



Generated April 27, 2024

## **March 2024**

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

					1:00 Bridge (Experienced) 1:15 Pickleball -	
					Beginner 1:30 Zumba Gold	
					2:00 Senior's Swim (Main Pool Only)	
					3:00 Rehabilitation Swim	
					3:00 Lane Swim	
					3:15 Family/Open Gym	
					5:30 Pickleball (Recreational)	
					7:00 Belleville Senators vs. Rochester Americans	
3	4	5	6	7	8	9
8:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim	7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim	7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Learn to Speak	10:00 Quinte Sportsman Boat and RV Show 2024	9:00 Quinte Sportsman Boat and RV Show 2024

(All Pools)	9.00 COSSA P	9.00 Th	0.00 54'4-1	French - Beginners		
11:00 Aqua Cross	8:00 COSSA Boys Hockey	8:00 Therapy Fitness	9:00 Stitches	"Vacation in Quebec"		
Training	8:45 Pickleball -	8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	9:15 Strong Seniors 9:30 Senior Gentle	8:45 Older Adult Flow Yoga		
12:10 Aqua Mind and Body	Advanced	9:00 Artist Collective	Fitness	9:00 Women's Weight		
12:15	8:45 Learn to Speak French -	9:00 Move N' Groove	10:00 Aqua Fitness	Training		
Family/Open Gym	Beginners "Basic	(18 months to 4 Years)	10:00 Lane Swim	9:00 Aqua Fitness		
1:00 Lane Swim	Vocabulary"	9:00 Aqua Fitness	10:45 Stretch and	9:00 Lane Swim		
1:00 Public Swim	9:00 Art-Muck & Mess (18 months	9:00 Lane Swim	Balance Fit	9:00 Kindergarten		
(All Pools)	to 3 Years)	10:00 Family Swim (Main Pool Only)	11:00 Chair Yoga	Readiness (3 to 5 Years)		
2:15 Public Swim (All Pools)	9:00 Strong Seniors	10:00 Paint & Play (18	11:15 Lane Swim	9:30 Shuffleboard		
2:15 Lane Swim	10:00 Older Adult	months to 4 Years)	11:15 Public Swim (Main Pool Only)	9:30am-12:00pm		
2:15 Recreation	Yoga	10:00 Aqua Fitness	12:00 Lane Swim	10:00 Older Adult Yoga		
Pickleball	10:00 Aqua	10:00 Older Adult Yoga	12:15 Cardio Core	10:00 Stretch and Strengthen		
4:30 Open Gym	Fitness 10:00 Mini	10:00 Mix It Up	1:00 Diaper Fitness	10:45 Pickleball -		
6:30 Basketball	Scientists (18	10:45 Rehabilitation	1:00 Mah Jongg &	Intermediate / Advanced		
	months to 3 Years)	Swim	Table Top Games	Advanced 11:00 Therapy Fitness		
	10:00 Deaf	11:00 Sensory Time	1:15 Pickleball - Advanced	11:45 Mini Scientists		
	Seniors	(18 months to 4 Years)	1:30 Zumba Gold	(18 months to 3 Years)		
	10:00 Lane Swim	11:15 Parkinson's Keep Moving	1:30 Parkinson's	12:00 Public Swim		
	10:15 Gentle Core Strengthening	11:45 Parkinson's	Aquatic Therapy Fitness	(Therapy and Preschool Pool Only)		
	10:45 Pickleball -	Social Hour	2:00 Senior's Swim	12:15 TRX Circuit		
	Intermediate /	11:45 Public Swim (Therapy and	(Main Pool Only)	12:45 Art-Muck &		
	Advanced	Preschool Pool Only)	3:15 Family/Open	Mess (18 months to 3 Years)		
