



## Saturday, June 1, 2024

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### Rehabilitation Swim

Date and Time: Saturday, June 1 8:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Open Gym

Date and Time: Saturday, June 1 10:00 am - 11:45 am

Address: 265 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.

### Youth Room Drop-in (Grade 6-12)

Date and Time: Saturday, June 1 10:00 am - 1:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Badminton

Date and Time: Saturday, June 1 12:00 pm - 1:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Saturday, June 1 1:00 pm - 2:00 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, June 1 1:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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

Date and Time: Saturday, June 1 2:00 pm - 3:45 pm

Address: 265 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 (All Pools)

Date and Time: Saturday, June 1 2:15 pm - 3:15 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, June 1 2:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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 Futsal

Date and Time: Saturday, June 1 4:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Teen/Youth Futsal

Date and Time: Saturday, June 1 6:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Rehabilitation Swim

Date and Time: Sunday, June 2 8:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Sunday, June 2 9:00 am - 10:00 am

Address: 265 Cannifton Rd., 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

Date and Time: Sunday, June 2 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Aqua Mind and Body

Date and Time: Sunday, June 2 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Open Gym

Date and Time: Sunday, June 2 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Sunday, June 2 1:00 pm - 2:00 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Sunday, June 2 1:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, June 2 2:15 pm - 3:15 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Sunday, June 2 2:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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 (Recreational)

Date and Time: Sunday, June 2 2:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Open Gym

Date and Time: Sunday, June 2 4:30 pm - 6:15 pm

Address: 265 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

Date and Time: Sunday, June 2 6:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' 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.

Pre-registration is required [online](#) or call 613-966-4632.

## Monday, June 3, 2024

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## Lane Swim

Date and Time: Monday, June 3 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 3 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 3 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Monday, June 3 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 3 8:45 am - 10:30 am

Address: 265 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.

## Learn to Speak French - Beginners "Basic Vocabulary"

Date and Time: Monday, June 3 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, June 3 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

Pre-registration is required [online](#) or call 613-966-4632.

## Strong Seniors

Date and Time: Monday, June 3 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Monday, June 3 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)



## Family Swim (All Pools)

Date and Time: Monday, June 3 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Fitness

Date and Time: Monday, June 3 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Monday, June 3 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Deaf Seniors

Date and Time: Monday, June 3 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, June 3 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Gentle Core Strengthening

Date and Time: Monday, June 3 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Tuesday, June 4, 2024

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### Lane Swim

Date and Time: Tuesday, June 4 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 4 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Tuesday, June 4 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 4 8:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Tuesday, June 4 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, June 4 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

Pre-registration is required [online](#) or call 613-966-4632.

## Artist Collective

Date and Time: Tuesday, June 4 9:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$10.00/yr)

## Lane Swim

Date and Time: Tuesday, June 4 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 4 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Pen & Ink Wash - Art Workshop

Date and Time: Tuesday, June 4 9:30 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

In house artist, Gail Taylor will teach you how to use pen and ink to create a detailed art picture. Once the picture is created, you will learn how to go over your picture with watercolour paint to "wash" in colour techniques. All supplies provided. Please Note: A 50+ Centre Membership is required (\$10.00/yr)

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Shinny (50+)

Date and Time: Tuesday, June 4 9:30 am - 10:20 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in program for those who wish to participate in shinny hockey. ALL players must sign-in at the Customer Service Desk. Please bring a light and dark coloured jersey. Adult & Senior Shinny Code of Conduct: CSA approved helmets are MANDATORY Full hockey equipment is recommended All levels of hockey are welcome in this recreational program Body checking is not permitted Lifting or slap shots are not permitted Respect fellow players Fair and even shift play is required

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Tuesday, June 4 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Mix It Up

Date and Time: Tuesday, June 4 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Tuesday, June 4 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Paint & Play (18 months to 4 Years)

Date and Time: Tuesday, June 4 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Explore the art of painting with weekly classes. Come with your friends or make new friends as we enjoy paint and play together.

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Wednesday, June 5 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 5 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 5 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Wednesday, June 5 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 5 8:45 am - 10:30 am

Address: 265 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.

