



Monday, July 1, 2024

Youth Room Drop-in (Grade 6-12)

Date and Time: Monday, July 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.

Lane Swim (Kinsmen) - 12:00-1:30 p.m.

Date and Time: Monday, July 1 12:00 pm - 1:30 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Monday, July 1 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Monday, July 1 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Tuesday, July 2, 2024

Lane Swim

Date and Time: Tuesday, July 2 6:00 am - 7:00 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.

Lane Swim

Date and Time: Tuesday, July 2 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, July 2 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Tuesday, July 2 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 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.](#)

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, July 2 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 2 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.

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

Therapy Fitness

Date and Time: Tuesday, July 2 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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.](#)

Artist Collective

Date and Time: Tuesday, July 2 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, July 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.

Older Adult Yoga

Date and Time: Tuesday, July 2 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, July 2 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.

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

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 2 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Tuesday, July 2 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Tuesday, July 2 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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](#).

Wednesday, July 3, 2024

Lane Swim

Date and Time: Wednesday, July 3 6:00 am - 7:00 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.

Lane Swim

Date and Time: Wednesday, July 3 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Wednesday, July 3 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Wednesday, July 3 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Wednesday, July 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.

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Family Swim (Therapy/Preschool Pool Only)

Date and Time: Wednesday, July 3 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stitches

Date and Time: Wednesday, July 3 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

Therapy Fitness

Date and Time: Wednesday, July 3 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Wednesday, July 3 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stretch and Balance Fit

Date and Time: Wednesday, July 3 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.

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

Chair Yoga

Date and Time: Wednesday, July 3 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Wednesday, July 3 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way

to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (1/2 pool)

Date and Time: Wednesday, July 3 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.

Date and Time: Wednesday, July 3 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Thursday, July 4, 2024

Rehabilitation Swim

Date and Time: Thursday, July 4 7:00 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.](#)

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, July 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Thursday, July 4 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Thursday, July 4 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.](#)

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, July 4 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 Flow Yoga

Date and Time: Thursday, July 4 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, July 4 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.

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](#).

Therapy Fitness

Date and Time: Thursday, July 4 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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, July 4 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.

Tech Talks and Tech Support with Jordan

Date and Time: Thursday, July 4 10:00 am - 12:00 pm

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

The first part of "Tech Talks" is designed to be an inspirational, educational and motivational learning resource about technology for non-techies. After the "talk", there will be time dedicated to supporting your specific needs and questions with your devices. Bring your device and your questions with you. Pretty soon you'll be an expert with your phone and tablet. Please Note: This course is FREE to those with a valid 50+ Membership (\$10.00/year).

Older Adult Yoga

Date and Time: Thursday, July 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.

Chair Fitness/ Chair Yoga Combo

Date and Time: Thursday, July 4 11:15 am - 12:15 pm

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

This is a beginner exercise class that will be done in the stability of a chair. You will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises. The first half of the class will be chair exercises improving your fitness and the second half of the class you will be increasing your flexibility through chair yoga poses.

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

Lane Swim (1/2 pool)

Date and Time: Thursday, July 4 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Thursday, July 4 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Thursday, July 4 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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](#).

Friday, July 5, 2024

Lane Swim

Date and Time: Friday, July 5 6:00 am - 7:00 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.

Lane Swim

Date and Time: Friday, July 5 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Friday, July 5 7:00 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](#).

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Friday, July 5 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Friday, July 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.

Family Swim (Therapy/Preschool Pool Only)

Date and Time: Friday, July 5 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Friday, July 5 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Friday, July 5 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Mom & Baby Fitness

Date and Time: Friday, July 5 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.

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

Older Adult Yoga

Date and Time: Friday, July 5 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.

Crokinole

Date and Time: Friday, July 5 10:30 am - 12:30 pm

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

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition. Note: A valid 50+ Centre membership is required. \$10.00/year

Line Dancing - Beginner

Date and Time: Friday, July 5 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 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](#).

