



Generated July 26, 2024

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				7:00 Lane Swim	6:00 Lane Swim	8:00
				8:00 Rehabilitation	7:00 Lane Swim	Rehabilitation Swim
				8:00 Rehabilitation Swim 8:45 Older Adult Flow Yoga 8:45 Learn to Speak French - Beginners "Vacation in Quebec" 8:45 Pickleball - Intermediate 9:00 Kindergarten Readiness (3 to 5 Years) 9:00 Women's Weight Training 9:00 Lane Swim 9:00 Aqua Fitness 9:30 Shuffleboard 9:30am-12:00pm 10:00 Stretch and Strengthen 10:00 Older Adult Yoga 10:45 Pickleball - Intermediate / Advanced 11:00 Therapy Fitness 11:45 Mini Scientists (18 months to 3 Years) 12:00 Public Swim (Therapy and	7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 PA Day Camp (Grades JK -8) 8:45 Pickleball - Advanced 9:00 ABC's & 1,2,3's (18 months to 3 Years) 9:00 Therapy Fitness 9:30 Older Adult Yoga 10:00 Mover's & Shakers (18 months to 3 Years) 10:15 Family Swim (Therapy and Preschool Pool Only) 10:45 Pickleball - Intermediate 10:45 Line Dancing (Beginner) 11:15 Figure Skating Ticket Ice 11:30 Public Swim (Main Pool Only)	Rehabilitation
				Preschool Pool Only) 12:15 Adult Recreational Skating	11:30 Lane Swim 12:00 Line Dancing	
				(16+)	Dancing (Beginner)	
				12:15 TRX Circuit 12:45 Art-Muck &	12:15 Figure Skating Ticket Ice	
				Mess (18 months to 3 Years)	12:15 Total Body Strength	

Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	Rehabilitation
8:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	8:00 Rehabilitation	Swim	8:00 CANCELLED	Swim
9:00 Family Swim	Swim	8:00 Lane Swim	Swim	8:45 Pickleball - Intermediate	- Rehabilitation Swim	9:00 Youth Room Drop-
(All Pools)	8:45 Pickleball -	8:00 Therapy Fitness	8:45 Pickleball -			in (Grade 6- 12)
9:00 Lane Swim 11:00 Aqua Cross	Advanced 8:45 Learn to	8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	Intermediate / Advanced	8:45 Learn to Speak French - Beginners	8:45 Pickleball - Advanced	10:00 Zumba
Training	Speak French -	9:00 Aqua Fitness	9:00 Stitches	"Vacation in Quebec"	9:00 ABC's &	10:00
12:10 Aqua Mind and Body	Beginners "Basic Vocabulary"	9:00 Senior Shinny	9:15 Strong Seniors	8:45 Older Adult Flow Yoga	1,2,3's (18 months to 3 Years)	Family/Open Gym
12:15	9:00 Art-Muck & Mess (18 months	(50+) 9:00 Lane Swim	9:30 Senior Gentle Fitness	9:00 Women's Weight Training	9:00 Therapy Fitness	1:00 Public
Family/Open Gym	to 3 Years)	9:00 Lane Swill 9:00 Move N' Groove	10:00 Aqua Fitness	9:00 Kindergarten	9:15 Mom and	Swim (All Pools)
1:00 Public Swim (All Pools)	9:00 Strong Seniors	(18 months to 4 Years)	10:00 Lane Swim	Readiness (3 to 5 Years)	Baby Fit	1:00 Lane
1:00 Lane Swim	10:00 Older Adult	9:00 Artist Collective	10:45 Stretch and Balance Fit	9:00 Lane Swim	9:30 Older Adult Yoga	Swim
2:15 Lane Swim	Yoga Yoga	10:00 Family Swim		9:00 Lanc Swiff 9:00 Aqua Fitness	10:00 Mover's &	2:00 Open Gym
2:15 Public Swim	10:00 Aqua Fitness	(Main Pool Only) 10:00 Family Skating	11:00 Chair Yoga 11:15 Lane Swim	9:30 Shuffleboard	Shakers (18	2:15 Lane
(All Pools)	10:00 Lane Swim	(helmets mandatory	11:15 Lane Swim	9:30am-12:00pm	months to 3 Years)	Swim
2:15 Recreation Pickleball	10:00 Mini Scientists (18	for all participants) 10:00 Aqua Fitness	(Main Pool Only)	10:00 Stretch and Strengthen	10:15 Mix It Up a.m.	2:15 Public Swim (All
4:30 Open Gym	months to 3 Years)	10:00 Aqua Fitness	12:00 Lane Swim	10:00 Older Adult Yoga	10:15 Family	Pools)
6:30 Basketball	10:00 Deaf Seniors	10:00 Older Adult	12:00 Adult Recreational	10:45 Pickleball -	Swim (Therapy and Preschool Pool	4:00
	10:15 Gentle Core	Yoga	Skating (16+)	Intermediate /	Only)	Family/Youth Futsal
	Strengthening	10:00 Paint & Play (18	12:15 Cardio Core	Advanced	10:45 Line Dancing	6:00 Adult
	10:45 Pickleball - Intermediate /	months to 4 Years)	1:00 Diaper Fitness	11:00 Therapy Fitness	(Beginner)	Futsal
	Advanced	10:45 Rehabilitation Swim	1:00 Mah Jongg &	11:45 Mini Scientists (18 months to 3 Years)	10:45 Pickleball -	7:00 Belleville Senators vs.
