## Quinte Sports and Wellness Centre Calendar





Generated April 29, 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
		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	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	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	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	
		Drop-in (Grade 6-12)	Drop-in (Grade 6-	3:45 Lane Swim	7:00 Belleville Senators vs.	
		3:15 Parent and Tot Swim (Therapy Pool Only)	8:00 Lane Swim	3:45 Parent and Tot Swim (Therapy Pool Only)	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		
7	8	9	10	11	12	13
8:00 Lane Swim	5:45 Solar Eclipse	7:00 Rehabilitation	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	8:00

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

14   15   27   27   27   28   28   28   28   28			to 15 Years)	8:00 Lane Swim	5:15 Jr. Soccer Skills		
Adults - Intermediate   2:30 Table Tennis   2:30 Table Swin (All Pools)   2:30 Fable Swin (All Pools)			6:30 Crokinole				
2-30 Toloic Tennis   2-30 Voll-yell   1-30 Voll-yell					5:45 Zumba		
14							
Proofs   Reductification   South Lane Swim   Foods   Proofs   Reductification   South Lane Swim   Food Lan			Intermediate/Advanced		& Drills (9 to 13		
14			\		7:00 Aqua Fitness		
14			,				
8-00   Redabilitation   7-00 Redabilitation   7-00 Rehabilitation   7-00 Rehabilitatio					8:00 Lane Swim		
Redabilitation   Swim   7.00 Lane Swim   9.00 Lane Swim   7.00 Lane Swim	14	15	16	17	18	19	20
7-00   Lane Swim   7-00   Lane		6:00 Lane Swim		6:00 Lane Swim		6:00 Lane Swim	
9.00 Lane Swim   10.00 Quinte   10		7:00 Lane Swim		7:00 Lane Swim		7:00 Lane Swim	
1000 Quince Home and Cottage Show   8-00 Lane Swim   1000 Youth   8-00 Lane Swim   1000 Youth   8-00 Lane Swim   1000 Again Fitness   8-00 Lane Swim   9-00 Stitches   8-00 Lane Swim   9-00 Stitches   8-00 Lane Swim   8-00 Lane Swim   9-00 Stitches   8-00 Lane Swim   9-00 Again Fitness   9-00 Again Fi	9:00 Lane Swim						9:00 Mini
Store   Section   Sectio	10:00 Quinte						
Registration for City   Taxpayer/Residents   Saf Spicklebul   Saf Spickl	Home and		_		_		
Room Drop-in (Grade 6-12) 11-00 Aqua Cross Training 12-10 Aqua Cross Training 12-10 Aqua Mess (18 months to 4 Years) 9-00 Move N' Groove (18 months to 4 Years) 9-00 Aqua Fitness 9-00 Art-Muck & Mess (18 months to 4 Years) 1-000 Min Scorins (18 months to 4 Years) 1-000 Mer Adult Year (18 months to 4 Years) 1-000 Mer	10:00 Youth	French - Beginners	Registration for City		French - Beginners	Registration for	,
13-00 Aqua   2-10 Aqua   2-1	*	_		9:00 Stitches	-		Movers (18
12:10 Aqua   Mess (18 months to 4 Years)   9:00 Artais Collective   9:00 Treapy Fitness   9:00 Treapy Fitnes	11:00 Aqua	Advanced	9:00 Move N' Groove		Beginner		Years 11
12-15   9-00 Strong Seniors   9-00 Therapy Fitness   9-00 Therapy			(18 months to 4 Years)	9:00 Aqua Fitness		, i	,
