



Generated May 9, 2025

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:00 am Lane Swim 7:00 am Lane Swim 8:15 am Rehabilitation Swim 8:45 am Pickleball - Advanced 9:00 am Therapy Fitness 9:00 am ABC's & 1,2,3's (18 months to 3 Years) 9:15 am Mom & Baby Fit 9:30 am Older Adult Yoga 10:00 am Mover's & Shakers (18 months to 3 Years) 10:15 am Mix It Up - 10:00 - 11:00 a.m. 10:15 am Family Swim (Therapy & Preschool Pool Only) 10:45 am Pickleball - Intermediate 10:45 am Line Dancing - Beginner 11:30 am Public Swim (Main Pool Only) 11:30 am Lane Swim 12:15 pm TRX Circuit 12:45 pm Stretch	2 8:00 am Rehabilitation Swim 1:00 pm Lane Swim 1:00 pm Public Swim (All Pools) 2:00 pm Family/Open Gym 2:15 pm Public Swim (All Pools) 2:15 pm Lane Swim 4:00 pm Family/Youth Futsal 6:00 pm Adult Futsal 7:00 pm Belleville Senators vs. Rochester Americans

					and Relax 1:00 pm Bridge (Experienced) 1:15 pm Pickleball - Beginner 2:00 pm Senior's Swim (MP Only) 3:00 pm Lane Swim 3:00 pm Rehabilitation Swim 3:15 pm Family/Open Gym 5:30 pm Recreation Pickleball 7:00 pm Belleville Senators vs. Rochester Americans	
3 8:00 am Lane	4 6:00 am Lane	5 7:00 am Lane Swim	6 6:00 am Lane Swim	7 7:00 am Lane Swim	8 6:00 am Lane	9 8:00 am

Swim	Swim	7:00 am Rehabilitation Swim	7:00 am Lane Swim	8:00 am Rehabilitation Swim	Swim	Rehabilitation Swim
8:00 am Rehabilitation Swim	7:00 am Lane Swim		8:15 am Rehabilitation Swim	8:30 am Land Fitness & Skating Non-City Taxpayer Registration	7:00 am Lane Swim	1:00 pm Lane Swim
9:00 am Lane Swim	8:15 am Rehabilitation Swim	8:00 am Therapy Fitness	8:45 am Pickleball - Intermediate / Advanced	8:45 am Older Adult Flow Yoga	8:15 am Rehabilitation Swim	1:00 pm Public Swim (All Pools)
9:00 am Family Swim (All Pools)	8:30 am Land Fitness & Skating City Taxpayer Registration	9:00 am Artist Collective	9:00 am Stitches	8:45 am Pickleball - Intermediate	8:45 am Pickleball - Advanced	2:15 pm Public Swim (All Pools)
11:00 am Aqua Cross Training	8:45 am Pickleball - Advanced	9:00 am Aqua Fitness	9:00 am Strong Seniors	8:45 am Learn to Speak French - Beginners "Vacation in Quebec"	9:00 am Therapy Fitness	2:15 pm Lane Swim
12:10 pm Aqua Mind & Body	8:45 am Learn to Speak French - Beginners "Restaurant Etiquette"	9:00 am Move N' Groove (18 months to 4 Years)	9:30 am Senior Gentle Fitness	9:00 am Aqua Fitness	9:00 am ABC's & 1,2,3's (18 months to 3 Years)	4:30 pm Public Skating
1:00 pm Public Swim (All Pools)		9:00 am Senior Shinny	10:00 am Aqua Fitness	9:00 am Lane Swim	9:15 am Mom & Baby Fit	7:00 pm Belleville Senators vs. Grand Rapids Griffins
1:00 pm Lane Swim	9:00 am Strong Seniors	10:00 am Mix It Up - 10:00 - 11:00 a.m.	10:00 am Lane Swim	9:00 am Kindergarten Readiness (3 to 5 Years)	9:30 am Older Adult Yoga	
2:15 pm Lane Swim	9:00 am Art-Muck & Mess (18 months to 3 Years)	10:00 am Older Adult Yoga	10:45 am Stretch and Balance Fit	9:15 am Women's Weight Training	10:00 am Mover's & Shakers (18 months to 3 Years)	
2:15 pm Public Swim (All Pools)	10:00 am Mini Scientists (18 months to 3 Years)	10:00 am Family Swim (Main Pool Only)	11:00 am Chair Yoga	10:00 am Stretch and Strengthen	10:15 am Mix It Up - 10:00 - 11:00 a.m.	
