

Quinte Sports and Wellness Centre Calendar



Generated December 4,
2024

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane Swim	8:00 am Rehabilitation Swim
8:00 am Rehabilitation Swim	7:00 am Lane Swim	7:30 am Rehabilitation Swim	7:00 am Lane Swim	7:30 am Rehabilitation Swim	7:00 am Lane Swim	8:30 am Lifesaving Society Lifesaving Instructor (15+ years)
8:30 am Lifesaving Society Swim Instructor (15+ years)	7:30 am Rehabilitation Swim	8:00 am Aqua Fitness	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	10:00 am Youth Room Drop-in (Grade 6-12)
9:00 am Family Swim (All Pools)	8:45 am Pickleball (Advanced)	8:45 am Older Adult Yoga	8:00 am Lane Swim	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	2:00 pm Lane Swim (1/2 pool)
9:00 am Lane Swim (1/2 pool)	8:45 am Learn to Speak French - Communicate in a French Restaurant	9:00 am Sketch & Swim	8:45 am Pickleball (Intermediate)	8:45 am Older Adult Flow Yoga	8:45 am Pickleball (Intermediate)	2:00 pm Public Swim (All Pools)
11:00 am Aqua Cross Training	9:00 am Strong Seniors	9:00 am Therapy Fitness	9:00 am Aqua Fitness	8:45 am Learn to Speak French - The Basics	9:00 am Aqua Fitness	
12:10 pm Aqua Mind and Body	9:00 am Aqua Fitness	9:15 am Senior Shinny (50+)	9:00 am OA Dancing for Fitness	9:00 am Women's Weight Training	9:00 am Family Swim (All Pools)	
6:30 pm Public Skating	9:00 am Family Swim (All Pools)	9:30 am Artist Collective	9:00 am Stitches	9:00 am Mini Scientists (18 months to 3 Years)	9:30 am Older Adult Yoga	
	9:30 am Zumba	10:00 am Older Adult Yoga	9:00 am Intro to Yoga, Continuing the Journey	9:00 am Therapy Fitness	10:00 am Aqua Fitness	
	10:00 am StrongER Seniors	10:00 am Lane Swim (1/2 pool)	9:00 am Strong Seniors	9:00 am Lane Swim	10:00 am Movers & Shakers (18 months to 3 Years)	
	10:00 am Older Adult Yoga	10:00 am Therapy Fitness	9:00 am Family Swim (All Pools)	9:00 am Shuffleboard 9:30am-12:00pm	10:15 am Mix It Up	
	10:00 am Deaf Seniors	10:00 am Family Swim (Main Pool Only)	10:00 am StrongER Seniors	9:30 am Falls Prevention	10:45 am Line Dancing - Beginner	
	10:00 am Aqua Fitness	10:15 am Family Skating (helmets mandatory for all participants)	10:00 am Aqua Fitness	10:00 am Family		

10:15 am Gentle Core Strengthening	10:15 am Mix It Up	10:15 am Stretch and Balance Fit	Swim (Main Pool Only)	11:00 am Lane Swim (1/2 pool)
10:45 am Pickleball (Beginner)	11:00 am Lane Swim (1/2 pool)	11:00 am Chair Yoga	10:00 am Lane Swim (1/2 pool)	11:15 am Public Swim (All Pools)
11:00 am Lane Swim (1/2 pool)	11:15 am Public Swim (All Pools)	11:00 am Lane Swim (1/2 pool)	10:00 am Tech Talks and Tech Support with Jordan	12:00 pm Line Dancing - Beginner
11:15 am Public Swim (All Pools)	11:45 am Parkinson's Social Hour	11:15 am Public Swim (All Pools)	10:00 am Older Adult Yoga	12:15 pm Total Body Strength
11:15 am Intro to Yoga	12:00 pm Adult Shinny	12:15 pm Cardio Core	10:15 am Stretch and Strengthen	1:00 pm Bridge (Experienced)
11:30 am Line Dancing - Experienced	12:15 pm Circuit Training	12:30 pm Adult Recreational Skating (16+)	10:15 am Family Skating (helmets mandatory for all participants)	1:15 pm Pickleball (Beginner)
