



Monday, May 1, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Monday, May 1 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Monday, May 1 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Monday, May 1 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 8:45am-10:30am

Date and Time: Monday, May 1 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Aqua Fitness - 9:00-9:50am

Date and Time: Monday, May 1 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Monday, May 1 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Monday, May 1 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Monday, May 1 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Monday, May 1 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Monday, May 1 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Deep Water Aqua Fitness - 12:00-12:45pm

Date and Time: Monday, May 1 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Arthritis & Fibromyalgia Aqua Fitness - 1:00-1:50pm

Date and Time: Monday, May 1 01:00 p.m. - 1:50 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Table Tennis - 1:00-2:45pm

Date and Time: Monday, May 1 01:00 p.m. - 2:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Table Tennis is a sport where two-four players hit a lightweight ball back and forth across a table using small solid rackets. It is a great way to meet new people, burn calories and improving health. This class will allow you to learn something new or further develop your skills.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Monday, May 1 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Monday, May 1 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Tuesday, May 2, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Tuesday, May 2 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool)

Date and Time: Tuesday, May 2 07:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

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Aqua Fitness - 8:00-8:45am

Date and Time: Tuesday, May 2 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

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Lane Swim - 8:00 - 8:45 a.m.

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Lane Swim - 9:00 - 9:55 a.m.

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The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Tuesday, May 2 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Joint Replacement Rehab (Therapy Fitness) - 10:00-10:45am

Date and Time: Tuesday, May 2 10:00 a.m. - 10:45 a.m.

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For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Tuesday, May 2 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Tuesday, May 2 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Tuesday, May 2 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Tuesday, May 2 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Tuesday, May 2 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 3:45 p.m.

Date and Time: Tuesday, May 2 03:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Parent and Tot Swims 3:15 - 4:00 p.m.

Date and Time: Tuesday, May 2 03:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Parent & Tot - This is a parent and tot swim time where the Therapy pool will be available to parents with babies and young children.

Open Gym - 3:30-5:15pm

Date and Time: Tuesday, May 2 03:30 p.m. - 5:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Wednesday, May 3, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Wednesday, May 3 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Wednesday, May 3 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Wednesday, May 3 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Wednesday, May 3 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate / Advanced 8:45am-10:30am

Date and Time: Wednesday, May 3 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Wednesday, May 3 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

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Aqua Fitness - 9:00-9:50am

Date and Time: Wednesday, May 3 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

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Aqua Fitness - 10:00-10:50am

Date and Time: Wednesday, May 3 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Wednesday, May 3 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Wednesday, May 3 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

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Aqua Fitness - 12:00-12:45pm

Date and Time: Wednesday, May 3 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Diaper Fit - 1:00-1:30pm

Date and Time: Wednesday, May 3 01:00 p.m. - 1:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Pickleball - Advanced 1:15pm-3:00pm

Date and Time: Wednesday, May 3 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Parkinson's Aquatic Therapy Fitness - 1:30-2:00pm

Date and Time: Wednesday, May 3 01:30 p.m. - 2:00 p.m.

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Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

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Address: 265 Cannifton Road, Belleville ON K8N 4V8

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For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Thursday, May 4, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Thursday, May 4 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

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Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Thursday, May 4 07:00 a.m. - 8:00 a.m.

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Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

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Aqua Fitness - 8:00-8:45am

Date and Time: Thursday, May 4 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Lane Swim - 8:00 - 8:45 a.m.

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Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate 8:45am-10:30am

Date and Time: Thursday, May 4 08:45 a.m. - 10:30 a.m.

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Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

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Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Thursday, May 4 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Therapy Fitness - 9:00-9:50am

Date and Time: Thursday, May 4 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, May 4 09:30 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Thursday, May 4 10:00 a.m. - 10:45 a.m.

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Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Thursday, May 4 10:00 a.m. - 10:45 a.m.

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Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

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Pickleball - Intermediate / Advanced 10:45am-12:30pm

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Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Thursday, May 4 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Carpet Bowling - 1:00-3:30pm

Date and Time: Thursday, May 4 01:00 p.m. - 3:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Enjoy playing outdoor bowling or new to the game, carpet bowling is just the thing you are looking for.

Carpet Bowling is a variation of outdoor bowling, the difference being a smaller bowl, smaller jack and much smaller playing surface. Join in a fun and friendly game, meet new people and stay active.

