 am Rehabilitation	pool)	8:00 am Lane Swim	8:00 am Lane Swim	7:30 am Rehabilitation
2:15 pm Pickleball	Swim	8:00 am Aqua Fitness 8:45 am Older Adult	8:45 am Pickleball	(1/2 pool) 8:45 am Pickleball	Swim
(Recreational)	8:00 am Lane Swim	8:45 am Older Adult Yoga	(Intermediate) 9:00 am Aqua	(Beginner)	8:00 am Lane Swim
4:30 pm Open Gym	8:45 am Pickleball	9:00 am Sketch & Swim	Fitness	8:45 am Older Adult Flow Yoga	8:45 am Pickleball
6:30 pm Basketball	(Advanced) 8:45 am Learn to	9:00 am Therapy Fitness	9:00 am Family Swim (All Pools)	8:45 am Learn to	(Intermediate) 9:00 am Aqua
	Speak French -	9:00 am Lane Swim 9:30 am Artist Collective	9:00 am Strong	Speak French - The Basics	Fitness
	Communicate in a French Restaurant	10:00 am Older Adult	Seniors	9:00 am Mini	9:00 am Family Swim (All Pools)
	9:00 am Art-Muck	Yoga	9:00 am Intro to Yoga, Continuing	Scientists (18 months to 3 Years)	9:30 am Vulnerable
	& Mess (18 months to 3 Years)	10:00 am Lane Swim (1/2 pool)	the Journey	9:00 am Women's	Road Users Seminar
	9:00 am Strong	10:00 am Therapy	9:00 am OA Dancing for Fitness	Weight Training	9:30 am Older
	Seniors 9:00 am Aqua	Fitness	9:00 am Stitches	9:00 am Lane Swim	Adult Yoga
	Fitness	10:00 am Family Swim (Main Pool Only)	10:00 am StrongER Seniors	9:00 am Therapy Fitness	10:00 am Movers & Shakers (18
	9:00 am Family Swim (All Pools)	10:15 am Mix It Up	10:00 am Aqua	9:30 am Shuffleboard 9:30am-12:00pm	months to 3 Years)
	9:30 am Zumba	11:00 am Lane Swim (1/2 pool)	Fitness	9:30 am Falls	10:00 am Aqua Fitness
	10:00 am Older	11:15 am Public Swim	10:15 am Stretch and Balance Fit	Prevention	10:15 am Mix It
	Adult Yoga 10:00 am	(All Pools)	11:00 am Chair Vom	10:00 am Family Swim (Main Pool	Up 10:45 am Line
	StrongER Seniors	11:45 am Parkinson's Social Hour	Yoga 11:00 am Lane	Only)	Dancing - Beginner
	10:00 am Mini Scientists (18	12:15 pm Circuit	Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	Beginner 11:00 am Lane
	months to 3 Years)	Training 1:00 pm Bridge	11:15 am Public Swim (All Pools)	10:00 am Older Adult	Swim (1/2 pool)
	10:00 am Deaf Seniors	(Experienced)	12:15 pm Cardio	Yoga 10:00 am Tech Talks	11:15 am Public Swim (All Pools)
	10:00 am Aqua	1:30 pm Guitar Lessons: Small Group Format	Core 1:00 pm Mah Jongg	and Tech Support with Jordan	12:00 pm Line
	Fitness 10:15 am Gentle	2:00 pm Senior's Swim	1:15 pm Pickleball	10:15 am Stretch and	Dancing - Beginner
	Core	(All Pools)	(Advanced)	Strengthen	12:15 pm Total
	Strengthening 10:45 am	3:00 pm Parent and Tot Swim (Therapy Pool	1:30 pm Zumba Gold	10:45 am Pickleball (Advanced)	Body Strength 1:00 pm Bridge
	Pickleball	Only)	2:00 pm Senior's	11:00 am Lane Swim	(Experienced)
