



## Thursday, February 1, 2024

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### Lane Swim

Date and Time: Thursday, February 1 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Thursday, February 1 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Older Adult Flow Yoga

Date and Time: Thursday, February 1 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

Pre-registration is required [online](#) or call 613-966-4632.

## Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, February 1 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper pronunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

## Pickleball - Intermediate

Date and Time: Thursday, February 1 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, February 1 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

Pre-registration is required [online](#) or call 613-966-4632.

## Women's Weight Training

Date and Time: Thursday, February 1 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

## Lane Swim

Date and Time: Thursday, February 1 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Thursday, February 1 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, February 1 09:30 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Stretch and Strengthen

Date and Time: Thursday, February 1 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Thursday, February 1 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Thursday, February 1 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Therapy Fitness

Date and Time: Thursday, February 1 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, February 1 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Friday, February 2, 2024

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### Lane Swim

Date and Time: Friday, February 2 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Friday, February 2 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Friday, February 2 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## PA Day Camp (Grades JK -8)

Date and Time: Friday, February 2 08:00 am - 5:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

## Pickleball - Advanced

Date and Time: Friday, February 2 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, February 2 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

Pre-registration is required [online](#) or call 613-966-4632.

## Therapy Fitness

Date and Time: Friday, February 2 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Friday, February 2 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Mover's & Shakers (18 months to 3 Years)

Date and Time: Friday, February 2 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

Pre-registration is required [online](#) or call 613-966-4632.

## Family Swim (Therapy and Preschool Pool Only)

Date and Time: Friday, February 2 10:15 am - 11:15 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Pickleball - Intermediate

Date and Time: Friday, February 2 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Line Dancing (Beginner)

Date and Time: Friday, February 2 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Beginner - Come and learn the steps and routines required to be a great line dancer. Line dancing burns calories, tones muscles and improves coordination. And it's so much fun! Please Note: you are required to register for all lessons as this is a progressive course.

Pre-registration is required [online](#) or call 613-966-4632.

## Figure Skating Ticket Ice

Date and Time: Friday, February 2 11:15 am - 12:05 pm

Address: 265 Cannifton Road, Belleville, ON

Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Lifts and throws are not permitted. Max of 15 skaters are permitted on the ice at any given time.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

## Public Swim (Main Pool Only)

Date and Time: Friday, February 2 11:30 am - 12:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Friday, February 2 11:30 am - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Saturday, February 3, 2024

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### Rehabilitation Swim

Date and Time: Saturday, February 3 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Youth Room Drop-in (Grade 6-12)

Date and Time: Saturday, February 3 09:00 am - 11:00 am

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

### Zumba



Date and Time: Saturday, February 3 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON

With a combination of cardio exercises and Latin-inspired dance movements, this will take the “work” out of the workout by mixing low-intensity movements with high-intensity movements for an interval-style, calorie-burning dance fitness party. This class is fun, energetic and will leave you feeling amazing. No previous dance experience required.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Family/Open Gym

Date and Time: Saturday, February 3 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Skating

Date and Time: Saturday, February 3 01:00 pm - 1:50 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a drop-in recreational skating program. Skating Aids cannot be permitted during these times due to safety issues. Ice Monitor staff will be present and rules must be obeyed. Public Skating Code of Conduct must be followed. Helmets are strongly recommended. Pre-registration is required [online](#) or call 613-966-4632. **Check out all of the available dates/times.**

## Public Swim (All Pools)

Date and Time: Saturday, February 3 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. Check out all of the available dates/times.

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Saturday, February 3 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Open Gym

Date and Time: Saturday, February 3 02:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Lane Swim

Date and Time: Saturday, February 3 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Saturday, February 3 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Youth Futsal

Date and Time: Saturday, February 3 04:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Adult Futsal

Date and Time: Saturday, February 3 06:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Sunday, February 4, 2024

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### Rehabilitation Swim

Date and Time: Sunday, February 4 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Sunday, February 4 08:00 am - 8:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Family Swim (All Pools)

Date and Time: Sunday, February 4 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville, ON

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim

Date and Time: Sunday, February 4 09:00 am - 10:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Cross Training

Date and Time: Sunday, February 4 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Aqua Mind and Body

Date and Time: Sunday, February 4 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Open Gym

Date and Time: Sunday, February 4 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity.

