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 |
| Symm (Aff Pools) 700 Ratabilition Symm 8:00 Lance Symm 9:00 Family Symm 1:000 Control 9:00 Co | | | 8:00 Lane Swim | | 8:00 Lane Swim | | 9:30 34th Annual Quinte |
| Pools (a) Swim 8:45 PickLoball - (All Pools) 8:45 PickLoball - (All Pools) 8:45 PickLoball - (All Pools) 0.00 painly Swim (All Pools) 8:45 PickLoball - (All Pools) 0.00 painly Swim (All Pools) | | | 8:00 Aqua Fitness | 8:00 Lane Swim | 8:00 Aqua Fitness | 8:00 Lane Swim | Wood Carvers Competition |
| 1000 Family Swim Neihones manlaury for analysis 8:45 Pickleball- (Harmat Mark V Yaan) (1000 Attist Collective Parach Berginsen Frach-Berginsen Frach-Berginsen (Gale Soin) 9:00 Agas Finzes 9:00 Darach Wischell 9:00 Family Swim (Gale Soin) 9:00 Agas Finzes 9:00 Agas Finzes 9:00 Agas Finzes 9:00 Family Swim (Gale Soin) 9:00 Agas Finzes 9:00 Agas Finzes 9:00 Family Swim (Gale Soin) 9:00 Agas Finzes 9:00 Agas Finzes 9:00 Family Swim (Gale Soin) 9:00 Agas Finzes 9:00 Agas Finzes 9:00 Care Soins 9:00 Agas Finzes 9:00 Care Soins 9:00 Mark Visit 9:00 Care Soins </td <td>,</td> <td></td> <td>e e</td> <td></td> <td>1 1</td> <td>-</td> <td>1 1</td> | , | | e e | | 1 1 | - | 1 1 |
| Industry of Normal No | | | | | | | 10:00 Quinte |
| all participants) rmack. beginners 9.00 Therapy Fitness 9.00 Aque Fitness 1.00 Total 1.00 Total 1.00 Particip | · · · · · · · · · · · · · · · · · · · | | · · · · · · · · · · · · · · · · · · · | | | 1 | Cottage Show |
| 10:00 Yorkin Grade 6-12) 19:00 Lane Swim (All Pools) 9:00 Lane Swim (All Pools) 9:00 Lane Swim (All Pools) 9:00 Lane Swim (All Pools) 0:00 Area (All Pools) 0:00 Lane Swim (All Pools) 0:00 Lane Swim (All Pools) 0:00 Area (All Pools) 0:00 Starch and (All Pools) 0:00 Figure Stating (Canada 0:00 Figure Stating (Cana | | French - Beginners | 9:00 Therapy Fitness | 9:00 Aqua Fitness | | | 10:00 Zumba |
| Grand Norma 200 Family Swim 100 Dearly Swim 9.00 Theorapy Finess Finess Pools 11.00 Dublic Stating 10.00 Dearly Swim 10.00 Phareny Finess 9.00 Normers Weight Timaning 9.00 Romers Weight Timaning 9. | | 5 | | | | , , , , , , , , , , , , , , , , , , , | 1:00 Public |
| 11:10 Public Staring 10:00 Dard Science 10:00 Public Var Fad Hone, 11:00 Dares Swim 10:00 Parago Finos. 10:00 Aqua months to Vares? 10:00 Aqua Finos. 10:00 Finos Finos. 10:00 Finos Finos. 10:00 Finos Finos. 10:00 Finos Finos. 21:5 Public Swim (All Ficket Ice 21:5 Public Swim (All Ficket Ice 21:5 Public Swim (All Ficket Ice 11:00 Finis Finos. 10:00 Clares Suith Ficket Ice 21:00 Finos. 21:00 Finos. 21:00 Finos. 21:00 Finos. | | | | | 9:00 Therapy Fitness | | |
| Lanse 10:05 Pickbed1- 10:00 Pairs & Pisy (18) 10:01 Pairs & Pisy (18) <th< td=""><td></td><td>10:00 Deaf Seniors</td><td></td><td></td><td>e</td><td></td><td></td></th<> | | 10:00 Deaf Seniors | | | e | | |
| Tore End Form Lengen Lengen Long L | c | | | 1 | | - | |