Lane Swim (1/2 pool)

Date and Time: Friday, July 5 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Friday, July 5 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Total Body Strength

Date and Time: Friday, July 5 12:15 pm - 12:45 pm

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

30 minutes of strength and anaerobic training; focusing on compound moves using free weights, and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!

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](#).

Saturday, July 6, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Saturday, July 6 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Saturday, July 6 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Saturday, July 6 10:00 am - 11:45 am

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 (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Saturday, July 6 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Badminton

Date and Time: Saturday, July 6 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 (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Saturday, July 6 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Saturday, July 6 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Sunday, July 7, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Sunday, July 7 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Sunday, July 7 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under

10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Youth Room Drop-in (Grade 6-12)

Date and Time: Sunday, July 7 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.

Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Sunday, July 7 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Sunday, July 7 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 (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Sunday, July 7 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under

10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Pickleball (Recreational)

Date and Time: Sunday, July 7 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.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Sunday, July 7 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Power Skating (Beginner)

Date and Time: Sunday, July 7 5:00 pm - 5:45 pm

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

Improve speed, balance, stopping, stride, and posture. We offer beginner, intermediate and advance level options. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory. Up to U9 (Under 9) level hockey players.

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

Power Skating (Intermediate/Advanced)

Date and Time: Sunday, July 7 5:50 pm - 6:50 pm

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

Improve speed, balance, stopping, stride, and posture. We recommend that you complete two sessions of beginner before joining intermediate/advance. This is not a learn to skate program. Full hockey gear is required. Sticks

and helmets are mandatory.

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

Monday, July 8, 2024

Lane Swim

Date and Time: Monday, July 8 6:00 am - 7:00 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.

Lane Swim

Date and Time: Monday, July 8 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Monday, July 8 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Monday, July 8 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Monday, July 8 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 (Therapy/Preschool Pool Only)

Date and Time: Monday, July 8 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Monday, July 8 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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: Monday, July 8 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Monday, July 8 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Older Adult Yoga

Date and Time: Monday, July 8 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, July 8 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. Every one is welcome. Please Note: You must have a valid 50 Membership (\$10.00/year) to attend

Gentle Core Strengthening

Date and Time: Monday, July 8 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Monday, July 8 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Monday, July 8 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Monday, July 8 12:00 pm - 1:00 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.

Tuesday, July 9, 2024

Rehabilitation Swim

Date and Time: Tuesday, July 9 7:00 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.](#)

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, July 9 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Tuesday, July 9 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 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.](#)

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, July 9 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 9 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.

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

Therapy Fitness

Date and Time: Tuesday, July 9 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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](#).

Artist Collective

Date and Time: Tuesday, July 9 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, July 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.

Older Adult Yoga

Date and Time: Tuesday, July 9 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, July 9 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.

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

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 9 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Tuesday, July 9 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Tuesday, July 9 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment

and more. Be ready for a full body workout.

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](#).

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 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.

Wednesday, July 10, 2024

Lane Swim

Date and Time: Wednesday, July 10 6:00 am - 7:00 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.

Lane Swim

Date and Time: Wednesday, July 10 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Wednesday, July 10 7:00 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](#).

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Wednesday, July 10 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Wednesday, July 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.

Family Swim (Therapy/Preschool Pool Only)

Date and Time: Wednesday, July 10 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stitches

Date and Time: Wednesday, July 10 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

Therapy Fitness

Date and Time: Wednesday, July 10 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Wednesday, July 10 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stretch and Balance Fit

Date and Time: Wednesday, July 10 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.

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

Chair Yoga

Date and Time: Wednesday, July 10 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Wednesday, July 10 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (1/2 pool)

Date and Time: Wednesday, July 10 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.