	11:00 Lane Swim	12:15 TRX Circuit	Gym	1:00 Carpet Bowling -		
	11:00 Public Swim (Main Pool Only)	1:00 Bridge (Experienced)	3:15 Lane Swim	1:00-3:30pm		
	11:15 Intro to	1:00 Lane Swim	5:00 Fitness Mix 5:00 Young Chefs	1:00 Lane Swim		
	Yoga	1:15 Pickleball -	(11 to 15 Years)	1:00 Scrapbooking		
	11:30 Line Dancing -	Beginner	5:00 Yoga Fit	1:00 Mah Jongg		
	Experienced	2:00 Senior's Swim	5:00 Science	1:15 Pickleball - Beginner /Intermediate		
	12:15 Cardio Core	(Therapy Pool Only) 3:00 Youth Room	Explorers (4 to 8 Years)	2:00 Senior's Swim		
	1:00 Therapy Fitness	3:00 Youth Room Drop-in (Grade 6-12)	5:00 Youth Room	(Therapy Pool Only)		
	1:00 Bid Euchre	3:00 Lane Swim	Drop-in (Grade 6- 12)	3:00 Lane Swim		
	1:00 Bid Euchre  1:15 Pickleball -	3:15 Parent and Tot	5:15 Line Dancing	3:15 Family/Open Gym		
	Beginner	Swim (Therapy Pool Only)	(Beginner)	3:45 Lane Swim		
	1:30 Senior Gentle	3:30 Open Gym	5:15 Recreation	3:45 Parent and Tot Swim (Therapy Pool		
	Fitness	5:00 Artist Hub (9 to	Pickleball	Only)		
	2:00 Belleville Senators vs.	15 Years)	6:30 Line Dancing (Experienced)	5:00 Kitchen Crew (8		
	Hartford Wolf Pack	5:30 Preschool Play Zone (18 months to 5	7:15 Badminton	to 11 Years) NEW		
	2:00 Senior's	Years)	8:00 Lane Swim	5:15 Jr. Soccer Skills & Drills (4 to 8 years)		
	Swim (Main Pool	6:00 Dancing for		6:15 Sr. Soccer Skills		
	Only)	Adults - Beginner		& Drills (9 to 13 Years)		
	3:15 Lane Swim	6:00 Aqua Fitness		6:15 Girls Night Out (9		
	3:30 Family/Open Gym	6:15 Sporty Kids (6 to 9 Years)		to 12 years)		
	5:00 Gentle Flow	6:15 STEM-tastic (9		7:30 Volleyball		
	Yoga	to 15 Years)		(Recreational/Beginner)		
	5:30 Fit and Firm	6:30 Crokinole		8:00 Lane Swim		
	5:30 Jr. Soccer Skills & Drills (4	7:30 Volleyball Intermediate/Advanced				
	to 8 years)	7:30 Table Tennis				
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	5:30 Artful Antics (4 to 8 years) 5:45 Zumba 6:00 Youth Room Drop-in (Grade 6- 12) 6:15 Yoga Fit 6:45 Teen Recreational Volleyball (9 to 17 years) 6:45 Science Explorers (4 to 8 Years) 8:00 Lane Swim 8:00 Rehabilitation Swim	7:30 Public Swim (All Pools) 8:00 Lane Swim				
9:00 Quinte Sportsman Boat and RV Show 2024	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball - Intermediate	15 6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:45 Pickleball -	8:00 Rehabilitation Swim 9:00 Youth Room Drop-in (Grade 6-12)

Advanced		Intermediate /	8:45 Learn to Speak	Advanced	10.00
	8:45 Older Adult Yoga	Advanced	French - Beginners		10:00 Family/Open
8:45 Learn to Speak French -	- 8:45 - 9:45 a.m.	9:00 Stitches	"Vacation in Quebec"	9:00 ABC's &	Gym
Beginners "Basic	9:00 Artist Collective	9.00 Stitches	8:45 Older Adult Flow	1,2,3's (18 months to 3 Years)	
