Quinte Sports and Wellness Centre Calendar





Generated April 26, 2024

August 2022

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

Sports Camp (8- 13years) 8-00 Summer Sports Camp (8- 13years) 8-00 Summer Extravaganza Camp (4-11years) 8-05 Lane Swim 9-05 Lane Swim 1-00 La	_	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- 11 years) 8:00 Wacky Water	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 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	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 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)	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 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	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 (8-13 years) 8:00 Summer Extravaganza	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		14	8:00 Summer Extravaganza Camp (4-11years) 8:45 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	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 Public Swim 3:00 Public Swim 5:15 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	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 Public Swim 3:30 Child/Youth Basketball 5:00 Pickleball - Recreational 7:15 Badminton	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 Public Swim 4:15 Open Gym 5:15 Open Gym 6:00 Aqua Fitness 7:15 Lane Swim 7:15 Volleyball - Recreational/Beginner	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	20

7:00 Workout	6:00 Lane Swim	7:00 Workout Studio	6:00 Lane Swim	7:00 FREE Lane	6:00 Lane Swim	7:00 Workout
Studio (Various time slots)	6:30 Rehabilitation	(Various time slots)	6:30 Rehabilitation	Swim (7:00 - 8:00	6:30 Rehabilitation	Studio (Various time
· ·	Swim	7:00 Rehabilitation	Swim	a.m.)	Swim	slots)
2:30 Open Gym	7:00 Lane Swim	Swim	7:00 Lane Swim	7:00 Lane Swim	7:00 Workout	9:00 Youth
4:45 Basketball	7:00 Workout Studio	7:00 Lane Swim	7:00 Workout	7:00 Rehabilitation Swim	Studio (Various time slots)	Room Drop-
	(Various time slots)	8:00 Wacky Water Sports Camp (8-	Studio (Various time slots)	7:00 Workout Studio	7:00 Lane Swim	in (Free. Pre- registration
	8:00 Summer	13years)	8:00 Summer	(Various time slots)		required)
	Spectacular Camp (6-11 years)	8:00 Summer	Spectacular Camp	8:00 Aqua Fitness	8:00 Wacky Water Sports	9:00 FREE
	8:00 Lane Swim	Extravaganza Camp	(6-11years)	8:00 Lane Swim	Camp (8-13 years)	Youth Room Activities
	8:00 Wacky Water	(4-11years)	8:00 Lane Swim	8:00 Summer	8:00 Summer	(9:00 a.m
	Sports Camp (8-	8:00 Aqua Fitness	8:00 Wacky Water	Spectacular Camp	Extravaganza Camp (4-11years)	1:00 p.m.)
	13years)	8:00 Lane Swim	Sports Camp (8- 13years)	(6-11years)	8:00 Summer	9:45 FREE
	8:00 Summer	8:00 Summer	8:00 Summer	8:00 Wacky Water	Spectacular Camp	Badminton 16+ (9:45 -
	Extravaganza Camp (4-11years)	Spectacular Camp (6-11years)	Extravaganza Camp	Sports Camp (8- 13years)	(6-11years)	11:45 a.m.)
	8:45 Family Swim	8:45 Family Swim	(4-11years)	8:00 Summer	8:00 Lane Swim	9:45
	8:45 Pickleball -	(Main Pool Only)	8:45 Family Swim	Extravaganza Camp	8:45 FREE	Badminton
	Intermediate/Advanced	9:00 Therapy Fitness	8:45 Pickleball -	(4-11years)	Pickleball - Intermediate (8:45	12:00 FREE Open Gym
	9:00 Aqua Fitness	9:00 FREE 50+ Art	Intermediate	8:45 Family Swim (Main Pool Only)	- 10:30 a.m.)	(12:00 - 2:00