12:15   9:00 Strong Seniors   9:00 Lane Swim   9:00 Lane Swim   9:00 Lane Swim   9:00 Lane Swim   10:00 Aqua Fitness   10:00 Aqua Fitness   10:00 Aqua Fitness   10:00 Mini   5:00 Lane Swim   2:15 Lane Swim   10:00 Dear Seniors Swim (All Pools)   10:00 Dear S		,			2	•	
Family/Open   Gym   Gy	12:15	9:00 Strong Seniors				1,2,3's (18 months	
1-00 Public   Swim (All Pools)   10-00 Aqua Fitness   10-00 Aqua Fitne						Í	
10:00   10:00 Min   10:00 Min   10:00 Older Adult   Yoga   10:00 Older Ad	•		,		9:00 Lane Swim		
10:00 Lane Swim   2:15 Lane Swim   2:15 Public Swim (All Pools)   10:00 Older Adult Yoga   10:00 Family Swim (Main Pool Only)   10:00 Deaf Seniors Swim (All Pools)   10:00 Older Adult Yoga   10:00 Older Adult Yoga   10:00 Family Swim (Main Pool Only)   10:00 Seniors Swim (All Pools)   10:00 Older Adult Yoga   10:00 Family Swim (Main Pool Only)   10:00 Senior Swim (All Pools)   10:00 Older Adult Yoga   10:00 Older Adult Yoga   10:00 Family Swim (Main Pool Only)   10:00 Senior Swim (All Pools)   10:00 Family Swim (Main Pool Only)   10:00 Senior Swim (All Pools)   10:00 Family Swim (Main Pool Only)   10:00 Family Skating (16+)   10:00 Family Skating (1	Swim (All	_		Fitness			Swim (All
2:15 Public   Swim (All Pools)   10:00 Deaf Seniors   10:00 Family Swim (Main Pool Only)   11:00 Lane Swim   10:00 Older Adult Yoga   10:00 Family Swim (All Pools)   10:00 Family Swim (All Pools)   10:00 Older Adult Yoga   10:00 Family Swim (All Pools)   10:00 Older Adult Yoga   10:00 Family Swim (All Pools)   10:00 Family Swim (All Fools)   10:00 Family Family Swim (All Fools)   10:00 Family Swim (All Fools)   10:00 Family Family Swim (All Fools)   10:00 Family Family Swim (All Fools)   10:00 Family Fami	,			Balance Fit	_	10:00 Mover's &	
2.15 Public Swim (All Pools)   10:00 Deaf Seniors Swim (All Pools)   10:00 Claer Adult Yoga   10:00 Family Skating (16+)   10:00 Family Skating (10:00 Family Skating (16+)   10:00 Family Skating (10:00 Family Skating (16+)   10:00 Family Skating	2:15 Lane Swim				•		
10:00 Older Adult Yoga   10:00 Therapy Fitness   10:00 Therapy Fitness   10:00 Paint & Play (18 months to 4 Years)   10:00 Paint & Play (18 months to 4 Years)   10:00 Older Adult Yoga   10:05 Fickleball - Beginner   11:00 Lane Swim   11:00 Lane Swim   11:00 Lane Swim   11:00 Lane Swim   11:15 Public Swim (All Pools)   11:15 Parkinson's Keep Moving   11:45 Parkinson's Keep Moving   11:00 Bid Euchre   12:15 TRX   1:15 Pickleball - Intermediate   1:30 Senior Gentle Fitness   1:30 Senior Gentle Fitness   1:30 Sanior Gentle Fitness   1:30 Sanior Sonior S Swim (All Pools)   3:15 Family/Open   1:00 Carpet Bowling - I:00-3 of Teap Howling   1:00 Carpet Bowling - I:00 Carpet Bowling - I:00 Carpet Bowling - I:00-3 of Teap Howling   1:00 Carpet Bowling - I:00-3 of Teap Howling - I:00 Carpet Bowling - I:00-3 of Teap Howling - I:00 Carpet Bowling - I:00-3 of Teap Howling - I:00 Carpet Bowling - I:00-3 of Teap Howling - I:00-4 Stating (All Pools)   1:00 Carpet Bowling - I:00-4 Stating (All Pools)   