The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Sunday, February 4 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Sunday, February 4 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Sunday, February 4 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Sunday, February 4 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Recreation Pickleball

Date and Time: Sunday, February 4 02:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Open Gym

Date and Time: Sunday, February 4 04:30 pm - 6:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Basketball

Date and Time: Sunday, February 4 06:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

Pre-registration is required [online](#) or call 613-966-4632.

## Monday, February 5, 2024

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### Lane Swim

Date and Time: Monday, February 5 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Monday, February 5 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Monday, February 5 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Advanced

Date and Time: Monday, February 5 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Learn to Speak French - Beginners "Basic Vocabulary"

Date and Time: Monday, February 5 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, February 5 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

Pre-registration is required [online](#) or call 613-966-4632.

## Strong Seniors

Date and Time: Monday, February 5 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Monday, February 5 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Monday, February 5 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Monday, February 5 10:00 am - 11:00 am



Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, February 5 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Deaf Seniors

Date and Time: Monday, February 5 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

## Gentle Core Strengthening

Date and Time: Monday, February 5 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Monday, February 5 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and

are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Lane Swim

Date and Time: Monday, February 5 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Tuesday, February 6, 2024

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### Rehabilitation Swim

Date and Time: Tuesday, February 6 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Tuesday, February 6 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Tuesday, February 6 08:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Tuesday, February 6 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga - 8:45 - 9:45 a.m.

Date and Time: Tuesday, February 6 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Tuesday, February 6 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior Shinny (50+)

Date and Time: Tuesday, February 6 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light and dark coloured jersey.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Adult & Senior Shinny Code of Conduct:

-CSA approved helmets are MANDATORY

-Full hockey equipment is recommended

-All levels of hockey are welcome in this recreational program

-Body checking is not permitted

-Lifting or slap shots are not permitted

-Respect fellow players

-Fair and even shift play is required

## Lane Swim

Date and Time: Tuesday, February 6 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, February 6 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

Pre-registration is required [online](#) or call 613-966-4632.

## Artist Collective

Date and Time: Tuesday, February 6 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

## Family Swim (Main Pool Only)

Date and Time: Tuesday, February 6 10:00 am - 10:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Family Skating (helmets mandatory for all participants)

Date and Time: Tuesday, February 6 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the “Public Skating Code of Conduct”. (Maximum of 50 skaters will be permitted). Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

CSA Approved helmets are MANDATORY for all family skate participants.

CSA Approved Skate aids will be permitted

## Aqua Fitness

Date and Time: Tuesday, February 6 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mix It Up

Date and Time: Tuesday, February 6 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Tuesday, February 6 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Wednesday, February 7 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Wednesday, February 7 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Wednesday, February 7 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Intermediate / Advanced

Date and Time: Wednesday, February 7 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Stitches

Date and Time: Wednesday, February 7 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

## Strong Seniors

Date and Time: Wednesday, February 7 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Gentle Fitness

Date and Time: Wednesday, February 7 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Wednesday, February 7 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Wednesday, February 7 10:00 am - 11:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Stretch and Balance Fit

Date and Time: Wednesday, February 7 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Chair Yoga

Date and Time: Wednesday, February 7 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Wednesday, February 7 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (Main Pool Only)

Date and Time: Wednesday, February 7 11:15 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.



For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Wednesday, February 7 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Adult Recreational Skating (16+)

Date and Time: Wednesday, February 7 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

All skaters must follow the “Public Skating Code of Conduct”.

CSA Approved Skate aids will be permitted

## Thursday, February 8, 2024

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## Lane Swim

Date and Time: Thursday, February 8 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Thursday, February 8 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Intermediate

Date and Time: Thursday, February 8 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, February 8 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper annunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

## Older Adult Flow Yoga

Date and Time: Thursday, February 8 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

Pre-registration is required [online](#) or call 613-966-4632.

## Women's Weight Training

Date and Time: Thursday, February 8 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

## Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, February 8 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Thursday, February 8 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Thursday, February 8 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, February 8 09:30 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Stretch and Strengthen

Date and Time: Thursday, February 8 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Thursday, February 8 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Thursday, February 8 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Therapy Fitness

Date and Time: Thursday, February 8 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, February 8 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Friday, February 9, 2024

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### Lane Swim

Date and Time: Friday, February 9 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Friday, February 9 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### CANCELLED - Rehabilitation Swim

Date and Time: Friday, February 9 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Pickleball - Advanced

Date and Time: Friday, February 9 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, February 9 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

Pre-registration is required [online](#) or call 613-966-4632.

