Quinte Sports and Wellness Centre Calendar





Generated July 26, 2024

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		7:00 Lane Swim	6:00 Lane Swim	7:00 Lane Swim	6:00 Lane Swim	8:00
		7:00 Rehabilitation	7:00 Lane Swim	8:00 Rehabilitation	7:00 Lane Swim	Rehabilitation Swim
		Swim 8:00 Lane Swim	8:00 Rehabilitation Swim	Swim 9:00 Senior Shinny	8:00 Rehabilitation Swim	8:00 BMHA Year End
		8:00 St. Theresa's	10:00 Lane Swim	(50+)	10:15 Family Swim	House League
		Junior Boys Hockey Tournament	11:15 Lane Swim	9:00 Lane Swim	(Therapy and Preschool Pool	Tournament
		9:00 Lane Swim	11:15 Public Swim (Main Pool Only)	10:00 Family Skating (helmets mandatory	Only)	1:00 Public Swim (All Pools)
		10:00 Family Swim (Main Pool Only)	12:00 Lane Swim	for all participants) 12:00 Public Swim	11:00 Figure Skating Ticket Ice	1:00 Lane
		10:45 Rehabilitation Swim	12:00 Adult Recreational	(Therapy and Preschool Pool Only)	11:30 Lane Swim 11:30 Public Swim	Swim 2:15 Lane
		11:45 Public Swim	Skating (16+)	12:00 Adult Shinny	(Main Pool Only)	Swim
		(Therapy and Preschool Pool Only)	2:00 Senior's Swim (Main Pool Only)	12:00 Adult Recreational Skating	12:00 Figure Skating Ticket Ice	2:15 Public Swim (All
		1:00 Lane Swim	3:00 2nd Annual	(16+)	2:00 Senior's Swim	Pools) 7:00 Belleville
		2:00 Senior's Swim	YMCA Pickleball	1:00 Lane Swim	(Main Pool Only)	Senators vs.
		(Therapy Pool Only)	Tournament 3:15 Lane Swim	2:00 Senior's Swim (Therapy Pool Only)	3:00 Rehabilitation Swim	Syracuse Crunch
		3:00 Lane Swim 3:00 Youth Room	5:00 Youth Room	3:00 Lane Swim	3:00 Lane Swim	
		Drop-in (Grade 6-12)	Drop-in (Grade 6-	3:45 Lane Swim	7:00 Belleville	
		3:15 Parent and Tot Swim (Therapy Pool Only)	12) 8:00 Lane Swim	3:45 Parent and Tot Swim (Therapy Pool Only)	Senators vs. Springfield Thunderbirds	
		7:30 Public Swim (All Pools)		4:00 Youth Room Drop-in (Grade 6-12)		
		8:00 Lane Swim		6:00 Belleville Bearcats Year End Banquet		
				8:00 Lane Swim		
	8	9	10	11	12	13
00 Lane Swim	5:45 Solar Eclipse	7:00 Rehabilitation	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	8:00

Bolhalination Cold Lang Swim Sciii Lang Swim Scii	8:00	(Limited Programs	Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation
Sourd 	Rehabilitation	at QSWC)	7:00 Lane Swim		7:00 Lane Swim		Swim
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6:00 Aqua Fitness - Experienced 5:00 Artful Antics (4 to			_		1		
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6:15 Sporty Kids (6 to 9 Years) 7:00 Aqua Fitness 5:00 Kitchen Crew (8				7:00 Aqua Fitness			
6:15 STEM-tastic (9 7:15 Badminton 7:15 Witchen Crew (8 to 11 Years) NEW			6:15 STEM-tastic (9	7:15 Badminton			

		to 15 Years) 6:30 Crokinole	8:00 Lane Swim	5:15 Jr. Soccer Skills & Drills (4 to 8 years)		
		7:00 Dancing for Adults - Intermediate 7:30 Table Tennis		5:45 Zumba 6:15 Girls Night Out (9 to 12 years)		