12:15 pm Cardio Core	1:00 pm Bridge (Experienced)	1:00 pm Mah Jongg	10:45 am Pickleball (Advanced)	2:00 pm Senior's Swim (All Pools)
12:30 pm Balance Yoga: Mind & Body	1:30 pm Guitar Lessons: Small Group Format	1:15 pm Pickleball (Advanced)	11:00 am Lane Swim (1/2 pool)	3:00 pm Rehabilitation Swim
12:30 pm Adult Recreational Skating (16+)	2:00 pm Senior's Swim (All Pools)	1:30 pm Zumba Gold	11:15 am Senior Shinny (50+)	3:00 pm Youth Room Drop-in (Grade 6-12)
1:15 pm Bid Euchre	3:00 pm Parent and Tot Swim (Therapy Pool Only)	2:00 pm Senior's Swim (All Pools)	11:15 am Public Swim (All Pools)	3:00 pm Lane Swim
1:15 pm Pickleball (Intermediate)	3:00 pm Youth Room Drop-in (Grade 6-12)	3:00 pm Rehabilitation Swim	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2	3:15 pm Open Gym
1:30 pm OA Gentle Exercise & Fitness	3:00 pm Lane Swim	3:00 pm Lane Swim	12:00 pm Adult Recreational Skating (16+)	4:00 pm Lifesaving Society Lifesaving Instructor (15+ years)
2:00 pm Therapy Fitness	3:15 pm Open Gym	3:15 pm Family/Open Gym	12:15 pm Circuit Training	
2:00 pm Senior's Swim (Main Pool Only)	5:00 pm Artist Hub (9 to 15 Years)	5:15 pm Pickleball (Recreational)	12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1	
3:00 pm Rehabilitation Swim	5:15 pm Power Skating (Beginner)	5:15 pm Line Dancing - Beginner	1:00 pm Carpet Bowling - 1:00-3:30pm	
3:00 pm Lane Swim	5:30 pm Preschool Play Zone (18 months to 5 Years)	5:15 pm Science Explorers (4 to 8 Years)	1:00 pm Scrapbooking	
3:15 pm Open Gym	5:45 pm Dancing for Adults - Beginner	6:30 pm Dance Fusion for Adults	1:15 pm Pickleball (Intermediate)	
5:00 pm Gentle Flow Yoga	6:00 pm Aqua Fitness	6:30 pm Line Dancing - Experienced	2:00 pm Senior's Swim (All Pools)	
5:00 pm Zumba	6:05 pm Power Skating (Intermediate/Advanced)	7:15 pm Badminton	3:00 pm Parent and Tot Swim (Therapy Pool Only)	
5:00 pm Artful Antics (4 to 8 years)	6:15 pm Sporty Kids (6 to 9 Years)		3:00 pm Lane Swim	
5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)	7:00 pm Dancing for Adults - Intermediate		3:15 pm Open Gym	
5:30 pm Fit and Firm	7:30 pm Volleyball Intermediate/Advanced		5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)	
6:15 pm Science Explorers (4 to 8 Years)	7:30 pm Table Tennis		5:45 pm Zumba	
6:15 pm Teen Recreational Volleyball (9 to 17 years)	7:30 pm Public Swim (All Pools)		6:30 pm Jr. Soccer Skills & Drills (4 to 8 years)	
7:30 pm Teen Futsal	8:00 pm Lane Swim (1/2 pool)		7:00 pm Aqua Fitness	
8:00 pm Rehabilitation Swim			7:30 pm Volleyball Recreational/Beginner	
8:00 pm Lane Swim (1/2 pool)			8:00 pm Lane Swim	

				(1/2 pool) 8:00 pm Rehabilitation Swim		
8 8:00 am Lane Swim 8:00 am Rehabilitation Swim 8:30 am Lifesaving Society Lifesaving Instructor (15+ years) 9:00 am Family Swim (All Pools) 9:00 am Lane Swim (1/2 pool) 11:00 am Aqua Cross Training 12:10 pm Aqua Mind and Body 2:00 pm Lane Swim (1/2 pool) 2:00 pm Public Swim (All Pools)	9 6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:30 am Winter Session Registration for City Taxpayers/Residents (Land/Ice based activities) 8:45 am Pickleball (Advanced) 8:45 am Learn to Speak French - Communicate in a French Restaurant 9:00 am Art-Muck & Mess (18 months to 3 Years) 9:00 