## Therapy Fitness

Date and Time: Friday, February 9 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mom and Baby Fit

Date and Time: Friday, February 9 09:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This 30 minute class includes a warm-up, full-body strength & endurance training followed by stretching the muscles worked. Including the baby in exercise during the body weight exercises are encouraged. All fitness levels and all trimesters are welcome.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Older Adult Yoga

Date and Time: Friday, February 9 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

### **Mover's & Shakers (18 months to 3 Years)**

Date and Time: Friday, February 9 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

Pre-registration is required [online](#) or call 613-966-4632.

### **Mix It Up a.m.**

Date and Time: Friday, February 9 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

### **Family Swim (Therapy and Preschool Pool Only)**

Date and Time: Friday, February 9 10:15 am - 11:15 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

### **Line Dancing (Beginner)**

Date and Time: Friday, February 9 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Beginner - Come and learn the steps and routines required to be a great line dancer. Line dancing burns calories,

tones muscles and improves coordination. And it's so much fun! Please Note: you are required to register for all lessons as this is a progressive course.

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate

Date and Time: Friday, February 9 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Figure Skating Ticket Ice

Date and Time: Friday, February 9 11:15 am - 12:05 pm

Address: 265 Cannifton Road, Belleville, ON

Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Lifts and throws are not permitted. Max of 15 skaters are permitted on the ice at any given time.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

## Public Swim (Main Pool Only)

Date and Time: Friday, February 9 11:30 am - 12:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Saturday, February 10, 2024

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### Rehabilitation Swim

Date and Time: Saturday, February 10 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8



Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Youth Room Drop-in (Grade 6-12)

Date and Time: Saturday, February 10 09:00 am - 11:00 am

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Zumba

Date and Time: Saturday, February 10 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON

With a combination of cardio exercises and Latin-inspired dance movements, this will take the “work” out of the workout by mixing low-intensity movements with high-intensity movements for an interval-style, calorie-burning dance fitness party. This class is fun, energetic and will leave you feeling amazing. No previous dance experience required.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Family/Open Gym

Date and Time: Saturday, February 10 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Saturday, February 10 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, February 10 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Open Gym

Date and Time: Saturday, February 10 02:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Lane Swim

Date and Time: Saturday, February 10 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Saturday, February 10 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Youth Futsal

Date and Time: Saturday, February 10 04:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Adult Futsal

Date and Time: Saturday, February 10 06:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Belleville Senators vs. Utica Comets

Date and Time: Saturday, February 10 07:00 pm - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON

Belleville Senators vs. Utica Comets @ CAA Arena

## Public Skating

Date and Time: Saturday, February 10 07:00 pm - 7:50 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a drop-in recreational skating program. Skating Aids cannot be permitted during these times due to safety issues. Ice Monitor staff will be present and rules must be obeyed. Public Skating Code of Conduct must

be followed. Helmets are strongly recommended. Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

## Sunday, February 11, 2024

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### Lane Swim

Date and Time: Sunday, February 11 08:00 am - 8:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Sunday, February 11 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Family Swim (All Pools)

Date and Time: Sunday, February 11 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville, ON

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

### Lane Swim

Date and Time: Sunday, February 11 09:00 am - 10:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Cross Training

Date and Time: Sunday, February 11 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Aqua Mind and Body

Date and Time: Sunday, February 11 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Open Gym

Date and Time: Sunday, February 11 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Sunday, February 11 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Sunday, February 11 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Sunday, February 11 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Sunday, February 11 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Recreation Pickleball

Date and Time: Sunday, February 11 02:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Open Gym

Date and Time: Sunday, February 11 04:30 pm - 6:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Basketball

Date and Time: Sunday, February 11 06:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

Pre-registration is required [online](#) or call 613-966-4632.

## Monday, February 12, 2024

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### Lane Swim

Date and Time: Monday, February 12 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Monday, February 12 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Monday, February 12 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Advanced

Date and Time: Monday, February 12 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Learn to Speak French - Beginners "Basic Vocabulary"

Date and Time: Monday, February 12 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, February 12 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

Pre-registration is required [online](#) or call 613-966-4632.