	11:00 Lane Swim	11:00 Sensory Time	Table Top Games	12:00 Public Swim	Intermediate	Utica Comets
	11:00 Public Swim (Main Pool Only)	(18 months to 4 Years)	1:15 Pickleball - Advanced	(Therapy and Preschool Pool Only)	11:15 Figure Skating Ticket Ice	7:00 Public Skating
	11:15 Intro to Yoga	11:15 Parkinson's Keep Moving	1:30 Zumba Gold	12:15 Adult	11:30 Public Swim	Skating
	11:30 Line	11:45 Parkinson's	1:30 Parkinson's	Recreational Skating (16+)	(Main Pool Only)	
	Dancing - Experienced	Social Hour	Aquatic Therapy Fitness	12:15 TRX Circuit	11:30 Lane Swim 12:00 Line	
	12:00 Adult Shinny	11:45 Public Swim (Therapy and	2:00 Senior's Swim	12:45 Art-Muck &	Dancing	
	12:15 Cardio Core	Preschool Pool Only)	(Main Pool Only)	Mess (18 months to 3 Years)	(Beginner)	
	1:00 Therapy	12:00 Adult	3:15 Lane Swim	1:00 Mah Jongg	12:15 Figure Skating Ticket Ice	
	Fitness	Recreational Skating (16+)	3:15 Family/Open Gym	1:00 Scrapbooking	12:15 Total Body	
	1:00 Bid Euchre	12:15 TRX Circuit	4:30 Youth Room	1:00 Carpet Bowling -	Strength	
	1:15 Pickleball - Beginner	1:00 Lane Swim	Drop-in (Grade 6- 12)	1:00-3:30pm	1:00 Bridge (Experienced)	
	1:30 Senior Gentle	1:00 Bridge	5:00 Young Chefs	1:00 Lane Swim	1:15 Pickleball -	
	Fitness	(Experienced)	(11 to 15 Years)	1:15 Pickleball -	Beginner	
	2:00 Senior's	1:15 Pickleball - Beginner	5:00 Fitness Mix	Beginner /Intermediate	1:30 Zumba Gold	
	Swim (Main Pool Only)	2:00 Senior's Swim	5:00 Yoga Fit	2:00 Senior's Swim (Therapy Pool Only)	2:00 Senior's	
	3:15 Lane Swim	(Therapy Pool Only)	5:00 Science	3:00 Lane Swim	Swim (Main Pool Only)	
	3:30 Family/Open	3:00 Lane Swim	Explorers (4 to 8 Years)	3:15 Family/Open Gym	3:00 Rehabilitation	
	Gym	3:00 Youth Room Drop-in (Grade 6-12)	5:15 Recreation	3:30 Youth Room	Swim	
	5:00 Gentle Flow Yoga	3:15 Parent and Tot	Pickleball	Drop-in (Grade 6-12)	3:00 Lane Swim	
	5:00 Zumba	Swim (Therapy Pool	5:15 Line Dancing (Beginner)	3:45 Lane Swim	3:15 Family/Open Gym	
		Only)	(Beginner)	3:45 Parent and Tot	Jym	

	5:00 Youth Room Drop-in (Grade 6- 12) 5:30 Fit and Firm 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 5:30 Artful Antics (4 to 8 years) 6:15 Yoga Fit 6:45 Teen Recreational Volleyball (9 to 17 years) 6:45 Science Explorers (4 to 8 Years) 8:00 Lane Swim 8:00 Rehabilitation Swim	3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Dancing for Adults - Beginner 6:00 Aqua Fitness 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim	6:30 Line Dancing (Experienced) 7:15 Badminton 8:00 Lane Swim	Swim (Therapy Pool Only) 5:00 Kitchen Crew (8 to 11 Years) NEW 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9 to 12 years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim	4:00 Family Skating (helmets mandatory for all participants) 5:30 Pickleball (Recreational) 7:00 Belleville Senators vs. Utica Comets	
11	12	13	14	15	16	17
8:00 Lane Swim	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	7:00 Lane Swim	6:00 Lane Swim	8:00