Vocabulary"	9:00 Move N' Groove	9:15 Strong Seniors	Yoga	ĺ	10:00 Zumba
	(18 months to 4 Years)	9:30 Senior Gentle		9:00 Therapy	1:00 Lane
9:00 Art-Muck &	<u> </u>	Fitness	9:00 Women's Weight	Fitness	Swim
Mess (18 months	9:00 Aqua Fitness		Training	9:15 Mom and	1:00 Public
to 3 Years)	9:00 Senior Shinny	10:00 Aqua Fitness	9:00 Aqua Fitness	Baby Fit	Swim (All
9:00 Strong	(50+)	10:00 Lane Swim	9:00 Kindergarten	9:30 Older Adult	Pools)
Seniors	9:00 Lane Swim	10.00 F:1	Readiness (3 to 5	Yoga	<i>'</i>
10:00 Older Adult	9:00 Lane Swim	10:00 Family Skating (helmets	Years)		2:00 Open
Yoga	10:00 Family Swim	mandatory for all	, , , , , , , , , , , , , , , , , , ,	10:00 Mover's &	Gym
10.00 4	(Main Pool Only)	participants)	9:00 Lane Swim	Shakers (18 months to 3 Years)	2:15 Lane
10:00 Aqua Fitness	10:00 Paint & Play (18		9:30 Shuffleboard	months to 3 (ears)	Swim
Tituless	months to 4 Years)	10:45 Stretch and Balance Fit	9:30am-12:00pm	10:15 Family	2:15 Public
10:00 Mini	10.00 A Eita	Dalance Fit	10:00 Older Adult Yoga	Swim (Therapy	Swim (All
Scientists (18	10:00 Aqua Fitness	11:00 Chair Yoga	10.00 Older Addit Toga	and Preschool Pool	Pools)
months to 3	10:00 Older Adult	11:00 Adult	10:00 Stretch and	Only)	1.00
Years)	Yoga	Recreational	Strengthen	10:15 Mix It Up	4:00 Family/Youth
10:00 Deaf	10:00 Mix It Up	Skating (16+)	10:45 Pickleball -	a.m.	Futsal
Seniors			Intermediate /	10:30 Family	1 utsai
10:00 Lane Swim	10:45 Rehabilitation	11:00 Public	Advanced	Skating (helmets	6:00 Adult
	Swim	Skating	11:00 Adult	mandatory for all	Futsal
10:15 Gentle Core	11:00 Sensory Time	11:15 Public Swim	Recreational Skating	participants)	7:00 Belleville
Strengthening	(18 months to 4 Years)	(Main Pool Only)	(16+)	10.451	Senators vs.
10:45 Pickleball -	11:15 Parkinson's	11:15 Lane Swim		10:45 Line	Bridgeport
Intermediate /	Keep Moving		11:00 Therapy Fitness	Dancing (Beginner)	Islanders
Advanced		12:00 Lane Swim	11:45 Mini Scientists		
11:00 Lane Swim	11:45 Parkinson's	12:00 Family/Youth	(18 months to 3 Years)	10:45 Pickleball -	
	Social Hour	Shinny	12:00 Adult Shinny	Intermediate	
11:00 Public Swim	11:45 Public Swim	12:15 Cardio Core	_	11:00 Figure	
(Main Pool Only)	(Therapy and		12:00 Public Swim	Skating Ticket Ice	
11:15 Intro to	Preschool Pool Only)	1:00 Diaper Fitness	(Therapy and	11:30 Lane Swim	
Yoga	12:15 TRX Circuit	1:00 Mah Jongg &	Preschool Pool Only)		
11:30 Line	1.00 D.11.	Table Top Games	12:15 TRX Circuit	11:30 Public	
Dancing -	1:00 Bridge (Experienced)	1:15 Pickleball -	12:45 Art-Muck &	Skating	
Experienced	(Experienced)	Advanced	Mess (18 months to 3	11:30 Public Swim	
12:15 Cardio Core	1:00 Lane Swim		Years)	(Main Pool Only)	
12.13 Cardio Core	1:00 Youth Room	1:30 Zumba Gold	1:00 Carpet Bowling -	12:00 Line	
1:00 Therapy	Drop-in (Grade 6-12)	1:30 Parkinson's	1:00-3:30pm	Dancing	