Pickleball - Beginner /Intermediate 1:15pm-3:00pm

Date and Time: Thursday, May 4 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner / Intermediate - Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. The smaller area combined with the slower moving ball makes pickleball easier on the body than tennis. Beginner / Intermediate pickleball time slot is for players who are no longer new to the game and are looking for a challenge, along with players who aren't as comfortable playing at an advanced level. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Thursday, May 4 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Friday, May 5, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Friday, May 5 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Friday, May 5 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Friday, May 5 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Advanced 8:45am-10:30am

Date and Time: Friday, May 5 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Friday, May 5 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Friday, May 5 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only)

Date and Time: Friday, May 5 10:00 a.m. - 11:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Friday, May 5 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Friday, May 5 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Friday, May 5 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 12:00 - 12:45 p.m.

Date and Time: Friday, May 5 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Friday, May 5 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Friday, May 5 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 4:00 p.m.

Date and Time: Friday, May 5 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per

lane.

Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool)

Date and Time: Friday, May 5 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Saturday, May 6, 2023

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Saturday, May 6 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Gym/Open Gym - 10:00-11:45am

Date and Time: Saturday, May 6 10:00 a.m. - 11:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Badminton - 12:00-1:45pm

Date and Time: Saturday, May 6 12:00 p.m. - 1:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Saturday, May 6 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 1:00 - 2:00 p.m.

Date and Time: Saturday, May 6 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Open Gym -2:00-3:45pm

Date and Time: Saturday, May 6 02:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Saturday, May 6 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 2:15 - 3:15 p.m.

Date and Time: Saturday, May 6 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Sunday, May 7, 2023

Lane Swim - 8:00 - 8:55 a.m.

Date and Time: Sunday, May 7 08:00 a.m. - 8:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Sunday, May 7 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 9:00 - 10:15 a.m. (All Pools)

Date and Time: Sunday, May 7 09:00 a.m. - 10:15 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 9:00 - 10:00 a.m.

Date and Time: Sunday, May 7 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Aqua Cross Training - 11:00-11:55am

Date and Time: Sunday, May 7 11:00 a.m. - 11:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Mind & Body - 12:10-12:55pm

Date and Time: Sunday, May 7 12:10 p.m. - 12:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Gym/Open Gym - 12:15 - 2:00pm

Date and Time: Sunday, May 7 12:15 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Sunday, May 7 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 1:00 - 2:00 p.m.

Date and Time: Sunday, May 7 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 2:15 - 3:15 p.m.

Date and Time: Sunday, May 7 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Sunday, May 7 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Recreation Pickleball - 2:15-4:00pm

Date and Time: Sunday, May 7 02:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Open Gym - 4:15-6:00pm

Date and Time: Sunday, May 7 04:15 p.m. - 6:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Basketball 6:30-8:15pm

Date and Time: Sunday, May 7 06:30 p.m. - 8:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other team's hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

Monday, May 8, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Monday, May 8 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Monday, May 8 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Monday, May 8 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 8:45am-10:30am

Date and Time: Monday, May 8 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Aqua Fitness - 9:00-9:50am

Date and Time: Monday, May 8 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Monday, May 8 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Monday, May 8 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Monday, May 8 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Monday, May 8 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Monday, May 8 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Deep Water Aqua Fitness - 12:00-12:45pm

Date and Time: Monday, May 8 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Arthritis & Fibromyalgia Aqua Fitness - 1:00-1:50pm

Date and Time: Monday, May 8 01:00 p.m. - 1:50 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Table Tennis - 1:00-2:45pm

Date and Time: Monday, May 8 01:00 p.m. - 2:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Table Tennis is a sport where two-four players hit a lightweight ball back and forth across a table using small solid rackets. It is a great way to meet new people, burn calories and improving health. This class will allow you to learn something new or further develop your skills.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Monday, May 8 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle

and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Monday, May 8 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Tuesday, May 9, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Tuesday, May 9 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool)

Date and Time: Tuesday, May 9 07:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 8:00-8:45am

Date and Time: Tuesday, May 9 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Tuesday, May 9 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Tuesday, May 9 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Tuesday, May 9 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Joint Replacement Rehab (Therapy Fitness) - 10:00-10:45am

Date and Time: Tuesday, May 9 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Tuesday, May 9 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Tuesday, May 9 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Tuesday, May 9 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Tuesday, May 9 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Tuesday, May 9 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 3:45 p.m.