8:00 Rehabilitation	7:00 Lane Swim	Swim	7:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	Rehabilitation Swim
Swim	8:00 Rehabilitation	7:00 Lane Swim	8:00 Bay of Quinte	Swim	8:00 Rehabilitation	8:00
9:00 Family Swim (All Pools)	Swim	8:00 Lane Swim	Swim Meet (Pool Closed From 8am	8:45 Pickleball - Intermediate	Swim	Broomball Jr.
,	8:45 Pickleball -	8:00 Therapy Fitness	to 1pm)		8:00 Broomball Jr.	Provincials
9:00 Lane Swim	Advanced	8:45 Older Adult Yoga	8:45 Pickleball -	8:45 Learn to Speak French - Beginners	Provincials	10:00 Family/Open
11:00 Aqua Cross Training	8:45 Learn to Speak French -	- 8:45 - 9:45 a.m.	Intermediate / Advanced	"Vacation in Quebec"	8:45 Pickleball - Advanced	Gym
12:10 Aqua Mind	Beginners "Basic Vocabulary"	9:00 Aqua Fitness	9:00 Stitches	8:45 Older Adult Flow	9:00 ABC's &	1:00 Public
and Body	9:00 Art-Muck &	9:00 Senior Shinny (50+)		Yoga	1,2,3's (18 months	Swim (All Pools)
12:15	Mess (18 months	9:00 Lane Swim	9:15 Strong Seniors	9:00 Women's Weight Training	to 3 Years)	1:00 Lane
Family/Open Gym	to 3 Years)	9:00 Move N' Groove	9:30 Senior Gentle Fitness	9:00 Kindergarten	9:00 Therapy Fitness	Swim
1:00 Public Swim (All Pools)	9:00 Strong Seniors	(18 months to 4 Years)	10:45 Stretch and	Readiness (3 to 5 Years)	9:15 Mom and	2:00 Open
1:00 Lane Swim		9:00 Artist Collective	Balance Fit		Baby Fit	Gym
2:15 Lane Swim	10:00 Older Adult Yoga	10:00 Family Swim	12:00 Adult	9:00 Lane Swim	10:00 Mover's &	2:15 Lane Swim
2:15 Public Swim	10:00 Aqua Fitness	(Main Pool Only)	Recreational Skating (16+)	9:30 Shuffleboard 9:30am-12:00pm	Shakers (18 months to 3 Years)	2:15 Public
(All Pools)	10:00 Lane Swim	10:00 Family Skating (helmets mandatory	12:15 Cardio Core	10:00 Stretch and	10:15 Mix It Up	Swim (All
2:15 Recreation	10:00 Mini	for all participants)	1:00 Mah Jongg &	Strengthen	a.m.	Pools)
Pickleball	Scientists (18 months to 3 Years)	10:00 Aqua Fitness	Table Top Games	10:00 Older Adult Yoga	10:15 Family Swim (Therapy	4:00 Family/Youth
4:30 Open Gym	10:00 Deaf Seniors	10:00 Mix It Up	1:15 Pickleball - Advanced	10:45 Pickleball - Intermediate /	and Preschool Pool	Futsal
6:30 Basketball	10:00 Dear Semons 10:15 Gentle Core	10:00 Older Adult	1:30 Zumba Gold	Advanced	Only)	6:00 Adult
	Strengthening	Yoga	2:00 Senior's Swim	11:00 Therapy Fitness	10:45 Pickleball - Intermediate	Futsal
	10:45 Pickleball -	10:00 Paint & Play (18 months to 4 Years)	(Main Pool Only)	11:45 Mini Scientists	11:30 Public Swim	
	Intermediate / Advanced	10:45 Rehabilitation	3:15 Lane Swim	(18 months to 3 Years)	(Main Pool Only)	
	11:00 Lane Swim	Swim	3:15 Family/Open	12:00 Public Swim (Therapy and	11:30 Lane Swim	
	11:00 Public Swim	11:00 Sensory Time	Gym	Preschool Pool Only)	12:15 Total Body	
	(Main Pool Only)	(18 months to 4 Years) 11:15 Parkinson's	4:30 Youth Room Drop-in (Grade 6-	12:15 Adult	Strength	
		L LLLA Howkungonia	плоо-инстиасе о-	Recreational Skating	12:30 Figure	