## Stitches

Date and Time: Wednesday, June 5 9:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$10.00/year) to participate

## Family Swim (All Pools)

Date and Time: Wednesday, June 5 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Fitness

Date and Time: Wednesday, June 5 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Strong Seniors

Date and Time: Wednesday, June 5 9:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. Yo

u will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Gentle Fitness

Date and Time: Wednesday, June 5 9:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Wednesday, June 5 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Stretch and Balance Fit

Date and Time: Wednesday, June 5 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Chair Yoga

Date and Time: Wednesday, June 5 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!



Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Wednesday, June 5 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Wednesday, June 5 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Thursday, June 6, 2024

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## Lane Swim

Date and Time: Thursday, June 6 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 6 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Thursday, June 6 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 6 8:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, June 6 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper pronunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

## Pickleball - Beginner

Date and Time: Thursday, June 6 8:45 am - 10:30 am

Address: 265 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 a 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.

## Older Adult Flow Yoga

Date and Time: Thursday, June 6 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for the poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

Pre-registration is required [online](#) or call 613-966-4632.

## Women's Weight Training

Date and Time: Thursday, June 6 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

## Lane Swim

Date and Time: Thursday, June 6 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 6 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, June 6 9:30 am - 12:00 pm

Address: 265 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.

## Older Adult Yoga

Date and Time: Thursday, June 6 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Stretch and Strengthen

Date and Time: Thursday, June 6 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Thursday, June 6 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Family Skating (Helmets mandatory for all participants)

Date and Time: Thursday, June 6 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the “Public Skating Code of Conduct”. (Maximum of 50 skaters will be permitted) CSA Approved helmets are MANDATORY for all family skate participants CSA Approved Skate aids will be permitted.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Friday, June 7, 2024

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### Lane Swim

Date and Time: Friday, June 7 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 7 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 7 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Friday, June 7 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 7 8:45 am - 10:30 am

Address: 265 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

Date and Time: Friday, June 7 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (All Pools)

Date and Time: Friday, June 7 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, June 7 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

Pre-registration is required [online](#) or call 613-966-4632.

## Mom & Baby Fitness

Date and Time: Friday, June 7 9:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Mom & Baby Fitness can bring their infants and complete a fitness workout in the Aerobic studio. It will be a full body workout with various equipment to help maximize the workout. This class will help new parents stay active and social by bringing together parents to work on their physical wellbeing.

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Friday, June 7 9:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Mover's & Shakers (18 months to 3 Years)

Date and Time: Friday, June 7 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

Pre-registration is required [online](#) or call 613-966-4632.

## Mix It Up

Date and Time: Friday, June 7 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Line Dancing - Beginner

Date and Time: Friday, June 7 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line Dancing is choreographed movements done in a repeating sequence of steps in a line or row of people. Throughout this class you will burn calories, tone muscles, improve balance, and stimulates brain cells. This class will strengthen neural pathways and improve cognitive health through the coordination of the brain and body.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Pickleball - Intermediate

Date and Time: Friday, June 7 10:45 am - 12:30 pm

Address: 265 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 dunk, 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.

## Figure Skating Ticket Ice

Date and Time: Friday, June 7 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

For registered, insured FIGURE SKATERS and their COACHES, we offer a practice session. Coaches must be with their skaters to ensure safety on the ice. Figure Skating Code of Conduct Maximum 15 skaters on the ice Coaches must cooperate with routines and music No lifts, throws, or jumps should be performed during this practice time

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Saturday, June 8, 2024

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### Rehabilitation Swim

Date and Time: Saturday, June 8 8:00 am - 9:00 am



Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Open Gym

Date and Time: Saturday, June 8 10:00 am - 11:45 am

Address: 265 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.

## Youth Room Drop-in (Grade 6-12)

Date and Time: Saturday, June 8 10:00 am - 1:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Badminton

Date and Time: Saturday, June 8 12:00 pm - 1:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Saturday, June 8 1:00 pm - 2:00 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, June 8 1:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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

Date and Time: Saturday, June 8 2:00 pm - 3:45 pm

Address: 265 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 (All Pools)

Date and Time: Saturday, June 8 2:15 pm - 3:15 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, June 8 2:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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.

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## Family Futsal

Date and Time: Saturday, June 8 4:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Teen/Youth Futsal

Date and Time: Saturday, June 8 6:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Sunday, June 9, 2024

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### Rehabilitation Swim

Date and Time: Sunday, June 9 8:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Sunday, June 9 9:00 am - 10:00 am

Address: 265 Cannifton Rd., 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.

