



Generated April 26, 2024

## August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>5:00 QSWC Operations - Regular Ice/FDC Track Open (no programs, customer service desk/admin offices closed)</p>	<p>2</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>7:00 Workout Studio (Various time slots)</p> <p>8:00 Aqua Fitness</p> <p>8:00 Lane Swim</p> <p>8:00 Summer Spectacular Camp (6-11years)</p> <p>8:00 Wacky Water Sports Camp (8-13years)</p> <p>8:00 Summer Extravaganza Camp (4-11years)</p> <p>8:45 Family Swim (Main Pool Only)</p> <p>9:00 Therapy Fitness</p> <p>9:00 Lane Swim</p> <p>10:00 Aqua Fitness</p> <p>12:00 Lane Swim</p> <p>1:00 Pickleball - Beginner</p> <p>1:00 Lane Swim</p> <p>2:00 Senior Swim</p> <p>3:00 Public Swim</p> <p>3:00 Lane Swim</p> <p>4:15 Open Gym</p> <p>5:15 Open Gym</p>	<p>3</p> <p>6:00 Lane Swim</p> <p>6:30 Rehabilitation Swim</p> <p>7:00 Lane Swim</p> <p>7:00 Workout Studio (Various time slots)</p> <p>8:00 Summer Spectacular Camp (6-11years)</p> <p>8:00 Lane Swim</p> <p>8:00 Wacky Water Sports Camp (8-13years)</p> <p>8:00 Summer Extravaganza Camp (4-11years)</p> <p>8:45 Family Swim</p> <p>8:45 Pickleball - Intermediate</p> <p>9:00 Aqua Fitness</p> <p>10:00 Aqua Fitness</p> <p>12:00 Lane Swim</p> <p>12:00 Aqua Fitness</p> <p>1:00 Lane Swim</p> <p>1:00 Joint Replacement Rehabilitation</p> <p>1:30 Parkinson's and Movement Disorder Therapy Fitness</p>	<p>4</p> <p>7:00 Lane Swim</p> <p>7:00 Rehabilitation Swim</p> <p>7:00 Workout Studio (Various time slots)</p> <p>8:00 Aqua Fitness</p> <p>8:00 Lane Swim</p> <p>8:00 Summer Spectacular Camp (6-11years)</p> <p>8:00 Wacky Water Sports Camp (8-13years)</p> <p>8:00 Summer Extravaganza Camp (4-11years)</p> <p>8:45 Family Swim (Main Pool Only)</p> <p>9:00 Therapy Fitness</p> <p>9:00 Lane Swim</p> <p>10:00 Youth Room Drop-in (Free. Pre-registration required)</p> <p>10:00 Youth Room Drop-in (Free. Pre-registration required)</p> <p>12:00 Lane Swim</p> <p>1:00 Lane Swim</p> <p>2:00 Senior Swim</p> <p>3:00 Public Swim</p> <p>3:00 Lane Swim</p>	<p>5</p> <p>6:00 Lane Swim</p> <p>6:30 Rehabilitation Swim</p> <p>7:00 Workout Studio (Various time slots)</p> <p>7:00 Lane Swim</p> <p>8:00 Wacky Water Sports Camp (8-13years)</p> <p>8:00 Summer Extravaganza Camp (4-11years)</p> <p>8:00 Summer Spectacular Camp (6-11years)</p> <p>8:00 Lane Swim</p> <p>8:45 Family Swim</p> <p>8:45 Pickleball - Intermediate</p> <p>9:00 Aqua Fitness</p> <p>12:00 Lane Swim</p> <p>1:00 Lane Swim</p> <p>2:00 Senior Swim</p> <p>3:00 Rehabilitation Swim</p> <p>3:00 Lane Swim</p>	<p>6</p> <p>7:00 Workout Studio (Various time slots)</p> <p>9:45 Badminton</p> <p>12:00 Open Gym</p>

		5:15 Soccer Skills & Drills (4-8yrs) 6:00 Aqua Fitness 6:00 Soccer Skills & Drills (9+yrs) 7:15 Volleyball - Intermediate/Advanced 7:15 Lane Swim 7:15 Public Swim	2:00 Senior Swim 3:00 Public Swim 3:00 Lane Swim 3:30 Child/Youth Basketball 5:00 Pickleball - Recreational 7:15 Badminton 7:15 Lane Swim	4:15 Open Gym 5:15 Open Gym 6:00 Aqua Fitness 7:15 Lane Swim 7:15 Volleyball - Recreational/Beginner 7:15 Public Swim		