18	11:30 Line Dancing - Experienced 12:00 Adult Shinny 12:15 Cardio Core 1:00 Therapy Fitness 1:00 Bid Euchre 1:30 Senior Gentle Fitness 2:00 Senior's Swim (Main Pool Only) 3:15 Lane Swim 3:30 Family/Open Gym 5:00 Gentle Flow Yoga 5:00 Zumba 5:00 Youth Room Drop-in (Grade 6- 12) 5:30 Fit and Firm 5:30 Artful Antics (4 to 8 years) 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 6:15 Yoga Fit 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim 8:00 Rehabilitation Swim	11:45 Parkinson's Social Hour 11:45 Public Swim (Therapy and Preschool Pool Only) 12:00 Adult Recreational Skating (16+) 12:15 TRX Circuit 1:00 Lane Swim 1:00 Bridge (Experienced) 1:15 Pickleball - Beginner 2:00 Senior's Swim (Therapy Pool Only) 3:00 Lane Swim 3:00 Youth Room Drop-in (Grade 6-12) 3:15 Parent and Tot Swim (Therapy Pool Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Dancing for Adults - Beginner 6:00 Aqua Fitness 6:15 STEM-tastic (9 to 15 Years) 6:15 Sporty Kids (6 to 9 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim	5:00 Young Chefs (11 to 15 Years) 5:00 Fitness Mix 5:00 Yoga Fit 5:00 Science Explorers (4 to 8 Years) 5:15 Recreation Pickleball 7:00 Belleville Senators vs. Syracuse Crunch 7:15 Badminton 8:00 Lane Swim	12:15 TRX Circuit 12:45 Art-Muck & Mess (18 months to 3 Years) 1:00 Mah Jongg 1:00 Scrapbooking 1:00 Carpet Bowling - 1:00-3:30pm 1:00 Lane Swim 1:15 Pickleball - Beginner /Intermediate 2:00 Senior's Swim (Therapy Pool Only) 3:00 Lane Swim 3:15 Family/Open Gym 3:30 Youth Room Drop-in (Grade 6-12) 3:45 Lane Swim 3:45 Parent and Tot Swim (Therapy Pool Only) 5:00 Kitchen Crew (8 to 11 Years) NEW 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 6:15 Girls Night Out (9 to 12 years) 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim	1:00 Bridge (Experienced) 1:15 Pickleball - Beginner 1:30 Zumba Gold 2:00 Senior's Swim (Main Pool Only) 3:00 Rehabilitation Swim 3:00 Lane Swim 3:15 Family/Open Gym 5:30 Pickleball (Recreational) 7:00 Belleville Senators vs. Toronto Marlies	24
8:00 Broomball Jr. Provincials	10:00 Open Gym 11:15 Free	7:00 Lane Swim 7:00 Rehabilitation	6:00 Lane Swim 7:00 Lane Swim	7:00 Lane Swim 8:00 Rehabilitation	6:00 Lane Swim 7:00 Lane Swim	8:00 Rehabilitation Swim
8:00 Rehabilitation	Sponsored Skate	Swim	8:00 Rehabilitation	Swim	8:00 Rehabilitation	
Swim 8:00 Lane Swim	by Royal LePage 11:30 Lane Swim	8:00 Lane Swim	Swim	8:45 Pickleball - Intermediate	Swim	9:00 Youth Room Drop-
9:00 Family Swim	11:30 Lane Swiii	8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	8:45 Pickleball - Intermediate /	8:45 Learn to Speak	8:45 Pickleball - Advanced	in (Grade 6- 12)
2.00 Failing Swill	11.50 Fuolic Swiin	- 0.73 - 7.43 a.III.	micimediate/	0.73 Leath to speak	Auvanceu	/

13.16 Farmlychpen 20.16 Farmlychpen 20.00 Artist Collection 20.00 Paints Collection 20.00 Paints Collection 20.00 Artist Collection 20.00 Artist Collection 20.00 Artist Collection 20.00 Artist Make 20.00 Ar	(All Pool	ls)	(All Pools)	0.00 G	Advanced	French - Beginners	0.00 4 DC1 0	10:00	
