



## Thursday, August 1, 2024

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### Lane Swim

Date and Time: Thursday, August 1 7:00 am - 7:55 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Thursday, August 1 7:00 am - 8:45 am

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

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

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

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

Date and Time: Thursday, August 1 7:30 am - 9:00 am

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

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

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

### Lane Swim (1/2 pool)

Date and Time: Thursday, August 1 8:00 am - 9:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Thursday, August 1 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Older Adult Flow Yoga

Date and Time: Thursday, August 1 8:45 am - 9:45 am

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

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

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

## Women's Weight Training

Date and Time: Thursday, August 1 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Therapy Fitness

Date and Time: Thursday, August 1 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Lane Swim

Date and Time: Thursday, August 1 9:00 am - 10:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Tech Talks and Tech Support with Jordan

Date and Time: Thursday, August 1 10:00 am - 12:00 pm

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

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

## Chair Fitness/ Chair Yoga Combo

Date and Time: Thursday, August 1 11:15 am - 12:15 pm

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Thursday, August 1 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

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

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

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

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

## TRX Circuit

Date and Time: Thursday, August 1 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Scrapbooking

Date and Time: Thursday, August 1 1:00 pm - 4:00 pm

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

Join in at the 50+ Centre to work on your own photo pages or cards while visiting and learning from others. There are some supplies available for you to try scrapbooking or card making. All levels are welcome. Please Note: You are required to have a valid 50+ Centre Membership (\$10.00/yr) to participate

## Friday, August 2, 2024

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## Lane Swim

Date and Time: Friday, August 2 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Friday, August 2 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Friday, August 2 7:00 am - 8:45 am

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

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

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

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

Date and Time: Friday, August 2 7:30 am - 9:00 am

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

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

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

## Lane Swim

Date and Time: Friday, August 2 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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## Therapy Fitness

Date and Time: Friday, August 2 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Family Swim (Therapy/Preschool Pool Only)

Date and Time: Friday, August 2 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Friday, August 2 9:00 am - 11:00 am

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

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

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

## Mom & Baby Fitness

Date and Time: Friday, August 2 9:15 am - 9:45 am

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

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

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

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

## Older Adult Yoga

Date and Time: Friday, August 2 9:30 am - 10:30 am

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

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

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

## Crokinole

Date and Time: Friday, August 2 10:30 am - 12:30 pm

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

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

## Line Dancing - Beginner

Date and Time: Friday, August 2 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Friday, August 2 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Friday, August 2 12:00 pm - 1:25 pm

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

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

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

## Total Body Strength

Date and Time: Friday, August 2 12:15 pm - 12:45 pm

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

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

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

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

## Saturday, August 3, 2024

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

Date and Time: Saturday, August 3 8:30 am - 9:55 am

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

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

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

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

Date and Time: Saturday, August 3 10:00 am - 11:25 am

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

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

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



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

Date and Time: Saturday, August 3 11:30 am - 12:55 pm

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

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

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

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

Date and Time: Saturday, August 3 1:30 pm - 2:55 pm

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

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

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

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

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

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

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

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

## **Sunday, August 4, 2024**

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

Date and Time: Sunday, August 4 8:30 am - 9:55 am

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

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

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

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

Date and Time: Sunday, August 4 10:00 am - 11:25 am

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

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

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

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

Date and Time: Sunday, August 4 11:30 am - 12:55 pm

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

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

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

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

Date and Time: Sunday, August 4 1:30 pm - 2:55 pm

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

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

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

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

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

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

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

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

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## **Monday, August 5, 2024**

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

Date and Time: Monday, August 5 12:00 pm - 1:25 pm

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

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

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

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

Date and Time: Monday, August 5 1:30 pm - 2:55 pm

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

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

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

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

Date and Time: Monday, August 5 3:00 pm - 4:25 pm

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

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

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

## **Tuesday, August 6, 2024**

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### **Rehabilitation Swim**

Date and Time: Tuesday, August 6 7:00 am - 8:45 am

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

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

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

## Lane Swim

Date and Time: Tuesday, August 6 7:00 am - 7:55 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Tuesday, August 6 7:30 am - 9:00 am

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 6 8:00 am - 9:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Tuesday, August 6 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Older Adult Yoga

Date and Time: Tuesday, August 6 8:45 am - 9:45 am

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

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

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

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

## Artist Collective

Date and Time: Tuesday, August 6 9:00 am - 11:30 am

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

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

## Therapy Fitness

Date and Time: Tuesday, August 6 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Lane Swim

Date and Time: Tuesday, August 6 9:00 am - 10:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Mix It Up

Date and Time: Tuesday, August 6 10:15 am - 11:15 am

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

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 6 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Tuesday, August 6 12:00 pm - 1:25 pm

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

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

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

## TRX Circuit

Date and Time: Tuesday, August 6 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Bridge (Experienced)

Date and Time: Tuesday, August 6 1:00 pm - 4:00 pm

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

Are you an avid Bridge player? Then this game is for you! Join other experienced bridge players and enjoy an af

ternoon of socializing and playing your favorite game. Experienced players only. Please Note: You are required to have a valid 50+ Membership (\$10.00/year) to participate.

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 6 1:00 pm - 2:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Wednesday, August 7, 2024

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### Lane Swim

Date and Time: Wednesday, August 7 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Wednesday, August 7 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Wednesday, August 7 7:00 am - 8:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim

will allow you to work on rehabilitation, mobility, stretching and strengthening.

