



Monday, August 1, 2022

QSWC Operations - Regular Ice/FDC Track Open (no programs, customer service desk/admin offices closed)

Date and Time: Monday, August 1 05:00 a.m. - 11:00 p.m.

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

Only regular ice rentals and FDC Indoor Track Open. There are no programs and the customer service desk/administration offices are closed.

The Kinsmen Pool is open by pre-registration only.

Tuesday, August 2, 2022

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Tuesday, August 2 07:00 a.m.

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

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Tuesday, August 2 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Tuesday, August 2 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Tuesday, August 2 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Family Swim (Main Pool Only)

Date and Time: Tuesday, August 2 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Tuesday, August 2 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Aqua Fitness

Date and Time: Tuesday, August 2 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Tuesday, August 2 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Pickleball - Beginner

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Lane Swim

Date and Time: Tuesday, August 2 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wednesday, August 3, 2022

Lane Swim

Date and Time: Wednesday, August 3 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Wednesday, August 3 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Workout Studio (Various time slots)

Date and Time: Wednesday, August 3 07:00 a.m.

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

Summer Spectacular Camp (6-11years)

Date and Time: Wednesday, August 3 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Wednesday, August 3 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Wednesday, August 3 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Family Swim

Date and Time: Wednesday, August 3 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Wednesday, August 3 12:00 p.m. - 1:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Thursday, August 4, 2022

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Thursday, August 4 07:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Thursday, August 4 07:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Thursday, August 4 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Thursday, August 4 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Thursday, August 4 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Family Swim (Main Pool Only)

Date and Time: Thursday, August 4 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Thursday, August 4 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Thursday, August 4 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Thursday, August 4 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Lane Swim

Date and Time: Thursday, August 4 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Thursday, August 4 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Friday, August 5, 2022

Lane Swim

Date and Time: Friday, August 5 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Friday, August 5 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Friday, August 5 07:00 a.m.

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

Lane Swim

Date and Time: Friday, August 5 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Friday, August 5 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Friday, August 5 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Summer Spectacular Camp (6-11years)

Date and Time: Friday, August 5 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Family Swim

Date and Time: Friday, August 5 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Friday, August 5 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

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Lane Swim

Date and Time: Friday, August 5 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Senior Swim

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Rehabilitation Swim

Date and Time: Friday, August 5 03:00 p.m. - 4:15 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Saturday, August 6, 2022

Workout Studio (Various time slots)

Date and Time: Saturday, August 6 07:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8265 Cannifton Road, Belleville ON K8N 4V8

Badminton

Date and Time: Saturday, August 6 09:45 a.m. - 11:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym

Date and Time: Saturday, August 6 12:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Sunday, August 7, 2022

Workout Studio (Various time slots)

Date and Time: Sunday, August 7 07:00 a.m.

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

Open Gym

Date and Time: Sunday, August 7 02:30 p.m. - 4:30 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Basketball

Date and Time: Sunday, August 7 04:45 p.m. - 6:30 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Monday, August 8, 2022

Lane Swim

Date and Time: Monday, August 8 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Monday, August 8 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Lane Swim

Date and Time: Monday, August 8 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Workout Studio (Various time slots)

Date and Time: Monday, August 8 07:00 a.m.

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

Lane Swim

Date and Time: Monday, August 8 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Monday, August 8 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Monday, August 8 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Monday, August 8 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Family Swim

Date and Time: Monday, August 8 08:45 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate/Advanced

Date and Time: Monday, August 8 08:45 a.m. - 11:15 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Monday, August 8 09:30 a.m. - 1:30 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Monday, August 8 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Deep Water Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Deep Water Aqua Fitness: This class is taught in the deep end of the Main Pool and is the best class for getting into shape. Stay afloat by using an aqua belt or noodle and feel your muscles burn!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Tuesday, August 9, 2022

Workout Studio (Various time slots)

Date and Time: Tuesday, August 9 07:00 a.m.

