



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 Rehabilitation Swim
				8:00 Rehabilitation Swim	7:00 Lane Swim	9:00 Youth Room Drop-in (Grade 6-12)
				8:45 Older Adult Flow Yoga	8:00 Rehabilitation Swim	10:00 Zumba
				8:45 Learn to Speak French - Beginners "Vacation in Quebec"	8:00 PA Day Camp (Grades JK -8)	10:00 Family/Open Gym
				8:45 Pickleball - Intermediate	8:45 Pickleball - Advanced	1:00 Public Skating
				9:00 Kindergarten Readiness (3 to 5 Years)	9:00 ABC's & 1,2,3's (18 months to 3 Years)	1:00 Public Swim (All Pools)
				9:00 Women's Weight Training	9:00 Therapy Fitness	1:00 Lane Swim
				9:00 Lane Swim	9:30 Older Adult Yoga	2:00 Open Gym
				9:00 Aqua Fitness	10:00 Mover's & Shakers (18 months to 3 Years)	2:15 Lane Swim
				9:30 Shuffleboard 9:30am-12:00pm	10:15 Family Swim (Therapy and Preschool Pool Only)	2:15 Public Swim (All Pools)
				10:00 Stretch and Strengthen	10:45 Pickleball - Intermediate	4:00 Family/Youth Futsal
				10:00 Older Adult Yoga	10:45 Line Dancing (Beginner)	6:00 Adult Futsal
				10:45 Pickleball - Intermediate / Advanced	11:15 Figure Skating Ticket Ice	
				11:00 Therapy Fitness	11:30 Public Swim (Main Pool Only)	
				11:45 Mini Scientists (18 months to 3 Years)	11:30 Lane Swim	
				12:00 Public Swim (Therapy and Preschool Pool Only)	12:00 Line Dancing (Beginner)	
				12:15 Adult Recreational Skating (16+)	12:15 Figure Skating Ticket Ice	
				12:15 TRX Circuit	12:15 Total Body Strength	
				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) 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	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 4:00 Family Skating (helmets mandatory for all participants) 5:30 Pickleball (Recreational)	
4 8:00 Rehabilitation	5 6:00 Lane Swim	6 7:00 Rehabilitation	7 6:00 Lane Swim	8 7:00 Lane Swim	9 6:00 Lane Swim	10 8:00