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

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

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

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

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

## Lane Swim

Date and Time: Wednesday, August 7 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Wednesday, August 7 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Stitches

Date and Time: Wednesday, August 7 9:00 am - 12:00 pm

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

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

## Strong Seniors



Date and Time: Wednesday, August 7 9:00 am - 9:45 am

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

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

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

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

## **Family Swim (Therapy/Preschool Pool Only)**

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

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Wednesday, August 7 9:00 am - 11:00 am

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

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

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

## **Stretch and Balance Fit**

Date and Time: Wednesday, August 7 10:45 am - 11:45 am

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

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

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

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

## **Chair Yoga**

Date and Time: Wednesday, August 7 11:00 am - 11:45 am

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

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

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

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

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

Date and Time: Wednesday, August 7 12:00 pm - 12:50 pm

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

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

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

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

### **Lane Swim (1/2 pool)**

Date and Time: Wednesday, August 7 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Wednesday, August 7 12:00 pm - 1:25 pm

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

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

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

## **Thursday, August 8, 2024**

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## Lane Swim

Date and Time: Thursday, August 8 7:00 am - 7:55 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Thursday, August 8 7:00 am - 8:45 am

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

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

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

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

Date and Time: Thursday, August 8 7:30 am - 9:00 am

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Thursday, August 8 8:00 am - 9:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Thursday, August 8 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Older Adult Flow Yoga

Date and Time: Thursday, August 8 8:45 am - 9:45 am

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

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

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

## Women's Weight Training

Date and Time: Thursday, August 8 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Therapy Fitness

Date and Time: Thursday, August 8 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Lane Swim

Date and Time: Thursday, August 8 9:00 am - 10:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Tech Talks and Tech Support with Jordan

Date and Time: Thursday, August 8 10:00 am - 12:00 pm

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

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

## Chair Fitness/ Chair Yoga Combo

Date and Time: Thursday, August 8 11:15 am - 12:15 pm

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Thursday, August 8 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Thursday, August 8 12:00 pm - 1:25 pm

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

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

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

## TRX Circuit

Date and Time: Thursday, August 8 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Scrapbooking

Date and Time: Thursday, August 8 1:00 pm - 4:00 pm

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

Join in at the 50+ Centre to work on your own photo pages or cards while visiting and learning from others. There are some supplies available for you to try scrapbooking or card making. All levels are welcome. Please Note: You are required to have a valid 50+ Centre Membership (\$10.00/yr) to participate

## Friday, August 9, 2024

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### Lane Swim

Date and Time: Friday, August 9 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Friday, August 9 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Friday, August 9 7:00 am - 8:45 am

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

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

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

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

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

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

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

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

## Lane Swim

Date and Time: Friday, August 9 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Friday, August 9 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Family Swim (Therapy/Preschool Pool Only)

Date and Time: Friday, August 9 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Friday, August 9 9:00 am - 11:00 am

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

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

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

## Mom & Baby Fitness

Date and Time: Friday, August 9 9:15 am - 9:45 am

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

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

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

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

## Older Adult Yoga

Date and Time: Friday, August 9 9:30 am - 10:30 am

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

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

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



## Crokinole

Date and Time: Friday, August 9 10:30 am - 12:30 pm

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

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

## Line Dancing - Beginner

Date and Time: Friday, August 9 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Friday, August 9 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Friday, August 9 12:00 pm - 1:25 pm

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

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

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

## Total Body Strength

Date and Time: Friday, August 9 12:15 pm - 12:45 pm

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

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

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

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

## **Saturday, August 10, 2024**

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

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

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

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

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

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

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

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

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

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

### **Family/Open Gym**

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

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

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

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

Date and Time: Saturday, August 10 11:30 am - 1:00 pm

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

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

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

## **Badminton**

Date and Time: Saturday, August 10 12:00 pm - 1:45 pm

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

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills whiling having fun with friends.

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

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

Date and Time: Saturday, August 10 1:30 pm - 2:55 pm

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

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

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

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

Date and Time: Saturday, August 10 3:00 pm - 4:25 pm

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

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

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

## **Sunday, August 11, 2024**

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

Date and Time: Sunday, August 11 8:30 am - 10:00 am

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

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

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

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

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

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

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

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

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

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

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

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

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

## **Family/Open Gym**

Date and Time: Sunday, August 11 12:15 pm - 2:00 pm

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

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

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

Date and Time: Sunday, August 11 1:30 pm - 2:55 pm

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

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

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

## **Pickleball (Recreational)**

Date and Time: Sunday, August 11 2:15 pm - 4:00 pm

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

Recreation Pickleball – This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received.

PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

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

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

Date and Time: Sunday, August 11 3:00 pm - 4:25 pm

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

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

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

## **Power Skating (Beginner)**

Date and Time: Sunday, August 11 5:00 pm - 5:45 pm

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

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

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

## **Power Skating (Intermediate/Advanced)**

Date and Time: Sunday, August 11 5:50 pm - 6:50 pm

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

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

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

## **Monday, August 12, 2024**

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### **Lane Swim**

Date and Time: Monday, August 12 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### **Lane Swim**

Date and Time: Monday, August 12 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### **Rehabilitation Swim**

Date and Time: Monday, August 12 7:00 am - 8:45 am

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

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

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

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

Date and Time: Monday, August 12 7:30 am - 9:00 am

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

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

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

## Lane Swim

Date and Time: Monday, August 12 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Monday, August 12 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Strong Seniors

Date and Time: Monday, August 12 9:00 am - 9:45 am

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

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

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

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

## Family Swim (Therapy/Preschool Pool Only)

Date and Time: Monday, August 12 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Monday, August 12 9:00 am - 11:00 am