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

Rehabilitation Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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, August 9 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Tuesday, August 9 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Tuesday, August 9 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Summer Spectacular Camp (6-11years)

Date and Time: Tuesday, August 9 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children

will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Family Swim (Main Pool Only)

Date and Time: Tuesday, August 9 08:45 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Tuesday, August 9 09:00 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Tuesday, August 9 09:30 a.m. - 1:30 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Aqua Fitness

Date and Time: Tuesday, August 9 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Tuesday, August 9 12:00 p.m. - 1:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Tuesday, August 9 01:00 p.m. - 2:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wednesday, August 10, 2022

Lane Swim

Date and Time: Wednesday, August 10 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Wednesday, August 10 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Workout Studio (Various time slots)

Date and Time: Wednesday, August 10 07:00 a.m.

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

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Wednesday, August 10 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Wednesday, August 10 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Wednesday, August 10 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Family Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

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

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Wednesday, August 10 09:30 a.m. - 1:30 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Wednesday, August 10 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Thursday, August 11, 2022

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Thursday, August 11 07:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Thursday, August 11 07:00 a.m.

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

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Summer Spectacular Camp (6-11years)

Date and Time: Thursday, August 11 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Thursday, August 11 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Thursday, August 11 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Family Swim (Main Pool Only)

Date and Time: Thursday, August 11 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Thursday, August 11 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Thursday, August 11 09:30 a.m. - 1:30 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Lane Swim

Date and Time: Thursday, August 11 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Thursday, August 11 01:00 p.m. - 2:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Senior Swim

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

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Friday, August 12, 2022

Lane Swim

Date and Time: Friday, August 12 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Friday, August 12 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Friday, August 12 07:00 a.m.

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

Lane Swim

Date and Time: Friday, August 12 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Friday, August 12 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Friday, August 12 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Lane Swim

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Friday, August 12 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Family Swim

Date and Time: Friday, August 12 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Friday, August 12 09:30 a.m. - 1:30 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Lane Swim

Date and Time: Friday, August 12 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Friday, August 12 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Senior Swim

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Saturday, August 13, 2022

Workout Studio (Various time slots)

Date and Time: Saturday, August 13 07:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8265 Cannifton Road, Belleville ON K8N 4V8

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Saturday, August 13 09:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Badminton

Date and Time: Saturday, August 13 09:45 a.m. - 11:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym

Date and Time: Saturday, August 13 12:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Sunday, August 14, 2022

Workout Studio (Various time slots)

Date and Time: Sunday, August 14 07:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8265 Cannifton Road, Belleville ON K8N 4V8

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Sunday, August 14 10:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Open Gym

Date and Time: Sunday, August 14 02:30 p.m. - 4:30 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Basketball

Date and Time: Sunday, August 14 04:45 p.m. - 6:30 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Monday, August 15, 2022

Lane Swim

Date and Time: Monday, August 15 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Monday, August 15 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Lane Swim

Date and Time: Monday, August 15 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Workout Studio (Various time slots)

Date and Time: Monday, August 15 07:00 a.m.

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

Summer Spectacular Camp (6-11years)

Date and Time: Monday, August 15 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

Date and Time: Monday, August 15 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Monday, August 15 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Monday, August 15 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Family Swim

Date and Time: Monday, August 15 08:45 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate/Advanced

Date and Time: Monday, August 15 08:45 a.m. - 11:15 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Monday, August 15 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Aqua Fitness

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

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1 265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

10th Anniversary Celebration Kick-Off (10:30 a.m. - 10:45 a.m.)

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

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

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5136. You can book either by calling 613-966-4632, [registering online](#) or in person.

FREE Pickleball - Beginner/Intermediate (10:45 a.m. - 11:15 a.m.)

Date and Time: Monday, August 15 10:45 a.m. - 11:15 a.m.

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

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5136.

You can book either by calling 613-966-4632, [registering online](#) or in person.

Tuesday, August 16, 2022

Workout Studio (Various time slots)

Date and Time: Tuesday, August 16 07:00 a.m.

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

Rehabilitation Swim

Date and Time: Tuesday, August 16 07:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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, August 16 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Tuesday, August 16 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Tuesday, August 16 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Aqua Fitness

Date and Time: Tuesday, August 16 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Tuesday, August 16 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Tuesday, August 16 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Family Swim (Main Pool Only)

Date and Time: Tuesday, August 16 08:45 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

Date and Time: Tuesday, August 16 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

FREE 50+ Art Class (9:00 a.m. - 12:00 p.m.)

