

Quinte Sports and Wellness Centre Calendar



Generated April 29, 2024

April 2024

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

8:00 Rehabilitation Swim	(Limited Programs at QSWC)	Swim	7:00 Lane Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation Swim
	6:00 Lane Swim	7:00 Lane Swim	8:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	9:30 34th Annual Quinte Wood Carvers Competition and Show
9:00 Family Swim (All Pools)	7:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	
10:00 Family Skating (helmets mandatory for all participants)	7:00 Rehabilitation Swim	8:45 Older Adult Yoga	8:45 Pickleball - Intermediate	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	9:00 Family Swim (All Pools)	10:00 Quinte Home and Cottage Show
	8:45 Pickleball - Advanced	9:00 Move N' Groove (18 months to 4 Years)	9:00 Family Swim (All Pools)	8:45 Pickleball - Beginner	8:45 Pickleball - Beginner	9:00 Aqua Fitness	
10:00 Youth Room Drop-in (Grade 6-12)	8:45 Learn to Speak French - Beginners "Basic Vocabulary"	9:00 Artist Collective	9:00 Aqua Fitness	8:45 Older Adult Flow Yoga	8:45 Older Adult Flow Yoga	9:00 ABC's & 1,2,3's (18 months to 3 Years)	10:00 Zumba
11:00 Public Skating	9:00 Family Swim (All Pools)	9:00 Therapy Fitness	9:15 Strong Seniors	9:00 Therapy Fitness	9:00 Therapy Fitness	9:15 Mom & Baby Fitness	1:00 Public Swim (All Pools)
	10:00 Deaf Seniors	10:00 Family Swim (Main Pool Only)	9:30 Senior Gentle Fitness	9:00 Women's Weight Training	9:00 Women's Weight Training	9:30 Older Adult Yoga	1:00 Lane Swim
12:00 BMHA Year End House League Tournament	10:45 Pickleball - Beginner	10:00 Therapy Fitness	10:00 Aqua Fitness	9:00 Lane Swim	9:00 Lane Swim	10:00 Mover's & Shakers (18 months to 3 Years)	1:30 Annual Quinte Figure Skating Club Carnival
	11:00 Lane Swim	10:00 Paint & Play (18 months to 4 Years)	10:45 Stretch and Balance Fit	9:30 Shuffleboard 9:30am-12:00pm	9:30 Shuffleboard 9:30am-12:00pm	10:15 Mix It Up	
1:00 Public Swim (All Pools)	11:15 Public Swim (All Pools)	10:00 Older Adult Yoga	11:00 Chair Yoga	10:00 Older Adult Yoga	10:00 Older Adult Yoga	10:45 Line Dancing - Beginner	2:15 Lane Swim
1:00 Lane Swim	12:00 Badminton	10:00 Mix It Up	11:00 Lane Swim	10:00 Family Swim (Main Pool Only)	10:00 Family Swim (Main Pool Only)	11:00 Figure Skating Ticket Ice	2:15 Public Swim (All Pools)
2:15 Lane Swim	1:00 Bid Euchre	10:00 Older Adult Yoga	11:15 Public Swim (All Pools)	10:00 Stretch and Strengthen	10:00 Stretch and Strengthen	11:00 Lane Swim	
2:15 Public Swim (All Pools)	1:15 Pickleball - Intermediate	11:00 Senior Shinny (50+)	12:00 Adult Recreational Skating (16+)	10:00 Older Adult Yoga	10:00 Older Adult Yoga	11:15 Public Swim (All Pools)	
	2:00 Senior's Swim (All Pools)	11:00 Kindergarten Readiness (3 to 5 Years)	12:15 Cardio Core	10:30 Cooking with Chef Jesse (Zoom)	10:30 Cooking with Chef Jesse (Zoom)	12:00 Lane Swim	
	3:15 Rehabilitation Swim	11:00 Lane Swim	1:00 Chess Club	10:30 Tech Talks & Tech Support with Jordan	10:30 Tech Talks & Tech Support with Jordan	12:00 Figure Skating Ticket Ice	
	3:30 Open Gym	11:15 Public Swim (All Pools)	1:00 Diaper Fitness	10:45 Pickleball - Advanced	10:45 Pickleball - Advanced	12:00 Line Dancing - Beginner	
	3:45 Lane Swim	11:15 Parkinson's Keep Moving	1:15 Pickleball - Advanced	11:00 Lane Swim	11:00 Lane Swim	12:15 Total Body Strength	
	6:45 Teen Recreational Volleyball (9 to 17 years)	11:45 Parkinson's Social Hour	1:30 Parkinson's Aquatic Therapy Fitness	11:15 Public Swim (All Pools)	11:15 Public Swim (All Pools)	1:00 Bridge (Experienced)	
	8:00 Lane Swim	12:00 Adult Shinny	1:30 Zumba Gold	11:15 Chair Fitness/ Chair Yoga Combo	11:15 Chair Fitness/ Chair Yoga Combo	1:30 Zumba Gold	
		12:15 TRX	2:00 Senior's Swim (All Pools)	12:15 TRX	12:15 TRX	2:00 Quinte Home and Cottage Show	
		1:15 Pickleball - Beginner	3:00 Lane Swim	1:00 Cooking with Chef Jesse (Zoom)	1:00 Cooking with Chef Jesse (Zoom)	2:00 Senior's Swim (All Pools)	
		2:00 CARP	3:15 Rehabilitation Swim	1:00 Scrapbooking	1:00 Scrapbooking	3:00 Lane Swim	
		2:00 Senior's Swim (All Pools)	3:15 Family/Open Gym	1:00 Carpet Bowling - 1:00-3:30pm	1:00 Carpet Bowling - 1:00-3:30pm	3:15 Rehabilitation Swim	
		3:00 Lane Swim	3:45 Lane Swim	1:15 Pickleball - Intermediate	1:15 Pickleball - Intermediate		
		3:00 Youth Room Drop-in (Grade 6-12)	5:00 Young Chefs (11 to 15 Years)	2:00 Senior's Swim (All Pools)	2:00 Senior's Swim (All Pools)		
		3:15 Parent and Tot Swim (Therapy Pool Only)	5:00 Fitness Mix	3:00 Lane Swim	3:00 Lane Swim		
		3:30 Open Gym	5:00 Yoga Fit	3:15 Parent and Tot Swim (Therapy Pool Only)	3:15 Parent and Tot Swim (Therapy Pool Only)		
		5:00 Artist Hub (9 to 15 Years)	5:15 Line Dancing - Beginner	3:15 Open Gym	3:15 Open Gym		
		5:30 Preschool Play Zone (18 months to 5 Years)	5:15 Science Explorers (4 to 8 Years)	4:00 Youth Room Drop-in (Grade 6-12)	4:00 Youth Room Drop-in (Grade 6-12)		
		6:00 Dancing for Adults - Beginner	5:15 Pickleball (Recreational)	5:00 Boccia - adaptive sport	5:00 Boccia - adaptive sport		
		6:00 Aqua Fitness	6:30 Line Dancing - Experienced	5:00 Artful Antics (4 to 8 years)	5:00 Artful Antics (4 to 8 years)		
		6:15 Sporty Kids (6 to 9 Years)	7:00 Aqua Fitness	5:00 Kitchen Crew (8 to 11 Years) NEW	5:00 Kitchen Crew (8 to 11 Years) NEW		
		6:15 STEM-tastic (9	7:15 Badminton				