Date and Time: Tuesday, May 9 03:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Parent and Tot Swims 3:15 - 4:00 p.m.

Date and Time: Tuesday, May 9 03:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Parent & Tot - This is a parent and tot swim time where the Therapy pool will be available to parents with babies and young children.

Open Gym - 3:30-5:15pm

Date and Time: Tuesday, May 9 03:30 p.m. - 5:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Wednesday, May 10, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Wednesday, May 10 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Wednesday, May 10 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Wednesday, May 10 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Wednesday, May 10 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate / Advanced 8:45am-10:30am

Date and Time: Wednesday, May 10 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Wednesday, May 10 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Wednesday, May 10 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Wednesday, May 10 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Wednesday, May 10 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Wednesday, May 10 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 12:00-12:45pm

Date and Time: Wednesday, May 10 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Diaper Fit - 1:00-1:30pm

Date and Time: Wednesday, May 10 01:00 p.m. - 1:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 1:15pm-3:00pm

Date and Time: Wednesday, May 10 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Parkinson's Aquatic Therapy Fitness - 1:30-2:00pm

Date and Time: Wednesday, May 10 01:30 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Wednesday, May 10 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Thursday, May 11, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Thursday, May 11 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Thursday, May 11 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 8:00-8:45am

Date and Time: Thursday, May 11 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Thursday, May 11 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate 8:45am-10:30am

Date and Time: Thursday, May 11 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Thursday, May 11 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Thursday, May 11 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, May 11 09:30 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Thursday, May 11 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Thursday, May 11 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate / Advanced 10:45am-12:30pm

Date and Time: Thursday, May 11 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Thursday, May 11 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Carpet Bowling - 1:00-3:30pm

Date and Time: Thursday, May 11 01:00 p.m. - 3:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Enjoy playing outdoor bowling or new to the game, carpet bowling is just the thing you are looking for.

Carpet Bowling is a variation of outdoor bowling, the difference being a smaller bowl, smaller jack and much smaller playing surface. Join in a fun and friendly game, meet new people and stay active.

Pickleball - Beginner /Intermediate 1:15pm-3:00pm

Date and Time: Thursday, May 11 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner / Intermediate - Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. The smaller area combined with the slower moving ball makes pickleball easier on the body than tennis. Beginner / Intermediate pickleball time slot is for players who are no longer new to the game and are looking for a challenge, along with players who aren't as comfortable playing at an advanced level. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Thursday, May 11 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

Friday, May 12, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Friday, May 12 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Friday, May 12 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Friday, May 12 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Advanced 8:45am-10:30am

Date and Time: Friday, May 12 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another,

making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Friday, May 12 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Friday, May 12 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only)

Date and Time: Friday, May 12 10:00 a.m. - 11:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Friday, May 12 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Friday, May 12 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Friday, May 12 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 12:00 - 12:45 p.m.

Date and Time: Friday, May 12 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Friday, May 12 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Friday, May 12 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 4:00 p.m.

Date and Time: Friday, May 12 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool)

Date and Time: Friday, May 12 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Saturday, May 13, 2023

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Saturday, May 13 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Gym/Open Gym - 10:00-11:45am

Date and Time: Saturday, May 13 10:00 a.m. - 11:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Badminton - 12:00-1:45pm

Date and Time: Saturday, May 13 12:00 p.m. - 1:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Saturday, May 13 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 1:00 - 2:00 p.m.

Date and Time: Saturday, May 13 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Open Gym -2:00-3:45pm

Date and Time: Saturday, May 13 02:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Saturday, May 13 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 2:15 - 3:15 p.m.

Date and Time: Saturday, May 13 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Sunday, May 14, 2023

Lane Swim - 8:00 - 8:55 a.m.

Date and Time: Sunday, May 14 08:00 a.m. - 8:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Sunday, May 14 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 9:00 - 10:15 a.m. (All Pools)

Date and Time: Sunday, May 14 09:00 a.m. - 10:15 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 9:00 - 10:00 a.m.