## Youth Room Drop-in (Grade 6-12)

Date and Time: Sunday, June 9 10:00 am - 1:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Aqua Cross Training

Date and Time: Sunday, June 9 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Aqua Mind and Body

Date and Time: Sunday, June 9 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family/Open Gym

Date and Time: Sunday, June 9 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Sunday, June 9 1:00 pm - 2:00 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Sunday, June 9 1:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, June 9 2:15 pm - 3:15 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Sunday, June 9 2:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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 (Recreational)

Date and Time: Sunday, June 9 2:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Open Gym

Date and Time: Sunday, June 9 4:30 pm - 6:15 pm

Address: 265 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

Date and Time: Sunday, June 9 6:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' 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.

Pre-registration is required [online](#) or call 613-966-4632.

## Monday, June 10, 2024

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### Lane Swim

Date and Time: Monday, June 10 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 10 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 10 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Monday, June 10 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 10 8:45 am - 10:30 am

Address: 265 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.

## Learn to Speak French - Beginners "Basic Vocabulary"

Date and Time: Monday, June 10 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, June 10 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

Pre-registration is required [online](#) or call 613-966-4632.

## Strong Seniors

Date and Time: Monday, June 10 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Monday, June 10 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (All Pools)

Date and Time: Monday, June 10 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON



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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Fitness

Date and Time: Monday, June 10 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Monday, June 10 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Deaf Seniors

Date and Time: Monday, June 10 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, June 10 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Gentle Core Strengthening

Date and Time: Monday, June 10 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Tuesday, June 11, 2024

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### Lane Swim

Date and Time: Tuesday, June 11 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 11 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Tuesday, June 11 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 11 8:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Tuesday, June 11 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Move N' Groove (18 months to 4 Years)

Date and Time: Tuesday, June 11 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move n' Groove is a fun interactive kinder gym-style program that encourages the development of gross motor skills, all through the magic of music, movement and FUN!

Pre-registration is required [online](#) or call 613-966-4632.

## Artist Collective

Date and Time: Tuesday, June 11 9:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50 Centre Membership is required (\$10.00/yr)

## Lane Swim

Date and Time: Tuesday, June 11 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 11 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior Shinny (50+)

Date and Time: Tuesday, June 11 9:30 am - 10:20 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in program for those who wish to participate in shinny hockey. ALL players must sign-in at the Customer Service Desk. Please bring a light and dark coloured jersey. Adult & Senior Shinny Code of Conduct: CSA approved helmets are MANDATORY Full hockey equipment is recommended All levels of hockey are welcome in this recreational program Body checking is not permitted Lifting or slap shots are not permitted Respect fellow players Fair and even shift play is required

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Tuesday, June 11 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Mix It Up

Date and Time: Tuesday, June 11 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Tuesday, June 11 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Paint & Play (18 months to 4 Years)

Date and Time: Tuesday, June 11 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Explore the art of painting with weekly classes. Come with your friends or make new friends as we enjoy paint and play together.

Pre-registration is required [online](#) or call 613-966-4632.

## Therapy Fitness

Date and Time: Tuesday, June 11 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Wednesday, June 12, 2024

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### Lane Swim

Date and Time: Wednesday, June 12 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 12 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 12 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Wednesday, June 12 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 12 8:45 am - 10:30 am

Address: 265 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 drink, 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.

## Stitches

Date and Time: Wednesday, June 12 9:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50 Membership (\$10.00/year) to participate

## Family Swim (All Pools)

Date and Time: Wednesday, June 12 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Fitness

Date and Time: Wednesday, June 12 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Strong Seniors

Date and Time: Wednesday, June 12 9:15 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Gentle Fitness

Date and Time: Wednesday, June 12 9:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better and feel better. Get stronger in resistance training, balance and flexibility exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Wednesday, June 12 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Stretch and Balance Fit

Date and Time: Wednesday, June 12 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

## Chair Yoga

Date and Time: Wednesday, June 12 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim

Date and Time: Wednesday, June 12 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Wednesday, June 12 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Thursday, June 13, 2024

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### Lane Swim

Date and Time: Thursday, June 13 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 13 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Thursday, June 13 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 13 8:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Learn to Speak French - Beginners "Vacation in Quebec"

Date and Time: Thursday, June 13 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This Beginners Learn French Class consists of basic phrases and proper pronunciation for conversational French with a focus on things you would need to say if you were to travel to Quebec for a vacation. Vous parlerez Français en un rien de temps!