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

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

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

## **Older Adult Yoga**

Date and Time: Monday, August 12 10:00 am - 11:00 am

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

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

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

## **Deaf Seniors**

Date and Time: Monday, August 12 10:00 am - 1:00 pm

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

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$10.00/year) to attend

## **Gentle Core Strengthening**

Date and Time: Monday, August 12 10:15 am - 11:15 am

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

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



. (Intermediate)

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

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

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

Date and Time: Monday, August 12 12:00 pm - 12:50 pm

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

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

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

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

### **Lane Swim (1/2 pool)**

Date and Time: Monday, August 12 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

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

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

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

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

## **Tuesday, August 13, 2024**

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### **Rehabilitation Swim**

Date and Time: Tuesday, August 13 7:00 am - 8:45 am

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

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

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

## Lane Swim

Date and Time: Tuesday, August 13 7:00 am - 7:55 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Tuesday, August 13 7:30 am - 9:00 am

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 13 8:00 am - 9:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Tuesday, August 13 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Older Adult Yoga

Date and Time: Tuesday, August 13 8:45 am - 9:45 am

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

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

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

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

## Artist Collective

Date and Time: Tuesday, August 13 9:00 am - 11:30 am

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

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

## Therapy Fitness

Date and Time: Tuesday, August 13 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Lane Swim

Date and Time: Tuesday, August 13 9:00 am - 10:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Mix It Up

Date and Time: Tuesday, August 13 10:15 am - 11:15 am

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

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 13 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Tuesday, August 13 12:00 pm - 1:25 pm

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

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

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

## TRX Circuit

Date and Time: Tuesday, August 13 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Bridge (Experienced)

Date and Time: Tuesday, August 13 1:00 pm - 4:00 pm

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 13 1:00 pm - 2:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Wednesday, August 14, 2024

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### Lane Swim

Date and Time: Wednesday, August 14 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Wednesday, August 14 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Wednesday, August 14 7:00 am - 8:45 am

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

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

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

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

Date and Time: Wednesday, August 14 7:30 am - 9:00 am

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

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

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

## Lane Swim

Date and Time: Wednesday, August 14 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Wednesday, August 14 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Stitches

Date and Time: Wednesday, August 14 9:00 am - 12:00 pm

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

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

## Strong Seniors

Date and Time: Wednesday, August 14 9:00 am - 9:45 am

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

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

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

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

## Family Swim (Therapy/Preschool Pool Only)

Date and Time: Wednesday, August 14 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Wednesday, August 14 9:00 am - 11:00 am

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

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

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

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

Date and Time: Wednesday, August 14 10:00 am - 12:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

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

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

## Stretch and Balance Fit

Date and Time: Wednesday, August 14 10:45 am - 11:45 am

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

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

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

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

## Chair Yoga

Date and Time: Wednesday, August 14 11:00 am - 11:45 am

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

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

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

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

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

Date and Time: Wednesday, August 14 12:00 pm - 12:50 pm

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

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Wednesday, August 14 12:00 pm - 1:00 pm



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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Thursday, August 15, 2024

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### Lane Swim

Date and Time: Thursday, August 15 7:00 am - 7:55 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Thursday, August 15 7:00 am - 8:45 am

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

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

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

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

Date and Time: Thursday, August 15 7:30 am - 9:00 am

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

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

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

### Lane Swim (1/2 pool)

Date and Time: Thursday, August 15 8:00 am - 9:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Thursday, August 15 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Older Adult Flow Yoga

Date and Time: Thursday, August 15 8:45 am - 9:45 am

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

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

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

## Women's Weight Training

Date and Time: Thursday, August 15 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Therapy Fitness

Date and Time: Thursday, August 15 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Lane Swim

Date and Time: Thursday, August 15 9:00 am - 10:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Tech Talks and Tech Support with Jordan

Date and Time: Thursday, August 15 10:00 am - 12:00 pm

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

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

## Chair Fitness/ Chair Yoga Combo

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

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Thursday, August 15 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Thursday, August 15 12:00 pm - 1:25 pm

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

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

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

## TRX Circuit

Date and Time: Thursday, August 15 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Scrapbooking

Date and Time: Thursday, August 15 1:00 pm - 4:00 pm

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

Join in at the 50+ Centre to work on your own photo pages or cards while visiting and learning from others. There are some supplies available for you to try scrapbooking or card making. All levels are welcome. Please Note: You are required to have a valid 50+ Centre Membership (\$10.00/yr) to participate

## Friday, August 16, 2024

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### Lane Swim

Date and Time: Friday, August 16 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Friday, August 16 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Friday, August 16 7:00 am - 8:45 am

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

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

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

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

Date and Time: Friday, August 16 7:30 am - 9:00 am

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

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

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

## Lane Swim

Date and Time: Friday, August 16 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Friday, August 16 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## **Family Swim (Therapy/Preschool Pool Only)**

Date and Time: Friday, August 16 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Friday, August 16 9:00 am - 11:00 am

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

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

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

## **Mom & Baby Fitness**

Date and Time: Friday, August 16 9:15 am - 9:45 am

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

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

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

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

## **Older Adult Yoga**

Date and Time: Friday, August 16 9:30 am - 10:30 am

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

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

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

## Crokinole

Date and Time: Friday, August 16 10:30 am - 12:30 pm

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

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

## Line Dancing - Beginner

Date and Time: Friday, August 16 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Friday, August 16 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Friday, August 16 12:00 pm - 1:25 pm