		7:30 Volleyball Intermediate/Advanced		6:15 Sr. Soccer Skills & Drills (9 to 13 Years)		
		7:30 Public Swim (All Pools)		7:00 Aqua Fitness		
		8:00 Lane Swim		7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim		
14	15	16	17	18	19	20
8:00	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	8:00
Rehabilitation Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation Swim
9:00 Lane Swim	7:00 Rehabilitation	7:00 Lane Swim	7:00 Rehabilitation	7:00 Lane Swim	7:00 Rehabilitation	9:00 Mini
,	Swim	8:00 Lane Swim	Swim	8:00 Lane Swim	Swim	Movers (18
10:00 Quinte Home and	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	months to 5 Years 11
Cottage Show 10:00 Youth Room Drop-in	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	8:30 May Pickleball Registration for City Taxpayers/Residents	8:45 Pickleball - Intermediate 9:00 Stitches	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	8:30 May Pickleball Registration for Non-City	9:00 Mini Movers (18
(Grade 6-12) 11:00 Aqua	8:45 Pickleball - Advanced	8:45 Older Adult Yoga 9:00 Move N' Groove	9:00 Family Swim (All Pools)	8:45 Pickleball - Beginner	Taxpayers/Residents 9:00 Family Swim (All Pools)	months to 5 Years 11
Cross Training	9:00 Art-Muck & Mess (18 months to	(18 months to 4 Years)	9:00 Aqua Fitness	8:45 Older Adult Flow Yoga	9:00 Aqua Fitness	months)
12:10 Aqua Mind and Body	3 Years)	9:00 Artist Collective	9:15 Strong	9:00 Therapy Fitness	9:00 Aqua Phness 9:00 ABC's &	10:00 Zumba
12:15	9:00 Strong Seniors	9:00 Therapy Fitness	Seniors	9:00 Women's Weight	1,2,3's (18 months	10:00 Open Gym
Family/Open	9:00 Family Swim	9:00 Lane Swim	9:30 Senior Gentle Fitness	Training	to 3 Years)	12:00
Gym	(All Pools)	9:00 Senior Shinny (50+)	10:00 Aqua	9:00 Lane Swim	9:15 Mom & Baby Fitness	Badminton
1:00 Public Swim (All	9:00 Aqua Fitness	(30+) 10:00 Mix It Up	Fitness	9:30 Shuffleboard	9:30 Older Adult	1:00 Public Swim (All
Pools)	10:00 Aqua Fitness	10:00 Older Adult	10:45 Stretch and	9:30am-12:00pm	Yoga	Pools)
1:00 Lane Swim	10:00 Mini Scientists (18	Yoga	Balance Fit	10:00 Older Adult Yoga	10:00 Mover's &	1:00 Lane
2:15 Lane Swim	months to 3 Years)	10:00 Family Swim	11:00 Chair Yoga	10:00 Family Swim (Main Pool Only)	Shakers (18 months to 3 Years)	Swim
2:15 Public Swim (All	10:00 Deaf Seniors	(Main Pool Only)	11:00 Lane Swim	10:00 Stretch and	10:15 Mix It Up	2:00 Open Gym
Pools)	10:00 Older Adult	10:00 Therapy Fitness	11:15 Public Swim (All Pools)	Strengthen	10:45 Line Dancing	2:15 Lane
2:15 Pickleball	Yoga	10:00 Paint & Play (18 months to 4 Years)	12:00 Adult	10:00 Older Adult Yoga	- Beginner	Swim
(Recreational)	10:15 Gentle Core Strengthening	10:00 Older Adult	Recreational	10:00 Family Skating	11:00 Figure Skating Ticket Ice	2:15 Public
4:30 Open Gym	10:45 Pickleball -	Yoga	Skating (16+)	(Helmets mandatory for all participants)	11:00 Lane Swim	Swim (All Pools)
6:30 Basketball	Beginner	11:00 Kindergarten	12:15 Cardio Core	10:30 Tech Talks &	11:00 Lane Swim	4:00 Family