## Pickleball - Beginner

Date and Time: Thursday, June 13 8:45 am - 10:30 am

Address: 265 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 a 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.

## Older Adult Flow Yoga

Date and Time: Thursday, June 13 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Flow Yoga is an intermediate teacher lead class that flows from one pose to the next without stopping to talk about the finer points of each pose. That way, students come away with a good workout as well as a yoga experience. If you're new to yoga, it is a good idea to take a few classes in a slower style of yoga first to get a feel for it.

he poses. Please note, students should be able to move from standing position to ground work with no mobility issues. (Intermediate/Advanced)

Pre-registration is required [online](#) or call 613-966-4632.

## Women's Weight Training

Date and Time: Thursday, June 13 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

## Lane Swim

Date and Time: Thursday, June 13 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 13 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, June 13 9:30 am - 12:00 pm

Address: 265 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.

## Older Adult Yoga

Date and Time: Thursday, June 13 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Stretch and Strengthen

Date and Time: Thursday, June 13 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This workout is designed to use equipment or your own body weight to improve your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Thursday, June 13 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Family Skating (Helmets mandatory for all participants)

Date and Time: Thursday, June 13 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the "Public Skating Code of Conduct". (Maximum of 50 skaters will be permitted) CSA Approved helmets are MANDATORY for all family skate participants CSA Approved Skate aids will be permitted.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

# Friday, June 14, 2024

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## Lane Swim

Date and Time: Friday, June 14 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 14 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 14 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Friday, June 14 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 14 8:45 am - 10:30 am

Address: 265 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

Date and Time: Friday, June 14 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (All Pools)

Date and Time: Friday, June 14 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## ABC's & 1,2,3's (18 months to 3 Years)

Date and Time: Friday, June 14 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is to help children learn and become familiar with the letters of the alphabet and numerals. Each week they will do mini-activities and games centered around letters and numbers.

Pre-registration is required [online](#) or call 613-966-4632.

## Mom & Baby Fitness

Date and Time: Friday, June 14 9:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Mom & Baby Fitness can bring their infants and complete a fitness workout in the Aerobic studio. It will be a full body workout with various equipment to help maximize the workout. This class will help new parents stay active and social by bringing together parents to work on their physical wellbeing.

Pre-registration is required [online](#) or call 613-966-4632.

## Older Adult Yoga

Date and Time: Friday, June 14 9:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Mover's & Shakers (18 months to 3 Years)

Date and Time: Friday, June 14 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

Pre-registration is required [online](#) or call 613-966-4632.

## Mix It Up

Date and Time: Friday, June 14 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Line Dancing - Beginner

Date and Time: Friday, June 14 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line Dancing is choreographed movements done in a repeating sequence of steps in a line or row of people. Thr

Throughout this class you will burn calories, tone muscles, improve balance, and stimulate brain cells. This class will strengthen neural pathways and improve cognitive health through the coordination of the brain and body.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Pickleball - Intermediate

Date and Time: Friday, June 14 10:45 am - 12:30 pm

Address: 265 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.

## Figure Skating Ticket Ice

Date and Time: Friday, June 14 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

For registered, insured FIGURE SKATERS and their COACHES, we offer a practice session. Coaches must be with their skaters to ensure safety on the ice. Figure Skating Code of Conduct Maximum 15 skaters on the ice Coaches must cooperate with routines and music No lifts, throws, or jumps should be performed during this practice time

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Saturday, June 15, 2024

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### Rehabilitation Swim

Date and Time: Saturday, June 15 8:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Open Gym



Date and Time: Saturday, June 15 10:00 am - 11:45 am

Address: 265 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.