Date and Time: Wednesday, July 10 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Thursday, July 11 7:00 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.](#)

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, July 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Thursday, July 11 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Thursday, July 11 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.](#)

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, July 11 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 Flow Yoga

Date and Time: Thursday, July 11 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, July 11 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.

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.](#)

Therapy Fitness

Date and Time: Thursday, July 11 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscle moves.

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, July 11 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.

Tech Talks and Tech Support with Jordan

Date and Time: Thursday, July 11 10:00 am - 12:00 pm

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

The first part of "Tech Talks" is designed to be an inspirational, educational and motivational learning resource about technology for non-techies. After the "talk", there will be time dedicated to supporting your specific needs and questions with your devices. Bring your device and your questions with you. Pretty soon you'll be an expert with your phone and tablet. Please Note: This course is FREE to those with a valid 50+ Membership (\$10.00/year).

Older Adult Yoga

Date and Time: Thursday, July 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.

Chair Fitness/ Chair Yoga Combo

Date and Time: Thursday, July 11 11:15 am - 12:15 pm

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

This is a beginner exercise class that will be done in the stability of a chair. You will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises. The first half of the class will be chair exercises improving your fitness and the second half of the class you will be increasing your flexibility through chair yoga poses.

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

Lane Swim (1/2 pool)

Date and Time: Thursday, July 11 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Thursday, July 11 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Thursday, July 11 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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](#).

Friday, July 12, 2024

Lane Swim

Date and Time: Friday, July 12 6:00 am - 7:00 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.

Lane Swim

Date and Time: Friday, July 12 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Friday, July 12 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Friday, July 12 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Friday, July 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.

Family Swim (Therapy/Preschool Pool Only)

Date and Time: Friday, July 12 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Friday, July 12 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Friday, July 12 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Mom & Baby Fitness

Date and Time: Friday, July 12 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.

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

Older Adult Yoga

Date and Time: Friday, July 12 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.

Crokinole

Date and Time: Friday, July 12 10:30 am - 12:30 pm

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

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition. Note: A valid 50+ Centre membership is required. \$10.00/year

Line Dancing - Beginner

Date and Time: Friday, July 12 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 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](#).

Lane Swim (1/2 pool)

Date and Time: Friday, July 12 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Friday, July 12 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lane

s available will vary. Lanes are shared, with a maximum of four people per lane.

Total Body Strength

Date and Time: Friday, July 12 12:15 pm - 12:45 pm

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

30 minutes of strength and anaerobic training; focusing on compound moves using free weights, and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!

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](#).

Saturday, July 13, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Saturday, July 13 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Saturday, July 13 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Saturday, July 13 10:00 am - 11:45 am

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 (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Saturday, July 13 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Badminton

Date and Time: Saturday, July 13 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 whiling having fun with friends.

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

Public Swim (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Saturday, July 13 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Saturday, July 13 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Sunday, July 14, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Sunday, July 14 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Sunday, July 14 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Youth Room Drop-in (Grade 6-12)

Date and Time: Sunday, July 14 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.

Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Sunday, July 14 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under

10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Sunday, July 14 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 (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Sunday, July 14 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Pickleball (Recreational)

Date and Time: Sunday, July 14 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.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Sunday, July 14 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Power Skating (Beginner)

Date and Time: Sunday, July 14 5:00 pm - 5:45 pm

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

Improve speed, balance, stopping, stride, and posture. We offer beginner, intermediate and advance level options. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory. Up to U9 (Under 9) level hockey players.

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

Power Skating (Intermediate/Advanced)

Date and Time: Sunday, July 14 5:50 pm - 6:50 pm

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

Improve speed, balance, stopping, stride, and posture. We recommend that you complete two sessions of beginner before joining intermediate/advance. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory.

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

Monday, July 15, 2024

Lane Swim

Date and Time: Monday, July 15 6:00 am - 7:00 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.