7 7:00 Workout Studio (Various time slots) 2:30 Open Gym 4:45 Basketball	8 6:00 Lane Swim 6:30 Rehabilitation Swim 7:00 Lane Swim 7:00 Workout Studio (Various time slots) 8:00 Lane Swim 8:00 Summer Spectacular Camp (6-11years) 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:00 Family Swim 8:45 Pickleball - Intermediate/Advanced 9:00 Aqua Fitness 9:30 Youth Room Drop-in (Free. Pre-registration required) 10:00 Aqua Fitness 12:00 Lane Swim 12:00 Deep Water Aqua Fitness 1:00 Lane Swim 1:00 Arthritis & Fibromyalgia Fitness 2:00 Senior Swim 3:00 Lane Swim 3:00 Public Swim 4:15 Open Gym 7:15 Lane Swim	9 7:00 Workout Studio (Various time slots) 7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:00 Aqua Fitness 8:00 Summer Spectacular Camp (6-11years) 8:00 Lane Swim 8:45 Family Swim (Main Pool Only) 9:00 Therapy Fitness 9:00 Lane Swim 9:30 Youth Room Drop-in (Free. Pre-registration required) 10:00 Aqua Fitness 12:00 Lane Swim 1:00 Pickleball - Beginner 1:00 Lane Swim 2:00 Senior Swim 3:00 Public Swim 3:00 Lane Swim 4:15 Open Gym 5:15 Open Gym 5:15 Soccer Skills & Drills (4-8yrs) 6:00 Aqua Fitness 6:00 Soccer Skills & Drills (9+yrs) 7:15 Volleyball - Intermediate/Advanced 7:15 Lane Swim 7:15 Public Swim	10 6:00 Lane Swim 6:30 Rehabilitation Swim 7:00 Lane Swim 7:00 Workout Studio (Various time slots) 8:00 Lane Swim 8:00 Summer Spectacular Camp (6-11years) 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:45 Family Swim 8:45 Pickleball - Intermediate 9:00 Aqua Fitness 9:30 Youth Room Drop-in (Free. Pre-registration required) 10:00 Aqua Fitness 12:00 Lane Swim 12:00 Aqua Fitness 1:00 Lane Swim 1:00 Joint Replacement Rehabilitation 1:30 Parkinson's and Movement Disorder Therapy Fitness 2:00 Senior Swim 3:00 Public Swim 3:00 Lane Swim 3:30 Child/Youth Basketball 5:00 Pickleball - Recreational 7:15 Badminton 7:15 Lane Swim	11 7:00 Lane Swim 7:00 Rehabilitation Swim 7:00 Workout Studio (Various time slots) 8:00 Aqua Fitness 8:00 Summer Spectacular Camp (6-11years) 8:00 Lane Swim 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:45 Family Swim (Main Pool Only) 9:00 Therapy Fitness 9:00 Lane Swim 9:30 Youth Room Drop-in (Free. Pre-registration required) 12:00 Lane Swim 1:00 Lane Swim 2:00 Senior Swim 3:00 Public Swim 3:00 Lane Swim 4:15 Open Gym 5:15 Open Gym 6:00 Aqua Fitness 7:15 Lane Swim 7:15 Volleyball - Recreational/Beginner 7:15 Public Swim	12 6:00 Lane Swim 6:30 Rehabilitation Swim 7:00 Workout Studio (Various time slots) 7:00 Lane Swim 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:00 Lane Swim 8:00 Summer Spectacular Camp (6-11years) 8:45 Family Swim 8:45 Pickleball - Intermediate 9:00 Aqua Fitness 9:30 Youth Room Drop-in (Free. Pre-registration required) 12:00 Lane Swim 1:00 Lane Swim 2:00 Senior Swim 3:00 Rehabilitation Swim 3:00 Lane Swim	13 7:00 Workout Studio (Various time slots) 9:00 Youth Room Drop-in (Free. Pre-registration required) 9:45 Badminton 12:00 Open Gym
14	15	16	17	18	19	20

7:00 Workout Studio (Various time slots)	6:00 Lane Swim	7:00 Workout Studio (Various time slots)	6:00 Lane Swim	7:00 FREE Lane Swim (7:00 - 8:00 a.m.)	6:00 Lane Swim	7:00 Workout Studio (Various time slots)
2:30 Open Gym	6:30 Rehabilitation Swim	7:00 Rehabilitation Swim	6:30 Rehabilitation Swim	7:00 Lane Swim	6:30 Rehabilitation Swim	9:00 Youth Room Drop-in (Free. Pre-registration required)
4:45 Basketball	7:00 Lane Swim	7:00 Lane Swim	7:00 Lane Swim	7:00 Rehabilitation Swim	7:00 Workout Studio (Various time slots)	9:00 FREE Youth Room Activities (9:00 a.m. - 1:00 p.m.)