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

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

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

## Total Body Strength

Date and Time: Friday, August 16 12:15 pm - 12:45 pm

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

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

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

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

## Saturday, August 17, 2024

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

Date and Time: Saturday, August 17 8:30 am - 10:00 am

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

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

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

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

Date and Time: Saturday, August 17 10:00 am - 11:25 am

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

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

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

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

Date and Time: Saturday, August 17 10:00 am - 1:00 pm

Address: 265 Cannifton Road



Youth Room drop-in

Grade 6-12 student

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

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

## Family/Open Gym

Date and Time: Saturday, August 17 10:00 am - 11:45 am

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

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

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

Date and Time: Saturday, August 17 11:30 am - 1:00 pm

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

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

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

## Badminton

Date and Time: Saturday, August 17 12:00 pm - 1:45 pm

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

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

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

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

Date and Time: Saturday, August 17 1:30 pm - 2:55 pm

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

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

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

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

Date and Time: Saturday, August 17 3:00 pm - 4:25 pm

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

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

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

## **Sunday, August 18, 2024**

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

Date and Time: Sunday, August 18 8:30 am - 10:00 am

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

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

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

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

Date and Time: Sunday, August 18 10:00 am - 11:25 am

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

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

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

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

Date and Time: Sunday, August 18 11:30 am - 1:00 pm

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

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

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

## Family/Open Gym

Date and Time: Sunday, August 18 12:15 pm - 2:00 pm

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

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

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

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

Date and Time: Sunday, August 18 1:30 pm - 2:55 pm

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

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

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

## Pickleball (Recreational)

Date and Time: Sunday, August 18 2:15 pm - 4:00 pm

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

Recreation Pickleball – This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received.

PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

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

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

Date and Time: Sunday, August 18 3:00 pm - 4:25 pm

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

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

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

## Power Skating (Beginner)

Date and Time: Sunday, August 18 5:00 pm - 5:45 pm

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

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

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

## Power Skating (Intermediate/Advanced)

Date and Time: Sunday, August 18 5:50 pm - 6:50 pm

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

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

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

# Monday, August 19, 2024

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## Lane Swim

Date and Time: Monday, August 19 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Monday, August 19 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Monday, August 19 7:00 am - 8:45 am

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

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

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

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

Date and Time: Monday, August 19 7:30 am - 9:00 am

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

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

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

## Lane Swim

Date and Time: Monday, August 19 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Monday, August 19 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Strong Seniors

Date and Time: Monday, August 19 9:00 am - 9:45 am

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

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

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

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

## Family Swim (Therapy/Preschool Pool Only)

Date and Time: Monday, August 19 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Monday, August 19 9:00 am - 11:00 am

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

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

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

## Older Adult Yoga

Date and Time: Monday, August 19 10:00 am - 11:00 am

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

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

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

## Deaf Seniors

Date and Time: Monday, August 19 10:00 am - 1:00 pm

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

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Every one is welcome. Please Note: You must have a valid 50 Membership (\$10.00/year) to attend

## Gentle Core Strengthening

Date and Time: Monday, August 19 10:15 am - 11:15 am

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

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

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

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

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

Date and Time: Monday, August 19 12:00 pm - 12:50 pm

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

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Monday, August 19 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Monday, August 19 12:00 pm - 1:25 pm

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

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

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

## Tuesday, August 20, 2024

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### Rehabilitation Swim

Date and Time: Tuesday, August 20 7:00 am - 8:45 am

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

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

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

### Lane Swim

Date and Time: Tuesday, August 20 7:00 am - 7:55 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Tuesday, August 20 7:30 am - 9:00 am

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

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

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

### Lane Swim (1/2 pool)



Date and Time: Tuesday, August 20 8:00 am - 9:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Tuesday, August 20 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Older Adult Yoga

Date and Time: Tuesday, August 20 8:45 am - 9:45 am

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

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

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

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

## Artist Collective

Date and Time: Tuesday, August 20 9:00 am - 11:30 am

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

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

## Therapy Fitness

Date and Time: Tuesday, August 20 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Lane Swim

Date and Time: Tuesday, August 20 9:00 am - 10:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Mix It Up

Date and Time: Tuesday, August 20 10:15 am - 11:15 am

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

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 20 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

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

Date and Time: Tuesday, August 20 12:00 pm - 1:25 pm

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

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

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

## TRX Circuit

Date and Time: Tuesday, August 20 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Bridge (Experienced)

Date and Time: Tuesday, August 20 1:00 pm - 4:00 pm

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Tuesday, August 20 1:00 pm - 2:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Wednesday, August 21, 2024

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### Lane Swim

Date and Time: Wednesday, August 21 6:00 am - 7:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim

Date and Time: Wednesday, August 21 7:00 am - 8:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Rehabilitation Swim

Date and Time: Wednesday, August 21 7:00 am - 8:45 am

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

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

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

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

Date and Time: Wednesday, August 21 7:30 am - 9:00 am

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

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

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

## Lane Swim

Date and Time: Wednesday, August 21 8:00 am - 8:45 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Wednesday, August 21 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Stitches

Date and Time: Wednesday, August 21 9:00 am - 12:00 pm

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

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

## Strong Seniors

Date and Time: Wednesday, August 21 9:00 am - 9:45 am

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

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

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

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

## Family Swim (Therapy/Preschool Pool Only)

Date and Time: Wednesday, August 21 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

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

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Wednesday, August 21 9:00 am - 11:00 am

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

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

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

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

Date and Time: Wednesday, August 21 10:00 am - 12:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

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

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

## Stretch and Balance Fit

Date and Time: Wednesday, August 21 10:45 am - 11:45 am

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

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

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

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

## Chair Yoga

Date and Time: Wednesday, August 21 11:00 am - 11:45 am

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

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

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

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

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

Date and Time: Wednesday, August 21 12:00 pm - 12:50 pm

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

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

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

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

## **Lane Swim (1/2 pool)**

Date and Time: Wednesday, August 21 12:00 pm - 1:00 pm

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## **Thursday, August 22, 2024**

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### **Lane Swim**

Date and Time: Thursday, August 22 7:00 am - 7:55 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### **Rehabilitation Swim**

Date and Time: Thursday, August 22 7:00 am - 8:45 am

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

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

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim

will allow you to work on rehabilitation, mobility, stretching and strengthening.