## Strong Seniors

Date and Time: Monday, February 12 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)



Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Monday, February 12 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Monday, February 12 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Monday, February 12 10:00 am - 11:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, February 12 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Deaf Seniors

Date and Time: Monday, February 12 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

## Gentle Core Strengthening

Date and Time: Monday, February 12 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Monday, February 12 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Lane Swim

Date and Time: Monday, February 12 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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## Tuesday, February 13, 2024

## Rehabilitation Swim

Date and Time: Tuesday, February 13 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Tuesday, February 13 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Tuesday, February 13 08:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Tuesday, February 13 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga - 8:45 - 9:45 a.m.

Date and Time: Tuesday, February 13 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Tuesday, February 13 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior Shinny (50+)

Date and Time: Tuesday, February 13 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light and dark coloured jersey.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Adult & Senior Shinny Code of Conduct:

- CSA approved helmets are MANDATORY
- Full hockey equipment is recommended
- All levels of hockey are welcome in this recreational program
- Body checking is not permitted
- Lifting or slap shots are not permitted
- Respect fellow players
- Fair and even shift play is required

## Lane Swim

Date and Time: Tuesday, February 13 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, February 13 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

Pre-registration is required [online](#) or call 613-966-4632.

## Artist Collective

Date and Time: Tuesday, February 13 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

## Family Swim (Main Pool Only)

Date and Time: Tuesday, February 13 10:00 am - 10:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Family Skating (helmets mandatory for all participants)

Date and Time: Tuesday, February 13 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the "Public Skating Code of Conduct". (Maximum of 50 skaters will be permitted). Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

CSA Approved helmets are MANDATORY for all family skate participants.

CSA Approved Skate aids will be permitted

## Aqua Fitness

Date and Time: Tuesday, February 13 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mix It Up

Date and Time: Tuesday, February 13 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Tuesday, February 13 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Wednesday, February 14, 2024

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### Lane Swim

Date and Time: Wednesday, February 14 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Wednesday, February 14 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Bay of Quinte Swim Meet (Pool Closed From 8am to 1pm)

Date and Time: Wednesday, February 14 08:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

The pool is closed on Wednesday, February 14 from 8:00 a.m. to 1:00 p.m. for the Bay of Quinte Swim Meet.

All recreational swims scheduled before 8:00 a.m. and after 1:00 p.m. are running.

## Pickleball - Intermediate / Advanced

Date and Time: Wednesday, February 14 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Stitches

Date and Time: Wednesday, February 14 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

## Strong Seniors

Date and Time: Wednesday, February 14 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Gentle Fitness

Date and Time: Wednesday, February 14 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Stretch and Balance Fit

Date and Time: Wednesday, February 14 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Adult Recreational Skating (16+)

Date and Time: Wednesday, February 14 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate.

Pre-registration is required [online](#) or call 613-966-4632. Check out all of the available dates/times.

All skaters must follow the “Public Skating Code of Conduct”.

CSA Approved Skate aids will be permitted

## Cardio Core

Date and Time: Wednesday, February 14 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Pre-registration is required [online](#) or call 613-966-4632.



For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Mah Jongg & Table Top Games

Date and Time: Wednesday, February 14 01:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

If you enjoy tabletop games, learning new games, Mah Jongg and meeting new people, then this day is perfect for you! All levels are welcome. Mah Jongg is a rummy-like game played with tiles rather than cards. It is played with four or five players. The object of Mah Jongg is to make the tiles match up with a hand on a Mah Jongg card. Please Note: You must have a valid 50 Membership (\$5.00/year)

## Pickleball - Advanced

Date and Time: Wednesday, February 14 01:15 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Zumba Gold

Date and Time: Wednesday, February 14 01:30 pm - 2:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move with joy! This class will have you dancing and having a blast, with dance routines designed for beginners and older active adults. There is a longer warm up and cool down to help improve balance, flexibility and cardiovascular strength. The music will take (Beginner / Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Senior's Swim (Main Pool Only)

Date and Time: Wednesday, February 14 02:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Wednesday, February 14 03:15 pm - 4:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Thursday, February 15, 2024

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### Lane Swim

Date and Time: Thursday, February 15 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Thursday, February 15 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Pickleball - Intermediate

Date and Time: Thursday, February 15 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

### Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, February 15 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper pronunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

## Older Adult Flow Yoga

Date and Time: Thursday, February 15 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

Pre-registration is required [online](#) or call 613-966-4632.