14.00 Ages Cross 12mm 200 Active Cellective 200 Active Cellective 200 Active N Grows 200 Static Cellective 200 Active N Grows 200 Active N G	`	,		9:00 Senior Shinny (50+)	9:00 Stitches		9:00 ABC's & 1,2,3's (18 months	Family/Open	
1-2010 Again Mark 1-2010 Again			, ,						
12.15 10.0 Lane Swim 2.19 Hall-calls 2.00 Hall-calls 2.10 Hall-calls 2.1	Training	•		9:00 Move N' Groove	9:30 Senior Gentle	_		10:00 Zumba	
10.1 10.1 10.2			,		Fitness				
Family Open Gym Control Sevim 100 Public Sevim 100 Public Sevim 2.015 Lanc Sevim 2.015 Public Sevim (All Pools) 2.15 Public Sevim (All Pools) 1.00 Lanc Sevim 1.00 Other Adult 1.00 Senory 1 irred 1.10 Senor	1	y			10:00 Aqua Fitness				
10.00 Polici Svim	1	Open Gym		,	10:00 Lane Swim		9:30 Older Adult	Swim (All	
2.15 Lane Swim (All Pools) 10.00 Older Adult Vigar 11.00 Seasory Time (18 months to 4 Verary) 11.00 Conder Adult Vigar 11.00 Seasory Time (18 months to 4 Verary) 11.00 Conder Adult Vigar 11.00 Seasory Time (18 months to 4 Verary) 11.00 Conder Adult Vigar 11.00 Seasory Time (18 months to 4 Verary) 11.00 Conder Adult Vigar 11.00 Seasory Time (18 months to 4 Verary) 11.00 Conder Adult Vigar 10.00 Older Adult	1:00 Pub	olic Swim	Hersey Bears			_		ĺ	
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11-80 Same 1-200 Lane Swim 12-00 And 12-00 A	2:15 Lan	ne Swim	(7111 7 0013)	•			1	,	
2.15 Recreation Pickleball 1.100 Sensory Time 1.200 Adult Kasp Moving 1.145 Parkinson's Kasp Moving 1.125 Parkinson's 1.200 Lank Swim 1.200 Daper Fitness 1.200 Mah Jongg & 1.200 Mah Jongg					12:00 Lane Swim			ĺ	
Recreational					12:00 Adult				
1.15 Parkinson's Seep Moving 1.145 Parkinson's Social Hour 1.20 Daiper Fitness 1.00 Diaper Popor Diaper Diaper Popor D	1					8	and Preschool Pool	4:00	
13-45 Parkinson's Social Hour 12-20 Adult Recertational Skating (16+7) 12-15 TRX Circuit 1-30 Bindge (Experienced) 13-0 Parkinson's Aquatic Therapy 13-15 Pickkeball - Beginner 3-10 Vorult Room 3-10 Vorult Room 3-10 Vorult Room 3-15 Parkinson's Aquatic Therapy 3-15 Pickeball - Beginner 3-15 Parkinson's Aquatic Therapy 3-15 Parkinson's Aqua	4:30 Ope	en Gym						, ,	
Social Hour 12:40 Adult Recreational Skating (16+) 12:15 TRX Circuit 1:00 Bridge (Experienced) 1:15 Pickleball Advanced 1:30 Parkinson's Aquatic Therapy Fittess 12:00 Schio's Swim (Main Pool Only) 3:00 Yourh Room Drop-in (Grade 6-12) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy sod Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 3:30 Preschool Play Zone (18 months to 5 Years) 6:00 Duncing for Adults - Beginner 5:00 Artist Hub (9 to 15 Years) 6:15 STEM-usatic (9 to 15 Years) 6:30 Crokinole 7:30 Velleyball Intermediate (15 STEM Line) 1:30 Lane Swim 1:15 Pickleball 1:16 O Therapy Fittess 1:14 Mim Scientists (18 months to 3 Years) 1:215 Adult Recreational Skating (Therapy and Therapy Pool Only) 1:215 TRX Circuit (16+) 1:215 Trail Hool Naly 1:215 Family Open Gym 1:215 Family Open Gym 1:215 Family Open Gym 1:200 Line 1:200 Li	6:30 Bas	ketball		_		Advanced			