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

	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 Fit and Firm 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) 6:15 Sporty Kids (6 to 9 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	
21 8:00	22 6:00 Lane Swim	23 7:00 Rehabilitation	24 6:00 Lane Swim	25 7:00 Rehabilitation	26 6:00 Lane Swim	27 8:00

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

	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 8:00 Rehabilitation Swim 9:00 Lane Swim 10:00 Youth Room Drop-in (Grade 6-12) 11:00 Aqua Cross Training 12:10 Aqua Mind and Body 12:15 Family/Open Gym 1:00 Public Swim (All Pools) 1:00 Lane Swim 2:15 Lane Swim 2:15 Public Swim (All Pools) 2:15 Pickleball (Recreational) 3:00 Belleville Senators vs. Toronto Marlies (Calder Cup Playoffs) - if needed 4:30 Open Gym 6:30 Basketball	29 6:00 Lane Swim 7:00 Lane Swim 7:00 Rehabilitation Swim 8:00 Lane Swim 8:45 Learn to Speak French - Beginners "Basic Vocabulary" 8:45 Pickleball - Advanced 9:00 Art-Muck & Mess (18 months to 3 Years) 9:00 Strong Seniors 9:00 Family Swim (All Pools) 9:00 Aqua Fitness 10:00 Aqua Fitness 10:00 Mini Scientists (18 months to 3 Years) 10:00 Deaf Seniors 10:00 Older Adult Yoga 10:15 Gentle Core Strengthening 10:45 Pickleball - Beginner 11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Intro to Yoga 11:30 Line Dancing - Experienced 12:15 Cardio Core 12:30 Balance Yoga:	30 7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Lane Swim 8:00 Aqua Fitness 8:45 Older Adult Yoga 9:00 Move N' Groove (18 months to 4 Years) 9:00 Artist Collective 9:00 Therapy Fitness 9:00 Lane Swim 9:00 Senior Shinny (50+) 10:00 Mix It Up 10:00 Older Adult Yoga 10:00 Family Swim (Main Pool Only) 10:00 Therapy Fitness 10:00 Paint & Play (18 months to 4 Years) 10:00 Older Adult Yoga 11:00 Kindergarten Readiness (3 to 5 Years) 11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Parkinson's Keep Moving 11:45 Parkinson's Social Hour 12:00 Adult Recreational Skating (16+)				

	Mind & Body 1:00 Therapy Fitness 1:00 Bid Euchre 1:15 Pickleball - Intermediate 1:30 Senior Gentle Fitness 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 Fit and Firm 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	12:15 TRX 1:15 Pickleball - Beginner 2:00 Senior's Swim (All Pools) 3:00 Lane Swim 3:00 Youth Room Drop-in (Grade 6-12) 3:15 Parent and Tot Swim (Therapy Pool Only) 3:30 Open Gym 5:00 Artist Hub (9 to 15 Years) 5:30 Preschool Play Zone (18 months to 5 Years) 6:00 Dancing for Adults - Beginner 6:00 Aqua Fitness 6:15 STEM-tastic (9 to 15 Years) 6:15 Sporty Kids (6 to 9 Years) 6:30 Crokinole 7:00 Dancing for Adults - Intermediate 7:30 Table Tennis 7:30 Volleyball Intermediate/Advanced 7:30 Public Swim (All Pools) 8:00 Lane Swim				
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<https://calendar.quintesportsandwellnesscentre.ca>