#### Quinte Sports and Wellness Centre Calendar





# Thursday, September 1, 2022

### **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Thursday, September 1 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# **Workout Studio (Various time slots)**

Date and Time: Thursday, September 1 07:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

### **Summer Spectacular Camp (6-11years)**

Date and Time: Thursday, September 1 08:00 am - 5:00 pm

Address: 265 Cannifton Road

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

### **Summer Extravaganza Camp (4-11years)**

Date and Time: Thursday, September 1 08:00 am - 5:00 pm

Address: 265 Cannifton Road

#### Wacky Water Sports Camp (8-13years)

Date and Time: Thursday, September 1 08:00 am - 5:00 pm

Address: 265 Cannifton Road

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

#### Fall Program Registration for Non-City Taxpayers

Date and Time: Thursday, September 1 08:30 am

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

**Activity Guide** 

#### **Quinte Exhibition Fall Fair**

Date and Time: Thursday, September 1 04:00 pm

Address: 240 Bridge Street West

September 1 to 4 at Exhibition Park. For more info: <a href="https://www.qer.ca/">https://www.qer.ca/</a>

# **Open Gym**

Date and Time: Thursday, September 1 04:15 pm - 5:00 pm

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

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

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

# **Open Gym**

Date and Time: Thursday, September 1 05:15 pm - 7:00 pm

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

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

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

# Volleyball - Recreational/Beginner

Date and Time: Thursday, September 1 07:15 pm - 9:00 pm

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

**Pre-booking is required.** You can book either by calling 613-966-4632, <u>registering online</u> or in person.

# Friday, September 2, 2022

#### **Quinte Exhibition Fall Fair**

Date and Time: Friday, September 2 12:00 am

Address: 240 Bridge Street West

September 1 to 4 at Exhibition Park. For more info: <a href="https://www.qer.ca/">https://www.qer.ca/</a>

# **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Friday, September 2 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

### **Workout Studio (Various time slots)**

Date and Time: Friday, September 2 07:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

### **Summer Spectacular Camp (6-11years)**

Date and Time: Friday, September 2 08:00 am - 5:00 pm

Address: 265 Cannifton Road

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

### **Wacky Water Sports Camp (8-13years)**

Date and Time: Friday, September 2 08:00 am - 5:00 pm

Address: 265 Cannifton Road

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

### **Summer Extravaganza Camp (4-11years)**

Date and Time: Friday, September 2 08:00 am - 5:00 pm

Address: 265 Cannifton Road

#### Pickleball - Intermediate

Date and Time: Friday, September 2 08:45 am - 10:30 am

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

**Pre-booking is required.** You can book either by calling 613-966-4632, <u>registering online</u> or in person.

# Saturday, September 3, 2022

# **Quinte Exhibition Fall Fair**

Date and Time: Saturday, September 3 12:00 am

Address: 240 Bridge Street West

September 1 to 4 at Exhibition Park. For more info: <a href="https://www.qer.ca/">https://www.qer.ca/</a>

# **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Saturday, September 3 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# Sunday, September 4, 2022

#### **Quinte Exhibition Fall Fair**

Date and Time: Sunday, September 4 12:00 am

Address: 240 Bridge Street West

September 1 to 4 at Exhibition Park. For more info: <a href="https://www.qer.ca/">https://www.qer.ca/</a>

### **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Sunday, September 4 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# Monday, September 5, 2022

# **QSWC Closed for Labour Day**

Date and Time: Monday, September 5 05:00 am - 11:00 pm

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

QSWC will be closed on the Labour Day Holiday (Monday, September 5, 2022).