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

Date and Time: Thursday, August 22 7:30 am - 9:00 am

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

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

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

## Lane Swim (1/2 pool)

Date and Time: Thursday, August 22 8:00 am - 9:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Aqua Fitness

Date and Time: Thursday, August 22 8:00 am - 8:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Older Adult Flow Yoga

Date and Time: Thursday, August 22 8:45 am - 9:45 am

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

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



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

## Women's Weight Training

Date and Time: Thursday, August 22 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

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

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

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

## Therapy Fitness

Date and Time: Thursday, August 22 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

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

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

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

## Lane Swim

Date and Time: Thursday, August 22 9:00 am - 10:00 am

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

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

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Tech Talks and Tech Support with Jordan

Date and Time: Thursday, August 22 10:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

The first part of "Tech Talks" is designed to be an inspirational, educational and motivational learning resource about technology for non-techies. After the "talk", there will be time dedicated to supporting your specific needs and questions with your devices. Bring your device and your questions with you. Pretty soon you'll be an expert with your phone and tablet. Please Note: This course is FREE to those with a valid 50+ Membership (\$10.00/

year).

## Chair Fitness/ Chair Yoga Combo

Date and Time: Thursday, August 22 11:15 am - 12:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This is a beginner exercise class that will be done in the stability of a chair. You will build strength, flexibility, and range of motion in your body through the use of resistance bands, body weight and balance exercises. The first half of the class will be chair exercises improving your fitness and the second half of the class you will be increasing your flexibility through chair yoga poses.

Pre-registration is required [online](#) or call 613-966-4632.

## Lane Swim (1/2 pool)

Date and Time: Thursday, August 22 12:00 pm - 1:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Thursday, August 22 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## TRX Circuit

Date and Time: Thursday, August 22 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Scrapbooking

Date and Time: Thursday, August 22 1:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join in at the 50+ Centre to work on your own photo pages or cards while visiting and learning from others. There are some supplies available for you to try scrapbooking or card making. All levels are welcome. Please Note: You are required to have a valid 50+ Centre Membership (\$10.00/yr) to participate

## Friday, August 23, 2024

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### Lane Swim

Date and Time: Friday, August 23 6:00 am - 7:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Lane Swim

Date and Time: Friday, August 23 7:00 am - 8:00 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

### Rehabilitation Swim

Date and Time: Friday, August 23 7:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is run in our Therapy Pool where the water temperature is kept at 90 degrees. This therapeutic swim will allow you to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Friday, August 23 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## Lane Swim

Date and Time: Friday, August 23 8:00 am - 8:45 am

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Therapy Fitness

Date and Time: Friday, August 23 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to register for this program.

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Family Swim (Therapy/Preschool Pool Only)

Date and Time: Friday, August 23 9:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville, ON

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held in the Therapy and Preschool Pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Friday, August 23 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Mom & Baby Fitness

Date and Time: Friday, August 23 9:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Mom & Baby Fitness can bring their infants and complete a fitness workout in the Aerobic studio. It will be a full body workout with various equipment to help maximize the workout. This class will help new parents stay active and social by bringing together parents to work on their physical wellbeing.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Older Adult Yoga

Date and Time: Friday, August 23 9:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Crokinole

Date and Time: Friday, August 23 10:30 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition. Note: A valid 50+ Centre membership is required. \$10.00/year

## Line Dancing - Beginner

Date and Time: Friday, August 23 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line Dancing is choreographed movements done in a repeating sequence of steps in a line or row of people. Throughout this class you will burn calories, tone muscles, improve balance, and stimulate brain cells. This class will strengthen neural pathways and improve cognitive health through the coordination of the brain and body.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Lane Swim (1/2 pool)

Date and Time: Friday, August 23 12:00 pm - 1:00 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

The number of lane swims may vary depending on other programs. Lanes are shared with up to 4 people per lane.

## Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Friday, August 23 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## Total Body Strength

Date and Time: Friday, August 23 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

30 minutes of strength and anaerobic training; focusing on compound moves using free weights, and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Saturday, August 24, 2024

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### Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Saturday, August 24 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## **Public Swim (Kinsmen) - 10:00 - 11:25 a.m.**

Date and Time: Saturday, August 24 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Family/Open Gym**

Date and Time: Saturday, August 24 10:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## **Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.**

Date and Time: Saturday, August 24 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Badminton**

Date and Time: Saturday, August 24 12:00 pm - 1:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Badminton is a sport played using racquets to hit a shuttlecock across a net from player to player. The objective of the game is to hit the shuttlecock back and forth across the net and keep it from hitting the ground. This class will allow you to keep fit, stay active, practice skills while having fun with friends.

Pre-registration is required [online](#) or call 613-966-4632.