12.00 Adult Recreational Skating (16+) 12:15 TRX Circuit 1:00 Bridge (Experienced) 1:30 Zamba Gold 1:30 Parkinson's Aquanic Therapy and Preschool Pool Only) 1:10 Prakinson's Aquanic Therapy Ropel Grade 6-12) 3:00 Youth Room Drop-in (Grade 6-12) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only) 3:15 Parent and Tot Swim (Therapy Pool Only) 3:30 Open Gym 3:30 Open Gym 2:30 Sariot's Swim (Therapy Pool Only) 3:30 Open Gym 2:30 Sariot's Swim (Therapy Pool Only) 3:30 Open Gym 2:30 Youth Room Drop-in (Grade 6-12) 3:00 Carpe Howling 1:00 Carpet Howling 1:00 Carpet Howling 1:00 Early Beginner 1:15 Pickleball 1:15 Pickleball 1:15 Pickleball 1:30 Dublic Swim (Main Pool Only) 1:15 Pickleball 1:30 Dublic Swim (Main Pool Only) 1:30 Dublic Swim (Main Pool Only) 1:30 Parent only only 1:30 Parent only only 1:30 Parent only only 1:30 Parent only only 1:30 Parent only only only only 1:30 Parent only only 1:30 Parent only only only only 1:30 Parent only only only only only only only only				-	1	11:00 Therapy Fitness	(Beginner)		
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1-00 Bridge (Experienced) 1-30 Parkinson's Aquatic Therapy Fitness 1-15 Pickleball - Beginner 3.00 Youth Room 2-00 Senior's Swim (Main Pool Only) 12-15 TRX Circuit 12-245 Art-Muck & Mess (18 months to 3 to 18 parent and Tot Swim (Therapy Pool Only) 1-15 Pickleball Beginner 1-15 Picklebal				12:15 TRX Circuit		(Therapy and			
Aquatic Therapy Fitness Fitnes						Preschool Pool Only)	11:30 Lane Swim		
1:15 Pickleball - Beginner 2:00 Senior's Swim (Main Pool Only) 12:15 TRX Circuit Dancing (Beginner Mess (18 months to 3 Years) 13:15 Family/Open Gym 13:15 Parent and Tot Swim (Therapy Pool Only) 3:15 Family/Open Gym 1:00 Carpet Bowling 1:00 Carpet Bowling 1:00 Carpet Bowling 1:00 Scrapbooking 1:00 Carpet Bowling 1:00 Scrapbooking 1:00				(Experienced)		_ ·			
2:00 Senior's Swim (Deginner) 2:15 TRX Circuit					Fitness				
Drop-in (Grade 6-12) 3:15 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only) 4:30 Youth Room Drop-in (Grade 6-12) 1:00 Scrapbooking				_		12:15 TRX Circuit			
3:15 Family/Open Gym 3:15 Parent and Tot Swim (Therapy Pool Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Dancing for Adults - Beginner 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim 7:30 Public Swim (All Pools) 8:00 Lane Swim 7:30 Public Swim (All Pools) 8:00 Lane Swim 7:30 Family/Open Gym 7:30 Public Swim (All Pools) 8:00 Lane Swim 7:35 Family/Open Gym 7:40 Public Swim (All Pools) 8:00 Lane Swim 7:45 Zumba 6:15 Sr. Soccer Skills & Drills (4 to 8 years) 6:15 Girls Night Out (9							(Beginner)		
1:00 Mah Jongg 12:15 Total Body Strength 1:00 Scrapbooking				3:00 Lane Swim					
3.30 Open Gym						1:00 Mah Jongg			
12 1:00 Carpet Bowling 1:00 Singlet (Experienced) 1:15 Pickleball Beginner 1:30 Zumba Gold 2:00 Senior's Swim (Therapy Pool Only) 3:00 Lane Swim 3:05 Recreation Pickleball						1:00 Scrapbooking			