Date and Time: Tuesday, August 16 09:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8 (50+ Centre)

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 4265.

You can book either by calling 613-966-4632, [registering online](#) or in person.

Lane Swim

Date and Time: Tuesday, August 16 09:00 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Aqua Fitness

Date and Time: Tuesday, August 16 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Tuesday, August 16 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Lane Swim

Date and Time: Tuesday, August 16 12:00 p.m. - 1:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wednesday, August 17, 2022

Lane Swim

Date and Time: Wednesday, August 17 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Wednesday, August 17 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Lane Swim

Date and Time: Wednesday, August 17 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Workout Studio (Various time slots)

Date and Time: Wednesday, August 17 07:00 a.m.

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

Summer Spectacular Camp (6-11years)

Date and Time: Wednesday, August 17 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

Date and Time: Wednesday, August 17 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Wednesday, August 17 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Wednesday, August 17 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Family Swim

Date and Time: Wednesday, August 17 08:45 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

Date and Time: Wednesday, August 17 08:45 a.m. - 10:30 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

FREE Family Swim (1/2 Main Pool or Therapy/Preschool Pool)

Date and Time: Wednesday, August 17 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8 (Templeman Aquatic Centre)
265 Cannifton Rd., Belleville, ON K8N 4V8 (Templeman Aquatic Centre)

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Main Pool Shortcode: 5160. Pre-school/Therapy Pool 5163

You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

Date and Time: Wednesday, August 17 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Wednesday, August 17 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Aqua Fitness

Date and Time: Wednesday, August 17 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Wednesday, August 17 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Thursday, August 18, 2022

FREE Lane Swim (7:00 - 8:00 a.m.)

Date and Time: Thursday, August 18 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8 (Templeman Aquatic Centre)265 Cannifton Rd., Belleville, ON K8N 4V8 (Templeman Aquatic Centre)

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5170.

You can book either by calling 613-966-4632, [registering online](#) or in person.

Lane Swim

Date and Time: Thursday, August 18 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Thursday, August 18 07:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Thursday, August 18 07:00 a.m.

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

Aqua Fitness

Date and Time: Thursday, August 18 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Thursday, August 18 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Thursday, August 18 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Thursday, August 18 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified

Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Thursday, August 18 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Family Swim (Main Pool Only)

Date and Time: Thursday, August 18 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

Date and Time: Thursday, August 18 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Thursday, August 18 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

FREE Learn how to register online (11:00 a.m. - 12:00 p.m.)

Date and Time: Thursday, August 18 11:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8 (50+ Centre)265 Cannifton Rd., Belleville, ON K8N 4V8 (50+ Centre)

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5167.

You can book either by calling 613-966-4632, [registering online](#) or in person.

Lane Swim

Date and Time: Thursday, August 18 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill

up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Thursday, August 18 01:00 p.m. - 2:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Friday, August 19, 2022

Lane Swim

Date and Time: Friday, August 19 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Friday, August 19 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Friday, August 19 07:00 a.m.

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

Lane Swim

Date and Time: Friday, August 19 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Friday, August 19 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Friday, August 19 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Summer Spectacular Camp (6-11years)

Date and Time: Friday, August 19 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

Date and Time: Friday, August 19 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Family Swim

Date and Time: Friday, August 19 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

FREE Pickleball - Intermediate (8:45 - 10:30 a.m.)

Date and Time: Friday, August 19 08:45 a.m. - 10:30 a.m.

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

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5177.

You can book either by calling 613-966-4632, [registering online](#) or in person.

Pickleball - Intermediate

Date and Time: Friday, August 19 08:45 a.m. - 10:30 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

Date and Time: Friday, August 19 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Friday, August 19 12:00 p.m. - 1:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Friday, August 19 01:00 p.m. - 2:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Senior Swim

Date and Time: Friday, August 19 02:00 p.m. - 3:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Saturday, August 20, 2022

Workout Studio (Various time slots)

Date and Time: Saturday, August 20 07:00 a.m.

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

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Saturday, August 20 09:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the

Customer Service Desk. Please bring the card to every visit.

FREE Youth Room Activities (9:00 a.m. - 1:00 p.m.)