	10:00 am Older Adult Yoga	10:00 am Aqua Fitness	11:15 am Public Swim (Main Pool Only)	10:00 am Falls Prevention	10:15 am Family Swim (Therapy & Preschool Pool Only)	
	10:00 am Deaf Seniors	10:00 am Family Skating	11:15 am Lane Swim	10:45 am Pickleball - Intermediate / Advanced	10:45 am Pickleball - Intermediate	
	10:00 am Aqua Fitness	11:00 am Rehabilitation Swim	12:00 pm Lane Swim	11:00 am Therapy Fitness	10:45 am Line Dancing - Beginner	
	10:00 am Lane Swim	11:00 am Sensory Time (18 months to 4 Years)	12:00 pm Adult Recreational Skating	11:15 am Older Adult Yoga	11:15 am Figure Skating Ticket Ice	
	10:15 am Gentle Core Strengthening	11:15 am Parkinson's Keep Moving	12:15 pm Cardio and Core	11:45 am Mini Scientists (18 months to 3 Years)	11:30 am Public Swim (Main Pool Only)	
	10:45 am Pickleball - Intermediate / Advanced	11:45 am Parkinson's Social Hour	1:00 pm Mah Jongg & Table Top Games	12:00 pm Public Swim (Therapy & Preschool Pool Only)	11:30 am Lane Swim	
	11:00 am Lane Swim	11:45 am Public Swim (Therapy & Preschool Pool Only)	1:00 pm Diaper Fitness	12:15 pm Adult Recreational Skating	12:15 pm Figure Skating Ticket Ice	
	11:00 am Public Swim (Main Pool Only)	12:00 pm Adult Recreational Skating	1:15 pm Pickleball - Advanced	12:15 pm TRX Circuit	12:15 pm TRX Circuit	
	11:15 am Intro to Yoga	12:15 pm TRX Circuit	1:30 pm Parkinson's Aquatic Therapy Fitness	12:45 pm Art-Muck & Mess (18 months to 3 Years)	12:45 pm Stretch and Relax	
	11:30 am Line Dancing - Experienced	1:00 pm Bridge (Experienced)	1:30 pm Zumba Gold	1:00 pm Scrapbooking	1:00 pm Bridge (Experienced)	
	12:00 pm Adult Shinny	1:00 pm Lane Swim	2:00 pm Senior's Swim (MP Only)	1:00 pm Mah Jongg	1:15 pm Pickleball - Beginner	
	12:15 pm Cardio and Core	1:15 pm Pickleball - Beginner	3:15 pm Lane Swim	1:00 pm Lane Swim	2:00 pm Senior's Swim (MP Only)	
	1:00 pm Therapy Fitness	2:00 pm Senior's Swim (TP Only)	3:30 pm Child and Youth Basketball (10 to 17 years)	1:15 pm Pickleball - Beginner /Intermediate	3:00 pm Lane Swim	
	1:00 pm Bid Euchre	3:00 pm Lane Swim	5:00 pm Science Explorers (4 to 8 Years)	2:00 pm Senior's Swim (TP Only)	3:00 pm Rehabilitation Swim	
	1:15 pm Pickleball - Beginner	3:15 pm Parent and Tot Swims (Therapy Pool Only)	5:00 pm Line Dancing - Beginner	3:00 pm Lane Swim	3:15 pm Family/Open Gym	
	2:00 pm Senior's Swim (MP Only)	3:30 pm Open Gym	5:00 pm Youth Room Drop-in (Grade 6-12)	3:15 pm Family/Open Gym	5:30 pm Recreation Pickleball	
	3:15 pm Lane	4:00 pm Youth Room Drop-in (Grade 6-12)	5:15 pm Recreation Pickleball	3:45 pm Parent and Tot Swims (Therapy Pool Only)	5:00 pm Kitchen Crew (8 to 11 Years) NEW	
		5:00 pm Artist Hub (9 to 15 Years)	5:30 pm Fit and Firm	3:45 pm Lane Swim	5:15 pm Jr. Soccer Skills & Drill (4 to 8 Years)	
		5:30 pm Preschool Play Zone (18 months to 5 Years)	6:30 pm Line	5:00 pm Kitchen Crew (8 to 11 Years) NEW	5:30 pm Recreation Pickleball	
		6:00 pm Dancing for Adults - Beginner		5:15 pm Jr. Soccer Skills & Drill (4 to 8 Years)	7:00 pm Belleville Senators vs. Grand Rapids Griffins	