## **Public Swim (Kinsmen) - 1:30 - 2:55 p.m.**

Date and Time: Saturday, August 24 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Public Swim (Kinsmen) - 3:00 - 4:25 p.m.**

Date and Time: Saturday, August 24 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Sunday, August 25, 2024**

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### **Lane Swim (Kinsmen) - 8:30-10:00 a.m.**

Date and Time: Sunday, August 25 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

### **Public Swim (Kinsmen) - 10:00 - 11:25 a.m.**

Date and Time: Sunday, August 25 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.



## **Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.**

Date and Time: Sunday, August 25 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Family/Open Gym**

Date and Time: Sunday, August 25 12:15 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Family Gym / Open Gym is a time where participants of all ages can come to use the space for physical activity. The gym will be split into a family friendly side and an open gym side. Equipment will be available for participants to use such as basketballs, volleyballs, and floorball equipment (no nets allowed). Access to equipment may be limited based on the number of registrations.

Pre-registration is required [online](#) or call 613-966-4632.

## **Public Swim (Kinsmen) - 1:30 - 2:55 p.m.**

Date and Time: Sunday, August 25 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Pickleball (Recreational)**

Date and Time: Sunday, August 25 2:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Recreation Pickleball – This time slot is dedicated for all levels of players. Pickleball is an extremely popular sport that combines elements of tennis, badminton, and table tennis. It is played on a court with a hard paddle and a whiffle ball where the goal of the game is to hit the ball back and forth until someone makes a mistake and points are received.

PLEASE NOTE: This is recreation pickleball and all players are to be respectful to one another, making the game enjoyable for everyone.

Pre-registration is required [online](#) or call 613-966-4632.

## **Public Swim (Kinsmen) - 3:00 - 4:25 p.m.**

Date and Time: Sunday, August 25 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Power Skating (Beginner)**

Date and Time: Sunday, August 25 5:00 pm - 5:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Improve speed, balance, stopping, stride, and posture. We offer beginner, intermediate and advance level options . This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory. Up to U9 (Under 9) level hockey players.

Pre-registration is required [online](#) or call 613-966-4632.

## **Power Skating (Intermediate/Advanced)**

Date and Time: Sunday, August 25 5:50 pm - 6:50 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Improve speed, balance, stopping, stride, and posture. We recommend that you complete two sessions of beginner before joining intermediate/advance. This is not a learn to skate program. Full hockey gear is required. Sticks and helmets are mandatory.

Pre-registration is required [online](#) or call 613-966-4632.

# **Monday, August 26, 2024**

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## **Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.**

Date and Time: Monday, August 26 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Monday, August 26 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Strong Seniors

Date and Time: Monday, August 26 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Older Adult Yoga

Date and Time: Monday, August 26 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Deaf Seniors

Date and Time: Monday, August 26 10:00 am - 1:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy a morning of games and socializing or guest speakers with older adults from our deaf community. Everyone is welcome. Please Note: You must have a valid 50 Membership (\$10.00/year) to attend

## Gentle Core Strengthening

Date and Time: Monday, August 26 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class will focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination. (Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Monday, August 26 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

## Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Monday, August 26 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## Cardio Core

Date and Time: Monday, August 26 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Balance Yoga: Mind & Body

Date and Time: Monday, August 26 12:30 pm - 1:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This class is open to all levels. The poses and movements will be done on the mat and standing. The focus will be on moving the body to strengthen the connections between the right and left side of the brain using cross lateral movements and yoga poses. Participants may see improvements in memory, balance and strengthen the body. Participants must bring their own mat.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Bid Euchre

Date and Time: Monday, August 26 1:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Bid Euchre is similar to Euchre but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. It is a partnership game for four players. All levels - beginners are welcome. Please Note: You must have a valid 50+ Membership (\$10.00/year)

## Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.

Date and Time: Monday, August 26 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## Falls Prevention

Date and Time: Monday, August 26 2:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

The VON will lead this Summer's Prevention Course. This course will be held in the Yoga Studio. Please Note: You are required to have a 50+ Membership to participate (\$10.00/year)

## Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.

Date and Time: Monday, August 26 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

### **Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.**

Date and Time: Monday, August 26 4:30 pm - 5:30 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## **Tuesday, August 27, 2024**

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### **Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.**

Date and Time: Tuesday, August 27 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

### **Older Adult Yoga**

Date and Time: Tuesday, August 27 8:45 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Artist Collective

Date and Time: Tuesday, August 27 9:00 am - 11:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join this group of artists from beginner to experienced. You will have the opportunity to learn from one another and share your expertise. Please Note: A 50+ Centre Membership is required (\$10.00/yr)

## Mix It Up

Date and Time: Tuesday, August 27 10:15 am - 11:15 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Tuesday, August 27 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## TRX Circuit

Date and Time: Tuesday, August 27 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Bridge (Experienced)

Date and Time: Tuesday, August 27 1:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Are you an avid Bridge player? Then this game is for you! Join other experienced bridge players and enjoy an afternoon of socializing and playing your favorite game. Experienced players only. Please Note: You are required to have a valid 50+ Membership (\$10.00/year) to participate.

Pre-registration is required [online](#) or call 613-966-4632.

### **Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.**

Date and Time: Tuesday, August 27 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

### **Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.**

Date and Time: Tuesday, August 27 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

### **Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.**

Date and Time: Tuesday, August 27 4:30 pm - 5:30 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

### **Public Swim (Kinsmen) - 5:30 - 7:30 p.m.**

Date and Time: Tuesday, August 27 5:30 pm - 7:30 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)



This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## Preschool Play Zone (18 months to 5 Years)

Date and Time: Tuesday, August 27 5:30 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program is a drop-in program for your little one to explore and play with others. Think of this program like an open gym but for preschool kids only. Our instructor will put out equipment/circuits to enjoy and you and your kids can free play as you wish.