## Women's Weight Training

Date and Time: Thursday, February 15 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

## Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, February 15 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Thursday, February 15 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, February 15 09:30 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Stretch and Strengthen

Date and Time: Thursday, February 15 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Thursday, February 15 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Thursday, February 15 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Therapy Fitness

Date and Time: Thursday, February 15 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, February 15 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (Therapy and Preschool Pool Only)

Date and Time: Thursday, February 15 12:00 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Friday, February 16, 2024

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### Lane Swim

Date and Time: Friday, February 16 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Friday, February 16 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Friday, February 16 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Broomball Jr. Provincials

Date and Time: Friday, February 16 08:00 am - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Feb. 16-18, 2024: Jr. Provincials Broomball Tournament

More information on the [organizers website](#).

## Pickleball - Advanced

Date and Time: Friday, February 16 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another,

making the game enjoyable for everyone.

## **ABC's & 1,2,3's (18 months to 3 Years)**

Date and Time: Friday, February 16 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

Pre-registration is required [online](#) or call 613-966-4632.

## **Therapy Fitness**

Date and Time: Friday, February 16 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## **Mom and Baby Fit**

Date and Time: Friday, February 16 09:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This 30 minute class includes a warm-up, full-body strength & endurance training followed by stretching the muscles worked. Including the baby in exercise during the body weight exercises are encouraged. All fitness levels and all trimesters are welcome.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## **Mover's & Shakers (18 months to 3 Years)**

Date and Time: Friday, February 16 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

Pre-registration is required [online](#) or call 613-966-4632.

## Mix It Up a.m.

Date and Time: Friday, February 16 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Family Swim (Therapy and Preschool Pool Only)

Date and Time: Friday, February 16 10:15 am - 11:15 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Pickleball - Intermediate

Date and Time: Friday, February 16 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Public Swim (Main Pool Only)

Date and Time: Friday, February 16 11:30 am - 12:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)



## Lane Swim

Date and Time: Friday, February 16 11:30 am - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Total Body Strength

Date and Time: Friday, February 16 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

30 minutes of strength and anerobic training; focusing on compound moves using free weights, and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Saturday, February 17, 2024

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### Rehabilitation Swim

Date and Time: Saturday, February 17 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Broomball Jr. Provincials

Date and Time: Saturday, February 17 08:00 am - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Feb. 16-18, 2024: Jr. Provincials Broomball Tournament

More information on the [organizers website](#).

## Family/Open Gym

Date and Time: Saturday, February 17 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Saturday, February 17 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, February 17 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Open Gym

Date and Time: Saturday, February 17 02:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Lane Swim

Date and Time: Saturday, February 17 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Saturday, February 17 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Youth Futsal

Date and Time: Saturday, February 17 04:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Adult Futsal

Date and Time: Saturday, February 17 06:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Sunday, February 18, 2024

## **Broomball Jr. Provincials**

Date and Time: Sunday, February 18 08:00 am - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Feb. 16-18, 2024: Jr. Provincials Broomball Tournament

More information on the [organizers website](#).

## **Rehabilitation Swim**

Date and Time: Sunday, February 18 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## **Lane Swim**

Date and Time: Sunday, February 18 08:00 am - 8:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## **Family Swim (All Pools)**

Date and Time: Sunday, February 18 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville, ON

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## **Lane Swim**

Date and Time: Sunday, February 18 09:00 am - 10:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Cross Training

Date and Time: Sunday, February 18 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Aqua Mind and Body

Date and Time: Sunday, February 18 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Open Gym

Date and Time: Sunday, February 18 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Sunday, February 18 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for

separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Sunday, February 18 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Sunday, February 18 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Sunday, February 18 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Recreation Pickleball

Date and Time: Sunday, February 18 02:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to

one another, making the game enjoyable for everyone.

## Open Gym

Date and Time: Sunday, February 18 04:30 pm - 6:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Basketball

Date and Time: Sunday, February 18 06:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

Pre-registration is required [online](#) or call 613-966-4632.

## Monday, February 19, 2024

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### Open Gym

Date and Time: Monday, February 19 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

### Free Sponsored Skate by Royal LePage

Date and Time: Monday, February 19 11:15 am - 12:05 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Free skate on FDC Arena. First come first, first serve with a maximum of 160 skaters at a time.

Public skating rules apply. Skating Aids cannot be permitted during this skate due to safety issues. Ice Monitor

Staff will be present and rules must be obeyed.