	Swim 3:30 pm Family/Open Gym 5:00 pm Gentle Flow Yoga 5:00 pm Zumba 5:00 pm Youth Room Drop-in (Grade 6-12) 5:30 pm Fit and Firm 5:30 pm Artful Antics (4 to 8 years) 5:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 6:45 pm Teen Recreational Volleyball (9 to 17 years) 8:00 pm Rehabilitation Swim 8:00 pm Lane Swim	6:00 pm Aqua Fitness 6:15 pm STEM-tastic (9 to 15 Years) 6:15 pm Sporty Kids (6 to 9 Years) 6:30 pm Crokinole 7:30 pm Volleyball Intermediate/Advanced 7:30 pm Table Tennis 7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim	Dancing - Experienced 7:15 pm Badminton 8:00 pm Lane Swim	Skills & Drills (4 to 8 years) 5:45 pm Zumba 6:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 7:00 pm Aqua Fitness 7:30 pm Volleyball (Recreational/Beginner) 8:00 pm Lane Swim	Reptiles/Grimms	
10 8:00 am Lane Swim 8:00 am Rehabilitation Swim 9:00 am Lane Swim 9:00 am Family Swim (All Pools)	11 6:00 am Lane Swim 7:00 am Lane Swim 8:15 am Rehabilitation Swim 8:45 am Pickleball - Advanced	12 7:00 am Lane Swim 7:00 am Rehabilitation Swim 8:00 am Lane Swim 8:00 am Therapy Fitness 9:00 am Artist Collective	13 6:00 am Lane Swim 7:00 am Lane Swim 8:15 am Rehabilitation Swim 8:45 am Pickleball - Intermediate / Advanced 9:00 am Stitches	14 7:00 am Lane Swim 8:00 am Rehabilitation Swim 8:45 am Older Adult Flow Yoga 8:45 am Pickleball - Intermediate 9:00 am Aqua Fitness	15 6:00 am Lane Swim 7:00 am Lane Swim 8:15 am Rehabilitation Swim 8:45 am Pickleball - Advanced	16 8:00 am Rehabilitation Swim 1:00 pm Lane Swim 1:00 pm Public Swim (All Pools) 2:15 pm

11:00 am Aqua Cross Training	9:00 am Strong Seniors	9:00 am Aqua Fitness 9:00 am Lane Swim	9:00 am Strong Seniors	9:00 am Lane Swim	9:00 am Kindergarten Readiness (3 to 5 Years)	9:00 am Therapy Fitness	Public Swim (All Pools)
12:10 pm Aqua Mind & Body	9:00 am Art-Muck & Mess (18 months to 3 Years)	9:00 am Move N' Groove (18 months to 4 Years)	9:30 am Senior Gentle Fitness	9:30 am Senior Gentle Fitness	9:15 am Women's Weight Training	9:00 am ABC's & 1,2,3's (18 months to 3 Years)	2:15 pm Lane Swim
1:00 pm Public Swim (All Pools)	10:00 am Mini Scientists (18 months to 3 Years)	9:00 am Senior Shinny	10:00 am Lane Swim	10:00 am Lane Swim	10:00 am Stretch and Strengthen	9:15 am Mom & Baby Fit	4:00 pm Family/Youth Futsal
1:00 pm Lane Swim	10:00 am Older Adult Yoga	10:00 am Mix It Up - 10:00 - 11:00 a.m.	10:45 am Stretch and Balance Fit	10:45 am Stretch and Balance Fit	10:45 am Pickleball - Intermediate / Advanced	9:30 am Older Adult Yoga	5:30 pm Public Skating
2:15 pm Lane Swim	10:00 am Aqua Fitness	10:00 am Older Adult Yoga	11:00 am Chair Yoga	11:00 am Chair Yoga	11:00 am Therapy Fitness	10:00 am Mover's & Shakers (18 months to 3 Years)	6:00 pm Adult Futsal
2:15 pm Public Swim (All Pools)	10:00 am Deaf Seniors	10:00 am Family Swim (Main Pool Only)	11:15 am Public Swim (Main Pool Only)	11:15 am Public Swim (Main Pool Only)	11:15 am Older Adult Yoga	10:15 am Mix It Up - 10:00 - 11:00 a.m.	