1:00 Carpet Bowling - I:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00 Carpet Bowling - I:00-4 Stating (All Pools)   1:00 Carpet Bowling - I:00-3 of Teap Howling - I:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00 Carpet Bowling - I:00-3 of Teap Howling - I:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00-4 Stating (All Pools)   1:00 Carpet Bowling - I:00-3 of Teap Howling - I:00-3 of Teap		10:00 Deaf Seniors			•	10:15 Mix It Up	1
10:15 Gentle Core Strengthening   10:00 Older Adult Yoga   10:00 Figure Skating (Helmets mandatory for all participants)   11:00 Lane Swim (All Pools)   11:15 Public Swim (All Pools)   11:15 Intro to Yoga Pexperienced   12:15 Cardio Core   12:15 Public Swim (All Pools)   11:15 Public Swi	`				Strengthen		2:15 Lane
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 Keep Moving 12:15 Cardio Core 12:30 Balance Yoga: Mind & Body 1:00 Therapy Fitness 1:00 Bid Euchre 1:15 Pickleball - Intermediate 1:15 Pickleball - Intermediate 1:15 Pickleball - Intermediate 1:30 Senior Gentle Fitness 1:30 Senior Gentle Fitness 1:15 Family/Open 1:15 Family/Open 1:100 Carpet Bowling - Into Variation Skating (Helmets mandatory for all participants) 11:00 Variant Skating (Helmets mandatory for all participants) 11:00 Variant Skating (Helmets mandatory for all participants) 11:00 Lane Swim 11:00 Lane Swim (All Pools) 11:00 Chess Club 10:30 Tech Talks & Tech Support with Jordan 10:30 Cooking with Chef Jesse (Zoom) 10:30 Cooking with Chef Jesse (Zoom) 12:00 Lane Swim 11:05 Dancing - Beginner 12:00 Line Dancing - Beginner 11:00 Lane Swim (All Pools) 11:15 Public Swim (All Poo		10:15 Gentle Core	3 \		S	č	
10.43 Pickleball   Beginner   11:00 Kindergarten   11:00 Facultan   11:15 Public Swim (All Pools)   11:15 Public Swim (A	,				(Helmets mandatory		Swim (All
11:00 Lane Swim 11:15 Public Swim (All Pools) 11:15 Intro to Yoga 11:15 Public Swim (All Pools) 11:15 Intro to Yoga 11:15 Parkinson's Experienced 12:15 Cardio Core 12:30 Balance Yoga: Mind & Body 1:00 Therapy Fitness 1:00 Adult 1:00 Lane Swim 11:15 Pickleball - Intermediate 1:00 Bid Euchre 1:30 Senior Gentle Fitness 1:30 Senior Gentle Fitness 1:30 Senior Gentle Fitness 1:30 Senior Gentle Fitness 1:30 Cooking with Jordan 10:30 Cooking with Jordan 10:45 Pickleball - Jordan 10:30 Cooking with Jordan 10:45 Pickleball - Jordan 10:30 Cooking with Jordan 10:45 Pickleball - Jordan 10:30 Cooking with Jordan 10:40 Pools) 10:45 Pickleball - Jordan 10:30 Cooking with Jordan 10:45 Pickleball - Jordan 10:30 Cooking with Jordan 10:30 Cooking with Jordan 10:30 Cooking with Jordan 10:45 Pickleball - Jordan 10:30 Cooking with Jordan 10:30 Cooking with Jordan 10:45 Pickleball - Jordan 10:30 Cooking with Jordan 10:45 Pickleball - Jordan 11:50 Lane Swim Jordan 11:00 Lane Swim Jordan 11:10 Lane Swim	6:30 Basketball		_	12:15 Cardio Core		11:00 Lane Swim	ĺ í