Pre-registration is required [online](#) or call 613-966-4632.

## Sporty Kids (6 to 9 Years)

Date and Time: Tuesday, August 27 6:15 pm - 7:15 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This program focuses on getting kids active in a variety of ways including camp-style games, sports and skill development. Each week you will practice sport-specific skills, fitness and gameplay with the help of our instructor.

Pre-registration is required [online](#) or call 613-966-4632.

## Volleyball Intermediate/Advanced

Date and Time: Tuesday, August 27 7:30 pm - 9:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

Volleyball intermediate/advanced is for players with a good understanding of the basic rules and skills of the game and more advanced techniques. The pace of play in intermediate/advanced volleyball is generally faster than in recreational play, with more emphasis on strategy, positioning, and teamwork. Players in this level often have consistent serves and are able to execute basic offensive and defensive plays. Intermediate/advanced volleyball is often played in organized game play with subs or king of the court play.

## Wednesday, August 28, 2024

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### Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.

Date and Time: Wednesday, August 28 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## Family Swim (Kinsmen) - 9:00 - 11:00 a.m.

Date and Time: Wednesday, August 28 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Stitches

Date and Time: Wednesday, August 28 9:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join us every Wednesday from 9:00am-12pm to learn and share how to sew, quilt, knit, needlepoint, etc. or just bring your project and visit. Everyone welcome! Please Note: You are required to have a valid 50+ Membership (\$10.00/year) to participate

## Strong Seniors

Date and Time: Wednesday, August 28 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Studies show that weight-bearing exercises stimulate bone growth, burn calories and increase fitness levels. You will be in the Workout Studio using weights, body weight, bands and aerobic exercise in this program to help you reach your goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized. (Beginner / Intermediate)

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Youth Room Drop-in (Grade 6-12)

Date and Time: Wednesday, August 28 10:00 am - 12:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## Stretch and Balance Fit

Date and Time: Wednesday, August 28 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

This gentle class will help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises. Body weights, resistance bands and light weights will be used (Beginner).

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Chair Yoga

Date and Time: Wednesday, August 28 11:00 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. What a great way to incorporate the benefits of Yoga into your day!

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## Aqua Fitness (Kinsmen) - 12:00 - 12:50 p.m.

Date and Time: Wednesday, August 28 12:00 pm - 12:50 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This outdoor class offers a full body workout. Equipment such as pool noodles, belts, and dumbbells may be used, as well as a variety of intensity levels for all fitness abilities. Get ready to dance, jump, and splash your way to a healthy lifestyle. Participants must be comfortable in deep water to participate in this program.

This aqua fitness is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville.

## Lane Swim (Kinsmen) 1/2 pool - 12:00-1:25 p.m.

Date and Time: Wednesday, August 28 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## Cardio Core

Date and Time: Wednesday, August 28 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

This 30 minutes class will focus on cardiovascular health, strengthening full-body and flexibility using free weights, body weight, exercise bands and balls and more.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf.](#)

## Mah Jongg

Date and Time: Wednesday, August 28 1:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Mah Jongg is a rummy-like game played with tiles rather than cards. It is played with four or five players. the object of Mah Jongg is to make the tiles match up with a hand on a Mah Jongg card. Please Note: A 50+ Centre Membership is required (\$10.00/year) to participate

## Zumba Gold

Date and Time: Wednesday, August 28 1:30 pm - 2:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move with joy! This class will have you dancing and having a blast, with dance routines designed for beginners and older active adults. There is a longer warm up and cool down to help improve balance, flexibility and cardiovascular strength. The music will take (Beginner / Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf.](#)

## Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.

Date and Time: Wednesday, August 28 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

### **Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.**

Date and Time: Wednesday, August 28 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

### **Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.**

Date and Time: Wednesday, August 28 4:30 pm - 5:30 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## **Thursday, August 29, 2024**

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### **Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.**

Date and Time: Thursday, August 29 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

### **Women's Weight Training**

Date and Time: Thursday, August 29 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

All women of all ages are welcome! You will be instructed on how to use a variety of equipment in the Workout

t Studio along with using free weights, body weight, balls and bands that will focus on building your strength and increasing your flexibility. You will leave feeling stronger and more energized.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## **Lane Swim (Kinsmen) - 12:00-1:25 p.m.**

Date and Time: Thursday, August 29 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## **TRX Circuit**

Date and Time: Thursday, August 29 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON

30 Minutes of a higher intensity exercise using the TRX suspension trainer, body weight, functional equipment and more. Be ready for a full body workout.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## **Scrapbooking**

Date and Time: Thursday, August 29 1:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Join in at the 50+ Centre to work on your own photo pages or cards while visiting and learning from others. There are some supplies available for you to try scrapbooking or card making. All levels are welcome. Please Note: You are required to have a valid 50+ Centre Membership (\$10.00/yr) to participate

## **Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.**

Date and Time: Thursday, August 29 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the

water within arm's reach at all times.

## **Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.**

Date and Time: Thursday, August 29 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Youth Room Drop-in (Grade 6-12)**

Date and Time: Thursday, August 29 4:00 pm - 7:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## **Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.**

Date and Time: Thursday, August 29 4:30 pm - 5:30 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## **Zumba**

Date and Time: Thursday, August 29 5:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Zumba is a combination of cardio exercises and Latin-inspired dance movements. This will take the “work” out of the workout by mixing low-intensity movements with high-intensity movements for an interval-style, calorie burning dance fitness party. This class is fun, energetic and will leave you feeling amazing. No previous dance experience required.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## **Public Swim (Kinsmen) - 5:30 - 7:30 p.m.**

Date and Time: Thursday, August 29 5:30 pm - 7:30 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Friday, August 30, 2024**

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### **Lane Swim (Kinsmen) - 7:30 - 9:00 a.m.**

Date and Time: Friday, August 30 7:30 am - 9:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

### **Family Swim (Kinsmen) - 9:00 - 11:00 a.m.**

Date and Time: Friday, August 30 9:00 am - 11:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 16 must be accompanied by an adult who will remain in the pool with them.