## Lane Swim

Date and Time: Monday, February 19 11:30 am - 12:30 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Monday, February 19 11:30 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Open Gym

Date and Time: Monday, February 19 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Monday, February 19 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)



## Lane Swim

Date and Time: Monday, February 19 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Belleville Senators vs. Hersey Bears

Date and Time: Monday, February 19 02:00 pm - 5:00 pm

Address: 265 Cannifton Road, Belleville, ON

Belleville Senators vs. Hersey Bears @ CAA Arena

## Lane Swim

Date and Time: Monday, February 19 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Monday, February 19 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Tuesday, February 20, 2024

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## Lane Swim

Date and Time: Tuesday, February 20 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Tuesday, February 20 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Tuesday, February 20 08:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Older Adult Yoga - 8:45 - 9:45 a.m.

Date and Time: Tuesday, February 20 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Shinny (50+)

Date and Time: Tuesday, February 20 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light

and dark coloured jersey.

Pre-registration is required [online](#) or call 613-966-4632. Check out all of the available dates/times.

Adult & Senior Shinny Code of Conduct:

- CSA approved helmets are MANDATORY
- Full hockey equipment is recommended
- All levels of hockey are welcome in this recreational program
- Body checking is not permitted
- Lifting or slap shots are not permitted
- Respect fellow players
- Fair and even shift play is required

## Artist Collective

Date and Time: Tuesday, February 20 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

## Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, February 20 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

Pre-registration is required [online](#) or call 613-966-4632.

## COSSA Swim Meet (Pool Closed From 8:45am to 3:00pm)

Date and Time: Tuesday, February 20 09:00 am - 2:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

The pool is closed on Tuesday, February 20 from 8:45 a.m. to 3:00p.m. for the COSSA Swim Meet.

All recreational swims scheduled before 8:45 a.m. and after 3:00 p.m. are running.

## Paint & Play (18 months to 4 Years)

Date and Time: Tuesday, February 20 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Explore the art of painting with weekly classes. Come with your friends or make new friends as we enjoy paint and play together.

Pre-registration is required [online](#) or call 613-966-4632.

## Mix It Up

Date and Time: Tuesday, February 20 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Tuesday, February 20 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Sensory Time (18 months to 4 Years)

Date and Time: Tuesday, February 20 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will be presented with sensory play activities to get all seven senses thinking and engaged.

Pre-registration is required [online](#) or call 613-966-4632.

## Parkinson's Keep Moving

Date and Time: Tuesday, February 20 11:15 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

After the Parkinson's Keep Moving exercise program, participants and caregivers are welcome to the 50+ Centre to enjoy refreshments, socializing and sometimes a guest speaker. Please Note: You are required to have a 50+ Membership to participate (\$5.00/year)

## Parkinson's Social Hour

Date and Time: Tuesday, February 20 11:45 am - 12:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

After the Parkinson's Keep Moving exercise program, participants and caregivers are welcome to the 50+ Centre to enjoy refreshments, socializing and sometimes a guest speaker. Please Note: You are required to have a 50+ Membership to participate (\$5.00/year)

## Adult Recreational Skating (16+)

Date and Time: Tuesday, February 20 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate.

Pre-registration is required [online](#) or call 613-966-4632. Check out all of the available dates/times.

All skaters must follow the “Public Skating Code of Conduct”.

CSA Approved Skate aids will be permitted

## Wednesday, February 21, 2024

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### Lane Swim

Date and Time: Wednesday, February 21 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. Check out all of the available dates/times.

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Wednesday, February 21 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. Check out all of the available dates/times.

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Wednesday, February 21 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Intermediate / Advanced

Date and Time: Wednesday, February 21 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Stitches

Date and Time: Wednesday, February 21 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

## Strong Seniors

Date and Time: Wednesday, February 21 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Gentle Fitness

Date and Time: Wednesday, February 21 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Wednesday, February 21 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Wednesday, February 21 10:00 am - 11:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Stretch and Balance Fit

Date and Time: Wednesday, February 21 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Wednesday, February 21 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (Main Pool Only)

Date and Time: Wednesday, February 21 11:15 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Wednesday, February 21 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Adult Recreational Skating (16+)

Date and Time: Wednesday, February 21 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

All skaters must follow the “Public Skating Code of Conduct”.