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

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

	<p>11:30 Line Dancing - Experienced</p> <p>12:00 Adult Skinny</p> <p>12:15 Cardio Core</p> <p>1:00 Therapy Fitness</p> <p>1:00 Bid Euchre</p> <p>1:30 Senior Gentle Fitness</p> <p>2:00 Senior's Swim (Main Pool Only)</p> <p>3:15 Lane Swim</p> <p>3:30 Family/Open Gym</p> <p>5:00 Gentle Flow Yoga</p> <p>5:00 Zumba</p> <p>5:00 Youth Room Drop-in (Grade 6-12)</p> <p>5:30 Fit and Firm</p> <p>5:30 Artful Antics (4 to 8 years)</p> <p>5:30 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>6:15 Yoga Fit</p> <p>6:45 Science Explorers (4 to 8 Years)</p> <p>6:45 Teen Recreational Volleyball (9 to 17 years)</p> <p>8:00 Lane Swim</p> <p>8:00 Rehabilitation Swim</p>	<p>11:45 Parkinson's Social Hour</p> <p>11:45 Public Swim (Therapy and Preschool Pool Only)</p> <p>12:00 Adult Recreational Skating (16+)</p> <p>12:15 TRX Circuit</p> <p>1:00 Lane Swim</p> <p>1:00 Bridge (Experienced)</p> <p>1:15 Pickleball - Beginner</p> <p>2:00 Senior's Swim (Therapy Pool Only)</p> <p>3:00 Lane Swim</p> <p>3:00 Youth Room Drop-in (Grade 6-12)</p> <p>3:15 Parent and Tot Swim (Therapy Pool Only)</p> <p>3:30 Open Gym</p> <p>5:00 Artist Hub (9 to 15 Years)</p> <p>5:30 Preschool Play Zone (18 months to 5 Years)</p> <p>6:00 Dancing for Adults - Beginner</p> <p>6:00 Aqua Fitness</p> <p>6:15 STEM-tastic (9 to 15 Years)</p> <p>6:15 Sporty Kids (6 to 9 Years)</p> <p>6:30 Crokinole</p> <p>7:30 Volleyball Intermediate/Advanced</p> <p>7:30 Table Tennis</p> <p>7:30 Public Swim (All Pools)</p> <p>8:00 Lane Swim</p>	<p>5:00 Young Chefs (11 to 15 Years)</p> <p>5:00 Fitness Mix</p> <p>5:00 Yoga Fit</p> <p>5:00 Science Explorers (4 to 8 Years)</p> <p>5:15 Recreation Pickleball</p> <p>7:00 Belleville Senators vs. Syracuse Crunch</p> <p>7:15 Badminton</p> <p>8:00 Lane Swim</p>	<p>12:15 TRX Circuit</p> <p>12:45 Art-Muck &amp; Mess (18 months to 3 Years)</p> <p>1:00 Mah Jongg</p> <p>1:00 Scrapbooking</p> <p>1:00 Carpet Bowling - 1:00-3:30pm</p> <p>1:00 Lane Swim</p> <p>1:15 Pickleball - Beginner /Intermediate</p> <p>2:00 Senior's Swim (Therapy Pool Only)</p> <p>3:00 Lane Swim</p> <p>3:15 Family/Open Gym</p> <p>3:30 Youth Room Drop-in (Grade 6-12)</p> <p>3:45 Lane Swim</p> <p>3:45 Parent and Tot Swim (Therapy Pool Only)</p> <p>5:00 Kitchen Crew (8 to 11 Years) NEW</p> <p>5:15 Jr. Soccer Skills &amp; Drills (4 to 8 years)</p> <p>6:15 Sr. Soccer Skills &amp; Drills (9 to 13 Years)</p> <p>6:15 Girls Night Out (9 to 12 years)</p> <p>7:30 Volleyball (Recreational/Beginner)</p> <p>8:00 Lane Swim</p>	<p>1:00 Bridge (Experienced)</p> <p>1:15 Pickleball - Beginner</p> <p>1:30 Zumba Gold</p> <p>2:00 Senior's Swim (Main Pool Only)</p> <p>3:00 Rehabilitation Swim</p> <p>3:00 Lane Swim</p> <p>3:15 Family/Open Gym</p> <p>5:30 Pickleball (Recreational)</p> <p>7:00 Belleville Senators vs. Toronto Marlies</p>	
<p>18</p> <p>8:00 Broomball Jr. Provincials</p> <p>8:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>9:00 Family Swim</p>	<p>19</p> <p>10:00 Open Gym</p> <p>11:15 Free Sponsored Skate by Royal LePage</p> <p>11:30 Lane Swim</p> <p>11:30 Public Swim</p>	<p>20</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>8:00 Lane Swim</p> <p>8:45 Older Adult Yoga - 8:45 - 9:45 a.m.</p>	<p>21</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>8:00 Rehabilitation Swim</p> <p>8:45 Pickleball - Intermediate /</p>	<p>22</p> <p>7:00 Lane Swim</p> <p>8:00 Rehabilitation Swim</p> <p>8:45 Pickleball - Intermediate</p> <p>8:45 Learn to Speak</p>	<p>23</p> <p>6:00 Lane Swim</p> <p>7:00 Lane Swim</p> <p>8:00 Rehabilitation Swim</p> <p>8:45 Pickleball - Advanced</p>	<p>24</p> <p>8:00 Rehabilitation Swim</p> <p>9:00 Youth Room Drop-in (Grade 6-12)</p>