| Lengue Tournament 1100 Pohine Swim (All Pools)11600 Older Adult VagaBalance Fit 1160 Older Adult Yoga9.30m-12.00pm10.15 Kis It Up 10.00 Older Adult YogaCarmwall 11.00 Older Adult Yoga10.00 Mis It Up 11.00 Older Adult Yoga10.00 Date Swim 10.00 Streich and Strengthen10.45 Line Dancing 10.00 Figure Stating 2.15 Line Swim (All Pools)2.16 Date Swim 10.00 Streich and Strengthen10.00 Figure Stating 2.15 Public Swim (All Pools)2.15 Public Swim (All Pools)2.15 Line Swim (All Pools)2.16 Date Swim (All Pools)2.15 Public Swim (All Pools)2.15 Public Swim (All Pools)2.15 Public Swim (All Pools)2.15 Public Swim (All Pools)2.10 Sinior Swim (All Pools)2.10 Sinior Swim (All Pools)2.10 Sinior Swim (All Pools)2.10 Date Swim | Year End House | - | | | 9:30 Shuffleboard | | Quinte Figure |
| 1:00 Pakin: Swim (All Pools) (All Pools) 1:00 1:00 Colker Voga 1000 Older Adult Voga 0.45 Line Dancing Swim 2:15 Line Swim 1:00 Lane Swim 1:00 Smir Mup 1:00 Older Adult Voga 1:00 Smir Mup 1:00 Smir Mup <td></td> <td></td> <td></td> <td></td> <td>9:30am-12:00pm</td> <td>, , , , , , , , , , , , , , , , , , ,</td> <td></td> | | | | | 9:30am-12:00pm | , , , , , , , , , , , , , , , , , , , | |
| Swim (All Pools)12:00 Badminton10:00 Cler Adul Yoga11:19 Public Swim (All Pools)10:00 Stretch and Strengthen11:00 Lane Swim (All Pools)- BeginnerSwim Swim (All Pools)2:15 Public Swim (All Pools)11:00 Senior Shimy (All Pools)12:00 Adult Recreational Swim (All | 1:00 Public | | - | 11:00 Chair Yoga | e e | 1 | 2:15 Lane |
| 1:00 Eale Swim 1:15 Bid Luchre Yoge 11:15 Politoles Swim 11:00 Senior Shimy (AII Pools) 10:00 Sizetch and Sternig (10) 11:00 Sindergarten Swim (AII Pools) 11:00 Lane Swim 11:00 Lane Swim 11:00 Lane Swim 11:00 Lane Swim 2:15 Public Swim (AII Pools) 2:00 Senior's Swim (AII Pools) 11:00 Lane Swim 3:15 Rehabilitation Swim 3:30 Open Gym 11:15 Public Swim (AII Pools) 11:15 Public Swim Recreational 10:00 Line Swim 10:00 Line Swim 12:00 Line Swim 3:30 Open Gym 11:15 Public Swim (AII Pools) 11:15 Parkinson's Keep Moving 11:15 Parkinson's Keep Moving 11:15 Parkinson's Advanced 10:00 Lane Swim 12:00 Line Dancing 1:30 Public Swim (AII Pools) 11:15 Parkinson's Sciel Hour 11:35 Public Swim (AII Pools) 11:35 Public Swim (AII Pools) 12:00 Lane Swim 12:00 Lane Swim 1:15 Parkinson's Swim (XII Pools) 11:45 Parkinson's Advanced 11:30 Lane Swim 11:30 Lane Swim 12:00 Enderga 11:30 Lane Swim 1:200 Adult Shimy Years) 11:25 Parkinson's Swim (XII Pools) 11:35 Public Swim (AII Pools) 11:30 Lane Swim 12:00 Line Dancing Ticket Ice 12:00 Line Dancing Ticket Ice 2:00 Cane Swim 12:00 Adult Shimy Years) 11:35 Public Swim (AII Pools) 11:35 Public Swim (AII Pools) 11:30 Line | | 12:00 Badminton | _ | 11:00 Lane Swim | | 8 | Swim |