## Badminton

Date and Time: Saturday, June 15 12:00 pm - 1:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Public Swim (All Pools)

Date and Time: Saturday, June 15 1:00 pm - 2:00 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, June 15 1:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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

Date and Time: Saturday, June 15 2:00 pm - 3:45 pm

Address: 265 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 (All Pools)

Date and Time: Saturday, June 15 2:15 pm - 3:15 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Saturday, June 15 2:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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 Futsal

Date and Time: Saturday, June 15 4:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## Teen/Youth Futsal

Date and Time: Saturday, June 15 6:00 pm - 8:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Futsal is a variation of indoor soccer that is played with a smaller ball with less bounce than a regular ball. Played with boundaries like the outdoor game but has more of an emphasis on improvisation, creativity, and quickness of play. Shorter timed games are played in team of 4 plus a goalkeeper per side and all games will have a referee. Family Futsal encourages all age groups with children playing with siblings, parents, and other similar ages.

Pre-registration is required [online](#) or call 613-966-4632.

## **Sunday, June 16, 2024**

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### **Rehabilitation Swim**

Date and Time: Sunday, June 16 8:00 am - 9:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### **Lane Swim**

Date and Time: Sunday, June 16 9:00 am - 10:00 am

Address: 265 Cannifton Rd., 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.

### **Youth Room Drop-in (Grade 6-12)**

Date and Time: Sunday, June 16 10:00 am - 1:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

### **Aqua Cross Training**

Date and Time: Sunday, June 16 11:00 am - 11:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## **Aqua Mind and Body**

Date and Time: Sunday, June 16 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## **Family/Open Gym**

Date and Time: Sunday, June 16 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## **Public Swim (All Pools)**

Date and Time: Sunday, June 16 1:00 pm - 2:00 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## **Lane Swim**

Date and Time: Sunday, June 16 1:00 pm - 2:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Sunday, June 16 2:15 pm - 3:15 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Sunday, June 16 2:15 pm - 3:15 pm

Address: 265 Cannifton Rd., 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 (Recreational)

Date and Time: Sunday, June 16 2:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

## Open Gym

Date and Time: Sunday, June 16 4:30 pm - 6:15 pm

Address: 265 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

Date and Time: Sunday, June 16 6:30 pm - 8:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' 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.

Pre-registration is required [online](#) or call 613-966-4632.

## Monday, June 17, 2024

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### Lane Swim

Date and Time: Monday, June 17 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 17 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 17 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Monday, June 17 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 17 8:45 am - 10:30 am

Address: 265 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.

## Learn to Speak French - Beginners "Basic Vocabulary"

Date and Time: Monday, June 17 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

For Beginners - Have you always wanted to learn French, or practice what you may have learned years ago? This beginners Learn French class consists of basic phrases and proper pronunciation for conversational French to feel comfortable ordering food in a French restaurant. Vous parlerez Français en un rien de temps!

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, June 17 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

Pre-registration is required [online](#) or call 613-966-4632.

## Strong Seniors

Date and Time: Monday, June 17 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Aqua Fitness

Date and Time: Monday, June 17 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (All Pools)

Date and Time: Monday, June 17 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Fitness

Date and Time: Monday, June 17 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Older Adult Yoga

Date and Time: Monday, June 17 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8



Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Deaf Seniors

Date and Time: Monday, June 17 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$5.00/year) to attend

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, June 17 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

Pre-registration is required [online](#) or call 613-966-4632.

## Gentle Core Strengthening

Date and Time: Monday, June 17 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

## Tuesday, June 18, 2024

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### Lane Swim

Date and Time: Tuesday, June 18 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 18 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Tuesday, June 18 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 18 8:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Tuesday, June 18 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 18 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Creating with Colour - Art Workshop

Date and Time: Tuesday, June 18 9:30 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

In this class, you will be taught some basic free form colouring techniques using colouring pencils, followed by a lesson on how to create original art. You will learn how to blend, create new colours, add depth, tone and value to your creation. All supplies provided. A 50+ membership is required \$10/yr

Pre-registration is required [online](#) or call 613-966-4632.