	(Beginner) 11:00 am Lane	3:00 pm Lane Swim 3:15 pm Open Gym	Swim (All Pools)	(1/2 pool)	1:15 pm Pickleball (Beginner)
	Swim (1/2 pool)	5:00 pm Artist Hub (9 to	3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	2:00 pm Senior's
	11:15 am Public Swim (All Pools)	15 Years)	3:00 pm Lane Swim	11:15 am Older Adult Chair Fitness/ Chair	Swim (All Pools)
	11:15 am Intro to	5:15 pm Power Skating (Beginner)	3:15 pm Family/Open Gym	Yoga Combo - Level 2	3:00 pm Rehabilitation
	Yoga 11:30 am Line	5:30 pm Preschool Play Zone (18 months to 5	4:00 pm Youth	- 12:15 pm Circuit	Swim 3:00 pm Youth
	Dancing -	Years)	Room Drop-in (Grade 6-12)	Training	Room Drop-in
	Experienced 12:15 pm Cardio	5:45 pm Dancing for Adults - Beginner	5:15 pm Pickleball (Recreational)	12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level	(Grade 6-12) 3:00 pm Lane
	Core 12:30 pm Balance	6:05 pm Power Skating (Intermediate/Advanced)	5:15 pm Line	1	Swim 3:15 pm Open
	Yoga: Mind &	6:15 pm Sporty Kids (6	Dancing - Beginner	1:00 pm Scrapbooking	Gym
	Body 1:15 pm Bid	to 9 Years)	5:15 pm Science Explorers (4 to 8	1:00 pm Carpet	4:00 pm Lifesaving Society Swim
	Euchre	6:45 pm Youth Room Drop-in (Grade 6-12)	Years)	Bowling - 1:00- 3:30pm	Instructor (15+
	1:15 pm Pickleball (Intermediate)	7:00 pm Dancing for Adults - Intermediate	6:30 pm Line Dancing - Experienced	1:15 pm Pickleball (Intermediate)	years) 5:00 pm Kids Pop
	1:30 pm OA Gentle Exercise & Fitness	7:30 pm Volleyball	6:30 pm Dance	2:00 pm Senior's	up Event - Felt Peach Keychain
		Intermediate/Advanced	Fusion for Adults	Swim (All Pools)	(4-9 years)

2:00 pm Therapy Fitness	7:30 pm Table Tennis	7:15 pm Badminton	3:00 pm Parent and	6:15 pm Youth Pop
2:00 pm Senior's	7:30 pm Public Swim (All Pools)		Tot Swim (Therapy Pool Only)	up Event - Felt Poptart (10-17
Swim (Main Pool Only)	8:00 pm Lane Swim		3:00 pm Youth Room Drop-in (Grade 6-12)	years)
3:00 pm Youth Room Drop-in	(1/2 pool)		3:00 pm Lane Swim	
(Grade 6-12)			3:15 pm Open Gym	
3:00 pm Rehabilitation Swim			5:00 pm Youth Room Drop-in (Grade 6-12)	
3:00 pm Lane Swim			5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)	
3:15 pm Open Gym			5:45 pm Zumba	
5:00 pm Gentle Flow Yoga			6:30 pm Jr. Soccer Skills & Drills (4 to 8 years)	
5:00 pm Zumba			6:30 pm Older Adult Movie Night	
5:00 pm Artful Antics (4 to 8 years)			7:00 pm Aqua Fitness	
5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)			7:30 pm Volleyball Recreational/Beginner	
5:30 pm Fit and Firm			8:00 pm Lane Swim (1/2 pool)	
6:15 pm Science Explorers (4 to 8 Years)			8:00 pm Rehabilitation Swim	
6:15 pm Teen Recreational Volleyball (9 to 17 years)				
7:30 pm Teen Futsal				
8:00 pm Lane Swim (1/2 pool)				
8:00 pm Rehabilitation Swim				

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