	10:00 am Lane Swim	10:00 am Aqua Fitness	11:15 am Lane Swim	11:15 am Lane Swim	11:15 am Mini Scientists (18 months to 3 Years)	10:15 am Family Swim (Therapy & Preschool Pool Only)	
	10:15 am Gentle Core Strengthening	10:00 am Family Skating	12:00 pm Lane Swim	12:00 pm Lane Swim	12:00 pm Public Swim (Therapy & Preschool Pool Only)	10:45 am Pickleball - Intermediate	
	10:45 am Pickleball - Intermediate / Advanced	11:00 am Rehabilitation Swim	12:00 pm Adult Recreational Skating	12:00 pm Adult Recreational Skating	12:15 pm Adult Recreational Skating	10:45 am Line Dancing - Beginner	
	11:00 am Lane Swim	11:00 am Sensory Time (18 months to 4 Years)	12:15 pm Cardio and Core	12:15 pm Cardio and Core	12:15 pm TRX Circuit	11:15 am Figure Skating Ticket Ice	
	11:00 am Public Swim (Main Pool Only)	11:15 am Parkinson's Keep Moving	1:00 pm Mah Jongg & Table Top Games	1:00 pm Mah Jongg & Table Top Games	12:45 pm Art-Muck & Mess (18 months to 3 Years)	11:30 am Public Swim (Main Pool Only)	
	11:15 am Intro to Yoga	11:45 am Parkinson's Social Hour	1:00 pm Diaper Fitness	1:00 pm Diaper Fitness	1:00 pm Mah Jongg	11:30 am Lane Swim	
	11:30 am Line Dancing - Experienced	11:45 am Public Swim (Therapy & Preschool Pool Only)	1:15 pm Pickleball - Advanced	1:15 pm Pickleball - Advanced	1:00 pm Scrapbooking	12:15 pm Figure Skating Ticket Ice	
	12:00 pm Adult Shinny	12:00 pm Adult Recreational Skating	1:30 pm Parkinson's Aquatic Therapy Fitness	1:30 pm Parkinson's Aquatic Therapy Fitness	1:00 pm Lane Swim	12:15 pm TRX Circuit	
	12:15 pm Cardio and Core	12:15 pm TRX Circuit	1:30 pm Zumba Gold	1:30 pm Zumba Gold	1:15 pm Pickleball - Beginner /Intermediate	12:45 pm Stretch and Relax	
	1:00 pm Therapy Fitness	1:00 pm Bridge (Experienced)	2:00 pm Senior's Swim (MP Only)	2:00 pm Senior's Swim (MP Only)	2:00 pm Senior's Swim (TP Only)	1:00 pm Bridge (Experienced)	
	1:00 pm Bid Euchre	1:00 pm Lane Swim	3:15 pm Lane Swim	3:15 pm Lane Swim	3:00 pm Lane Swim	1:15 pm Pickleball - Beginner	
	1:15 pm Pickleball - Beginner	1:15 pm Pickleball - Beginner	3:30 pm Child and Youth Basketball (10 to 17 years)	3:30 pm Child and Youth Basketball (10 to 17 years)	3:45 pm Parent and Tot Swims (Therapy Pool Only)	2:00 pm Senior's Swim (MP Only)	
	2:00 pm Senior's Swim (MP Only)	2:00 pm CARP - 2:00 - 4:00 p.m.	5:00 pm Science Explorers (4 to 8 Years)	5:00 pm Science Explorers (4 to 8 Years)	3:45 pm Lane Swim	3:00 pm Lane Swim	
	3:15 pm Lane Swim	3:00 pm Lane Swim	5:00 pm Line Dancing - Beginner	5:00 pm Line Dancing - Beginner	4:00 pm Youth Room Drop-in (Grade 6-12)	3:00 pm Rehabilitation Swim	
	3:30 pm Family/Open Gym	3:15 pm Parent and Tot Swims (Therapy Pool Only)	5:00 pm Youth Room Drop-in (Grade 6-12)	5:00 pm Youth Room Drop-in (Grade 6-12)	5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)	3:15 pm Family/Open Gym	