11:15 Public Swim (All Pools)   11:00 Lane Swim   11:00 Diaper   10:30 Cooking with   11:15 Intro to Yoga   11:30 Line Dancing   Experienced   11:15 Parkinson's   Keep Moving   12:15 Cardio Core   12:30 Balance Yoga: Mind & Body   1:00 Therapy   Fitness   1:00 Therapy   Fitness   1:00 Bid Euchre   12:15 TRX   1:15 Pickleball - Intermediate   1:15 Pickleball - Intermediate   1:15 Pickleball - Intermediate   1:30 Senior Gentle   1:30 Senior Gentl		11:00 Lane Swim	Readiness (3 to 5		Tech Support with		
11:15 Intro to Yoga 11:15 Public Swim (All Pools) 11:30 Line Dancing - Experienced 12:15 Cardio Core 12:30 Balance Yoga: Mind & Body 11:00 Therapy Fitness 11:00 Bid Euchre 11:15 Pickleball - Intermediate 11:15 Pickleball - Beginner 12:15 TRX 11:15 Pickleball - Intermediate 11:15 Pickleball - Beginner 11:15 Pi			11:00 Lane Swim			12:00 Lane Swim	
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 1:15 Pickleball - Intermediate 11:15 Parkinson's Keep Moving 11:15 Parkinson's Keep Moving 11:30 Parkinson's Advanced 1:30 Parkinson's Aquatic Therapy Fitness Aquatic Therapy Fitness 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 1:15 TRX 1:15 Pickleball - Intermediate 1:15 Pickleball - Intermediate 1:15 Pickleball - Intermediate 1:10 Lane Swim 1:115 Public Swim (All Pools) 1:115 Public Swim (All Pools) 1:115 Chair Fitness/ Chair Yoga Combo 1:30 Zumba Gold 1:30 Zumba		,	`	•	Chef Jesse (Zoom)		(Helmets
12:15 Cardio Core 12:30 Balance Yoga: Mind & Body 1:00 Therapy Fitness 1:30 Parkinson's Aquatic Therapy Fitness 1:30 Zumba Gold 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 1:15 Pickleball - Intermediate 1:30 Senior Gentle Fitness 1:30 Parkinson's Aquatic Therapy Fitness 1:30 Zumba Gold 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 1:30 Zumba Gold 1:30 Zumba Go			11:15 Parkinson's				recommended)
12:30 Balance Yoga: Mind & Body 1:00 Therapy Fitness Fitness 1:00 Bid Euchre 1:15 Pickleball - Intermediate 1:30 Senior Gentle Fitness 12:30 Senior Gentle Fitness Social Hour 1:30 Zumba Gold 1:30 Zumba Gold 1:30 Zumba Gold 1:30 Senior's Swim (All Pools) 1:30 Zumba Gold 1:30 Senior's Swim (All Pools) 3:15 Rehabilitation Swim 1:00 Carpet Bowling - 1:00-3:30pm 1:00-3:30pm 3:15 Rehabilitation 3:15 Rehabilitation 1:00 Carpet Bowling - 1:00-3:30pm 3:15 Rehabilitation		12:15 Cardio Core	_		11:00 Lane Swim	_	Teen/Youth
1:00 Therapy Fitness 1:00 Senior's Swim (All Pools) 1:00 Bid Euchre 1:15 Pickleball - Intermediate 1:30 Zumba Gold 2:00 Senior's Swim (All Pools) 1:00 Bid Euchre 1:15 Pickleball - Intermediate 1:15 Pickleball - Swim 1:10 Scrapbooking 3:00 Lane Swim 1:00 Scrapbooking 3:00 Lane Swim 3:00 Lane Swim 1:00 Carpet Bowling - 1:00 Sitge (Experienced) 1:30 Zumba Gold 1:30 Zumba G			Social Hour		`	Strength	Futsal
Fitness (16+) 2:00 Senior's Swim (All Pools) 1:30 Zumba Gold 12:00 Adult Shinny 1:15 Pickleball - Intermediate 1:30 Senior Gentle Fitness (All Pools) 2:00 Senior's Swim (All Pools) 1:30 Senior Gentle Fitness (All Pools) 3:15 Family/Open 1:00 Scrapbooking 1:00 Carpet Bowling - 1:00-3:30 pm 3:15 Rehabilitation 3:15 Rehabilitation 3:15 Rehabilitation 3:15 Family/Open 1:00-3:30 pm 3:15 Rehabilitation 3:15 R		_					