	10:00 Youth Room	Class (9:00 a.m 12:00 p.m.)	8:45 FREE Family Swim (1/2 Main	9:00 Therapy Fitness	8:45 Family Swim	p.m.)
	Drop-in (Free. Pre- registration required)	9:00 Lane Swim	Pool or	9:00 Lane Swim	8:45 Pickleball -	12:00 Open Gym
	10:00 Aqua Fitness	10:00 Aqua Fitness	Therapy/Preschool Pool)	12:00 Lane Swim	Intermediate	Gym
	10:30 10th	10:00 Youth Room	9:00 Aqua Fitness	1:00 Lane Swim	9:00 Aqua Fitness	
	Anniversary	Drop-in (Free. Pre-	10:00 Youth Room	2:00 Youth Room	12:00 Lane Swim	
	Celebration Kick-Off (10:30 a.m 10:45	registration required)	Drop-in (Free. Pre-	Drop-in (Free. Pre-	1:00 Lane Swim	
	am.)	12:00 Lane Swim	registration required)	registration required)	2:00 Senior Swim	
	10:45 FREE Pickleball	12:15 FREE HIIT (12:15 - 12:45 p.m.)	10:00 Aqua Fitness	2:00 Senior Swim	2:30 FREE Workout Studio	
	- Beginner/Intermediate	1:00 Lane Swim	12:00 Lane Swim	3:00 FREE Public Swim - 1/2 Main or	(2:30 - 3:30 p.m.)	
	(10:45 a.m 11:15	1:00 Pickleball -	12:00 Aqua Fitness	Therapy/Preschool	2:30 FREE Intro	
	a.m.)	Beginner	1:00 Lane Swim	Pool	to Yoga (2:30 - 3:30 p.m.)	
	12:00 Lane Swim	2:00 Senior Swim	1:00 Joint	3:00 Public Swim	3:00 Lane Swim	
	12:00 Deep Water Aqua Fitness	3:00 Public Swim	Replacement	3:00 Lane Swim	3:00 Rehabilitation	
	1:00 Lane Swim	3:00 Lane Swim	Rehabilitation	4:15 Open Gym	Swim	
	1:00 Earle SWIII	3:00 FREE	1:30 Parkinson's and Movement	5:15 Open Gym	3:30 FREE	
	Fibromyalgia Fitness	Family/Parent & Tot	Disorder Therapy	6:00 Aqua Fitness	Workout Studio	
	2:00 Senior Swim	Skate (3:00 - 3:50 p.m.) Helmets	Fitness	7:15 FREE Public	(3:30 - 4:30 p.m.) 4:30 FREE	
	2:00 FREE Seniors	Required	2:00 Senior Swim	Swim - 1/2 Main or Therapy/Preschool	Workout Studio	
	Swim - 50+	4:15 Open Gym	3:00 Public Swim	Pool	(4:30 - 5:30 p.m.)	
	2:00 FREE Adult Skate 16 +	5:15 Open Gym	3:00 Lane Swim	7:15 Volleyball -		
	3:00 Lane Swim	5:15 Soccer Skills &	3:30 Child/Youth Basketball	Recreational/Beginner		
		Drills (4-8yrs)		7:15 Lane Swim		
	3:00 Public Swim	6:00 Aqua Fitness	3:30 FREE Child & Youth Basketball	7:15 FREE Volleyball - Recreation/Beginner		
	4:15 Open Gym	6:00 Soccer Skills & Drills (9+yrs)	(3:30 - 4:45 p.m.)	16+ (7:15 - 9:00		
	4:15 FREE Open Gym (4:15-7:00pm)	7:15 Volleyball -	5:00 Pickleball - Recreational	p.m.)		
	7:15 Lane Swim	Intermediate/Advanced				
		7:15 Lane Swim	5:30 FREE Fit & Firm (5:30 - 6:30			
		7:15 FREE Public	p.m.)			
		Swim - 1/2 Main or Therapy/Preschool	6:00 FREE Belleville			
		Pool	Senators Dressing Room Tours (6:00 -			
		7:15 Public Swim	7:30 p.m.) - Meet at Gate 1 outside CAA			
			Arena			
			7:15 Badminton			
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			7:15 Lane Swim			
			7:30 FREE Public Skate (7:30 - 8:20 p.m.) Helmets strongly recommended			
21	22	23	24	25	26	27
7:00 Workout	6:00 Lane Swim	7:00 Workout Studio	6:00 Lane Swim	7:00 Lane Swim	6:00 Lane Swim	12:00
Studio (Various time slots)	6:30 Rehabilitation Swim	(Various time slots) 7:00 Rehabilitation	6:30 Rehabilitation	7:00 Rehabilitation Swim	6:30 Rehabilitation Swim	Riverside Rumble
10:00 Youth Room Drop-in	7:00 Lane Swim	Swim 7:00 Lane Swim	7:00 Lane Swim	7:00 Workout Studio (Various time slots)	7:00 Workout Studio (Various	(ODSA East Division Tour Stop)
(Free. Pre- registration required)	7:00 Workout Studio (Various time slots)	8:00 Wacky Water	7:00 Workout Studio (Various time	8:00 Aqua Fitness	time slots)	6:00 Templeman