Fitness		Aquatic Therapy	_	(Beginner)	
1:00 Bid Euchre	1:00 Family Skating (helmets mandatory	Fitness	1:00 Lane Swim	12.15 Total Dady	
1.15 D'.1.1.1.11	for all participants)	2:00 Senior's Swim	1:00 Scrapbooking	12:15 Total Body Strength	
1:15 Pickleball - Beginner		(Main Pool Only)			
Deginier	1:15 Pickleball -		1:00 Mah Jongg	12:30 Family/Youth	
1:30 Senior Gentle	Beginner	3:15 Family/Open	1:15 Pickleball -	Shinny	
Fitness	2:00 Senior's Swim	Gym	Beginner /Intermediate	1:00 Bridge	
2:00 Senior's	(Therapy Pool Only)	3:15 Lane Swim	1:30 Family Skating	(Experienced)	
Swim (Main Pool	3:00 Lane Swim	5:00 Young Chefs	(helmets mandatory	1:15 Pickleball -	
Only)		(11 to 15 Years)	for all participants)	Beginner	
3:15 Lane Swim	3:00 Family/Youth		2:00 Senior's Swim	_	
	Shinny	5:00 Yoga Fit	(Therapy Pool Only)	1:30 Zumba Gold	
3:30 Family/Open	3:15 Parent and Tot	5:00 Science		2:00 Senior's	
Gym	Swim (Therapy Pool	Explorers (4 to 8	2:30 Public Skating	Swim (Main Pool	
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	5:00 Gentle Flow	Only)	Years)	3:00 Lane Swim	Only)	
	5:00 Gentle Flow Yoga 5:00 Zumba 5:30 Fit and Firm 5:30 Artful Antics (4 to 8 years) 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6- 12) 6:15 Yoga Fit 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim 8:00 Rehabilitation Swim	Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Aqua Fitness 6:00 Dancing for Adults - Beginner 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Table Tennis 7:30 Volleyball Intermediate/Advanced 7:30 Public Swim (All Pools) 8:00 Lane Swim	Years) 5:15 Line Dancing (Beginner) 5:15 Recreation Pickleball 6:30 Line Dancing (Experienced) 7:00 Belleville Senators vs. Utica Comets 7:15 Badminton 8:00 Lane Swim	3:00 Lane Swim 3:15 Family/Open Gym 3:30 Family/Youth Shinny 3:45 Lane Swim 3:45 Parent and Tot Swim (Therapy Pool Only) 4:00 Youth Room Drop-in (Grade 6-12) 5:00 Kitchen Crew (8 to 11 Years) NEW 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9 to 12 years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim	Only) 3:00 Rehabilitation Swim 3:00 Youth Room Drop-in (Grade 6- 12) 3:00 Lane Swim 3:15 Family/Open Gym 5:30 Pickleball (Recreational)	
17 8:00 Rehabilitation	18 6:00 Lane Swim	19 7:00 Rehabilitation	20 6:00 Lane Swim	21 7:00 Lane Swim	22 6:00 Lane Swim	23 7:00 Belleville

Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	and District
8:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	8:00 Rehabilitation	Swim	8:00 Rehabilitation	Kennel Club Dog Show -
9:00 Home Alone Course (age 10-	Swim	8:00 Lane Swim	Swim	8:45 Pickleball - Intermediate	Swim	Obedience Trials
13)	8:45 Pickleball - Advanced	8:00 Therapy Fitness	8:45 Pickleball - Intermediate /	8:45 Learn to Speak	8:45 Pickleball - Advanced	8:00