	7:00 Workout Studio (Various time slots)	8:00 Wacky Water Sports Camp (8-13years)	7:00 Workout Studio (Various time slots)	7:00 Workout Studio (Various time slots)	7:00 Lane Swim	9:45 FREE Badminton 16+ (9:45 - 11:45 a.m.)
	8:00 Summer Spectacular Camp (6-11years)	8:00 Summer Extravaganza Camp (4-11years)	8:00 Summer Spectacular Camp (6-11years)	8:00 Aqua Fitness	8:00 Wacky Water Sports Camp (8-13years)	
	8:00 Lane Swim	8:00 Aqua Fitness	8:00 Lane Swim	8:00 Lane Swim	8:00 Summer Extravaganza Camp (4-11years)	
	8:00 Wacky Water Sports Camp (8-13years)	8:00 Lane Swim	8:00 Wacky Water Sports Camp (8-13years)	8:00 Summer Spectacular Camp (6-11years)	8:00 Summer Extravaganza Camp (4-11years)	
	8:00 Summer Extravaganza Camp (4-11years)	8:00 Summer Spectacular Camp (6-11years)	8:00 Summer Extravaganza Camp (4-11years)	8:00 Wacky Water Sports Camp (8-13years)	8:00 Summer Spectacular Camp (6-11years)	
	8:45 Family Swim	8:45 Family Swim (Main Pool Only)	8:45 Family Swim	8:00 Summer Extravaganza Camp (4-11years)	8:00 Lane Swim	9:45 Badminton
	8:45 Pickleball - Intermediate/Advanced	9:00 Therapy Fitness	8:45 Pickleball - Intermediate	8:45 Family Swim (Main Pool Only)	8:45 FREE Pickleball - Intermediate (8:45 - 10:30 a.m.)	12:00 FREE Open Gym (12:00 - 2:00 p.m.)
	9:00 Aqua Fitness	9:00 FREE 50+ Art Class (9:00 a.m. - 12:00 p.m.)	8:45 FREE Family Swim (1/2 Main Pool or Therapy/Preschool Pool)	9:00 Therapy Fitness	8:45 Family Swim	12:00 Open Gym
	10:00 Youth Room Drop-in (Free. Pre-registration required)	9:00 Lane Swim	9:00 Aqua Fitness	9:00 Lane Swim	8:45 Pickleball - Intermediate	
	10:00 Aqua Fitness	10:00 Aqua Fitness	10:00 Youth Room Drop-in (Free. Pre-registration required)	12:00 Lane Swim	9:00 Aqua Fitness	
	10:30 10th Anniversary Celebration Kick-Off (10:30 a.m. - 10:45 am.)	10:00 Youth Room Drop-in (Free. Pre-registration required)	10:00 Youth Room Drop-in (Free. Pre-registration required)	1:00 Lane Swim	12:00 Lane Swim	
	10:45 FREE Pickleball - Beginner/Intermediate (10:45 a.m. - 11:15 a.m.)	12:00 Lane Swim	10:00 Aqua Fitness	2:00 Youth Room Drop-in (Free. Pre-registration required)	1:00 Lane Swim	
	12:00 Lane Swim	12:15 FREE HIIT (12:15 - 12:45 p.m.)	12:00 Lane Swim	2:00 Senior Swim	2:30 FREE Workout Studio (2:30 - 3:30 p.m.)	
	12:00 Deep Water Aqua Fitness	1:00 Lane Swim	12:00 Aqua Fitness	3:00 FREE Public Swim - 1/2 Main or Therapy/Preschool Pool	2:30 FREE Intro to Yoga (2:30 - 3:30 p.m.)	