1:15 Pickleball - Intermediate  1:15 Pickleball - Beginner  1:15 Pickleball - Beginner  1:15 Pickleball - Beginner  1:15 Pickleball - Beginner  3:00 Lane Swim  1:15 TRX  1:15 TRX  1:15 Pickleball - Swim  3:15 Rehabilitation Swim  1:00 Scrapbooking  1:00 Carpet Bowling - 1:00-3:30pm  3:15 Rehabilitation		Fitness	(16+)		_		
1:15 Pickleball -   1:15 Pickleball -   3:15 Rehabilitation   3:15 Rehabilitation   3:00 Scrapbooking   3:00 Lane Swim   3:00 Lane Swim   3:00 Carpet Bowling -   3:15 Rehabilitation   3:15 Rehabil				3:00 Lane Swim	Ĭ		
1:30 Senior Gentle 2:00 Senior's Swim 3:15 Family/Open 1:00 Carpet Bowling - 3:15 Rehabilitation 1:00-3:30pm							
				3:15 Family/Open			

8:00	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	7:00 Rehabilitation	6:00 Lane Swim	8:00
21	22	23	24	25	26	27
				7:30 Volleyball (Recreational/Beginner) 8:00 Lane Swim		
		8:00 Lane Swim		7:00 Aqua Fitness		
	6.00 Lane Swiff	Pools)		,		
	8:00 Lane Swim	7:30 Public Swim (All		& Drills (9 to 13 Years)		
	Volleyball (9 to 17 years)	7:30 Volleyball Intermediate/Advanced		6:15 Sr. Soccer Skills		
	6:45 Teen Recreational	7:30 Table Tennis		6:15 Girls Night Out (9 to 12 years)		
	Years)	Adults - Intermediate	8:00 Lane Swim	5:45 Zumba		
	Explorers (4 to 8	7:00 Dancing for	7:15 Badminton	& Drills (4 to 8 years)		
	6:45 Science	6:30 Crokinole	Syracuse Crunch	5:15 Jr. Soccer Skills		
	Drop-in (Grade 6-12)	6:15 Sporty Kids (6 to 9 Years)	7:00 Belleville Senators vs.	5:00 Artful Antics (4 to 8 years)		
	6:00 Youth Room	to 15 Years)	- Experienced	to 11 Years) NEW		
	5:30 Artful Antics (4 to 8 years)	6:15 STEM-tastic (9	6:30 Line Dancing	5:00 Kitchen Crew (8		
	8 years)	6:00 Aqua Fitness	5:15 Pickleball (Recreational)	sport		
	Skills & Drills (4 to	Adults - Beginner	Years)	5:00 Boccia - adaptive		
	5:30 Fit and Firm	6:00 Dancing for	Explorers (4 to 8	4:00 Youth Room Drop-in (Grade 6-12)		
	5:30 Fit and Firm	Zone (18 months to 5 Years)	- Beginner 5:15 Science	3:15 Open Gym		
	Yoga 5:00 Zumba	5:30 Preschool Play	5:15 Line Dancing	Only)		
	5:00 Gentle Flow	5:00 Artist Hub (9 to 15 Years)	12)	3:15 Parent and Tot Swim (Therapy Pool		
	3:45 Lane Swim	3:30 Open Gym	5:00 Youth Room Drop-in (Grade 6-	3:00 Lane Swim		
	3:30 Open Gym	Only)	5:00 Yoga Fit	(All Pools)	Rocket	
	Swim	Swim (Therapy Pool	5:00 Fitness Mix	2:00 Senior's Swim	Senators vs. Laval	
	3:00 Lane Swim 3:15 Rehabilitation	Drop-in (Grade 6-12) 3:15 Parent and Tot	(11 to 15 Years)	1:15 Pickleball - Intermediate	7:00 Belleville	
		3:00 Youth Room	5:00 Young Chefs		(Helmets mandatory for all participants)	
	2:00 Senior's Swim (All Pools)	3:00 Lane Swim	3:45 Lane Swim	1:00 Adult Recreational Skating (16+)	4:00 Family Skating	

Rehabilitation	7:00 Lane Swim	Swim	7:00 Lane Swim	Swim	7:00 Lane Swim	Rehabilitation