9:00 Family Swim	8:45 Learn to	8:45 Older Adult Yoga - 8:45 - 9:45 a.m.	Advanced	French - Beginners	9:00 ABC's &	Rehabilitation Swim
(All Pools) 10:00 Youth	Speak French - Beginners "Basic	9:00 Artist Collective	9:00 Stitches	"Vacation in Quebec" 8:45 Older Adult Flow	1,2,3's (18 months to 3 Years)	10:00 Zumba
Room Drop-in	Vocabulary"	9:00 Move N' Groove	9:15 Strong Seniors	Yoga	9:00 Therapy	1:00 Lane
(Grade 6-12)	9:00 Art-Muck &	(18 months to 4 Years)	9:30 Senior Gentle Fitness	9:00 Aqua Fitness	Fitness	Swim
12:15 Family/Open Gym	Mess (18 months to 3 Years)	9:00 Aqua Fitness	10:00 Aqua Fitness	9:00 Kindergarten Readiness (3 to 5	9:30 Older Adult Yoga	1:00 Public Swim (All
1:00 Lane Swim	9:00 Strong	9:00 Senior Shinny (50+)	10:00 Lane Swim	Years)	10:00 Mover's &	Pools)
1:00 Public Swim	Seniors	9:00 Lane Swim	10:45 Stretch and	9:00 Lane Swim	Shakers (18	2:15 Public Swim (All
(All Pools) 2:15 Public Swim	10:00 Older Adult Yoga	10:00 Family Swim	Balance Fit	9:30 Shuffleboard 9:30am-12:00pm	months to 3 Years) 10:15 Family	Pools)
(All Pools)	10:00 Aqua	(Main Pool Only)	11:00 Chair Yoga	10:00 Older Adult Yoga	Swim (Therapy	2:15 Lane
2:15 Lane Swim	Fitness	10:00 Paint & Play (18 months to 4 Years)	11:15 Lane Swim	10:00 Family Skating	and Preschool Pool Only)	Swim
2:15 Recreation	10:00 Mini Scientists (18	10:00 Aqua Fitness	(Main Pool Only)	(helmets mandatory	10:15 Mix It Up	7:00 Belleville Senators vs.
Pickleball	months to 3 Years)	10:00 Older Adult	12:00 Lane Swim	for all participants) 10:45 Pickleball -	a.m.	Laval Rocket
4:30 Open Gym 6:30 Basketball	10:00 Deaf	Yoga	12:00 Adult	Intermediate /	10:45 Line Dancing	
0.50 Basketban	Seniors	10:00 Mix It Up 10:45 Rehabilitation	Recreational Skating (16+)	Advanced	(Beginner)	
	10:00 Lane Swim	Swim	12:15 Cardio Core	11:00 Therapy Fitness 11:45 Mini Scientists	10:45 Pickleball - Intermediate	
	10:15 Gentle Core Strengthening	11:00 Sensory Time	1:00 Diaper Fitness	(18 months to 3 Years)	11:00 Figure	
	10:45 Pickleball -	(18 months to 4 Years) 11:15 Parkinson's	1:00 Mah Jongg & Table Top Games	12:00 Adult	Skating Ticket Ice	
	Intermediate / Advanced	Keep Moving	1:15 Pickleball -	Recreational Skating (16+)	11:30 Lane Swim	
	11:00 Lane Swim	11:45 Parkinson's Social Hour	Advanced	12:00 Adult Shinny	11:30 Public Swim (Main Pool Only)	
	11:00 Public Swim	11:45 Public Swim	1:30 Zumba Gold	12:00 Public Swim	12:00 Figure	
	(Main Pool Only)	(Therapy and	1:30 Parkinson's Aquatic Therapy	(Therapy and Preschool Pool Only)	Skating Ticket Ice	
	11:15 Intro to Yoga	Preschool Pool Only) 12:00 Adult	Fitness	12:45 Art-Muck &	12:00 Line Dancing	
	11:30 Line	Recreational Skating	2:00 Senior's Swim (Main Pool Only)	Mess (18 months to 3 Years)	(Beginner)	