am Strong Seniors 9:00 am Aqua Fitness 9:00 am Family Swim (All Pools) 9:30 am Zumba 10:00 am StrongER Seniors 10:00 am Older Adult Yoga 10:00 am Mini Scientists (18 months to 3 Years) 10:00 am Deaf Seniors 10:00 am Aqua Fitness 10:15 am Gentle Core Strengthening 10:45 am Pickleball (Beginner) 11:00 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools) 11:15 am Intro to Yoga 11:30 am Line Dancing - Experienced 12:15 pm Cardio Core 12:30 pm Balance Yoga: Mind & Body 12:30 pm Adult	10 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Aqua Fitness 8:00 am Lane Swim (1/2 pool) 8:45 am Older Adult Yoga 9:00 am Sketch & Swim 9:00 am Therapy Fitness 9:00 am Lane Swim 9:30 am Artist Collective 10:00 am Older Adult Yoga 10:00 am Lane Swim (1/2 pool) 10:00 am Therapy Fitness 10:00 am Family Swim (Main Pool Only) 10:00 am Family Skating (helmets mandatory for all participants) 10:15 am Mix It Up 11:00 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools) 11:45 am Parkinson's Social Hour 12:00 pm Adult Shiny 12:15 pm Circuit Training 1:00 pm Bridge (Experienced) 2:00 pm Senior's Swim (All Pools) 3:00 pm Youth Room Drop-in (Grade 6-12) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 4:00 pm Youth Room Drop-in (Grade 6-12) 5:00 pm Artist Hub (9 to 15 Years) 5:15 pm Power Skating (Beginner) 5:30 pm Preschool Play Zone (18 months to 5 Years)	11 6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:45 am Pickleball (Intermediate) 9:00 am Aqua Fitness 9:00 am OA Dancing for Fitness 9:00 am Stitches 9:00 am Intro to Yoga, Continuing the Journey 9:00 am Strong Seniors 9:00 am Family Swim (All Pools) 10:00 am StrongER Seniors 10:00 am Aqua Fitness 10:15 am Stretch and Balance Fit 11:00 am Chair Yoga 11:00 am Lane Swim (1/2 pool) 11:15 am Public Swim (All Pools) 12:15 pm Cardio Core 12:30 pm Adult Recreational Skating (16+) 1:00 pm Mah Jongg 1:15 pm Pickleball (Advanced) 1:30 pm Zumba Gold 2:00 pm Senior's Swim (All Pools) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Family/Open Gym 5:15 pm Pickleball (Recreational)	12 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Aqua Fitness 8:00 am Lane Swim (1/2 pool) 8:30 am Winter Session Registration for Non-City Taxpayers/Non-Residents (Land/Ice based activities) 8:45 am Pickleball (Beginner) 8:45 am Older Adult Flow Yoga 8:45 am Learn to Speak French - The Basics 9:00 am Women's Weight Training 9:00 am Mini Scientists (18 months to 3 Years) 9:00 am Therapy Fitness 9:00 am Lane Swim 9:30 am Shuffleboard 9:30am-12:00pm 9:30 am Family Skating (helmets mandatory for all participants) 10:00 am Family Swim (Main Pool Only) 10:00 am Lane Swim (1/2 pool) 10:00 am Tech Talks and Tech Support with Jordan 10:00 am Older Adult Yoga 10:15 am Stretch and Strengthen 10:45 am Pickleball (Advanced) 11:00 am Lane Swim (1/2 pool) 11:00 am Senior Shiny (50+) 11:15 am Public Swim (All Pools) 11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2	13 6:00 am Lane Swim 7:00 am Lane Swim 7:30 am Rehabilitation Swim 8:00 am Lane Swim 8:45 am Pickleball (Intermediate) 9:00 am Aqua Fitness 9:00 am Family Swim (All Pools) 9:30 am Older Adult Yoga 10:00 am Aqua Fitness 10:00 am Movers & Shakers (18 