CSA Approved Skate aids will be permitted

## Cardio Core

Date and Time: Wednesday, February 21 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)



# Thursday, February 22, 2024

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## Lane Swim

Date and Time: Thursday, February 22 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Thursday, February 22 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Intermediate

Date and Time: Thursday, February 22 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, February 22 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper annunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

## Older Adult Flow Yoga

Date and Time: Thursday, February 22 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

Pre-registration is required [online](#) or call 613-966-4632.

## Women's Weight Training

Date and Time: Thursday, February 22 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

## Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, February 22 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Thursday, February 22 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Thursday, February 22 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, February 22 09:30 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Stretch and Strengthen

Date and Time: Thursday, February 22 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Thursday, February 22 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Thursday, February 22 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Therapy Fitness

Date and Time: Thursday, February 22 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, February 22 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Friday, February 23, 2024

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### Lane Swim

Date and Time: Friday, February 23 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Friday, February 23 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Friday, February 23 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Advanced

Date and Time: Friday, February 23 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, February 23 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

Pre-registration is required [online](#) or call 613-966-4632.

## Therapy Fitness

Date and Time: Friday, February 23 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mom and Baby Fit

Date and Time: Friday, February 23 09:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This 30 minute class includes a warm-up, full-body strength & endurance training followed by stretching the muscles worked. Including the baby in exercise during the body weight exercises are encouraged. All fitness levels and all trimesters are welcome.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Older Adult Yoga

Date and Time: Friday, February 23 09:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Mover's & Shakers (18 months to 3 Years)

Date and Time: Friday, February 23 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

Pre-registration is required [online](#) or call 613-966-4632.

## Mix It Up a.m.

Date and Time: Friday, February 23 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Family Swim (Therapy and Preschool Pool Only)

Date and Time: Friday, February 23 10:15 am - 11:15 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Therapy/Preschool Pools only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Line Dancing (Beginner)

Date and Time: Friday, February 23 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Beginner - Come and learn the steps and routines required to be a great line dancer. Line dancing burns calories, tones muscles and improves coordination. And it's so much fun! Please Note: you are required to register for all lessons as this is a progressive course.

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate

Date and Time: Friday, February 23 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Figure Skating Ticket Ice

Date and Time: Friday, February 23 11:15 am - 12:05 pm

Address: 265 Cannifton Road, Belleville, ON

Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Lifts and throws are not permitted. Max of 15 skaters are permitted on the ice at any given time.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

## Lane Swim

Date and Time: Friday, February 23 11:30 am - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Saturday, February 24, 2024

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### Rehabilitation Swim

Date and Time: Saturday, February 24 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Youth Room Drop-in (Grade 6-12)

Date and Time: Saturday, February 24 09:00 am - 11:00 am

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

### Family/Open Gym

Date and Time: Saturday, February 24 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to



equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## Zumba

Date and Time: Saturday, February 24 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON

With a combination of cardio exercises and Latin-inspired dance movements, this will take the “work” out of the workout by mixing low-intensity movements with high-intensity movements for an interval-style, calorie-burning dance fitness party. This class is fun, energetic and will leave you feeling amazing. No previous dance experience required.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Lane Swim

Date and Time: Saturday, February 24 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (All Pools)

Date and Time: Saturday, February 24 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Open Gym

Date and Time: Saturday, February 24 02:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Public Swim (All Pools)

Date and Time: Saturday, February 24 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, February 24 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Family/Youth Futsal

Date and Time: Saturday, February 24 04:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Adult Futsal

Date and Time: Saturday, February 24 06:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball.

Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## **Sunday, February 25, 2024**

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### **Lane Swim**

Date and Time: Sunday, February 25 08:00 am - 8:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### **Rehabilitation Swim**

Date and Time: Sunday, February 25 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### **Family Swim (All Pools)**

Date and Time: Sunday, February 25 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville, ON

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

### **Aqua Cross Training**

Date and Time: Sunday, February 25 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## **Aqua Mind and Body**

Date and Time: Sunday, February 25 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## **Family/Open Gym**

Date and Time: Sunday, February 25 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## **Lane Swim**

Date and Time: Sunday, February 25 01:00 pm - 2:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## **Public Swim (All Pools)**

Date and Time: Sunday, February 25 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Public Swim (All Pools)

Date and Time: Sunday, February 25 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Sunday, February 25 02:15 pm - 3:15 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Recreation Pickleball

Date and Time: Sunday, February 25 02:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Open Gym

Date and Time: Sunday, February 25 04:30 pm - 6:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

## Basketball

Date and Time: Sunday, February 25 06:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

Pre-registration is required [online](#) or call 613-966-4632.