Date and Time: Sunday, May 14 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Aqua Cross Training - 11:00-11:55am

Date and Time: Sunday, May 14 11:00 a.m. - 11:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Mind & Body - 12:10-12:55pm

Date and Time: Sunday, May 14 12:10 p.m. - 12:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Gym/Open Gym - 12:15 - 2:00pm

Date and Time: Sunday, May 14 12:15 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Sunday, May 14 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 1:00 - 2:00 p.m.

Date and Time: Sunday, May 14 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 2:15 - 3:15 p.m.

Date and Time: Sunday, May 14 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Sunday, May 14 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Recreation Pickleball - 2:15-4:00pm

Date and Time: Sunday, May 14 02:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Open Gym - 4:15-6:00pm

Date and Time: Sunday, May 14 04:15 p.m. - 6:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Basketball 6:30-8:15pm

Date and Time: Sunday, May 14 06:30 p.m. - 8:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other team's hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

Monday, May 15, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Monday, May 15 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Monday, May 15 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Monday, May 15 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 8:45am-10:30am

Date and Time: Monday, May 15 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Aqua Fitness - 9:00-9:50am

Date and Time: Monday, May 15 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Monday, May 15 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Monday, May 15 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Monday, May 15 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be

respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Monday, May 15 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Monday, May 15 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Deep Water Aqua Fitness - 12:00-12:45pm

Date and Time: Monday, May 15 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Arthritis & Fibromyalgia Aqua Fitness - 1:00-1:50pm

Date and Time: Monday, May 15 01:00 p.m. - 1:50 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Table Tennis - 1:00-2:45pm

Date and Time: Monday, May 15 01:00 p.m. - 2:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Table Tennis is a sport where two-four players hit a lightweight ball back and forth across a table using small solid rackets. It is a great way to meet new people, burn calories and improving health. This class will allow you to learn something new or further develop your skills.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Monday, May 15 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Monday, May 15 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Tuesday, May 16, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Tuesday, May 16 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool)

Date and Time: Tuesday, May 16 07:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 8:00-8:45am

Date and Time: Tuesday, May 16 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Tuesday, May 16 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Tuesday, May 16 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Tuesday, May 16 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Joint Replacement Rehab (Therapy Fitness) - 10:00-10:45am

Date and Time: Tuesday, May 16 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Tuesday, May 16 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Tuesday, May 16 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Tuesday, May 16 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for

separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Tuesday, May 16 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Tuesday, May 16 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 3:45 p.m.

Date and Time: Tuesday, May 16 03:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Parent and Tot Swims 3:15 - 4:00 p.m.

Date and Time: Tuesday, May 16 03:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Parent & Tot - This is a parent and tot swim time where the Therapy pool will be available to parents with babies and young children.

Open Gym - 3:30-5:15pm

Date and Time: Tuesday, May 16 03:30 p.m. - 5:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Wednesday, May 17, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Wednesday, May 17 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Wednesday, May 17 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Wednesday, May 17 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email

us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Wednesday, May 17 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate / Advanced 8:45am-10:30am

Date and Time: Wednesday, May 17 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Wednesday, May 17 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Wednesday, May 17 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Wednesday, May 17 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Wednesday, May 17 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Wednesday, May 17 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 12:00-12:45pm

Date and Time: Wednesday, May 17 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Diaper Fit - 1:00-1:30pm

Date and Time: Wednesday, May 17 01:00 p.m. - 1:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 1:15pm-3:00pm

Date and Time: Wednesday, May 17 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Parkinson's Aquatic Therapy Fitness - 1:30-2:00pm

Date and Time: Wednesday, May 17 01:30 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Wednesday, May 17 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Thursday, May 18, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Thursday, May 18 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Thursday, May 18 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 8:00-8:45am

Date and Time: Thursday, May 18 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Thursday, May 18 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate 8:45am-10:30am

Date and Time: Thursday, May 18 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can

dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Thursday, May 18 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Thursday, May 18 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, May 18 09:30 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Thursday, May 18 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Thursday, May 18 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate / Advanced 10:45am-12:30pm

Date and Time: Thursday, May 18 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Thursday, May 18 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Carpet Bowling - 1:00-3:30pm

Date and Time: Thursday, May 18 01:00 p.m. - 3:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Enjoy playing outdoor bowling or new to the game, carpet bowling is just the thing you are looking for.