### **Mom & Baby Fitness**

Date and Time: Friday, August 30 9:15 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Mom & Baby Fitness can bring their infants and complete a fitness workout in the Aerobic studio. It will be a full body workout with various equipment to help maximize the workout. This class will help new parents stay active and social by bringing together parents to work on their physical wellbeing.



Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Older Adult Yoga

Date and Time: Friday, August 30 9:30 am - 10:30 am

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Yoga is a form of exercise combining slow, steady movements, controlled breathing, and relaxation. Our older adult classes offer modifications to regular yoga to accommodate those who require it. Research suggests hatha yoga can improve your sleep, reduce stress, and enhance mindfulness. Participants must bring their own mat (Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

## Crokinole

Date and Time: Friday, August 30 10:30 am - 12:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Crokinole is a popular table top game with elements of shuffleboard and curling. Join in this popular game, meet new people and enjoy some friendly competition. Note: A valid 50+ Centre membership is required. \$10.00/year

## Line Dancing - Beginner

Date and Time: Friday, August 30 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line Dancing is choreographed movements done in a repeating sequence of steps in a line or row of people. Throughout this class you will burn calories, tone muscles, improve balance, and stimulate brain cells. This class will strengthen neural pathways and improve cognitive health through the coordination of the brain and body.

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## Lane Swim (Kinsmen) - 12:00-1:25 p.m.

Date and Time: Friday, August 30 12:00 pm - 1:25 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lane

s available will vary. Lanes are shared, with a maximum of four people per lane.

## **Total Body Strength**

Date and Time: Friday, August 30 12:15 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

30 minutes of strength and anaerobic training; focusing on compound moves using free weights, and body weight. With intervals of aerobic burst this class will leave you feeling strong and energized. Different every week!

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the Activity Guide pdf](#).

## **Bridge (Experienced)**

Date and Time: Friday, August 30 1:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Are you an avid Bridge player? Then this game is for you! Join other experienced bridge players and enjoy an afternoon of socializing and playing your favorite game. Experienced players only. Please Note: You are required to have a valid 50+ Membership (\$10.00/year) to participate.

Pre-registration is required [online](#) or call 613-966-4632.

## **Youth Room Drop-in (Grade 6-12)**

Date and Time: Friday, August 30 1:00 pm - 5:00 pm

Address: 265 Cannifton Road

Youth Room drop-in

Grade 6-12 student

Free, pre-registration is required for attendance and safety purposes.

video games, ping pong, air hockey, pool, foosball and more.

## **Public Swim (Kinsmen) 1/2 pool - 1:30 - 2:55 p.m.**

Date and Time: Friday, August 30 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the

water within arm's reach at all times.

## **Zumba Gold**

Date and Time: Friday, August 30 1:30 pm - 2:30 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

Move with joy! This class will have you dancing and having a blast, with dance routines designed for beginners and older active adults. There is a longer warm up and cool down to help improve balance, flexibility and cardiovascular strength. The music will take (Beginner / Intermediate).

Pre-registration is required [online](#) or call 613-966-4632.

For a hard copy, visit the customer service desk or [download the digital pdf](#).

## **Public Swim (Kinsmen) 1/2 pool - 3:00 - 4:25 p.m.**

Date and Time: Friday, August 30 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Lane Swim (Kinsmen) 1/2 pool - 4:30-5:30 p.m.**

Date and Time: Friday, August 30 4:30 pm - 5:30 pm

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times](#).

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## **Jr. Soccer Skills & Drills (4 to 8 years)**

Date and Time: Friday, August 30 5:15 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON K8N 4V8

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.

Pre-registration is required [online](#) or call 613-966-4632.

# Saturday, August 31, 2024

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## Lane Swim (Kinsmen) - 8:30-10:00 a.m.

Date and Time: Saturday, August 31 8:30 am - 10:00 am

Address: 151 Dundas St. E., Belleville, ON K8N 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. The number of lanes available will vary. Lanes are shared, with a maximum of four people per lane.

## Public Swim (Kinsmen) - 10:00 - 11:25 a.m.

Date and Time: Saturday, August 31 10:00 am - 11:25 am

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## Public Swim (Kinsmen) - 11:30 a.m. - 1:00 p.m.

Date and Time: Saturday, August 31 11:30 am - 1:00 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## Public Swim (Kinsmen) - 1:30 - 2:55 p.m.

Date and Time: Saturday, August 31 1:30 pm - 2:55 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

## **Public Swim (Kinsmen) - 3:00 - 4:25 p.m.**

Date and Time: Saturday, August 31 3:00 pm - 4:25 pm

Address: 151 Dundas St. E., Belleville, ON K8P 1C3

Pre-registration is required [online](#) or call 613-966-4632. [Check out all of the available dates/times.](#)

This swim is held at the Kinsmen Community Pool at 151 Dundas Street East in Belleville. All children under 10 must be accompanied by an adult. Children who do not pass the facility swim test must have an adult in the water within arm's reach at all times.

<https://calendar.quintesportsandwellnesscentre.ca>