## Senior Shinny (50+)

Date and Time: Tuesday, June 18 9:30 am - 10:20 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in program for those who wish to participate in shinny hockey. ALL players must sign-in at the Customer Service Desk. Please bring a light and dark coloured jersey. Adult & Senior Shinny Code of Conduct: CSA approved helmets are MANDATORY Full hockey equipment is recommended All levels of hockey are welcome in this recreational program Body checking is not permitted Lifting or slap shots are not permitted Respect fellow players Fair and even shift play is required

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Therapy Fitness

Date and Time: Tuesday, June 18 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (Main Pool Only)

Date and Time: Tuesday, June 18 10:00 am - 10:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim

Date and Time: Tuesday, June 18 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Tuesday, June 18 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Adult Recreational Skating (16+)

Date and Time: Tuesday, June 18 1:00 pm - 1:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate. All skaters must follow the "Public Skating Code of Conduct". CSA Approved Skate aids will be permitted

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Pickleball - Beginner

Date and Time: Tuesday, June 18 1:15 pm - 3:00 pm

Address: 265 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 a 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 (All Pools)

Date and Time: Tuesday, June 18 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Wednesday, June 19, 2024

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### Lane Swim

Date and Time: Wednesday, June 19 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 19 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 19 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Wednesday, June 19 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Wednesday, June 19 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Fitness

Date and Time: Wednesday, June 19 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Aqua Fitness

Date and Time: Wednesday, June 19 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Wednesday, June 19 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Wednesday, June 19 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Adult Recreational Skating (16+)

Date and Time: Wednesday, June 19 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate. All skaters must follow the "Public Skating Code of Conduct". CSA Approved Skate aids will be permitted

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Diaper Fitness

Date and Time: Wednesday, June 19 1:00 pm - 1:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Parkinson's Aquatic Therapy Fitness

Date and Time: Wednesday, June 19 1:30 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior's Swim (All Pools)

Date and Time: Wednesday, June 19 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Wednesday, June 19 3:00 pm - 3:45 pm

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 19 3:15 pm - 4:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Thursday, June 20, 2024

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## Lane Swim



Date and Time: Thursday, June 20 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 20 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Thursday, June 20 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 20 8:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Thursday, June 20 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 20 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (Main Pool Only)

Date and Time: Thursday, June 20 10:00 am - 10:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Family Skating (Helmets mandatory for all participants)

Date and Time: Thursday, June 20 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the "Public Skating Code of Conduct". (Maximum of 50 skaters will be permitted) CSA Approved helmets are MANDATORY for all family skate participants. CSA Approved Skate aids will be permitted.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Thursday, June 20 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Thursday, June 20 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Adult Shinny

Date and Time: Thursday, June 20 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in program for those who wish to participate in shinny hockey. ALL players must sign-in at the Customer Service Desk. Please bring a light and dark coloured jersey. Adult & Senior Shinny Code of Conduct: CSA approved helmets are MANDATORY Full hockey equipment is recommended All levels of hockey are welcome in this recreational program Body checking is not permitted Lifting or slap shots are not permitted Respect fellow players Fair and even shift play is required

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Adult Recreational Skating (16+)

Date and Time: Thursday, June 20 1:00 pm - 1:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate. All skaters must follow the "Public Skating Code of Conduct". CSA Approved Skate aids will be permitted

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior's Swim (All Pools)

Date and Time: Thursday, June 20 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Thursday, June 20 3:00 pm - 3:55 pm

Address: 265 Cannifton Rd., 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.

## Youth Room Drop-in (Grade 6-12)

Date and Time: Thursday, June 20 3:00 pm - 7:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Friday, June 21, 2024

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## Lane Swim

Date and Time: Friday, June 21 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 21 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 21 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Friday, June 21 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Friday, June 21 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Fitness

Date and Time: Friday, June 21 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Financial Wellness - Seminar

Date and Time: Friday, June 21 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our guest speaker from the Ontario Securities Commission will provide us with tips to review our financial wellness. You will learn about biases that affect our financial decision making, and how to create a roadmap to financial wellness. Please note a 50+ Membership is required (\$10.00/year).

Pre-registration is required [online](#) or call 613-966-4632.

## Figure Skating Ticket Ice

Date and Time: Friday, June 21 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

For registered, insured FIGURE SKATERS and their COACHES, we offer a practice session. Coaches must be with their skaters to ensure safety on the ice. Figure Skating Code of Conduct Maximum 15 skaters on the ice Coaches must cooperate with routines and music No lifts, throws, or jumps should be performed during this practice time

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Friday, June 21 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Friday, June 21 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Friday, June 21 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., 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.