Carpet Bowling is a variation of outdoor bowling, the difference being a smaller bowl, smaller jack and much smaller playing surface. Join in a fun and friendly game, meet new people and stay active.

Pickleball - Beginner /Intermediate 1:15pm-3:00pm

Date and Time: Thursday, May 18 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner / Intermediate - Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. The smaller area combined with the slower moving ball makes pickleball easier on the body than tennis. Beginner / Intermediate pickleball time slot is for players who are no longer new to the game and are looking for a challenge, along with players who aren't as comfortable playing at an advanced level. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Thursday, May 18 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Friday, May 19, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Friday, May 19 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Friday, May 19 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Friday, May 19 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Advanced 8:45am-10:30am

Date and Time: Friday, May 19 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Friday, May 19 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Friday, May 19 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only)

Date and Time: Friday, May 19 10:00 a.m. - 11:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Friday, May 19 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Friday, May 19 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Friday, May 19 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 12:00 - 12:45 p.m.

Date and Time: Friday, May 19 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Friday, May 19 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Friday, May 19 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 4:00 p.m.

Date and Time: Friday, May 19 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool)

Date and Time: Friday, May 19 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Saturday, May 20, 2023

Family Gym/Open Gym - 10:00-11:45am

Date and Time: Saturday, May 20 10:00 a.m. - 11:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Open Gym -2:00-3:45pm

Date and Time: Saturday, May 20 02:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Sunday, May 21, 2023

Family Gym/Open Gym - 12:15 - 2:00pm

Date and Time: Sunday, May 21 12:15 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Recreation Pickleball - 2:15-4:00pm

Date and Time: Sunday, May 21 02:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Tuesday, May 23, 2023

Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool)

Date and Time: Tuesday, May 23 07:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Tuesday, May 23 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Aqua Fitness - 8:00-8:45am

Date and Time: Tuesday, May 23 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us

at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Tuesday, May 23 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Tuesday, May 23 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Tuesday, May 23 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Joint Replacement Rehab (Therapy Fitness) - 10:00-10:45am

Date and Time: Tuesday, May 23 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Tuesday, May 23 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Tuesday, May 23 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Tuesday, May 23 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Tuesday, May 23 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Tuesday, May 23 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 3:45 p.m.

Date and Time: Tuesday, May 23 03:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Parent and Tot Swims 3:15 - 4:00 p.m.

Date and Time: Tuesday, May 23 03:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Parent & Tot - This is a parent and tot swim time where the Therapy pool will be available to parents with babies and young children.

Open Gym - 3:30-5:15pm

Date and Time: Tuesday, May 23 03:30 p.m. - 5:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Wednesday, May 24, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Wednesday, May 24 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Wednesday, May 24 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Wednesday, May 24 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Wednesday, May 24 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate / Advanced 8:45am-10:30am

Date and Time: Wednesday, May 24 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines

elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Wednesday, May 24 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Wednesday, May 24 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Wednesday, May 24 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Wednesday, May 24 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Wednesday, May 24 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 12:00-12:45pm

Date and Time: Wednesday, May 24 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Diaper Fit - 1:00-1:30pm

Date and Time: Wednesday, May 24 01:00 p.m. - 1:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 1:15pm-3:00pm

Date and Time: Wednesday, May 24 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Parkinson's Aquatic Therapy Fitness - 1:30-2:00pm

Date and Time: Wednesday, May 24 01:30 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Wednesday, May 24 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Thursday, May 25, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Thursday, May 25 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Thursday, May 25 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 8:00-8:45am

Date and Time: Thursday, May 25 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Thursday, May 25 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate 8:45am-10:30am

Date and Time: Thursday, May 25 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Thursday, May 25 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Thursday, May 25 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us

at rccsgeneral@belleville.ca

Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, May 25 09:30 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Thursday, May 25 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Thursday, May 25 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate / Advanced 10:45am-12:30pm

Date and Time: Thursday, May 25 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Thursday, May 25 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Carpet Bowling - 1:00-3:30pm

Date and Time: Thursday, May 25 01:00 p.m. - 3:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Enjoy playing outdoor bowling or new to the game, carpet bowling is just the thing you are looking for.