## Monday, February 26, 2024

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### Lane Swim

Date and Time: Monday, February 26 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Monday, February 26 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Monday, February 26 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Advanced

Date and Time: Monday, February 26 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Learn to Speak French - Beginners "Basic Vocabulary"

Date and Time: Monday, February 26 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper annunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, February 26 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

Pre-registration is required [online](#) or call 613-966-4632.

## Strong Seniors

Date and Time: Monday, February 26 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Monday, February 26 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Monday, February 26 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, February 26 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Deaf Seniors

Date and Time: Monday, February 26 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

## Lane Swim

Date and Time: Monday, February 26 10:00 am - 11:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per



lane.

## Gentle Core Strengthening

Date and Time: Monday, February 26 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Monday, February 26 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Lane Swim

Date and Time: Monday, February 26 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Tuesday, February 27, 2024

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### Rehabilitation Swim

Date and Time: Tuesday, February 27 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Tuesday, February 27 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Tuesday, February 27 08:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Tuesday, February 27 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga - 8:45 - 9:45 a.m.

Date and Time: Tuesday, February 27 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Tuesday, February 27 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, February 27 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

Pre-registration is required [online](#) or call 613-966-4632.

## Artist Collective

Date and Time: Tuesday, February 27 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$5.00/yr)

## Lane Swim

Date and Time: Tuesday, February 27 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Family Swim (Main Pool Only)

Date and Time: Tuesday, February 27 10:00 am - 10:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Paint & Play (18 months to 4 Years)

Date and Time: Tuesday, February 27 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Explore the art of painting with weekly classes. Come with your friends or make new friends as we enjoy paint and play together.

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Tuesday, February 27 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mix It Up

Date and Time: Tuesday, February 27 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Tuesday, February 27 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Rehabilitation Swim

Date and Time: Tuesday, February 27 10:45 am - 11:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Wednesday, February 28, 2024

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### Lane Swim

Date and Time: Wednesday, February 28 06:00 am - 6:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Wednesday, February 28 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Wednesday, February 28 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Bay of Quinte Boys Hockey

Date and Time: Wednesday, February 28 08:00 am - 5:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

FDC Arena/Mackay Insurance Arena/Wally Dever Arena

For schedule and standings, visit: [Bay of Quinte Boys Hockey](#)

## Pickleball - Intermediate / Advanced

Date and Time: Wednesday, February 28 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Stitches

Date and Time: Wednesday, February 28 09:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$5.00/year) to participate

## Strong Seniors

Date and Time: Wednesday, February 28 09:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Wednesday, February 28 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Wednesday, February 28 10:00 am - 11:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Stretch and Balance Fit

Date and Time: Wednesday, February 28 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Chair Yoga

Date and Time: Wednesday, February 28 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Wednesday, February 28 11:15 am - 12:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Public Swim (Main Pool Only)

Date and Time: Wednesday, February 28 11:15 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Wednesday, February 28 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Cardio Core

Date and Time: Wednesday, February 28 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Thursday, February 29, 2024

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## Lane Swim

Date and Time: Thursday, February 29 07:00 am - 7:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.



## Rehabilitation Swim

Date and Time: Thursday, February 29 08:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Pickleball - Intermediate

Date and Time: Thursday, February 29 08:45 am - 10:30 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, February 29 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper annunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

## Older Adult Flow Yoga

Date and Time: Thursday, February 29 08:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

Pre-registration is required [online](#) or call 613-966-4632.

## Women's Weight Training

Date and Time: Thursday, February 29 09:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

## Kindergarten Readiness (3 to 5 Years)

Date and Time: Thursday, February 29 09:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art, science and more in a play based approach. This program is great to prepare your little ones for their first year in school. Please note this is a unparented class. Please bring a snack and drink to each class.

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Thursday, February 29 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Thursday, February 29 09:00 am - 9:55 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, February 29 09:30 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Older Adult Yoga

Date and Time: Thursday, February 29 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Pickleball - Intermediate / Advanced

Date and Time: Thursday, February 29 10:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

## Therapy Fitness

Date and Time: Thursday, February 29 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, February 29 11:45 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on

learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## **Public Swim (Therapy and Preschool Pool Only)**

Date and Time: Thursday, February 29 12:00 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

<https://calendar.quintesportsandwellnesscentre.ca>