## Figure Skating Ticket Ice

Date and Time: Friday, June 21 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

For registered, insured FIGURE SKATERS and their COACHES, we offer a practice session. Coaches must be with their skaters to ensure safety on the ice. Figure Skating Code of Conduct Maximum 15 skaters on the ice. Coaches must cooperate with routines and music. No lifts, throws, or jumps should be performed during this practice time.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior's Swim (All Pools)

Date and Time: Friday, June 21 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Friday, June 21 3:00 pm - 3:55 pm

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 21 3:15 pm - 4:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim

will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Saturday, June 22, 2024

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### 2024 Maddy Kort Invitational Swim Meet

Date and Time: Saturday, June 22 8:00 am - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Templeman Aquatics Centre

For more information, visit: [Belleville Beast Swim Team - Maddy Kort Invitational](#)

### Belleville Minor Ball Hockey Year End Tournament

Date and Time: Saturday, June 22 8:00 am - 7:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

FDC and CAA Arenas

## Sunday, June 23, 2024

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### Belleville Minor Ball Hockey Year End Tournament

Date and Time: Sunday, June 23 8:00 am - 7:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

FDC and CAA Arenas

## Monday, June 24, 2024

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### Lane Swim

Date and Time: Monday, June 24 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 24 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 24 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Monday, June 24 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Monday, June 24 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim

Date and Time: Monday, June 24 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Monday, June 24 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior's Swim (All Pools)

Date and Time: Monday, June 24 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Monday, June 24 3:00 pm - 3:45 pm

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 24 3:15 pm - 4:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Monday, June 24 3:45 pm - 4:30 pm

Address: 265 Cannifton Rd., 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

Date and Time: Monday, June 24 8:00 pm - 8:45 pm

Address: 265 Cannifton Rd., 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.

## Tuesday, June 25, 2024

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## Lane Swim

Date and Time: Tuesday, June 25 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 25 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Tuesday, June 25 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Tuesday, June 25 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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.

## Senior Shinny (50+)

Date and Time: Tuesday, June 25 9:30 am - 10:20 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in program for those who wish to participate in shinny hockey. ALL players must sign-in at the Customer Service Desk. Please bring a light and dark coloured jersey. Adult & Senior Shinny Code of Conduct: CSA approved helmets are MANDATORY Full hockey equipment is recommended All levels of hockey are welcome in this recreational program Body checking is not permitted Lifting or slap shots are not permitted Respect fellow players Fair and even shift play is required

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (Main Pool Only)

Date and Time: Tuesday, June 25 10:00 am - 10:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim

Date and Time: Tuesday, June 25 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Tuesday, June 25 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Adult Recreational Skating (16+)

Date and Time: Tuesday, June 25 1:00 pm - 1:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate. All skaters must follow the "Public Skating Code of Conduct". CSA Approved Skate aids will be permitted

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior's Swim (All Pools)

Date and Time: Tuesday, June 25 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Tuesday, June 25 3:00 pm - 3:55 pm

Address: 265 Cannifton Rd., 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.

## Youth Room Drop-in (Grade 6-12)

Date and Time: Tuesday, June 25 3:00 pm - 6:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Parent and Tot Swim (Therapy Pool Only)

Date and Time: Tuesday, June 25 3:15 pm - 4:00 pm

Address: 265 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.

## Public Swim (All Pools)

Date and Time: Tuesday, June 25 7:30 pm - 8:55 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Lane Swim

Date and Time: Tuesday, June 25 8:00 pm - 8:45 pm

Address: 265 Cannifton Rd., 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.

# Wednesday, June 26, 2024

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## Lane Swim

Date and Time: Wednesday, June 26 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 26 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 26 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Wednesday, June 26 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Wednesday, June 26 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim

Date and Time: Wednesday, June 26 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Wednesday, June 26 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Adult Recreational Skating (16+)

Date and Time: Wednesday, June 26 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate. All skaters must follow the "Public Skating Code of Conduct". CSA Approved Skate aids will be permitted

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Senior's Swim (All Pools)

Date and Time: Wednesday, June 26 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8



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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Wednesday, June 26 3:00 pm - 3:45 pm

Address: 265 Cannifton Rd., 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.

## Youth Room Drop-in (Grade 6-12)

Date and Time: Wednesday, June 26 3:00 pm - 4:30 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Rehabilitation Swim

Date and Time: Wednesday, June 26 3:15 pm - 4:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Wednesday, June 26 3:45 pm - 4:30 pm

Address: 265 Cannifton Rd., 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

Date and Time: Wednesday, June 26 8:00 pm - 8:45 pm

Address: 265 Cannifton Rd., 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.