(All Pools)	(All Pools)	9:00 Senior Shiny (50+)	Advanced	French - Beginners "Vacation in Quebec"	9:00 ABC's & 1,2,3's (18 months to 3 Years)	10:00 Family/Open Gym
9:00 Lane Swim	12:15 Family/Open Gym	9:00 Artist Collective	9:00 Stitches	8:45 Older Adult Flow Yoga	9:00 Therapy Fitness	10:00 Zumba
11:00 Aqua Cross Training	1:00 Public Swim (All Pools)	9:00 Move N' Groove (18 months to 4 Years)	9:15 Strong Seniors	9:00 Women's Weight Training	9:15 Mom and Baby Fit	1:00 Lane Swim
12:10 Aqua Mind and Body	1:00 Lane Swim	9:00 COSSA Swim Meet (Pool Closed From 8:45am to 3:00pm)	10:00 Aqua Fitness	9:00 Kindergarten Readiness (3 to 5 Years)	9:30 Older Adult Yoga	1:00 Public Swim (All Pools)
12:15 Family/Open Gym	2:00 Belleville Senators vs. Hersey Bears	10:00 Paint & Play (18 months to 4 Years)	10:00 Lane Swim	9:00 Aqua Fitness	10:00 Mover's & Shakers (18 months to 3 Years)	2:00 Open Gym
1:00 Public Swim (All Pools)	2:15 Lane Swim	10:00 Mix It Up	10:45 Stretch and Balance Fit	9:00 Lane Swim	10:15 Mix It Up a.m.	2:15 Public Swim (All Pools)
1:00 Lane Swim	2:15 Public Swim (All Pools)	10:00 Older Adult Yoga	11:15 Lane Swim	9:30 Shuffleboard 9:30am-12:00pm	10:15 Family Swim (Therapy and Preschool Pool Only)	2:15 Lane Swim
2:15 Lane Swim		11:00 Sensory Time (18 months to 4 Years)	11:15 Public Swim (Main Pool Only)	10:00 Stretch and Strengthen	10:45 Line Dancing (Beginner)	4:00 Family/Youth Futsal
2:15 Public Swim (All Pools)		11:15 Parkinson's Keep Moving	12:00 Lane Swim	10:00 Older Adult Yoga	10:45 Pickleball - Intermediate	6:00 Adult Futsal
2:15 Recreation Pickleball		11:45 Parkinson's Social Hour	12:00 Adult Recreational Skating (16+)	10:45 Pickleball - Intermediate / Advanced	11:15 Figure Skating Ticket Ice	
4:30 Open Gym		12:00 Adult Recreational Skating (16+)	12:15 Cardio Core	11:00 Therapy Fitness	11:30 Lane Swim	
6:30 Basketball		12:15 TRX Circuit	1:00 Diaper Fitness	11:45 Mini Scientists (18 months to 3 Years)	11:30 Public Swim (Main Pool Only)	
		1:00 Bridge (Experienced)	1:00 Mah Jongg & Table Top Games	12:00 Public Swim (Therapy and Preschool Pool Only)	12:00 Line Dancing (Beginner)	
		1:15 Pickleball - Beginner	1:15 Pickleball - Advanced	12:15 Adult Recreational Skating (16+)	12:15 Figure Skating Ticket Ice	
		3:00 Youth Room Drop-in (Grade 6-12)	1:30 Zumba Gold	12:15 TRX Circuit	12:15 Total Body Strength	
		3:00 Lane Swim	1:30 Parkinson's Aquatic Therapy Fitness	12:45 Art-Muck & Mess (18 months to 3 Years)	1:00 Bridge (Experienced)	
		3:15 Parent and Tot Swim (Therapy Pool Only)	2:00 Senior's Swim (Main Pool Only)	1:00 Mah Jongg	1:15 Pickleball - Beginner	
		3:30 Open Gym	3:15 Lane Swim	1:00 Scrapbooking	1:30 Zumba Gold	
		5:00 Artist Hub (9 to 15 Years)	3:15 Family/Open Gym	1:00 Carpet Bowling - 1:00-3:30pm	2:00 Senior's Swim (Main Pool Only)	
		5:30 Preschool Play Zone (18 months to 5 Years)	4:30 Youth Room Drop-in (Grade 6-12)	1:00 Lane Swim	3:00 Lane Swim	
		6:00 Dancing for Adults - Beginner	5:00 Young Chefs (11 to 15 Years)	1:15 Pickleball - Beginner /Intermediate	3:00 Rehabilitation Swim	
		6:15 Sporty Kids (6 to 9 Years)	5:00 Fitness Mix	2:00 Senior's Swim (Therapy Pool Only)	3:15 Family/Open Gym	
		6:15 STEM-tastic (9 to 15 Years)	5:00 Yoga Fit	3:00 Lane Swim	4:00 Family Skating (helmets mandatory for all participants)	
		6:30 Crokinole	5:00 Science Explorers (4 to 8 Years)	3:15 Family/Open Gym	5:30 Pickleball (Recreational)	
		7:30 Volleyball Intermediate/Advanced	5:15 Recreation Pickleball	3:30 Youth Room Drop-in (Grade 6-12)		
		7:30 Table Tennis	7:15 Badminton	3:45 Parent and Tot Swim (Therapy Pool Only)		
		7:30 Public Swim (All Pools)	8:00 Lane Swim	3:45 Lane Swim		
		8:00 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 (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		
25 8:00 Lane Swim 8:00 Rehabilitation Swim 9:00 Family Swim (All Pools) 11:00 Aqua Cross Training 12:10 Aqua Mind and Body	26 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Advanced 8:45 Learn to Speak French - Beginners "Basic	27 7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness 8:45 Older Adult Yoga - 8:45 - 9:45 a.m. 9:00 Aqua Fitness	28 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Bay of Quinte Boys Hockey 8:45 Pickleball - Intermediate / Advanced	29 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Intermediate 8:45 Learn to Speak French - Beginners "Vacation in Quebec" 8:45 Older Adult Flow		

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



	8:00 Rehabilitation Swim					
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<https://calendar.quintesportsandwellnesscentre.ca>