| 2:15 Lane Swim 11:5 Pickbell - Intermediate 11:00 Senior Shimy (50) 12:00 Adult Recreational Strengthen 11:00 Lane Swim 10:00 Lane Swim 2:15 Public Swim (All Pools) 2:00 Sanior's Swim (All Pools) 11:00 Lane Swim 11:01 Lane Swim 11:15 Public Swim (All Pools) 11:15 Public Swim (All Pools) 11:15 Public Swim (All Pools) 11:15 Public Swim (All Pools) 11:00 Lane Swim 12:00 Lane Swim 11:00 Lane Swim (All Pools) 11:00 Lane Swim 11:00 Lan | , | 1:00 Bid Euchre | | | | | 2:15 Public Swim (All |
| 2:15 Public Swim (All Pools)2:00 Senior's Swim (All Pools)1:106 Kindergarten Rednices (3 to 5 Years)Recreational State1:00 Clock adult Yoga1:115 Public Swim (All Pools)3:30 Open Gym 3:45 Lane Swim1:106 Lane Swim 1:115 Public Swim (All Pools)1:100 Lane Swim 1:100 Lane Swim1:00 Diaper Finness1:00 Japer Ticket Ice1:2:00 Lane Swim 1:2:00 Lane Swim1:2:00 Line Dancing -Beginner645 Teen Recreational Vollcyball (9 to 17 years)1:45 Parkinson's Social Hour1:30 Parkinson's Advanced1:30 Parkinson's Lane Swim1:30 Parkinson's Advanced1:30 Lane Swim Advanced1:2:15 Total Body Strength8:00 Lane Swim 12:00 Adult Shimy1:30 Zumba Gold11:15 Public Swim (All Pools)1:30 Zumba Gold11:15 Public Swim (All Pools)1:30 Zumba Gold11:15 Pickleball - Regeneric1:2:00 Senior's Strength1:30 Zumba Gold1:15 Public Swim (All Pools)1:30 Zumba Gold11:15 Pickleball - Reginner2:00 Senior's Swim 3:00 Lane Swim1:30 Caneb Swim (All Pools)1:30 Zumba Gold2:00 CaRP 3:00 Lane Swim3:15 Rehabilitation 3:00 Senior's Swim1:00 Careet Bowling - 1:00-3:30pm3:00 Cane Swim 1:00 ScarepBowling - 1:00-3:30pm3:00 Yunk Room Drop-in (Grade 6-12) Soin (Herapy Pool Only)3:00 Finers Mix 3:00 Lane Swim3:15 Parent and Tot Swim3:15 Parent and Tot Swim3:00 Open Gym 3:00 Paren Si Soin Artis Hub (9 to Ty ears)5:15 Science Syin (Therapy Pool Only)3:15 Parent and Tot Swim3:15 Parent and Tot S | | - | | | | | |
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| 6-45 Teen Recreational Volleyball (9 to 17) years)11:15 Parkinson's Keep Moving11:15 Parkinson's AdvancedAdvanced- Beginner8:00 Lane Swim11:45 Parkinson's Social Hour11:45 Parkinson's Social Hour11:30 Parkinson's Social Hour11:30 Parkinson's Aquatic Therapy Fitness11:15 Public Swim (All Pools)12:15 Total Body Strength8:00 Lane Swim12:00 Adult Shinny 12:15 TRX13:00 Zumba Gold11:15 Chair Fitness/ Chair Yoga Combo13:0 Zumba Gold11:15 Pickleball - Beginner3:00 Lane Swim1:00 Cooking with Chef Jesse (Zoom)2:00 Quine Home and Cottage Show2:00 Senior's Swim (All Pools)3:15 Rehabilitation Swim1:00 Carpet Bowling - I:00-3:30pm3:00 Lane Swim3:00 Youth Room Drop-in (Grade 6-12)3:01 Senior's Swim (All Pools)1:15 Pickleball - Si:00 Young Chefs3:01 Lane Swim3:30 Open Gym5:10 Fitness Mix Si:30 Preschool Play Zone (18 months to 5 Years)5:15 Science Si:15 Science Sport3:15 Senior's Swim (All Pools)3:15 Senior's Swim (All Pools)6:00 Dancing for Adults - Beginner6:00 Dancing for Adults - Beginner5:15 Science Sport3:15 Open Gym Si:00 Sou Grade 6-12)6:00 Aqua Fitness5:15 Fitne Dancing (Recreational)5:00 Artful Antics (4 to | | | | 1 | | | |