5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Dancing for Adults - Beginner 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim 7:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:00 Science Explorers (4 to 8 Years) 5:15 Recreation Pickleball 7:15 Badminton 8:00 Lane Swim 3:15 Family/Open Gym Gym Jr. Swim (Therapy Pool Only) 3:00 Lane Swim 3:15 Family/Open Gym Jr. Swim (Therapy Pool Only) 3:45 Parent and Tot Swim (Therapy Pool Only) 3:45 Lane Swim 5:00 Kitchen Crew (8 to 11 Years) NEW 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Sr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9				3:30 Open Gym	I .	1 0			
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S:30 Preschool Play Zone (18 months to 5 Years) S:00 Fitness Mix Syears) S:00 Voga Fit S:00 Voga Fit S:00 Science Explorers (4 to 8 Years) S:15 Faceration Pickleball S:00 Lane Swim S:00 Kitchen Crew (8 to 11 Years) NEW S:15 Jr. Soccer Skills & Drills (4 to 8 years) S:45 Zumba S:00 Lane Swim S:00 Fitness Mix Segioner /Intermediate S:00 Voga Fit Sit Special Science Sit Special Scie				ŕ			· ·		
Years 5:00 Yoga Fit 5:00 Senior's Swim (Cherapy Pool Only) 3:00 Lane Swim (Main Pool Only) 3:00 La					5:00 Fitness Mix				
6:00 Dancing for Adults - Beginner 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim 7:30 Public Swim (All Pools) 8:00 Lane Swim 6:15 Sr. Soccer Skills & Drills (4 to 8 years) 8:00 Lane Swim 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9					5:00 Yoga Fit				
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& Drills (9 to 13 Years) 6:15 Girls Night Out (9						5:45 Zumba			
Years) 6:15 Girls Night Out (9									
to 12 years)									
						to 12 years)			

				7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim	
25	26	27	28	29	
8:00 Lane Swim	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	7:00 Lane Swim	
8:00 Rehabilitation Swim 9:00 Family Swim (All Pools) 11:00 Aqua Cross Training 12:10 Aqua Mind	7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Advanced 8:45 Learn to Speak French -	Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness 8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Bay of Quinte Boys Hockey 8:45 Pickleball - Intermediate /	8:00 Rehabilitation Swim 8:45 Pickleball - Intermediate 8:45 Learn to Speak French - Beginners "Vacation in Quebec"	
and Body	Beginners "Basic	9:00 Aqua Fitness	Advanced	8:45 Older Adult Flow	

12:15	Vocabulary"	9:00 Move N' Groove	9:00 Stitches	Yoga	
Family/Open Gym	9:00 Art-Muck &	(18 months to 4 Years)	9:15 Strong Seniors	9:00 Women's Weight	
1:00 Lane Swim	Mess (18 months to 3 Years)	9:00 Artist Collective	10:00 Aqua Fitness	Training	
1:00 Public Swim (All Pools)	9:00 Strong	9:00 Lane Swim	10:00 Lane Swim	9:00 Kindergarten Readiness (3 to 5	
2:15 Public Swim	Seniors	10:00 Family Swim (Main Pool Only)	10:45 Stretch and	Years)	
(All Pools)	10:00 Older Adult Yoga	10:00 Paint & Play (18	Balance Fit	9:00 Aqua Fitness	
2:15 Lane Swim	10:00 Aqua Fitness	months to 4 Years)	11:00 Chair Yoga	9:00 Lane Swim 9:30 Shuffleboard	
2:15 Recreation Pickleball	10:00 Mini	10:00 Aqua Fitness	11:15 Lane Swim	9:30 Shuffleboard 9:30am-12:00pm	