	5:00 pm Gentle Flow Yoga	3:30 pm Open Gym	5:15 pm Recreation Pickleball	5:15 pm Recreation Pickleball	5:45 pm Zumba	4:00 pm Family Skating	
	5:00 pm Zumba	5:00 pm Artist Hub (9 to 15 Years)	5:30 pm Fit and Firm	5:30 pm Fit and Firm	6:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)	5:00 pm Kids Pop-Up Events (4 to 9 Years)	
	5:00 pm Youth Room Drop-in (Grade 6-12)	5:30 pm Preschool Play Zone (18 months to 5 Years)	6:30 pm Line Dancing - Experienced	6:30 pm Line Dancing - Experienced	7:00 pm Aqua Fitness	5:30 pm Recreation Pickleball	
	5:30 pm Fit and Firm	6:00 pm Dancing for Adults - Beginner	7:15 pm Badminton	7:15 pm Badminton	7:30 pm Volleyball (Recreational/Beginner)	6:15 pm Youth Pop-Up Events (10 to 17 years)	
	5:30 pm Jr. Soccer Skills & Drills (4 to 8 years)	6:00 pm Aqua Fitness	8:00 pm Lane Swim	8:00 pm Lane Swim	8:00 pm Lane Swim		
		6:15 pm STEM-tastic (9 to 15 Years)					
		6:15 pm Sporty Kids (6 to 9 Years)					
		6:30 pm Crokinole					

	5:30 pm Artful Antics (4 to 8 years) 6:45 pm Teen Recreational Volleyball (9 to 17 years) 8:00 pm Rehabilitation Swim 8:00 pm Lane Swim	7:30 pm Volleyball Intermediate/Advanced 7:30 pm Table Tennis 7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim				
17 8:00 am Lane Swim 8:00 am Rehabilitation Swim 9:00 am Lane Swim 9:00 am Family Swim (All Pools) 11:00 am Aqua Cross Training 12:10 pm Aqua Mind & Body 1:00 pm Public Swim (All Pools) 1:00 pm Lane Swim 2:15 pm Lane Swim 2:15 pm Public Swim (All Pools)	18 6:00 am Lane Swim 7:00 am Lane Swim 8:15 am Rehabilitation Swim 8:30 am Aquatics City Taxpayer Registration 10:00 am Lane Swim 10:00 am Deaf Seniors 11:00 am Lane Swim 11:00 am Public Swim (Main Pool Only) 12:00 pm Adult Shinny 1:00 pm Bid Euchre 2:00 pm Senior's Swim (MP Only) 3:15 pm Lane Swim 5:00 pm Youth Room Drop-in (Grade 6-12) 8:00 pm Lane Swim 8:00 pm Rehabilitation Swim	19 7:00 am Lane Swim 7:00 am Rehabilitation Swim 8:00 am Lane Swim 9:00 am Lane Swim 9:00 am Artist Collective 9:00 am Senior Shinny 10:00 am Family Skating 10:00 am Family Swim (Main Pool Only) 11:00 am Rehabilitation Swim 11:15 am Parkinson's Keep Moving 11:45 am Parkinson's Social Hour 11:45 am Public Swim (Therapy & Preschool Pool Only) 12:00 pm Adult Recreational Skating 1:00 pm Bridge (Experienced) 1:00 pm Lane Swim 2:00 pm Senior's Swim (TP Only) 3:00 pm Lane Swim 3:15 pm Parent and Tot Swims (Therapy Pool Only) 4:00 pm Youth Room Drop-in (Grade 6-12) 7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim	20 6:00 am Lane Swim 7:00 am Lane Swim 8:15 am Rehabilitation Swim 9:00 am Stitches 10:00 am Lane Swim 11:15 am Public Swim (Main Pool Only) 