Lane Swim

Date and Time: Monday, July 15 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Monday, July 15 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Monday, July 15 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Monday, July 15 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 (Therapy/Preschool Pool Only)

Date and Time: Monday, July 15 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Monday, July 15 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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: Monday, July 15 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Monday, July 15 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Older Adult Yoga

Date and Time: Monday, July 15 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, July 15 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. Every one is welcome. Please Note: You must have a valid 50 Membership (\$10.00/year) to attend

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Monday, July 15 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Monday, July 15 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Monday, July 15 12:00 pm - 1:00 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.

Cardio Core

Date and Time: Monday, July 15 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

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](#).

Tuesday, July 16, 2024

Rehabilitation Swim

Date and Time: Tuesday, July 16 7:00 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](#).

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, July 16 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Tuesday, July 16 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 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.](#)

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, July 16 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 16 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.

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

Therapy Fitness

Date and Time: Tuesday, July 16 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscle moves.

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.](#)

Artist Collective

Date and Time: Tuesday, July 16 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, July 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.

Older Adult Yoga

Date and Time: Tuesday, July 16 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, July 16 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.

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

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 16 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Tuesday, July 16 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Tuesday, July 16 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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.](#)

Bridge (Experienced)

Date and Time: Tuesday, July 16 1:00 pm - 4:00 pm

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

Are you an avid Bridge player? Then this game is for you! Join other experienced bridge players and enjoy an afternoon of socializing and playing your favorite game. Experienced players only. Please Note: You are required to have a valid 50+ Membership (\$10.00/year) to participate.

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

Wednesday, July 17, 2024

Lane Swim

Date and Time: Wednesday, July 17 6:00 am - 7:00 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.

Lane Swim

Date and Time: Wednesday, July 17 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Wednesday, July 17 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Wednesday, July 17 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Wednesday, July 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.

Family Swim (Therapy/Preschool Pool Only)

Date and Time: Wednesday, July 17 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stitches

Date and Time: Wednesday, July 17 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

Therapy Fitness

Date and Time: Wednesday, July 17 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Wednesday, July 17 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stretch and Balance Fit

Date and Time: Wednesday, July 17 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.

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

Chair Yoga

Date and Time: Wednesday, July 17 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Wednesday, July 17 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (1/2 pool)

Date and Time: Wednesday, July 17 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.

Date and Time: Wednesday, July 17 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Thursday, July 18, 2024

Rehabilitation Swim

Date and Time: Thursday, July 18 7:00 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.](#)

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, July 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Thursday, July 18 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Thursday, July 18 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.](#)

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, July 18 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 Flow Yoga

Date and Time: Thursday, July 18 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, July 18 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.

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](#).

Therapy Fitness

Date and Time: Thursday, July 18 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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, July 18 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.

Tech Talks and Tech Support with Jordan

Date and Time: Thursday, July 18 10:00 am - 12:00 pm

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

The first part of "Tech Talks" is designed to be an inspirational, educational and motivational learning resource about technology for non-techies. After the "talk", there will be time dedicated to supporting your specific needs and questions with your devices. Bring your device and your questions with you. Pretty soon you'll be an expert with your phone and tablet. Please Note: This course is FREE to those with a valid 50+ Membership (\$10.00/year).

Older Adult Yoga

Date and Time: Thursday, July 18 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 (In intermediate).

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

Chair Fitness/ Chair Yoga Combo

Date and Time: Thursday, July 18 11:15 am - 12:15 pm

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

This is a beginner exercise class that will be done in the stability of a chair. You will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises. The first half of the class will be chair exercises improving your fitness and the second half of the class you will be increasing your flexibility through chair yoga poses.

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

Lane Swim (1/2 pool)

Date and Time: Thursday, July 18 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Thursday, July 18 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Thursday, July 18 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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](#).

Friday, July 19, 2024

Lane Swim

Date and Time: Friday, July 19 6:00 am - 7:00 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.

Lane Swim

Date and Time: Friday, July 19 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Friday, July 19 7:00 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](#).