## Thursday, June 27, 2024

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### Lane Swim

Date and Time: Thursday, June 27 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 27 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim

Date and Time: Thursday, June 27 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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

Date and Time: Thursday, June 27 9:00 am - 9:55 am

Address: 265 Cannifton Rd., 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 (Main Pool Only)**

Date and Time: Thursday, June 27 10:00 am - 10:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is held in the Main Pool only (Therapy/Preschool Pools unavailable). All children under 16 must be accompanied by an adult who will remain in the pool with them.

### **Lane Swim**

Date and Time: Thursday, June 27 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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 (All Pools)**

Date and Time: Thursday, June 27 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

### **Adult Shiny**

Date and Time: Thursday, June 27 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in program for those who wish to participate in shinny hockey. ALL players must sign-in at the Customer Service Desk. Please bring a light and dark coloured jersey. Adult & Senior Shinny Code of Conduct: CSA approved helmets are MANDATORY Full hockey equipment is recommended All levels of hockey are welcome in this recreational program Body checking is not permitted Lifting or slap shots are not permitted Respect fellow players Fair and even shift play is required

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Adult Recreational Skating (16+)

Date and Time: Thursday, June 27 1:00 pm - 1:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in leisure skating program for adults (16+). This program is not suitable for those who wish to figure skate or speed skate. All skaters must follow the "Public Skating Code of Conduct". CSA Approved Skate aids will be permitted

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Senior's Swim (All Pools)

Date and Time: Thursday, June 27 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Thursday, June 27 3:00 pm - 3:55 pm

Address: 265 Cannifton Rd., 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.

## Youth Room Drop-in (Grade 6-12)

Date and Time: Thursday, June 27 3:00 pm - 7:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Parent and Tot Swim (Therapy Pool Only)

Date and Time: Thursday, June 27 3:15 pm - 4:00 pm

Address: 265 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.

## Lane Swim

Date and Time: Thursday, June 27 8:00 pm - 8:45 pm

Address: 265 Cannifton Rd., 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.

## Friday, June 28, 2024

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### Lane Swim

Date and Time: Friday, June 28 6:00 am - 6:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 28 7:00 am - 7:55 am

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 28 7:00 am - 8:30 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim

Date and Time: Friday, June 28 8:00 am - 8:45 am

Address: 265 Cannifton Rd., 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 (All Pools)

Date and Time: Friday, June 28 9:00 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in all pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim

Date and Time: Friday, June 28 11:00 am - 12:00 pm

Address: 265 Cannifton Rd., 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.

## Figure Skating Ticket Ice

Date and Time: Friday, June 28 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

For registered, insured FIGURE SKATERS and their COACHES, we offer a practice session. Coaches must be with their skaters to ensure safety on the ice. Figure Skating Code of Conduct Maximum 15 skaters on the ice Coaches must cooperate with routines and music No lifts, throws, or jumps should be performed during this practice time

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Public Swim (All Pools)

Date and Time: Friday, June 28 11:15 am - 12:30 pm

Address: 265 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 (unless specified). This is an open swim time with limited equipment.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim

Date and Time: Friday, June 28 12:00 pm - 12:45 pm

Address: 265 Cannifton Rd., 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.

## Figure Skating Ticket Ice

Date and Time: Friday, June 28 12:00 pm - 12:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

For registered, insured FIGURE SKATERS and their COACHES, we offer a practice session. Coaches must be with their skaters to ensure safety on the ice. Figure Skating Code of Conduct Maximum 15 skaters on the ice Coaches must cooperate with routines and music No lifts, throws, or jumps should be performed during this practice time

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Senior's Swim (All Pools)

Date and Time: Friday, June 28 2:00 pm - 3:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in the Main Pool and in the Therapy Pool (unless specified). For ages 50+. Please book based on the pool you will be swimming in.

## Lane Swim

Date and Time: Friday, June 28 3:00 pm - 3:55 pm

Address: 265 Cannifton Rd., 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

Date and Time: Friday, June 28 3:15 pm - 4:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

<https://calendar.quintesportsandwellnesscentre.ca>