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| years)Social HourAquate Interapy FitnessInthe Summ (All Pools)1:00 Bridge (Experienced)8:00 Lane Swim12:00 Adult Shinny1:30 Zumba Gold11:15 Chair Fitness/ Chair Yoga Combo1:30 Zumba Gold12:15 TRX2:00 Senior's Swim (All Pools)1:15 Fickleball - Swim (All Pools)1:00 Cooking with Chef Jesse (Zoom)2:00 Quinte Home and Cottage Show2:00 CARP3:15 Rehabilitation Swim (All Pools)3:01 Lane Swim 3:00 Lane Swim1:00 Cooking with Chef Jesse (Zoom)2:00 Senior's Swim (All Pools)3:00 Lane Swim 3:00 Lane Swim3:15 Family/Open 1:00 Srapbooking1:00 Carpet Bowling - 1:00-3:30pm3:00 Lane Swim 3:15 Rehabilitation Swim3:00 Lane Swim 3:15 Rehabilitation Sio0 Young Chefs3:00 Lane Swim (All Pools)3:30 Open Gym 5:00 Yrears)5:00 Yrears)2:00 Senior's Swim (All Pools)3:15 Rehabilitation Sivim (Herrapy Pool Only)3:00 Lane Swim (All Pools)3:30 Open Gym 5:00 Artist Hub (9 to 15 Years)5:15 Science Explorers (4 to 8 Years)3:15 Spenet and Tot Swim (Therapy Pool Only)3:15 Spenet and Tot Swim (Therapy Pool Only)5:30 Preschool Play Zone (18 months to 5 Years)5:15 Science Explorers (4 to 8 Years)3:15 Dopen Gym Sto Dop-in (Grade 6-12) Sto Dop-in (Grade 6-12)6:00 Dancing for Adults - Beginner 6:00 Aqua Fitness5:15 Pickleball (Recreational)5:00 Boccia - adaptive sport5:00 Artiful Antics (4 to | | | | 1:30 Parkinson's | 11:00 Lane Swim | - | |
| 8:00 Lane Swim12:00 Adult Shinny1:30 Zumba Gold11:15 Chair Fitness/ Chair Yoga Combo(Experienced)12:15 TRX2:00 Senior's Swim (All Pools)12:15 TRX2:00 Quinte Home and Cottage Show115 Pickleball - Beginner3:00 Lane Swim1:00 Cooking with Chef Jesse (Zoom)2:00 Senior's Swim (All Pools)1:00 Cooking with Chef Jesse (Zoom)2:00 Senior's Swim (All Pools)2:00 Senior's Swim (All Pools)3:15 Family/Open Si00 Lane Swim1:00 Carpet Bowling - 1:00 -3:30pm3:00 Lane Swim3:00 Uane Swim (All Pools)3:45 Lane Swim Si00 Young Chefs1:15 Pickleball - Intermediate3:01 Lane Swim 3:15 Parent and Tot Swim (Therapy Pool Only)3:00 Youg Fit S:00 Youg Fit3:00 Lane Swim 3:15 Darent and Tot Swim (Therapy Pool Only)3:15 Seince Explorers (4 to 8 Years)3:15 Open Gym S:15 Science Explorers (4 to 8 Years)3:15 Open Gym S:15 Pickleball Therapt Pool Only)3:15 Open Gym S:15 Science Explorers (4 to 8 Years)3:15 Open Gym S:00 Notth Room Drop-in (Grade 6-12) S:00 Natti Antics (4 | | | | | | - C | |
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| Beginner3:00 Lane Swim1:00 Cooking with Chef Jesse (Zoom)and Cottage Show2:00 CARP3:15 RehabilitationChef Jesse (Zoom)2:00 Senior's Swim (All Pools)2:00 Senior's Swim (All Pools)3:15 Family/Open 3:00 Lane Swim1:00 Carpet Bowling- 1:00-3:30pm3:00 Lane Swim3:00 Lane Swim (All Pools)3:45 Lane Swim1:15 Pickleball - Intermediate3:15 Rehabilitation Swim3:00 Youth Room Drop-in (Grade 6-12)3:45 Lane Swim1:15 Pickleball - Intermediate3:10 Lane Swim3:15 Parent and Tot Swim (Therapy Pool Only)5:00 