	11:00 Lane Swim	Readiness (3 to 5 Years)	1:00 Mah Jongg	Tech Support with Jordan	(All Pools)	Futsal
	11:15 Public Swim (All Pools)	11:00 Lane Swim	1:00 Chess Club	10:30 Cooking with	12:00 Lane Swim	5:00 Public Skating
	11:15 Intro to Yoga	11:15 Public Swim (All Pools)	1:00 Diaper Fitness 1:15 Pickleball -	Chef Jesse (Zoom) 10:45 Pickleball -	12:00 Figure Skating Ticket Ice	(Helmets strongly
	11:30 Line Dancing - Experienced	11:15 Parkinson's Keep Moving	Advanced 1:30 Parkinson's	Advanced 11:00 Lane Swim	12:00 Line Dancing - Beginner	recommended) 6:00
	12:15 Cardio Core 12:30 Balance Yoga:	11:45 Parkinson's Social Hour	Aquatic Therapy Fitness	11:15 Public Swim (All Pools)	12:15 Total Body Strength	Teen/Youth Futsal
	Mind & Body 1:00 Therapy	12:00 Adult Recreational Skating	1:30 Zumba Gold 2:00 Senior's	11:15 Chair Fitness/ Chair Yoga Combo	1:00 Bridge (Experienced)	
	Fitness	(16+) 12:15 TPV	Swim (All Pools)	12:00 Adult Shinny	1:30 Zumba Gold	
	1:00 Bid Euchre	12:15 TRX	3:00 Lane Swim	12:15 TRX	2:00 Senior's Swim (All Pools)	
	1:15 Pickleball - Intermediate	1:15 Pickleball - Beginner	3:15 Rehabilitation	1:00 Scrapbooking	3:00 Lane Swim	
	1:30 Senior Gentle	2:00 Senior's Swim	Swim	1:00 Carpet Bowling -	3:15 Rehabilitation	
	Fitness	(All Pools)	3:15 Family/Open Gym	1:00-3:30pm	3:15 Rehabilitation Swim	

21 22 23 24 25 26 27 8:00 6:00 Lane Swim 7:00 Rehabilitation 6:00 Lane Swim 7:00 Rehabilitation 6:00 Lane Swim 8:00		 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Rehabilitation Swim 3:30 Open Gym 3:45 Lane Swim 5:00 Gentle Flow Yoga 5:00 Zumba 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 5:30 Artful Antics (4 to 8 years) 6:00 Youth Room Drop-in (Grade 6- 12) 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim 	 3:00 Lane Swim 3:00 Youth Room Drop-in (Grade 6-12) 3:15 Parent and Tot Swim (Therapy Pool Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Dancing for Adults - Beginner 6:00 Aqua Fitness 6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:00 Dancing for Adults - Intermediate 7:30 Table Tennis 7:30 Volleyball Intermediate/Advanced 7:30 Public Swim (All Pools) 8:00 Lane Swim 	3:45 Lane Swim 5:00 Young Chefs (11 to 15 Years) 5:00 Fitness Mix 5:00 Yoga Fit 5:00 Youth Room Drop-in (Grade 6- 12) 5:15 Line Dancing - Beginner 5:15 Science Explorers (4 to 8 Years) 5:15 Pickleball (Recreational) 6:30 Line Dancing - Experienced 7:00 Belleville Senators vs. Syracuse Crunch 7:15 Badminton 8:00 Lane Swim	 1:00 Adult Recreational Skating (16+) 1:15 Pickleball - Intermediate 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only) 3:15 Open Gym 4:00 Youth Room Drop-in (Grade 6-12) 5:00 Boccia - adaptive sport 5:00 Kitchen Crew (8 to 11 Years) NEW 5:00 Artful Antics (4 to 8 years) 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Girls Night Out (9 to 12 years) 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim 	4:00 Family Skating (Helmets mandatory for all participants) 7:00 Belleville Senators vs. Laval Rocket	