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Friday, July 19 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Friday, July 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 (Therapy/Preschool Pool Only)

Date and Time: Friday, July 19 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Friday, July 19 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Friday, July 19 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Mom & Baby Fitness

Date and Time: Friday, July 19 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.

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

Older Adult Yoga

Date and Time: Friday, July 19 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.

Painting with Natalia Workshop

Date and Time: Friday, July 19 9:30 am - 10:30 am

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

Join Natalia as she walks you through painting a scenic picture of a field. All supplies are provided. Note: A valid 50+ Centre membership is required for this course (\$10.00/year)

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

Crokinole

Date and Time: Friday, July 19 10:30 am - 12:30 pm

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

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition. Note: A valid 50+ Centre membership is required. \$10.00/year

Line Dancing - Beginner

Date and Time: Friday, July 19 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](#).

Lane Swim (1/2 pool)

Date and Time: Friday, July 19 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Friday, July 19 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Saturday, July 20, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Saturday, July 20 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Saturday, July 20 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Saturday, July 20 10:00 am - 11:45 am

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.

Youth Room Drop-in (Grade 6-12)

Date and Time: Saturday, July 20 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.

Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Saturday, July 20 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Badminton

Date and Time: Saturday, July 20 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 whiling having fun with friends.

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

Public Swim (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Saturday, July 20 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Saturday, July 20 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Sunday, July 21, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Sunday, July 21 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Sunday, July 21 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Youth Room Drop-in (Grade 6-12)

Date and Time: Sunday, July 21 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.

Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Sunday, July 21 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Sunday, July 21 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 (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Sunday, July 21 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Pickleball (Recreational)

Date and Time: Sunday, July 21 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.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Sunday, July 21 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Power Skating (Beginner)

Date and Time: Sunday, July 21 5:00 pm - 5:45 pm

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

Improve speed, balance, stopping, stride, and posture. We offer beginner, intermediate and advance level options. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory. Up to U9 (Under 9) level hockey players.

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

Power Skating (Intermediate/Advanced)

Date and Time: Sunday, July 21 5:50 pm - 6:50 pm

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

Improve speed, balance, stopping, stride, and posture. We recommend that you complete two sessions of beginner before joining intermediate/advance. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory.

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

Monday, July 22, 2024

Lane Swim

Date and Time: Monday, July 22 6:00 am - 7:00 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.

Lane Swim

Date and Time: Monday, July 22 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Monday, July 22 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Monday, July 22 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Monday, July 22 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 (Therapy/Preschool Pool Only)

Date and Time: Monday, July 22 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Monday, July 22 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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: Monday, July 22 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Monday, July 22 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Older Adult Yoga

Date and Time: Monday, July 22 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, July 22 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. Every one is welcome. Please Note: You must have a valid 50 Membership (\$10.00/year) to attend

Gentle Core Strengthening

Date and Time: Monday, July 22 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Monday, July 22 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Monday, July 22 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Monday, July 22 12:00 pm - 1:00 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.

Tuesday, July 23, 2024

Rehabilitation Swim

Date and Time: Tuesday, July 23 7:00 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.](#)

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, July 23 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Tuesday, July 23 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 23 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.](#)

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, July 23 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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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, July 23 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.

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

Therapy Fitness

Date and Time: Tuesday, July 23 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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.](#)

Artist Collective

Date and Time: Tuesday, July 23 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, July 23 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.

Older Adult Yoga

Date and Time: Tuesday, July 23 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, July 23 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.

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

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 23 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Tuesday, July 23 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Tuesday, July 23 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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](#).

Bridge (Experienced)

Date and Time: Tuesday, July 23 1:00 pm - 4:00 pm

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

Are you an avid Bridge player? Then this game is for you! Join other experienced bridge players and enjoy an afternoon of socializing and playing your favorite game. Experienced players only. Please Note: You are required to have a valid 50+ Membership (\$10.00/year) to participate.