Youg Fit S:00 Fitness Mix3:00 Lane Swim3:00 Lane Swim3:30 Open Gym 5:00 Artist Hub (9 to 15 Years)5:00 Youg Fit S:15 Dirense At the S:00 Protes (15 wars)3:15 Darent and Tot Swim (Therapy Pool Only)3:15 Senent and Tot Swim (Therapy Pool Only)3:15 Senent experimence Sing Preschool Play Zone (18 months to 5 Years)3:15 Senere ta and Tot Sing Preschool Play Zone (18 months to 5 Years)3:15 Diene Cane Sing Preschool Play Zone (18 | | | 12:15 TRX | | | 1:30 Zumba Gold | |
| 2:00 CARP3:15 Rehabilitation SwimChef Jesse (Zoom) 1:00 Scrapbooking2:00 Senior's Swim (All Pools)2:00 Senior's Swim (All Pools)3:15 Rehabilitation Swim1:00 Scrapbooking3:00 Lane Swim (All Pools)3:00 Lane Swim (All Pools)3:15 Family/Open Gym1:00 Corept Bowling- 1:00-3:30pm3:00 Lane Swim (All Pools)3:00 Youth Room Drop-in (Grade 6-12)3:45 Lane Swim S:00 Young Chefs (I1 to 15 Years)1:15 Pickleball - Intermediate3:15 Rehabilitation Swim3:00 Cane Swim (Drop-in (Grade 6-12)3:00 Youth Room Soin O Young Chefs (I1 to 15 Years)1:15 Pickleball - Si00 Senior's Swim (All Pools)3:30 Open Gym 5:00 Artist Hub (9 to 15 Years)5:00 Young Fit - Si30 Preschool Play Zone (18 months to 5 Years)5:15 Science Explorers (4 to 8 Years)3:15 Open Gym5:10 Pickleball (Recreational)5:15 Pickleball (Recreational)3:15 Open Gym6:00 Dancing for Adults - Beginner6:30 Line Dancing - Si00 Lane Swim5:00 Sono Artful Antics (4 to Sport | | | - | Swim (All Pools) | 12:15 TRX | | |
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| 3:00 Lane SwimGym1:00-3:30pm3:15 Rehabilitation Swim3:00 Youth Room Drop-in (Grade 6-12)3:45 Lane Swim1:15 Pickleball - IntermediateSwim3:15 Parent and Tot Swim (Therapy Pool Only)5:00 Young Chefs (11 to 15 Years)2:00 Senior's Swim (All Pools)Swim3:30 Open Gym5:00 Fitness Mix3:00 Lane Swim3:00 Lane Swim (All Pools)3:30 Open Gym5:00 Youg Fit - Beginner3:00 Lane Swim (All Pools)3:00 Lane Swim (All Pools)5:00 Artist Hub (9 to 15 Years)5:15 Line Dancing - Beginner3:15 Open Gym - Beginner3:15 Open Gym - Beginner5:30 Preschool Play Zone (18 months to 5 Years)5:15 Science Explorers (4 to 8 Years)3:15 Open Gym - S:15 Pickleball (Recreational)3:15 Open Gym - Bisto Dancing - Bisto Dancing - S:00 Sencia - adaptive sport6:00 Aqua Fitness6:30 Line Dancing - Experienced5:00 Artful Antics (4 to | | | | | | 3:00 Lane Swim | |
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| Adults - Beginner6:30 Line Dancingsport6:00 Aqua Fitness- Experienced5:00 Artful Antics (4 to | | | | | | | |
| 6:00 Aqua Fitness - Experienced 5:00 Artful Antics (4 to | | | _ | | 1 | | |
| | | | _ | | | | |
| 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 | |
|---|------------|--|--|---|--|---|------------|
| 0.00 Earle 5 min / 100 Rendomation 0.00 Earle 5 min / 100 Rendomation 0.00 Earle 5 min 0.00 | 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 | 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