months to 3 Years) 10:15 am Mix It Up 10:45 am Line Dancing - Beginner 11:00 am Lane Swim (1/2 pool) 11:15 am Figure Skating Ticket Ice 11:15 am Public Swim (All Pools) 12:00 pm Line Dancing - Beginner 12:15 pm Total Body Strength 12:15 pm Figure Skating Ticket Ice 1:00 pm Bridge (Experienced) 1:15 pm Pickleball (Beginner) 2:00 pm Senior's Swim (All Pools) 3:00 pm Rehabilitation Swim 3:00 pm Youth Room Drop-in (Grade 6-12) 3:00 pm Lane Swim 3:15 pm Open Gym	14 8:00 am Rehabilitation Swim 10:00 am Youth Room Drop-in (Grade 6-12) 2:00 pm Lane Swim (1/2 pool) 2:00 pm Public Swim (All Pools) 3:00 pm Public Skating 7:00 pm Belleville Senators vs. Rochester Americans

	Recreational Skating (16+) 1:15 pm Bid Euchre 1:15 pm Pickleball (Intermediate) 1:30 pm OA Gentle Exercise & Fitness 2:00 pm Therapy Fitness 2:00 pm Senior's Swim (Main Pool Only) 3:00 pm Youth Room Drop-in (Grade 6-12) 3:00 pm Rehabilitation Swim 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Gentle Flow Yoga 5:00 pm Zumba 5:00 pm Artful Antics (4 to 8 years) 5:15 pm Jr. Soccer Skills & Drills (4 to 8 years) 5:30 pm Fit and Firm 6:15 pm Science Explorers (4 to 8 Years) 6:15 pm Teen Recreational Volleyball (9 to 17 years) 7:30 pm Teen Futsal 8:00 pm Rehabilitation Swim 8:00 pm Lane Swim (1/2 pool)	5:45 pm Dancing for Adults - Beginner 6:00 pm Aqua Fitness 6:05 pm Power Skating (Intermediate/Advanced) 6:15 pm Sporty Kids (6 to 9 Years) 7:00 pm Dancing for Adults - Intermediate 7:30 pm Volleyball Intermediate/Advanced 7:30 pm Table Tennis 7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim (1/2 pool)	5:15 pm Line Dancing - Beginner 5:15 pm Science Explorers (4 to 8 Years) 6:30 pm Dance Fusion for Adults 6:30 pm Line Dancing - Experienced 7:00 pm Belleville Senators vs. Syracuse Crunch 7:15 pm Badminton	12:00 pm Adult Recreational Skating (16+) 12:15 pm Circuit Training 12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1 1:00 pm Carpet Bowling - 1:00-3:30pm 1:00 pm Scrapbooking 1:15 pm Pickleball (Intermediate) 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim	5:00 pm Kids Pop up Event - Pom-Pom Holiday Tree Ornament (4-9 years) 6:15 pm Youth Pop up Event - Snowman Ornament (10-17 years) 7:00 pm Belleville Senators vs. Rochester Americans	
15 8:00 am	16 6:00 am Lane Swim	17 7:00 am Lane Swim	18 6:00 am Lane	19 7:00 am Lane Swim	20 6:00 am Lane	21 10:00 am

Rehabilitation Swim	7:00 am Lane Swim	7:30 am Rehabilitation Swim	Swim	7:30 am Rehabilitation Swim	Swim	Youth Room Drop-in (Grade 6-12)
8:00 am Lane Swim	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	7:00 am Lane Swim	10:00 am Family/Open Gym
9:00 am Lane Swim (1/2 pool)	8:00 am Lane Swim	8:30 am January Pickleball Registration for City Taxpayers/Residents	7:30 am Rehabilitation Swim	8:30 am Winter Session Registration for Non-City Taxpayers/Non-Residents (Swimming lessons/aquatic programs)	7:30 am Rehabilitation Swim	11:15 am Lane Swim
9:00 am Family Swim (All Pools)	8:30 am Winter Session Registration for City Taxpayers/Residents (Swimming lessons/aquatic programs)	9:00 am Lane Swim	8:00 am Lane Swim	9:00 am Lane Swim	8:00 am Lane Swim	12:00 pm Family/Open Gym