	Dancing - Experienced	(16+)	3:15 Family/Open	1:00 Carpet Bowling -	1:00 Bridge (Experienced)	
	12:15 Cardio Core	12:15 TRX Circuit 1:00 Bridge	Gym	1:00-3:30pm	1:15 Pickleball -	
	1:00 Therapy	(Experienced)	3:15 Lane Swim	1:00 Lane Swim	Beginner	
	Fitness	1:00 Lane Swim	5:00 Young Chefs (11 to 15 Years)	1:00 Scrapbooking 1:00 Mah Jongg	1:30 Zumba Gold	
	1:00 Bid Euchre	1:15 Pickleball - Beginner	5:00 Yoga Fit	1:15 Pickleball -	2:00 Senior's Swim (Main Pool	
	1:15 Pickleball - Beginner	2:00 Senior's Swim	5:00 Science	Beginner /Intermediate	Only)	
	1:30 Senior Gentle	(Therapy Pool Only)	Explorers (4 to 8 Years)	2:00 Senior's Swim (Therapy Pool Only)	3:00 Rehabilitation Swim	
	Fitness	3:00 Youth Room Drop-in (Grade 6-12)	5:00 Youth Room	3:00 Lane Swim	3:00 Lane Swim	
	2:00 Senior's Swim (Main Pool	3:00 Lane Swim	Drop-in (Grade 6- 12)	3:15 Family/Open Gym	3:15 Family/Open	
	Only)	3:15 Parent and Tot	5:15 Line Dancing	3:45 Lane Swim	Gym	
	3:15 Lane Swim	Swim (Therapy Pool Only)	(Beginner)	3:45 Parent and Tot	5:30 Pickleball (Recreational)	
	3:30 Family/Open Gym	3:30 Open Gym	5:15 Recreation Pickleball	Swim (Therapy Pool Only)	7:00 Belleville	
	5:00 Gentle Flow	5:00 Artist Hub (9 to	6:30 Line Dancing	4:00 Youth Room	Senators vs. Laval Rocket	
	Yoga 5:00 Zumba	15 Years)	(Experienced)	Drop-in (Grade 6-12)		
	5:30 Fit and Firm	5:30 Preschool Play Zone (18 months to 5	7:15 Badminton	5:00 Kitchen Crew (8 to 11 Years) NEW		
	5:30 Jr. Soccer	Years)	8:00 Lane Swim	5:15 Jr. Soccer Skills		
	Skills & Drills (4 to 8 years)	6:00 Dancing for Adults - Beginner		& Drills (4 to 8 years)		
	( o o years)			5:45 Zumba		

	5:30 Artful Antics (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6- 12) 6:15 Yoga Fit 6:45 Teen Recreational Volleyball (9 to 17 years) 6:45 Science Explorers (4 to 8 Years) 8:00 Lane Swim 8:00 Rehabilitation Swim	6:00 Aqua Fitness 6:15 Sporty Kids (6 to 9 Years) 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:30 Volleyball Intermediate/Advanced 7:30 Table Tennis 7:30 Public Swim (All Pools) 8:00 Lane Swim		6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 6:15 Girls Night Out (9 to 12 years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim		
7:00 Belleville and District Kennel Club Dog Show - Obedience Trials 8:00 Rehabilitation Swim 8:00 Lane Swim 9:00 Family Swim (All Pools) 10:00 Youth Room Drop-in (Grade 6-12) 11:00 Aqua Cross Training 12:10 Aqua Mind and Body 1:00 Lane Swim 1:00 Public Swim (All Pools) 2:15 Public Swim (All Pools) 2:15 Lane Swim	8:45 Pickleball - Advanced	7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Therapy Fitness 8:00 Broomball National Championships 8:45 Older Adult Yoga - 8:45 - 9:45 a.m. 9:00 Artist Collective 9:00 Aqua Fitness 9:00 Lane Swim 10:00 Family Swim (Main Pool