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Rehabilitation Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation Swim
9:00 Lane Swim	7:00 Rehabilitation	7:00 Lane Swim	7:00 Rehabilitation	7:00 Lane Swim	7:00 Rehabilitation	9:00 Mini
9:00 Family	Swim	8:00 Lane Swim	Swim	8:00 Lane Swim	Swim	Movers (18 months to 5
Skating (Helmets	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim 8:45 Pickleball -	Years 11
mandatory for	8:30 Summer Camp Registration for City	8:45 Older Adult Yoga 9:00 Move N' Groove	9:00 Family Swim (All Pools)	8:30 Summer Camp Registration for Non-	Advanced	months)
all participants) 10:00 Public	Taxpayers/Residents	(18 months to 4 Years)	9:00 Aqua Fitness	City Taxpayers/Residents	9:00 ABC's &	10:00 Zumba 10:00 Open
Skating	8:45 Learn to Speak French - Beginners	9:00 Artist Collective	9:00 Stitches	8:45 Older Adult Flow	1,2,3's (18 months to 3 Years)	Gym
(Helmets strongly	"Basic Vocabulary"	9:00 Therapy Fitness	9:30 Senior Gentle Fitness	Yoga	9:00 Family Swim	10:30 Public
recommended)	8:45 Pickleball - Advanced	9:00 Lane Swim	10:00 Aqua	8:45 Pickleball - Beginner	(All Pools)	Skating (Helmets
10:00 Youth Room Drop-in	9:00 Art-Muck &	9:00 Senior Shinny (50+)	Fitness	8:45 Learn to Speak	9:00 Aqua Fitness	strongly recommended)
(Grade 6-12)	Mess (18 months to 3 Years)	10:00 Mix It Up	10:45 Stretch and Balance Fit	French - Beginners "Vacation in Quebec"	9:15 Mom & Baby Fitness	1:00 Public
11:00 Aqua Cross Training	9:00 Strong Seniors	10:00 Older Adult Yoga	11:00 Chair Yoga	9:00 Therapy Fitness	9:30 Older Adult Yoga	Swim (All Pools)
12:10 Aqua	9:00 Family Swim (All Pools)	10:00 Family Swim	11:00 Lane Swim	9:00 Women's Weight Training	10:00 Mover's &	1:00 Lane
Mind and Body	9:00 Aqua Fitness	(Main Pool Only)	11:15 Public Swim	9:00 Lane Swim	Shakers (18 months to 3 Years)	Swim
12:15 Family/Open	10:00 Aqua Fitness	10:00 Therapy Fitness	(All Pools) 12:00 Adult	9:30 Shuffleboard	10:15 Mix It Up	2:15 Lane Swim
Gym	10:00 Mini	10:00 Paint & Play (18 months to 4 Years)	Recreational	9:30am-12:00pm	10:45 Line Dancing	2:15 Public
1:00 Public Swim (All	Scientists (18 months to 3 Years)	10:00 Older Adult	Skating (16+)	10:00 Older Adult Yoga	- Beginner	Swim (All Pools)
Pools)	10:00 Deaf Seniors	Yoga	12:15 Cardio Core	10:00 Family Swim (Main Pool Only)	10:45 Pickleball - Intermediate	ŕ
1:00 Lane Swim	10:00 Older Adult	11:00 Kindergarten Readiness (3 to 5	1:00 Mah Jongg 1:00 Chess Club	10:00 Stretch and	11:00 Lane Swim	
2:15 Lane Swim	Yoga	Years)	1:00 Diaper	Strengthen	11:00 Figure Skating	
2:15 Public Swim (All	10:15 Gentle Core Strengthening	11:00 Lane Swim	Fitness	10:00 Older Adult Yoga	Ticket Ice	
Pools) 2:15 Pickleball	10:45 Pickleball -	11:15 Public Swim (All Pools)	1:30 Parkinson's Aquatic Therapy	10:00 Family Skating (Helmets mandatory	11:15 Public Swim (All Pools)	