Date and Time: Saturday, August 20 09:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8 (Youth Room)265 Cannifton Rd., Belleville, ON K8N 4V8 (Youth Room)

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5291

You can book either by calling 613-966-4632, [registering online](#) or in person.

FREE Badminton 16+ (9:45 - 11:45 a.m.)

Date and Time: Saturday, August 20 09:45 a.m. - 11:45 a.m.

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

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5177.

You can book either by calling 613-966-4632, [registering online](#) or in person.

Badminton

Date and Time: Saturday, August 20 09:45 a.m. - 11:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

FREE Open Gym (12:00 - 2:00 p.m.)

Date and Time: Saturday, August 20 12:00 p.m. - 2:00 p.m.

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

10th Anniversary Week of Celebration August 15 - 20

Pre-booking is required. Shortcode: 5197

You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym

Date and Time: Saturday, August 20 12:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Sunday, August 21, 2022

Workout Studio (Various time slots)

Date and Time: Sunday, August 21 07:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8265 Cannifton Road, Belleville ON K8N 4V8

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Sunday, August 21 10:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Open Gym

Date and Time: Sunday, August 21 02:30 p.m. - 4:30 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Basketball

Date and Time: Sunday, August 21 04:45 p.m. - 6:30 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Monday, August 22, 2022

Lane Swim

Date and Time: Monday, August 22 06:00 a.m. - 7:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Monday, August 22 06:30 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Lane Swim

Date and Time: Monday, August 22 07:00 a.m. - 8:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Workout Studio (Various time slots)

Date and Time: Monday, August 22 07:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8265 Cannifton Road, Belleville ON K8N 4V8

Lane Swim

Date and Time: Monday, August 22 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Monday, August 22 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Monday, August 22 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Monday, August 22 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Family Swim

Date and Time: Monday, August 22 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate/Advanced

Date and Time: Monday, August 22 08:45 a.m. - 11:15 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

Date and Time: Monday, August 22 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Monday, August 22 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Aqua Fitness

Date and Time: Monday, August 22 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Monday, August 22 12:00 p.m. - 1:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Deep Water Aqua Fitness

Date and Time: Monday, August 22 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Deep Water Aqua Fitness: This class is taught in the deep end of the Main Pool and is the best class for getting into shape. Stay afloat by using an aqua belt or noodle and feel your muscles burn!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Workout Studio (Various time slots)

Date and Time: Tuesday, August 23 07:00 a.m.

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

Rehabilitation Swim

Date and Time: Tuesday, August 23 07:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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, August 23 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Tuesday, August 23 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Tuesday, August 23 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Aqua Fitness

Date and Time: Tuesday, August 23 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Summer Spectacular Camp (6-11years)

Date and Time: Tuesday, August 23 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

Date and Time: Tuesday, August 23 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Family Swim (Main Pool Only)

Date and Time: Tuesday, August 23 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

Date and Time: Tuesday, August 23 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Tuesday, August 23 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Aqua Fitness

Date and Time: Tuesday, August 23 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Tuesday, August 23 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Lane Swim

Date and Time: Tuesday, August 23 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Tuesday, August 23 01:00 p.m. - 2:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wednesday, August 24, 2022

Lane Swim

Date and Time: Wednesday, August 24 06:00 a.m. - 7:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Wednesday, August 24 06:30 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Lane Swim

Date and Time: Wednesday, August 24 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Workout Studio (Various time slots)

Date and Time: Wednesday, August 24 07:00 a.m.

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

Lane Swim

Date and Time: Wednesday, August 24 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Wednesday, August 24 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Wednesday, August 24 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Wednesday, August 24 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Family Swim

Date and Time: Wednesday, August 24 08:45 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All

children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

Date and Time: Wednesday, August 24 08:45 a.m. - 10:30 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

Date and Time: Wednesday, August 24 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Wednesday, August 24 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Aqua Fitness

Date and Time: Wednesday, August 24 10:00 a.m. - 10:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Wednesday, August 24 12:00 p.m. - 1:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Aqua Fitness

Date and Time: Wednesday, August 24 12:00 p.m. - 12:45 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Thursday, August 25, 2022

Lane Swim

Date and Time: Thursday, August 25 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Thursday, August 25 07:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Thursday, August 25 07:00 a.m.