	1:00 Lane Swim	1:00 Pickleball - Beginner	1:00 Lane Swim	3:00 Public Swim	3:00 Lane Swim	
	1:00 Arthritis & Fibromyalgia Fitness	2:00 Senior Swim	1:00 Joint Replacement Rehabilitation	3:00 Lane Swim	3:00 Rehabilitation Swim	
	2:00 Senior Swim	3:00 Public Swim	1:30 Parkinson's and Movement Disorder Therapy Fitness	4:15 Open Gym	3:30 FREE Workout Studio (3:30 - 4:30 p.m.)	
	2:00 FREE Seniors Swim - 50+	3:00 Lane Swim	2:00 Senior Swim	5:15 Open Gym	3:30 FREE Workout Studio (3:30 - 4:30 p.m.)	
	2:00 FREE Adult Skate 16 +	4:15 Open Gym	3:00 Public Swim	6:00 Aqua Fitness	4:30 FREE Workout Studio (4:30 - 5:30 p.m.)	
	3:00 Lane Swim	5:15 Open Gym	3:00 Lane Swim	7:15 FREE Public Swim - 1/2 Main or Therapy/Preschool Pool		
	3:00 Public Swim	5:15 Soccer Skills & Drills (4-8yrs)	3:30 Child/Youth Basketball	7:15 FREE Public Swim - 1/2 Main or Therapy/Preschool Pool		
	4:15 Open Gym	6:00 Aqua Fitness	3:30 FREE Child & Youth Basketball (3:30 - 4:45 p.m.)	7:15 Volleyball - Recreational/Beginner		
	4:15 FREE Open Gym (4:15-7:00pm)	6:00 Soccer Skills & Drills (9+yrs)	5:00 Pickleball - Recreational	7:15 Lane Swim		
	7:15 Lane Swim	7:15 Volleyball - Intermediate/Advanced	5:30 FREE Fit & Firm (5:30 - 6:30 p.m.)	7:15 FREE Volleyball - Recreation/Beginner 16+ (7:15 - 9:00 p.m.)		
		7:15 Lane Swim	6:00 FREE Belleville Senators Dressing Room Tours (6:00 - 7:30 p.m.) - Meet at Gate 1 outside CAA Arena			
		7:15 FREE Public Swim - 1/2 Main or Therapy/Preschool Pool	7:15 Badminton			
		7:15 Public Swim				

			7:15 Lane Swim 7:30 FREE Public Skate (7:30 - 8:20 p.m.) Helmets strongly recommended			
21  7:00 Workout Studio (Various time slots)  10:00 Youth Room Drop-in (Free. Pre-registration required)  2:30 Open Gym  4:45 Basketball	22  6:00 Lane Swim 6:30 Rehabilitation Swim 7:00 Lane Swim 7:00 Workout Studio (Various time slots) 8:00 Lane Swim 8:00 Summer Spectacular Camp (6-11years) 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:45 Family Swim 8:45 Pickleball - Intermediate/Advanced 9:00 Aqua Fitness 10:00 Youth Room Drop-in (Free. Pre-registration required) 10:00 Aqua Fitness 12:00 Lane Swim 12:00 Deep Water Aqua Fitness 1:00 Lane Swim 1:00 Arthritis & Fibromyalgia Fitness 2:00 Senior Swim 3:00 Lane Swim 3:00 Public Swim 4:15 Open Gym 7:15 Lane Swim	23  7:00 Workout Studio (Various time slots) 7:00 Rehabilitation Swim 7:00 Lane Swim 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:00 Aqua Fitness 8:00 Summer Spectacular Camp (6-11years) 8:00 Lane Swim 8:45 Family Swim (Main Pool Only) 9:00 Therapy Fitness 9:00 Lane Swim 10:00 Aqua Fitness 10:00 Youth Room Drop-in (Free. Pre-registration required) 12:00 Lane Swim 1:00 Pickleball - Beginner 1:00 Lane Swim 2:00 Senior Swim 3:00 Public Swim 3:00 Lane Swim 4:15 Open Gym 5:15 Open Gym 5:15 Soccer Skills & Drills (4-8yrs) 6:00 Aqua Fitness 6:00 Soccer Skills & Drills (9+yrs) 7:15 Volleyball - Intermediate/Advanced 7:15 Lane Swim 7:15 Public Swim	24  6:00 Lane Swim 6:30 Rehabilitation Swim 7:00 Lane Swim 7:00 Workout Studio (Various time slots) 8:00 Lane Swim 8:00 Summer Spectacular Camp (6-11years) 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:45 Family Swim 8:45 Pickleball - Intermediate 9:00 Aqua Fitness 10:00 Youth Room Drop-in (Free. Pre-registration required) 10:00 Aqua Fitness 