(Recreational)	Beginner	11:15 Parkinson's	Fitness	for all participants)	12:00 Lane Swim	
4:30 Open Gym	11:00 Lane Swim	Keep Moving	1:30 Zumba Gold	10:30 Tech Talks & Tech Support with	12:00 Figure Skating Ticket Ice	
6:30 Basketball	11:15 Public Swim (All Pools)	11:45 Parkinson's Social Hour	2:00 Senior's Swim (All Pools)	Jordan	12:00 Line Dancing	
	11:15 Intro to Yoga	12:00 Adult	3:00 Lane Swim	10:30 Cooking with Chef Jesse (Zoom)	- Beginner	
	11:30 Line Dancing - Experienced	Recreational Skating (16+)	3:15 Rehabilitation Swim	10:45 Pickleball - Advanced	12:15 Total Body Strength	
	12:15 Cardio Core	12:15 TRX	3:15 Family/Open	11:00 Lane Swim	1:00 Bridge	
	12:30 Balance Yoga: Mind & Body	1:15 Pickleball - Beginner	Gym	11:15 Public Swim (All	(Experienced) 1:15 Pickleball -	
	1:00 Therapy	2:00 Senior's Swim	3:45 Lane Swim 5:00 Young Chefs	Pools)	Beginner	
	Fitness	(All Pools)	(11 to 15 Years)	11:15 Chair Fitness/ Chair Yoga Combo	1:30 Zumba Gold	
	1:00 Bid Euchre	3:00 Lane Swim 3:00 Youth Room	5:00 Yoga Fit	12:00 Adult Shinny	2:00 Senior's Swim (All Pools)	
	1:15 Pickleball - Intermediate	Drop-in (Grade 6-12)	5:00 Youth Room Drop-in (Grade 6-	12:15 TRX	3:00 Lane Swim	
	1:30 Senior Gentle	3:15 Parent and Tot	12)	1:00 Scrapbooking	3:15 Rehabilitation	
	Fitness	Swim (Therapy Pool Only)	5:15 Line Dancing - Beginner	1:00 Carpet Bowling - 1:00-3:30pm	Swim	
	2:00 Senior's Swim (All Pools)	3:30 Open Gym	5:15 Science	1:00 Adult Recreational	3:15 Open Gym	
	3:00 Lane Swim	5:00 Artist Hub (9 to 15 Years)	Explorers (4 to 8 Years)	Skating (16+)	4:00 Family Skating (Helmets mandatory	
	3:15 Rehabilitation	5:30 Preschool Play	5:15 Pickleball	1:15 Pickleball - Intermediate	for all participants)	
	Swim 3:30 Open Gym	Zone (18 months to 5 Years)	(Recreational)	2:00 Senior's Swim	5:00 Kids Pop up Event -	
	3:30 Open Gym 3:45 Lane Swim	Years) 6:00 Dancing for	6:30 Line Dancing - Experienced	(All Pools)	Squishmallow Cow Painting (4-9 years)	
	5:00 Gentle Flow	Adults - Beginner	7:00 Belleville	3:00 Lane Swim	5:30 Pickleball	
	Yoga	6:00 Aqua Fitness	Senators vs. Toronto Marlies	3:15 Parent and Tot Swim (Therapy Pool	(Recreational)	
	5:00 Zumba	6:15 Sporty Kids (6 to 9 Years)	(Calder Cup	Only)		
	5:30 Fit and Firm		Playoffs)	3:15 Open Gym		

	 5:30 Jr. Soccer Skills & Drills (4 to 8 years) 5:30 Artful Antics (4 to 8 years) 6:45 Science Explorers (4 to 8 Years) 6:45 Teen Recreational Volleyball (9 to 17 years) 8:00 Lane Swim 	6:15 STEM-tastic (9 to 15 Years) 6:30 Crokinole 7:00 Dancing for Adults - Intermediate 7:30 Table Tennis 7:30 Volleyball Intermediate/Advanced 7:30 Public Swim (All Pools) 8:00 Lane Swim	8:00 Lane Swim	 4:00 Youth Room Drop-in (Grade 6-12) 5:00 Boccia - adaptive sport 5:00 Artful Antics (4 to 8 years) 5:00 Kitchen Crew (8 to 11 Years) NEW 5:15 Jr. Soccer Skills & Drills (4 to 8 years) 5:45 Zumba 6:15 Girls Night Out (9 to 12 years) 6:15 Sr. Soccer Skills & Drills (9 to 13 Years) 7:00 Aqua Fitness 7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim 	