11:00 am Aqua Cross Training	8:45 am Pickleball (Advanced)	9:00 am Sketch & Swim	9:00 am Stitches	9:00 am Lane Swim	8:30 am January Pickleball Registration for Non-City Taxpayers/Non-Residents	12:30 pm Lane Swim (1/2 pool)
12:10 pm Aqua Mind and Body	8:45 am Pickleball (Advanced)	9:30 am Artist Collective	3:00 pm Lane Swim	9:30 am Artist Collective	9:00 am Lane Swim	12:30 pm Public Swim (All Pools)
2:00 pm Lane Swim (1/2 pool)	8:45 am Learn to Speak French - Communicate in a French Restaurant	10:00 am Lane Swim (1/2 pool)	3:00 pm Rehabilitation Swim	10:00 am Lane Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	2:00 pm Public Swim (All Pools)
2:00 pm Public Swim (All Pools)	9:00 am Art-Muck & Mess (18 months to 3 Years)	11:00 am Lane Swim (1/2 pool)		11:00 am Lane Swim (1/2 pool)	11:00 am Lane Swim (1/2 pool)	2:00 pm Lane Swim (1/2 pool)
3:30 pm Public Skating	9:00 am Art-Muck & Mess (18 months to 3 Years)	11:15 am Public Swim (All Pools)		11:15 am Senior Shiny (50+)	11:15 am Senior Shiny (50+)	2:00 pm Public Swim (All Pools)
	9:00 am Strong Seniors	12:00 pm Adult Shiny		11:15 am Public Swim (All Pools)	11:15 am Public Swim (All Pools)	2:00 pm Lane Swim (1/2 pool)
	9:00 am Family Swim (All Pools)	2:00 pm Senior's Swim (All Pools)		12:00 pm Adult Recreational Skating (16+)	12:00 pm Adult Recreational Skating (16+)	3:00 pm Free Public Skate Sponsored by CUPE 907
	9:30 am Zumba	3:00 pm Parent and Tot Swim (Therapy Pool Only)		1:00 pm Scrapbooking	1:00 pm Scrapbooking	7:00 pm Belleville Senators vs. Springfield Thunderbirds
	10:00 am StrongER Seniors	3:00 pm Lane Swim		2:00 pm Senior's Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	
	10:00 am Older Adult Yoga	7:30 pm Public Swim (All Pools)		3:00 pm Parent and Tot Swim (Therapy Pool Only)	3:00 pm Parent and Tot Swim (Therapy Pool Only)	
	10:00 am Mini Scientists (18 months to 3 Years)	8:00 pm Lane Swim (1/2 pool)		3:00 pm Lane Swim	3:00 pm Lane Swim	
	10:00 am Deaf Seniors			8:00 pm Lane Swim (1/2 pool)	8:00 pm Lane Swim (1/2 pool)	
	10:15 am Gentle Core Strengthening					
	10:45 am Pickleball (Beginner)					
	11:00 am Lane Swim (1/2 pool)					
	11:15 am Public Swim (All Pools)					
	11:15 am Intro to Yoga					
	11:30 am Line Dancing - Experienced					
	12:15 pm Cardio Core					
	12:30 pm Balance Yoga: Mind & Body					
	12:45 pm Adult Recreational Skating (16+)					
	1:15 pm Bid Euchre					
	1:15 pm Pickleball (Intermediate)					
	1:30 pm OA Gentle Exercise & Fitness					
	2:00 pm Senior's Swim (Main Pool Only)					

	<p>3:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Gentle Flow Yoga</p> <p>5:00 pm Zumba</p> <p>5:00 pm Artful Antics (4 to 8 years)</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Fit and Firm</p> <p>6:15 pm Science Explorers (4 to 8 Years)</p> <p>6:15 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:30 pm Teen Futsal</p> <p>8:00 pm Rehabilitation Swim</p> <p>8:00 pm Lane Swim (1/2 pool)</p>					