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

Aqua Fitness

Date and Time: Thursday, August 25 08:00 a.m. - 8:45 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Summer Spectacular Camp (6-11years)

Date and Time: Thursday, August 25 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Lane Swim

Date and Time: Thursday, August 25 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Thursday, August 25 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Thursday, August 25 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Family Swim (Main Pool Only)

Date and Time: Thursday, August 25 08:45 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Therapy Fitness

Date and Time: Thursday, August 25 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1265 Cannifton Rd., Belleville, ON K8N 4G1

Therapy Fitness: This aqua fitness class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Lane Swim

Date and Time: Thursday, August 25 09:00 a.m. - 10:00 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Thursday, August 25 12:00 p.m. - 1:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Thursday, August 25 01:00 p.m. - 2:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Thursday, August 25 02:00 p.m. - 4:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Senior Swim

Date and Time: Thursday, August 25 02:00 p.m. - 3:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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

Friday, August 26, 2022

Lane Swim

Date and Time: Friday, August 26 06:00 a.m. - 7:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Rehabilitation Swim

Date and Time: Friday, August 26 06:30 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

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.

Workout Studio (Various time slots)

Date and Time: Friday, August 26 07:00 a.m.

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

Lane Swim

Date and Time: Friday, August 26 07:00 a.m. - 8:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Wacky Water Sports Camp (8-13years)

Date and Time: Friday, August 26 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Friday, August 26 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Lane Swim

Date and Time: Friday, August 26 08:00 a.m. - 8:45 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Summer Spectacular Camp (6-11years)

Date and Time: Friday, August 26 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Family Swim

Date and Time: Friday, August 26 08:45 a.m. - 10:00 a.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is held in the Main Pool or in the Therapy/Preschool Pools. Please book based on the pool you will be swimming in. All children under 16 must be accompanied by an adult who will remain in the pool with them.

Pickleball - Intermediate

Date and Time: Friday, August 26 08:45 a.m. - 10:30 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Aqua Fitness

Date and Time: Friday, August 26 09:00 a.m. - 9:50 a.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4G1
265 Cannifton Rd., Belleville, ON K8N 4G1

Aqua Fitness: 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 levels. Get ready to dance, jump and splash your way to a healthy lifestyle!

Pre-booking is required for all aqua fitness classes. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Friday, August 26 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Lane Swim

Date and Time: Friday, August 26 12:00 p.m. - 1:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Lane Swim

Date and Time: Friday, August 26 01:00 p.m. - 2:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

This swim is run in the Main Pool. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

Senior Swim

Date and Time: Friday, August 26 02:00 p.m. - 3:00 p.m.

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

Pre-booking is required for all recreational swims. You can book either by calling 613-966-4632 or by [registering online](#). Spaces fill up quickly, so please book ahead to avoid disappointment.

Saturday, August 27, 2022

Workout Studio (Various time slots)

Date and Time: Saturday, August 27 07:00 a.m.

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

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Saturday, August 27 09:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Badminton

Date and Time: Saturday, August 27 09:45 a.m. - 11:45 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym

Date and Time: Saturday, August 27 12:00 p.m. - 2:00 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Sunday, August 28, 2022

Workout Studio (Various time slots)

Date and Time: Sunday, August 28 07:00 a.m.

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

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Sunday, August 28 10:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road
265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Open Gym

Date and Time: Sunday, August 28 02:30 p.m. - 4:30 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Basketball

Date and Time: Sunday, August 28 04:45 p.m. - 6:30 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Monday, August 29, 2022

Workout Studio (Various time slots)

Date and Time: Monday, August 29 07:00 a.m.

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

Summer Spectacular Camp (6-11years)

Date and Time: Monday, August 29 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Monday, August 29 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Monday, August 29 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

Pickleball - Intermediate/Advanced

Date and Time: Monday, August 29 08:45 a.m. - 11:15 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Monday, August 29 09:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Open Gym

Date and Time: Monday, August 29 04:15 p.m. - 7:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Tuesday, August 30, 2022

Workout Studio (Various time slots)

Date and Time: Tuesday, August 30 07:00 a.m.