Swim	7:00 Rehabilitation	7:00 Lane Swim	7:00 Rehabilitation	7:00 Lane Swim	7:00 Rehabilitation	Swim
9:00 Lane Swim	Swim	8:00 Lane Swim	Swim	8:00 Lane Swim	Swim	9:00 Mini Movers (18
9:00 Family Skating	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
(Helmets mandatory for	8:30 Summer Camp Registration for City	8:45 Older Adult Yoga	9:00 Family Swim (All Pools)	8:30 Summer Camp Registration for Non-	8:45 Pickleball - Advanced	months)
all participants)	Taxpayers/Residents	9:00 Move N' Groove (18 months to 4 Years)	9:00 Aqua Fitness	City Taxpayers/Residents	9:00 ABC's &	10:00 Zumba
10:00 Public 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)	10:00 Open Gym
(Helmets	"Basic Vocabulary"	9:00 Therapy Fitness	9:30 Senior Gentle	Yoga	9:00 Family Swim	10:30 Public
strongly recommended)	8:45 Pickleball -	9:00 Lane Swim	Fitness	8:45 Pickleball -	(All Pools)	Skating
10:00 Youth	Advanced	9:00 Senior Shinny	10:00 Aqua Fitness	Beginner	9:00 Aqua Fitness	(Helmets strongly
Room Drop-in (Grade 6-12)	9:00 Art-Muck & Mess (18 months to 3 Years)	(50+) 10:00 Mix It Up	10:45 Stretch and	8:45 Learn to Speak French - Beginners "Vacation in Quebec"	9:15 Mom & Baby Fitness	recommended) 1:00 Public
11:00 Aqua Cross Training	9:00 Strong Seniors	10:00 Older Adult Yoga	Balance Fit 11:00 Chair Yoga	9:00 Therapy Fitness	9:30 Older Adult Yoga	Swim (All Pools)
12:10 Aqua	9:00 Family Swim	10:00 Family Swim	11:00 Lane Swim	9:00 Women's Weight	10:00 Mover's &	1:00 Lane
Mind and Body 12:15	(All Pools) 9:00 Aqua Fitness	(Main Pool Only)	11:15 Public Swim (All Pools)	Training 9:00 Lane Swim	Shakers (18 months to 3 Years)	Swim 2:15 Lane
Family/Open	10:00 Aqua Fitness	10:00 Therapy Fitness	12:00 Adult	9:30 Shuffleboard	10:15 Mix It Up	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	10:00 Older Adult	Skating (16+)	10:00 Older Adult Yoga	- Beginner	Swim (All Pools)
Pools)	months to 3 Years)	Yoga	12:15 Cardio Core	10:00 Family Swim	10:45 Pickleball -	
1:00 Lane Swim	10:00 Deaf Seniors	11:00 Kindergarten	1:00 Mah Jongg	(Main Pool Only)	Intermediate	
2:15 Lane Swim	10:00 Older Adult Yoga	Readiness (3 to 5 Years)	1:00 Chess Club	10:00 Stretch and Strengthen	11:00 Lane Swim	
2:15 Public Swim (All	10:15 Gentle Core	11:00 Lane Swim	1:00 Diaper Fitness	10:00 Older Adult Yoga	11:00 Figure Skating Ticket Ice	
Pools) 2:15 Pickleball	Strengthening 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	
6:30 Basketball	11:15 Public Swim (All Pools)	11:45 Parkinson's Social Hour	2:00 Senior's Swim (All Pools)	Jordan 10:30 Cooking with	Ticket Ice 12:00 Line Dancing	
	11:15 Intro to Yoga	12:00 Adult	3:00 Lane Swim	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 (Experienced)	
	12:30 Balance Yoga: Mind & Body	1:15 Pickleball - Beginner	Gym 3:45 Lane Swim	11:15 Public Swim (All	1:15 Pickleball -	
	1:00 Therapy	2:00 Senior's Swim (All Pools)	5:00 Young Chefs	Pools) 11:15 Chair Fitness/	Beginner	
	Fitness	3:00 Lane Swim	(11 to 15 Years)	Chair Yoga Combo	1:30 Zumba Gold	