2:30 Open Gym	8:00 Lane Swim	Sports Camp (8- 13years)	slots) 8:00 Lane Swim	8:00 Summer Spectacular Camp	7:00 Lane Swim 8:00 Wacky	Aquatic
4:45 Basketball	8:00 Summer Spectacular Camp (6- 11years)	8:00 Summer Extravaganza Camp (4-11years)	8:00 Summer Spectacular Camp	(6-11years) 8:00 Lane Swim	Water Sports Camp (8-13years)	Centre Closed For Annual Maintenance
	8:00 Wacky Water Sports Camp (8- 13years)	8:00 Aqua Fitness 8:00 Summer	(6-11years) 8:00 Wacky Water Sports Camp (8-	8:00 Wacky Water Sports Camp (8- 13years)	8:00 Summer Extravaganza Camp (4-11years)	7:00 Workout Studio (Various time
	8:00 Summer	Spectacular Camp (6-	13years)	8:00 Summer	8:00 Lane Swim	slots)
	Extravaganza Camp (4-11years)	11years) 8:00 Lane Swim	8:00 Summer Extravaganza Camp (4-11years)	Extravaganza Camp (4-11years)	8:00 Summer Spectacular Camp (6-11years)	9:00 Youth Room Drop- in (Free. Pre-
	8:45 Family Swim 8:45 Pickleball -	8:45 Family Swim (Main Pool Only)	8:45 Family Swim	8:45 Family Swim (Main Pool Only)	8:45 Family Swim	registration required)
	Intermediate/Advanced	9:00 Therapy Fitness	8:45 Pickleball - Intermediate	9:00 Therapy Fitness	8:45 Pickleball - Intermediate	9:45 Badminton
	9:00 Aqua Fitness	9:00 Lane Swim	9:00 Aqua Fitness	9:00 Lane Swim	9:00 Aqua Fitness	12:00 Open
	10:00 Youth Room Drop-in (Free. Pre-	10:00 Aqua Fitness 10:00 Youth Room	10:00 Youth Room	12:00 Lane Swim	10:00 Youth	Gym
	registration required)	Drop-in (Free. Pre- registration required)	Drop-in (Free. Pre- registration	2:00 Youth Room	Room Drop-in (Free. Pre-	
	10:00 Aqua Fitness 12:00 Lane Swim	12:00 Lane Swim	required) 10:00 Aqua Fitness	Drop-in (Free. Pre- registration required)	registration required)	
	12:00 Deep Water	1:00 Pickleball -	12:00 Lane Swim	2:00 Senior Swim	12:00 Lane Swim	
	Aqua Fitness	Beginner	12:00 Aqua Fitness	3:00 Public Swim	1:00 Lane Swim	
	1:00 Lane Swim 1:00 Arthritis &	1:00 Lane Swim	1:00 Lane Swim	3:00 Lane Swim	2:00 Senior Swim	
	Fibromyalgia Fitness	2:00 Senior Swim 3:00 Public Swim	1:00 Joint	4:15 Open Gym	3:00 Rehabilitation Swim	
	2:00 Senior Swim	3:00 Lane Swim	Replacement Rehabilitation	5:00 Children's Paint Night: Cactus Canvas	3:00 Lane Swim	
	3:00 Lane Swim 3:00 Public Swim	4:15 Open Gym	1:30 Parkinson's and Movement	Painting 5:15 Open Gym		
	4:15 Open Gym	5:15 Open Gym	Disorder Therapy Fitness	6:00 Aqua Fitness		
	7:15 Lane Swim	5:15 Soccer Skills & Drills (4-8yrs)	2:00 Senior Swim	6:30 Youth Paint		
		6:00 Aqua Fitness	3:00 Public Swim	Night: Northern Light Canvas Painting		
		6:00 Soccer Skills &	3:00 Lane Swim	7:15 Lane Swim		
		Drills (9+yrs) 7:15 Volleyball - Intermediate/Advanced	3:30 Child/Youth Basketball	7:15 Volleyball - Recreational/Beginner		
		7:15 Lane Swim	5:00 Pickleball - Recreational	7:15 Public Swim		
		7:15 Public Swim	7:15 Badminton			
			7:15 Lane Swim			
28	29	30	31			
12:00 Riverside Rumble (ODSA East Division Tour Stop)	6:00 Templeman Aquatic Centre Closed For Annual Maintenance	6:00 Templeman Aquatic Centre Closed For Annual Maintenance	6:00 Templeman Aquatic Centre Closed For Annual Maintenance			
6:00 Templeman Aquatic Centre	7:00 Workout Studio (Various time slots)	7:00 Workout Studio (Various time slots)	7:00 Workout Studio (Various time			

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

https://calendar.quintesportsandwellnesscentre.ca