28	29	30			
8:00	6:00 Lane Swim	7:00 Rehabilitation			
Rehabilitation Swim	7:00 Lane Swim	Swim			
9:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim 8:00 Lane Swim			
10:00 Youth	8:00 Lane Swim	8:00 Lane Swim 8:00 Aqua Fitness			
Room Drop-in (Grade 6-12)	8:45 Learn to Speak	8:45 Older Adult Yoga			
11:00 Aqua	French - Beginners "Basic Vocabulary"	9:00 Move N' Groove			
Cross Training 12:10 Aqua	8:45 Pickleball -	(18 months to 4 Years)9:00 Artist Collective			
Mind and Body	Advanced	9:00 Therapy Fitness			
12:15 Family/Open	9:00 Art-Muck & Mess (18 months to	9:00 Lane Swim			
Gym 1:00 Public	3 Years) 9:00 Strong Seniors	9:00 Senior Shinny (50+)			
Swim (All Pools)	9:00 Family Swim (All Pools)	10:00 Mix It Up			
1:00 Lane Swim	9:00 Aqua Fitness	10:00 Older Adult Yoga			
2:15 Lane Swim	10:00 Aqua Fitness	10:00 Family Swim			
2:15 Public Swim (All	10:00 Mini Scientists (18	(Main Pool Only) 10:00 Therapy Fitness			
Pools) 2:15 Pickleball	months to 3 Years)	10:00 Paint & Play (18			
(Recreational)	10:00 Deaf Seniors 10:00 Older Adult	months to 4 Years)			
3:00 Belleville Senators vs.	Yoga	10:00 Older Adult Yoga			
Toronto Marlies (Calder Cup	10:15 Gentle Core Strengthening	11:00 Kindergarten Readiness (3 to 5			
Playoffs) - if needed	10:45 Pickleball -	Years)			
4:30 Open Gym	Beginner	11:00 Lane Swim			
6:30 Basketball	11:00 Lane Swim 11:15 Public Swim	11:15 Public Swim (All Pools)			
	(All Pools)	11:15 Parkinson's			
	11:15 Intro to Yoga	Keep Moving 11:45 Parkinson's			
	11:30 Line Dancing - Experienced	Social Hour			
	12:15 Cardio Core	12:00 Adult Recreational Skating			
	12:30 Balance Yoga:	(16+)			

Mind & Body	12:15 TRX		
1:00 Therapy Fitness	1:15 Pickleball - Beginner		
1:00 Bid Euchre	2:00 Senior's Swim		
1:15 Pickleball - Intermediate	(All Pools)		
1:30 Senior Gentle	3:00 Lane Swim		
Fitness	3:00 Youth Room Drop-in (Grade 6-12)		
2:00 Senior's Swim	3:15 Parent and Tot		
(All Pools)	Swim (Therapy Pool		
3:00 Lane Swim	Only)		
3:15 Rehabilitation	3:30 Open Gym		
Swim	5:00 Artist Hub (9 to		
3:30 Open Gym	15 Years)		
3:45 Lane Swim	5:30 Preschool Play		
5:00 Gentle Flow	Zone (18 months to 5		
Yoga	Years)		
5:00 Zumba	6:00 Dancing for		
	Adults - Beginner		
5:30 Fit and Firm	6:00 Aqua Fitness		
5:30 Jr. Soccer	6:15 STEM-tastic (9		
Skills & Drills (4 to 8 years)	to 15 Years)		
	6:15 Sporty Kids (6 to		
5:30 Artful Antics (4 to 8 years)	9 Years)		
•	6:30 Crokinole		
6:00 Youth Room Drop-in (Grade 6-	7:00 Dancing for		
12)	Adults - Intermediate		
6:45 Science	7:30 Table Tennis		
Explorers (4 to 8	7:30 Volleyball		
Years)	Intermediate/Advanced		
6:45 Teen	7:30 Public Swim (All		
Recreational	Pools)		
Volleyball (9 to 17 years)	8:00 Lane Swim		
• /	0.00 Lane Swiin		
8:00 Lane Swim			

https://calendar.quintesportsandwellnesscentre.ca