Carpet Bowling is a variation of outdoor bowling, the difference being a smaller bowl, smaller jack and much smaller playing surface. Join in a fun and friendly game, meet new people and stay active.

Pickleball - Beginner /Intermediate 1:15pm-3:00pm

Date and Time: Thursday, May 25 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner / Intermediate - Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. The smaller area combined with the slower moving ball makes pickleball easier on the body than tennis. Beginner / Intermediate pickleball time slot is for players who are no longer new to the game and are looking for a challenge, along with players who aren't as comfortable playing at an advanced level. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Thursday, May 25 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email

Friday, May 26, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Friday, May 26 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Friday, May 26 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Friday, May 26 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Advanced 8:45am-10:30am

Date and Time: Friday, May 26 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Friday, May 26 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Friday, May 26 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 10:00 - 11:00 a.m. (Therapy/Preschool Pool Only)

Date and Time: Friday, May 26 10:00 a.m. - 11:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Friday, May 26 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Friday, May 26 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Friday, May 26 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 12:00 - 12:45 p.m.

Date and Time: Friday, May 26 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Friday, May 26 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Friday, May 26 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 4:00 p.m.

Date and Time: Friday, May 26 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 3:00 - 4:00 p.m. (Therapy Pool)

Date and Time: Friday, May 26 03:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Saturday, May 27, 2023

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Saturday, May 27 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Gym/Open Gym - 10:00-11:45am

Date and Time: Saturday, May 27 10:00 a.m. - 11:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Badminton - 12:00-1:45pm

Date and Time: Saturday, May 27 12:00 p.m. - 1:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Saturday, May 27 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 1:00 - 2:00 p.m.

Date and Time: Saturday, May 27 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Open Gym -2:00-3:45pm

Date and Time: Saturday, May 27 02:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Saturday, May 27 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 2:15 - 3:15 p.m.

Date and Time: Saturday, May 27 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Sunday, May 28, 2023

Lane Swim - 8:00 - 8:55 a.m.

Date and Time: Sunday, May 28 08:00 a.m. - 8:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Sunday, May 28 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 9:00 - 10:15 a.m. (All Pools)

Date and Time: Sunday, May 28 09:00 a.m. - 10:15 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 9:00 - 10:00 a.m.

Date and Time: Sunday, May 28 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Aqua Cross Training - 11:00-11:55am

Date and Time: Sunday, May 28 11:00 a.m. - 11:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Mind & Body - 12:10-12:55pm

Date and Time: Sunday, May 28 12:10 p.m. - 12:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Gym/Open Gym - 12:15 - 2:00pm

Date and Time: Sunday, May 28 12:15 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Public Swim - 1:00 - 2:00 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Sunday, May 28 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 1:00 - 2:00 p.m.

Date and Time: Sunday, May 28 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 2:15 - 3:15 p.m.

Date and Time: Sunday, May 28 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 2:15 - 3:15 p.m. (Main Pool/Therapy & Preschool Pool)

Date and Time: Sunday, May 28 02:15 p.m. - 3:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Recreation Pickleball - 2:15-4:00pm

Date and Time: Sunday, May 28 02:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Recreation Pickleball. This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Open Gym - 4:15-6:00pm

Date and Time: Sunday, May 28 04:15 p.m. - 6:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Basketball 6:30-8:15pm

Date and Time: Sunday, May 28 06:30 p.m. - 8:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other team's hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

Monday, May 29, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Monday, May 29 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Monday, May 29 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 8:00 - 9:00 a.m. (Therapy Pool)

Date and Time: Monday, May 29 08:00 a.m. - 9:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 8:45am-10:30am

Date and Time: Monday, May 29 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Aqua Fitness - 9:00-9:50am

Date and Time: Monday, May 29 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Monday, May 29 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Monday, May 29 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Intermediate 10:45am-12:30pm

Date and Time: Monday, May 29 10:45 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate. This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be

respectful to one another, making the game enjoyable for everyone.

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Monday, May 29 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Monday, May 29 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Deep Water Aqua Fitness - 12:00-12:45pm

Date and Time: Monday, May 29 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Arthritis & Fibromyalgia Aqua Fitness - 1:00-1:50pm

Date and Time: Monday, May 29 01:00 p.m. - 1:50 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Table Tennis - 1:00-2:45pm

Date and Time: Monday, May 29 01:00 p.m. - 2:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Table Tennis is a sport where two-four players hit a lightweight ball back and forth across a table using small solid rackets. It is a great way to meet new people, burn calories and improving health. This class will allow you to learn something new or further develop your skills.