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

Wednesday, July 24, 2024

Lane Swim

Date and Time: Wednesday, July 24 6:00 am - 7:00 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.

Lane Swim

Date and Time: Wednesday, July 24 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Wednesday, July 24 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Wednesday, July 24 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Wednesday, July 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 (Therapy/Preschool Pool Only)

Date and Time: Wednesday, July 24 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stitches

Date and Time: Wednesday, July 24 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

Therapy Fitness

Date and Time: Wednesday, July 24 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 24 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Wednesday, July 24 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stretch and Balance Fit

Date and Time: Wednesday, July 24 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.

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

Chair Yoga

Date and Time: Wednesday, July 24 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Wednesday, July 24 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (1/2 pool)

Date and Time: Wednesday, July 24 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.

Date and Time: Wednesday, July 24 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Thursday, July 25, 2024

Rehabilitation Swim

Date and Time: Thursday, July 25 7:00 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.](#)

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, July 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Thursday, July 25 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Thursday, July 25 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.](#)

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, July 25 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 Flow Yoga

Date and Time: Thursday, July 25 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, July 25 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.

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.](#)

Therapy Fitness

Date and Time: Thursday, July 25 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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, July 25 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.

Tech Talks and Tech Support with Jordan

Date and Time: Thursday, July 25 10:00 am - 12:00 pm

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

The first part of "Tech Talks" is designed to be an inspirational, educational and motivational learning resource about technology for non-techies. After the "talk", there will be time dedicated to supporting your specific needs and questions with your devices. Bring your device and your questions with you. Pretty soon you'll be an expert with your phone and tablet. Please Note: This course is FREE to those with a valid 50+ Membership (\$10.00/year).

Older Adult Yoga

Date and Time: Thursday, July 25 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.

Chair Fitness/ Chair Yoga Combo

Date and Time: Thursday, July 25 11:15 am - 12:15 pm

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

This is a beginner exercise class that will be done in the stability of a chair. You will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises. The first half of the class will be chair exercises improving your fitness and the second half of the class you will be increasing your flexibility through chair yoga poses.

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

Lane Swim (1/2 pool)

Date and Time: Thursday, July 25 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Thursday, July 25 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Thursday, July 25 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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.](#)

Friday, July 26, 2024

Lane Swim

Date and Time: Friday, July 26 6:00 am - 7:00 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.

Lane Swim

Date and Time: Friday, July 26 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Friday, July 26 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Friday, July 26 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Friday, July 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.

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Family Swim (Therapy/Preschool Pool Only)

Date and Time: Friday, July 26 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Friday, July 26 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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 (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Friday, July 26 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Mom & Baby Fitness

Date and Time: Friday, July 26 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.

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

Older Adult Yoga

Date and Time: Friday, July 26 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.

Crokinole

Date and Time: Friday, July 26 10:30 am - 12:30 pm

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

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition. Note: A valid 50+ Centre membership is required. \$10.00/year

Line Dancing - Beginner

Date and Time: Friday, July 26 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 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](#).

Lane Swim (1/2 pool)

Date and Time: Friday, July 26 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Friday, July 26 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Total Body Strength

Date and Time: Friday, July 26 12:15 pm - 12:45 pm

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

30 minutes of strength and anaerobic training; focusing on compound moves using free weights, and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!

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](#).

Saturday, July 27, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Saturday, July 27 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Saturday, July 27 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Saturday, July 27 10:00 am - 11:45 am

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.

Youth Room Drop-in (Grade 6-12)

Date and Time: Saturday, July 27 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.

Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Saturday, July 27 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Badminton

Date and Time: Saturday, July 27 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 (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Saturday, July 27 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Saturday, July 27 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Sunday, July 28, 2024

Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Sunday, July 28 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Sunday, July 28 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Youth Room Drop-in (Grade 6-12)

Date and Time: Sunday, July 28 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.

Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Sunday, July 28 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Family/Open Gym

Date and Time: Sunday, July 28 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 (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Sunday, July 28 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Pickleball (Recreational)

Date and Time: Sunday, July 28 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.

Public Swim (Kinsmen) - 3:00 - 4:25 p.m.

Date and Time: Sunday, July 28 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

Power Skating (Beginner)

Date and Time: Sunday, July 28 5:00 pm - 5:45 pm

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

Improve speed, balance, stopping, stride, and posture. We offer beginner, intermediate and advance level options. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory. Up to U9 (Under 9) level hockey players.

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

Power Skating (Intermediate/Advanced)

Date and Time: Sunday, July 28 5:50 pm - 6:50 pm

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

Improve speed, balance, stopping, stride, and posture. We recommend that you complete two sessions of beginner before joining intermediate/advance. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory.

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

Monday, July 29, 2024

Lane Swim

Date and Time: Monday, July 29 6:00 am - 7:00 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.

Lane Swim

Date and Time: Monday, July 29 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Monday, July 29 7:00 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.](#)

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Monday, July 29 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Monday, July 29 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 (Therapy/Preschool Pool Only)

Date and Time: Monday, July 29 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Therapy Fitness

Date and Time: Monday, July 29 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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: Monday, July 29 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Monday, July 29 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Older Adult Yoga

Date and Time: Monday, July 29 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 (In intermediate).

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

Deaf Seniors

Date and Time: Monday, July 29 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. Every one is welcome. Please Note: You must have a valid 50 Membership (\$10.00/year) to attend

Gentle Core Strengthening

Date and Time: Monday, July 29 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Monday, July 29 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Monday, July 29 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Monday, July 29 12:00 pm - 1:00 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.

Tuesday, July 30, 2024

Rehabilitation Swim

Date and Time: Tuesday, July 30 7:00 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.](#)

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, July 30 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.

Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Tuesday, July 30 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 30 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.](#)

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, July 30 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 30 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.

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

Therapy Fitness

Date and Time: Tuesday, July 30 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active focusing on therapeutic muscles moves.

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](#).

Artist Collective

Date and Time: Tuesday, July 30 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, July 30 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.

Older Adult Yoga

Date and Time: Tuesday, July 30 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).

termediate).

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

Mix It Up

Date and Time: Tuesday, July 30 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.

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

Lane Swim (1/2 pool)

Date and Time: Tuesday, July 30 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Tuesday, July 30 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

TRX Circuit

Date and Time: Tuesday, July 30 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

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](#).

Bridge (Experienced)

Date and Time: Tuesday, July 30 1:00 pm - 4:00 pm

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

Are you an avid Bridge player? Then this game is for you! Join other experienced bridge players and enjoy an afternoon of socializing and playing your favorite game. Experienced players only. Please Note: You are required to have a valid 50+ Membership (\$10.00/year) to participate.

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

Wednesday, July 31, 2024

Lane Swim

Date and Time: Wednesday, July 31 6:00 am - 7:00 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.

Lane Swim

Date and Time: Wednesday, July 31 7:00 am - 8:00 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.

Rehabilitation Swim

Date and Time: Wednesday, July 31 7:00 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](#).

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 (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Wednesday, July 31 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Wednesday, July 31 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 (Therapy/Preschool Pool Only)

Date and Time: Wednesday, July 31 9:00 am - 10:00 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 the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stitches

Date and Time: Wednesday, July 31 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

Therapy Fitness

Date and Time: Wednesday, July 31 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

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, July 31 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.

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

Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Wednesday, July 31 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Stretch and Balance Fit

Date and Time: Wednesday, July 31 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.

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

Chair Yoga

Date and Time: Wednesday, July 31 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.

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

Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Wednesday, July 31 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

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

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

Lane Swim (1/2 pool)

Date and Time: Wednesday, July 31 12:00 pm - 1:00 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.

Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.

Date and Time: Wednesday, July 31 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

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

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.