4:30 Open Gym	Scientists (18 months to 3 Years)	10:00 Mix It Up 10:00 Older Adult	11:15 Public Swim (Main Pool Only)	10:00 Older Adult Yoga	
6:30 Basketball	10:00 Deaf Seniors	Yoga	12:00 Lane Swim	10:45 Pickleball -	
	10:00 Lane Swim	10:45 Rehabilitation	12:15 Cardio Core	Intermediate / Advanced	
	10:15 Gentle Core	Swim	1:00 Diaper Fitness	11:00 Therapy Fitness	
	Strengthening 10:45 Pickleball -	11:00 Sensory Time (18 months to 4 Years)	1:00 Mah Jongg & Table Top Games	11:45 Mini Scientists (18 months to 3 Years)	
	Intermediate / Advanced	11:15 Parkinson's Keep Moving	1:15 Pickleball - Advanced	12:00 Public Swim (Therapy and	
	11:00 Lane Swim	11:45 Parkinson's Social Hour	1:30 Zumba Gold	Preschool Pool Only)	
	11:00 Public Swim (Main Pool Only)	11:45 Public Swim	1:30 Parkinson's	12:15 TRX Circuit	
	11:15 Intro to Yoga	(Therapy and Preschool Pool Only)	Aquatic Therapy Fitness	12:45 Art-Muck & Mess (18 months to 3	
	11:30 Line	12:15 TRX Circuit	2:00 Senior's Swim	Years)	
	Dancing - Experienced	1:00 Bridge	(Main Pool Only)	1:00 Mah Jongg	
	12:15 Cardio Core	(Experienced)	3:15 Lane Swim	1:00 Scrapbooking	
	1:00 Therapy	1:00 Lane Swim	3:15 Family/Open Gym	1:00 Carpet Bowling - 1:00-3:30pm	
	Fitness	1:15 Pickleball - Beginner	4:30 Youth Room	1:00 Lane Swim	
	1:00 Bid Euchre	2:00 Senior's Swim	Drop-in (Grade 6- 12)	1:15 Pickleball -	
	1:15 Pickleball - Beginner	(Therapy Pool Only)	5:00 Young Chefs	Beginner /Intermediate	
	2:00 Senior's	3:00 Lane Swim	(11 to 15 Years)	2:00 Senior's Swim (Therapy Pool Only)	
	Swim (Main Pool Only)	3:00 Youth Room Drop-in (Grade 6-12)	5:00 Yoga Fit 5:00 Science	3:00 Lane Swim	
	3:15 Lane Swim	3:15 Parent and Tot	Explorers (4 to 8	3:15 Family/Open Gym	
	3:30 Family/Open	Swim (Therapy Pool Only)	Years)	3:45 Parent and Tot Swim (Therapy Pool	
	Gym	3:30 Open Gym	5:15 Recreation Pickleball	Only)	
	5:00 Gentle Flow Yoga	5:00 Artist Hub (9 to	5:15 Line Dancing	3:45 Lane Swim	
	5:00 Zumba	15 Years)	(Beginner)	5:00 Kitchen Crew (8 to 11 Years) NEW	
	5:30 Fit and Firm	5:30 Preschool Play Zone (18 months to 5	6:30 Line Dancing (Experienced)	5:15 Jr. Soccer Skills	
	5:30 Jr. Soccer Skills & Drills (4	Years)	7:00 Belleville	& Drills (4 to 8 years)	
	to 8 years)	6:00 Aqua Fitness 6:15 STEM-tastic (9	Senators vs. Utica Comets	5:45 Zumba	
	5:30 Artful Antics	to 15 Years)	7:15 Badminton	6:15 Sr. Soccer Skills & Drills (9 to 13	
	(4 to 8 years) 6:00 Youth Room	6:15 Sporty Kids (6 to	8:00 Lane Swim	Years)	
	Drop-in (Grade 6-	9 Years) 6:30 Crokinole		6:15 Girls Night Out (9 to 12 years)	
	6:15 Yoga Fit	7:30 Volleyball Intermediate/Advanced		7:00 Aqua Fitness	
	6:45 Teen Recreational	7:30 Table Tennis		7:30 Volleyball (Recreational/Beginner)	
	Volleyball (9 to 17 years)	7:30 Public Swim (All		8:00 Lane Swim	
	6:45 Science Explorers (4 to 8 Years)	Pools) 8:00 Lane Swim			
	8:00 Lane Swim				
	5.00 Lane Swiiii				

8:00 Rehabilitation			
Swim			

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