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Monday, May 29 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Monday, May 29 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Tuesday, May 30, 2023

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Tuesday, May 30 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:45 a.m. (Therapy Pool)

Date and Time: Tuesday, May 30 07:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 8:00-8:45am

Date and Time: Tuesday, May 30 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Tuesday, May 30 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 9:00 - 9:55 a.m.

Date and Time: Tuesday, May 30 09:00 a.m. - 9:55 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Therapy Fitness - 9:00-9:50am

Date and Time: Tuesday, May 30 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Joint Replacement Rehab (Therapy Fitness) - 10:00-10:45am

Date and Time: Tuesday, May 30 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 10:00 - 10:45 a.m.

Date and Time: Tuesday, May 30 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Family Swim - 10:00 - 10:45 a.m. (Main Pool Only)

Date and Time: Tuesday, May 30 10:00 a.m. - 10:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Public Swim - 11:15 a.m. - 12:30 p.m. (Therapy/Preschool Pool Only)

Date and Time: Tuesday, May 30 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for

separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Beginner 1:15pm-3:00pm

Date and Time: Tuesday, May 30 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Tuesday, May 30 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 3:00 - 3:45 p.m.

Date and Time: Tuesday, May 30 03:00 p.m. - 3:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Parent and Tot Swims 3:15 - 4:00 p.m.

Date and Time: Tuesday, May 30 03:15 p.m. - 4:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Parent & Tot - This is a parent and tot swim time where the Therapy pool will be available to parents with babies and young children.

Open Gym - 3:30-5:15pm

Date and Time: Tuesday, May 30 03:30 p.m. - 5:15 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Wednesday, May 31, 2023

Lane Swim - 6:00 - 6:55 a.m.

Date and Time: Wednesday, May 31 06:00 a.m. - 6:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Lane Swim - 7:00 - 7:55 a.m.

Date and Time: Wednesday, May 31 07:00 a.m. - 7:55 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Rehabilitation Swim - 7:00 - 8:00 a.m. (Therapy Pool)

Date and Time: Wednesday, May 31 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Rehabilitation Swim - Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email

us at rccsgeneral@belleville.ca

Lane Swim - 8:00 - 8:45 a.m.

Date and Time: Wednesday, May 31 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Pickleball - Intermediate / Advanced 8:45am-10:30am

Date and Time: Wednesday, May 31 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Intermediate / Advanced - This time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Family Swim - 9:00 - 10:00 a.m. (Main Pool Only)

Date and Time: Wednesday, May 31 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Family Swim - All children under the age of 16 must be with an adult who remains in the pool with them.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 9:00-9:50am

Date and Time: Wednesday, May 31 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 10:00-10:50am

Date and Time: Wednesday, May 31 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Lane Swim - 11:00 a.m. - 12:00 p.m.

Date and Time: Wednesday, May 31 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

Public Swim - 11:15 a.m. - 12:30 p.m. (Main Pool Only)

Date and Time: Wednesday, May 31 11:15 a.m. - 12:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately. This is an open swim time with limited equipment.

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Aqua Fitness - 12:00-12:45pm

Date and Time: Wednesday, May 31 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Diaper Fit - 1:00-1:30pm

Date and Time: Wednesday, May 31 01:00 p.m. - 1:30 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Pickleball - Advanced 1:15pm-3:00pm

Date and Time: Wednesday, May 31 01:15 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For advanced players only. This time slot is for players who are experienced and enjoy a fast paced, competitive game of pickleball. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Parkinson's Aquatic Therapy Fitness - 1:30-2:00pm

Date and Time: Wednesday, May 31 01:30 p.m. - 2:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy or digital copy of the aqua fitness schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

Senior's Swim - 2:00 - 3:00 p.m. (Main Pool or Therapy Pool)

Date and Time: Wednesday, May 31 02:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For ages 50+

For a hard copy or digital copy of the recreational swimming schedule, visit the customer service desk or email us at rccsgeneral@belleville.ca

<https://calendar.quintesportsandwellnesscentre.ca>