	1:00 Bid Euchre 1:15 Pickleball -	3:00 Youth Room	5:00 Yoga Fit	12:00 Adult Shinny	2:00 Senior's Swim (All Pools)	
	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 Fitness	3:15 Parent and Tot Swim (Therapy Pool	12) 5:15 Line Dancing	1:00 Scrapbooking 1:00 Carpet Bowling -	3:15 Rehabilitation Swim	
	2:00 Senior's Swim (All Pools)	Only) 3:30 Open Gym	- Beginner	1:00-3:30pm 1:00 Adult Recreational	3:15 Open Gym	
	3:00 Lane Swim	5:00 Artist Hub (9 to 15 Years)	5:15 Science Explorers (4 to 8 Years)	Skating (16+)	4:00 Family Skating (Helmets mandatory	
	3:15 Rehabilitation Swim	5:30 Preschool Play	5:15 Pickleball	1:15 Pickleball - Intermediate	for all participants) 5:00 Kids Pop up	
	3:30 Open Gym	Zone (18 months to 5 Years)	(Recreational)	2:00 Senior's Swim (All Pools)	Event - Squishmallow Cow	
	3:45 Lane Swim	6:00 Dancing for	6:30 Line Dancing - Experienced	3:00 Lane Swim	Painting (4-9 years)	
	5:00 Gentle Flow	Adults - Beginner	7:00 Belleville	3:15 Parent and Tot	5:30 Pickleball	
	Yoga	6:00 Aqua Fitness	Senators vs. Toronto Marlies	Swim (Therapy Pool	(Recreational)	
	5:00 Zumba	6:15 Sporty Kids (6 to 9 Years)	(Calder Cup Playoffs)	Only) 3:15 Open Gym		
1	5:30 Fit and Firm	· · · · · · · · · · · · · · · · · · ·	1 1ay0118)	J.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				
Rehabili Swim	itation	7:00 Lane Swim	Swim				
	ine Swim	7:00 Rehabilitation	7:00 Lane Swim				
10:00 Y		Swim 8:00 Lane Swim	8:00 Lane Swim 8:00 Aqua Fitness				
Room I (Grade		8:45 Learn to Speak	8:45 Older Adult Yoga				
11:00 A		French - Beginners "Basic Vocabulary"	9:00 Move N' Groove				
Cross T	_	8:45 Pickleball -	(18 months to 4 Years)				
12:10 A Mind ar	nd Body	Advanced	9:00 Artist Collective				
12:15	/o	9:00 Art-Muck & Mess (18 months to	9:00 Therapy Fitness 9:00 Lane Swim				
Family/ Gym	Open	3 Years)	9:00 Senior Shinny				
1:00 Pu		9:00 Strong Seniors	(50+)				
Swim (A	All	9:00 Family Swim (All Pools)	10:00 Mix It Up				
1:00 La	ine Swim	9:00 Aqua Fitness	10:00 Older Adult Yoga				
	ine Swim	10:00 Aqua Fitness	10:00 Family Swim				
2:15 Pu Swim (2		10:00 Mini Scientists (18	(Main Pool Only) 10:00 Therapy Fitness				
Pools)		months to 3 Years)	10:00 Therapy Fitness 10:00 Paint & Play (18				
2:15 Pic (Recrea		10:00 Deaf Seniors	months to 4 Years)				
3:00 Bel Senator	lleville	10:00 Older Adult Yoga	10:00 Older Adult Yoga				
1	Marlies	10:15 Gentle Core Strengthening	11:00 Kindergarten Readiness (3 to 5				
Playoff needed	s) - if	10:45 Pickleball -	Years)				
	oen Gym	Beginner	11:00 Lane Swim				
-	sketball	11:00 Lane Swim 11:15 Public Swim	11:15 Public Swim (All Pools)				
		(All Pools)	11:15 Parkinson's Keep Moving				
		11:15 Intro to Yoga 11:30 Line Dancing	11:45 Parkinson's				
		- Experienced	Social Hour 12:00 Adult				
		12:15 Cardio Core	Recreational Skating				
		12:30 Balance Yoga:	(16+)		<u> </u>	<u> </u>	

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