Address: 265 Cannifton Road, Belleville ON K8N 4V8265 Cannifton Road, Belleville ON K8N 4V8

Summer Spectacular Camp (6-11years)

Date and Time: Tuesday, August 30 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Summer Extravaganza Camp (4-11years)

Date and Time: Tuesday, August 30 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Wacky Water Sports Camp (8-13years)

Date and Time: Tuesday, August 30 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Tuesday, August 30 09:00 a.m. - 1:00 p.m.

Address: 265 Cannifton Road265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at QSWC.ca, "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Pickleball - Beginner

Date and Time: Tuesday, August 30 01:00 p.m. - 3:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym

Date and Time: Tuesday, August 30 04:15 p.m. - 5:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Soccer Skills & Drills (4-8yrs)

Date and Time: Tuesday, August 30 05:15 p.m. - 6:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all programs. You can book either by calling 613-966-4632 or by [registering online](#).

Join us each week for a fun recreational soccer class. Each week we will work on our conditioning, skill development and game play. No soccer experience is needed. All levels are welcome.

Open Gym

Date and Time: Tuesday, August 30 05:15 p.m. - 7:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Open Gym is a time where participants of all ages can come to use the space for physical activity. Equipment will be available for participants to use such as basketballs, volleyballs, floorball equipment, and more. Access to equipment may be limited based on the number of registrations.

Soccer Skills & Drills (9+yrs)

Date and Time: Tuesday, August 30 06:00 p.m. - 7:00 p.m.

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-booking is required for all programs. You can book either by calling 613-966-4632 or by [registering online](#).

Join us each week for a fun recreational soccer class. Each week we will work on our conditioning, skill development and game play. No soccer experience is needed. All levels are welcome.

Volleyball - Intermediate/Advanced

Date and Time: Tuesday, August 30 07:15 p.m. - 9:00 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Wednesday, August 31, 2022

Workout Studio (Various time slots)

Date and Time: Wednesday, August 31 07:00 a.m.

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

Summer Spectacular Camp (6-11years)

Date and Time: Wednesday, August 31 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

This camp is for children ages 6 years and up to enjoy traditional camp games, crafts and other fun activities all summer long. Children will participate in daily gym time for sports and games along with swimming at the QSWC. **This camp is located in the Multipurpose Room at QSWC.**

Wacky Water Sports Camp (8-13years)

Date and Time: Wednesday, August 31 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

Does your child love the water? This camp is designed for children ages 8 to 13 years who love to swim. Participants will enjoy daily traditional camp activities such as crafts, games, and sports, in addition to learning new water skills. This program is run by certified Aquatic Staff. **Participants must have completed Swim Kids 5 or successfully complete the Swim to Survive standards (roll into the water, tread water for 1 minute and swim 50 metres). Attend a public swim in advance to ensure you can pass the Swim to Survive standards.** This camp is located at Kinsmen Community Outdoor Pool.

Summer Extravaganza Camp (4-11years)

Date and Time: Wednesday, August 31 08:00 a.m. - 5:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

Pickleball - Intermediate

Date and Time: Wednesday, August 31 08:45 a.m. - 10:30 a.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Youth Room Drop-in (Free. Pre-registration required)

Date and Time: Wednesday, August 31 10:00 a.m. - 12:00 p.m.

Address: 265 Cannifton Road 265 Cannifton Road

Youth Room is open for pre-registration drop-in for Grade 6-12 students with their Youth Room Card. Youth Room Card forms can be filled out online at [QSWC.ca](#), "About Us", "Forms" and fill out the "Youth Room Card". Once it is filled out you can pick it up at the Customer Service Desk. Please bring the card to every visit.

Child/Youth Basketball

Date and Time: Wednesday, August 31 03:30 p.m. - 4:45 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Co-ed drop-in recreational basketball for children/youth ages 10-17 years. Shoot some hoops or join in on a game with others if you wish.

Pickleball - Recreational

Date and Time: Wednesday, August 31 05:00 p.m. - 7:00 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

Badminton

Date and Time: Wednesday, August 31 07:15 p.m. - 9:00 p.m.

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

Pre-booking is required. You can book either by calling 613-966-4632, [registering online](#) or in person.

<https://calendar.quintesportsandwellnesscentre.ca>