11:15 am Lane Swim 12:00 pm Lane Swim 12:00 pm Adult Recreational Skating 1:00 pm Mah Jongg & Table Top Games	21 7:00 am Lane Swim 8:00 am Rehabilitation Swim 8:30 am Aquatics Non-City Taxpayer Registration 9:00 am Lane Swim 12:00 pm Public Swim (Therapy & Preschool Pool Only) 12:15 pm Adult Recreational Skating 1:00 pm Mah Jongg 1:00 pm Scrapbooking 1:00 pm Lane Swim 2:00 pm Senior's Swim (TP Only) 3:00 pm Lane Swim 3:45 pm Parent and Tot Swims (Therapy Pool Only) 3:45 pm Lane Swim 7:00 pm Belleville Senators vs. Wilkes-Barre/Scranton Penguins 8:00 pm Lane Swim	22 6:00 am Lane Swim 7:00 am Lane Swim 8:15 am Rehabilitation Swim 9:00 am Family Swim (Main Pool Only) 10:15 am Family Swim (Therapy & Preschool Pool Only) 7:00 pm Belleville Senators vs. Toronto Marlies	23 9:00 am Family Skate 10:00 am Public Skating 10:15 am Open Gym 11:30 am Lane Swim 11:30 am Public Swim 12:30 pm Open Gym 1:00 pm Public Swim 1:00 pm Lane Swim 2:15 pm Lane Swim 2:15 pm Public Swim
24	25	26	27 6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim 8:00 am Lane Swim 9:00 am Lane Swim	28 7:00 am Rehabilitation Swim 7:00 am Lane Swim 8:00 am Lane Swim 9:00 am Lane Swim 9:00 am Senior Shinny	29 6:00 am Lane Swim 7:00 am Lane Swim 7:00 am Rehabilitation Swim	30 9:00 am Family Skate 10:00 am Public Skating 10:15 am Open Gym 11:30 am

			9:00 am Family Skate 9:00 am Family Swim 9:45 am Lane Swim 10:00 am Public Skating 11:00 am Lane Swim 11:15 am Public Swim 12:00 pm Lane Swim 1:15 pm Pickleball - Intermediate / Advanced 2:00 pm Senior's Swim 3:00 pm Public Swim 3:00 pm Lane Swim 3:15 pm Open Gym 3:45 pm Lane Swim 5:00 pm Lane Swim 5:00 pm Youth Room Drop-in (Grade 6-12) 5:00 pm Family Swim (Main Pool Only) 5:15 pm Recreation Pickleball 6:00 pm Family Swim (Therapy and Preschool Pool Only) 7:15 pm Badminton	9:00 am Family Swim 9:45 am Lane Swim 11:00 am Lane Swim 11:00 am Adult Recreational Skating 11:15 am Public Swim 12:00 pm Lane Swim 12:00 pm Adult Shinny 1:00 pm Family Skate 1:15 pm Pickleball - Beginner /Intermediate 2:00 pm Public Skating 2:00 pm Senior's Swim 3:00 pm Public Swim 3:00 pm Lane Swim 3:15 pm Open Gym 3:45 pm Lane Swim 4:00 pm Youth Room Drop-in (Grade 6-12) 5:00 pm Lane Swim 5:00 pm Family Swim (Main Pool Only) 5:15 pm Recreation Pickleball 6:00 pm Family Swim (Therapy and Preschool Pool Only) 7:00 pm Belleville Senators vs. Laval Rocket 7:15 pm Volleyball (Recreational/Beginner)	8:00 am Lane Swim 9:00 am Lane Swim 9:00 am Family Swim 9:45 am Lane Swim 10:15 am FREE Public Skate - Sponsored Family Dental Centre	Public Swim 11:30 am Lane Swim 12:30 pm Open Gym 1:00 pm Lane Swim 1:00 pm Public Swim 2:15 pm Public Swim 2:15 pm Lane Swim
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