12:00 Lane Swim 12:00 Aqua Fitness 1:00 Lane Swim 1:00 Joint Replacement Rehabilitation 1:30 Parkinson's and Movement Disorder Therapy Fitness 2:00 Senior Swim 3:00 Public Swim 3:00 Lane Swim 3:30 Child/Youth Basketball 5:00 Pickleball - Recreational 7:15 Badminton 7:15 Lane Swim	25  7:00 Lane Swim 7:00 Rehabilitation Swim 7:00 Workout Studio (Various time slots) 8:00 Aqua Fitness 8:00 Summer Spectacular Camp (6-11years) 8:00 Lane Swim 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:45 Family Swim (Main Pool Only) 9:00 Therapy Fitness 9:00 Lane Swim 12:00 Lane Swim 1:00 Lane Swim 2:00 Youth Room Drop-in (Free. Pre-registration required) 2:00 Senior Swim 3:00 Public Swim 3:00 Lane Swim 4:15 Open Gym 5:00 Children's Paint Night: Cactus Canvas Painting 5:15 Open Gym 6:00 Aqua Fitness 6:30 Youth Paint Night: Northern Light Canvas Painting 7:15 Lane Swim 7:15 Volleyball - Recreational/Beginner 7:15 Public Swim	26  6:00 Lane Swim 6:30 Rehabilitation Swim 7:00 Workout Studio (Various time slots) 7:00 Lane Swim 8:00 Wacky Water Sports Camp (8-13years) 8:00 Summer Extravaganza Camp (4-11years) 8:00 Lane Swim 8:00 Summer Spectacular Camp (6-11years) 8:45 Family Swim 8:45 Pickleball - Intermediate 9:00 Aqua Fitness 10:00 Youth Room Drop-in (Free. Pre-registration required) 12:00 Lane Swim 1:00 Lane Swim 2:00 Senior Swim 3:00 Rehabilitation Swim 3:00 Lane Swim	27  12:00 Riverside Rumble (ODSA East Division Tour Stop)  6:00 Templeman Aquatic Centre Closed For Annual Maintenance  7:00 Workout Studio (Various time slots)  9:00 Youth Room Drop-in (Free. Pre-registration required)  9:45 Badminton  12:00 Open Gym
28  12:00 Riverside Rumble (ODSA East Division Tour Stop)  6:00 Templeman Aquatic Centre	29  6:00 Templeman Aquatic Centre Closed For Annual Maintenance  7:00 Workout Studio (Various time slots)	30  6:00 Templeman Aquatic Centre Closed For Annual Maintenance  7:00 Workout Studio (Various time slots)	31  6:00 Templeman Aquatic Centre Closed For Annual Maintenance  7:00 Workout Studio (Various time slots)			

Closed For Annual Maintenance	8:00 Summer Spectacular Camp (6-11years)	8:00 Summer Spectacular Camp (6-11years)	slots)			
7:00 Workout Studio (Various time slots)	8:00 Wacky Water Sports Camp (8-13years)	8:00 Summer Extravaganza Camp (4-11years)	8:00 Summer Spectacular Camp (6-11years)			
10:00 Youth Room Drop-in (Free. Pre-registration required)	8:00 Summer Extravaganza Camp (4-11years)	8:00 Wacky Water Sports Camp (8-13years)	8:00 Wacky Water Sports Camp (8-13years)			
2:30 Open Gym	8:30 Fall Program Registration for City Taxpayers	9:00 Youth Room Drop-in (Free. Pre-registration required)	8:00 Summer Extravaganza Camp (4-11years)			
4:45 Basketball	8:45 Pickleball - Intermediate/Advanced	9:00 Spinning Wheels - A Cross Canada Parkinson's Journey	8:45 Pickleball - Intermediate			
	9:00 Youth Room Drop-in (Free. Pre-registration required)	1:00 Pickleball - Beginner	10:00 Youth Room Drop-in (Free. Pre-registration required)			
	4:15 Open Gym	4:15 Open Gym	3:30 Child/Youth Basketball			
		5:15 Open Gym	5:00 Pickleball - Recreational			
		5:15 Soccer Skills & Drills (4-8yrs)	7:15 Badminton			
		6:00 Soccer Skills & Drills (9+yrs)				
		7:15 Volleyball - Intermediate/Advanced				

<https://calendar.quintesportsandwellnesscentre.ca>