Only) 10:00 Paint & Play (18 months to 4 Years) 10:00 Aqua Fitness 10:00 Mix It Up 10:45 Rehabilitation Swim 11:00 Sensory Time (18 months to 4 Years) 11:15 Parkinson's Keep Moving 11:45 Parkinson's Keep Moving 11:45 Public Swim (Therapy and Preschool Pool Only) 1:00 Bridge (Experienced) 1:00 Lane Swim 2:00 Senior's Swim (Therapy Pool Only) 3:00 Youth Room Drop-in (Grade 6-12) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only)	6:00 Lane Swim 7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Broomball National Championships 9:00 Stitches 10:00 Aqua Fitness 10:00 Lane Swim 11:15 Lane Swim 11:15 Public Swim (Main Pool Only) 12:00 Lane Swim 1:00 Diaper Fitness 1:00 Mah Jongg & Table Top Games 1:30 Parkinson's Aquatic Therapy Fitness 2:00 Senior's Swim (Main Pool Only) 3:15 Lane Swim 5:00 Youth Room Drop-in (Grade 6- 12) 8:00 Lane Swim	7:00 Lane Swim 8:00 Rehabilitation Swim 8:00 Broomball National Championships 8:45 Learn to Speak French - Beginners "Vacation in Quebec" 9:00 Aqua Fitness 9:00 Lane Swim 11:00 Therapy Fitness 12:00 Public Swim (Therapy and Preschool Pool Only) 1:00 Scrapbooking 1:00 Mah Jongg 1:00 Lane Swim 2:00 Senior's Swim (Therapy Pool Only) 3:00 Lane Swim 3:45 Parent and Tot Swim (Therapy Pool Only) 4:00 Youth Room Drop-in (Grade 6-12) 7:00 Aqua Fitness 8:00 Lane Swim	8:00 QSWC Closed for Good Friday (except for Special Event) 8:00 Broomball National Championships	8:00 Broomball National Championships 10:00 Family/Open Gym 11:30 Lane Swim 11:30 Public Swim (All Pools) 1:00 Public Swim (All Pools) 1:00 Lane Swim 2:00 Open Gym 2:15 Lane Swim 2:15 Public Swim (All Pools)

Beginner   1:30 Crokinole   1:30 Crokinole   1:30 Senior Gentle Fitness   2:00 Senior's Swim (Min Fool Only)   3:15 Lane Swim   3:30 Family/Open Gym   5:30 Fat an Firm   5:30 Artiful Antics (4 to 8 years)   5:30 Fat fool on the Fitness   6:40 Young Recember   6:40 Young Recember   6:40 Young Recember   6:45 Years   6:45 Years   6:45 Years   6:45 Years   6:45 Tean Recentational Volleyball (9 to 17 years)   8:00 Lane Swim   8:00 Rehabilitation   8:00 Rehabilitati		1:15 Pickleball -	6:00 Aqua Fitness		
Fitness			6:30 Crokinole		
Swim (Main Pool Only) 3.15 Lane Swim 3.30 Family/Open Gym 5.00 Gentle Flow Yega 5.30 Fari and Firm 5.30 Artful Anties (4 to 8 years) 5.30 Fari Soccer Skilis & Drilis (4 to 8 years) 6.00 Youth Room Drop-in (Grade 6- 12) 6.15 Yoga Fit 6.45 Science Explorers (4 to 8 Years) 6.45 Teen Recreational Volleyball (9 to 17 years) 8.00 Lane Swim 8.00 Rehabilitation Swim 1.30 Public Swim (All Pools) 1.30 Lane Swim 1.00 Public Swim (All Pools) 2.15 Public Swim (All Pools) 2.15 Public Swim (All Pools) 2.15 Public Swim (All Pools)			7:30 Public Swim (All Pools)		
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