<p>22</p> <p>10:00 am Family/Open Gym</p> <p>11:15 am Lane Swim</p> <p>12:00 pm Family/Open Gym</p> <p>12:30 pm Lane Swim (1/2 pool)</p> <p>12:30 pm Public Swim (All Pools)</p> <p>2:00 pm Public Swim (All Pools)</p> <p>2:00 pm Lane Swim (1/2 pool)</p> <p>3:00 pm Public Skating</p>	<p>23</p> <p>7:00 am Lane Swim</p> <p>7:30 am Rehabilitation Swim</p> <p>8:00 am Lane Swim</p> <p>8:00 am Winter Wonderland Camp (Grades JK -2)</p> <p>8:00 am Winter Wonderland Camp (Grades 3 -8)</p> <p>9:00 am Lane Swim (1/2 pool)</p> <p>9:00 am Family Swim (All Pools)</p> <p>10:00 am Lane Swim (1/2 pool)</p> <p>10:00 am Family Skating (helmets mandatory for all participants)</p> <p>10:30 am Public Swim (All Pools)</p> <p>11:00 am Lane Swim (1/2 pool)</p> <p>11:00 am Adult Recreational Skating (16+)</p> <p>12:00 pm Family/Open Gym</p>	<p>24</p> <p>9:00 am Family Skating (helmets mandatory for all participants)</p> <p>10:00 am Public Skating</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>7:00 am Lane Swim</p> <p>7:30 am Rehabilitation Swim</p> <p>8:00 am Lane Swim</p> <p>8:00 am Winter Wonderland Camp (Grades 3 -8)</p> <p>8:00 am Winter Wonderland Camp (Grades JK -2)</p> <p>9:00 am Lane Swim (1/2 pool)</p> <p>9:00 am Family Swim (All Pools)</p> <p>10:00 am Lane Swim (1/2 pool)</p> <p>10:30 am Public Swim (All Pools)</p> <p>11:00 am Lane Swim (1/2 pool)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Youth</p>	<p>28</p> <p>10:00 am Youth Room Drop-in (Grade 6-12)</p> <p>11:15 am Lane Swim</p> <p>12:30 pm Lane Swim (1/2 pool)</p> <p>12:30 pm Public Swim (All Pools)</p> <p>2:00 pm Public Swim (All Pools)</p> <p>2:00 pm Lane Swim (1/2 pool)</p> <p>7:00 pm Belleville Senators vs. Toronto Marlies</p>

	<p>1:00 pm Adult Shinny</p> <p>2:00 pm Pickleball (Recreational)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>3:00 pm Lane Swim</p> <p>4:00 pm Family/Open Gym</p> <p>4:30 pm Lane Swim</p> <p>4:30 pm Public Swim (All Pools)</p>				<p>Room Drop-in (Grade 6-12)</p> <p>3:00 pm Lane Swim</p> <p>3:30 pm Public Skating</p> <p>4:30 pm Lane Swim</p> <p>4:30 pm Public Swim (All Pools)</p>
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<p>29</p> <p>11:15 am Lane Swim</p> <p>12:30 pm Lane Swim (1/2 pool)</p> <p>12:30 pm Public Swim (All Pools)</p> <p>2:00 pm Public Swim (All Pools)</p> <p>2:00 pm Lane Swim (1/2 pool)</p>	<p>30</p> <p>7:00 am Lane Swim</p> <p>7:30 am Rehabilitation Swim</p> <p>8:00 am Lane Swim</p> <p>8:00 am Winter Wonderland Camp (Grades JK -2)</p> <p>8:00 am Winter Wonderland Camp (Grades 3 -8)</p> <p>9:00 am Lane Swim (1/2 pool)</p> <p>9:00 am Family Swim (All Pools)</p> <p>9:15 am Family Skating (helmets mandatory for all participants)</p> <p>10:00 am Lane Swim (1/2 pool)</p> <p>10:30 am Public Swim (All Pools)</p> <p>11:00 am Lane Swim (1/2 pool)</p> <p>12:00 pm Family/Open Gym</p> <p>1:00 pm Free Public Skate Sponsored by CUPE 1022</p> <p>1:15 pm Adult Recreational Skating (16+)</p> <p>2:00 pm Adult Shinny</p> <p>2:00 pm Pickleball (Recreational)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Youth Room Drop-in</p>	<p>31</p> <p>9:15 am Senior Shinny (50+)</p> <p>10:15 am Public Skating</p> <p>3:00 pm Belleville Senators vs. Utica Comets</p>			
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(Grade 6-12)					
3:00 pm Lane Swim					
4:00 pm Family/Open Gym					
4:30 pm Lane Swim					
4:30 pm Public Swim (All Pools)					

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