# **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Monday, September 5 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# Tuesday, September 6, 2022

### **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Tuesday, September 6 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# Wednesday, September 7, 2022

# **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Wednesday, September 7 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

### **Registration for Recreational Swims and Aquafit Begins**

Date and Time: Wednesday, September 7 12:00 pm

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

**Activity Guide** 

# Thursday, September 8, 2022

### **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Thursday, September 8 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# Friday, September 9, 2022

### **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Friday, September 9 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# Saturday, September 10, 2022

# **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Saturday, September 10 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# **Belleville Sports Hall of Fame 25th Induction Ceremony**

Date and Time: Saturday, September 10 01:00 pm - 2:30 pm

Address: 265 Cannifton Rd., Belleville, ON K8N 4V8 - Dr. R. L. Vaughan Atrium

For information, visit <a href="https://www.bellevillesportshalloffame.com/">https://www.bellevillesportshalloffame.com/</a>

# Sunday, September 11, 2022

#### **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Sunday, September 11 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# Monday, September 12, 2022

# **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Monday, September 12 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# **50+ Centre Programs (Various Programs)**

Date and Time: Monday, September 12 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by clicking here.

# Tuesday, September 13, 2022

## **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Tuesday, September 13 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

### **50+ Centre Programs (Various Programs)**

Date and Time: Tuesday, September 13 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per vear.

Learn more and register by <u>clicking here</u>.

# Wednesday, September 14, 2022

### **Templeman Aquatic Centre Closed For Annual Maintenance**

Date and Time: Wednesday, September 14 06:00 am - 11:00 pm

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

The Templeman Aquatic Centre at QSWC is closed from August 27 to September 14. The pool will reopen September 15.

Recreational swim schedule for September will be released on September 7. **Pre-booking is required** for all recreational swims. You can book either by calling 613-966-4632 or by <u>registering online</u>. Spaces fill up quickly, so please book ahead to avoid disappointment.

# **50+ Centre Programs (Various Programs)**

Date and Time: Wednesday, September 14 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per

year

Learn more and register by <u>clicking here</u>.

## Public Swim 11:15-12:30pm (Main Pool Only)

Date and Time: Wednesday, September 14 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

# Thursday, September 15, 2022

#### Rehabilitation Swim 7:00-8:00am (Therapy Pool)

Date and Time: Thursday, September 15 07:00 am - 8:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Thursday, September 15 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Lane Swim - 8-00-8:45am (1/2 Main Pool)

Date and Time: Thursday, September 15 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

#### Lane Swim - 9:00-9:55am (Main Pool)

Date and Time: Thursday, September 15 09:00 am - 9:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### **50+ Centre Programs (Various Programs)**

Date and Time: Thursday, September 15 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by clicking here.

## Family Swim - 10:00-10:45am (Main Pool Only)

Date and Time: Thursday, September 15 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

# Public Swim 11:15-12:30pm (Therapy & Pre-school Pool Only)

Date and Time: Thursday, September 15 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

# Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Thursday, September 15 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

#### Lane Swim - 3:00-3:45pm (Main Pool)

Date and Time: Thursday, September 15 03:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Parent and Tot Swim 3:15-4:00pm (Therapy Pool/Preschool Pool)

Date and Time: Thursday, September 15 03:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Parent/guardians and children ages 4 and under.

### Lane Swim - 8:00-8:45pm (Main Pool)

Date and Time: Thursday, September 15 08:00 pm - 8:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

# Friday, September 16, 2022

## Lane Swim - 6:00-6:55am (Main Pool)

Date and Time: Friday, September 16 06:00 am - 6:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Friday, September 16 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Lane Swim - 8-00-8:45am (Main Pool)

Date and Time: Friday, September 16 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### **50+ Centre Programs (Various Programs)**

Date and Time: Friday, September 16 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per ver

Learn more and register by <u>clicking here</u>.

# Family Swim - 9:00-10:00am (Main Pool Only)

Date and Time: Friday, September 16 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

# Family Swim - 10:00-11:00am (Therapy and Preschool Pool Only)

Date and Time: Friday, September 16 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

### Senior's Swim 2:00-3:00pm (Therapy Pool)

Date and Time: Friday, September 16 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

For ages 50+

#### Lane Swim - 3:00-3:45pm (Main Pool)

Date and Time: Friday, September 16 03:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Rehabilitation Swim 4:00-5:00pm

Date and Time: Friday, September 16 04:00 pm - 5:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

# Saturday, September 17, 2022

### Rehabilitation Swim 8:00-9:00am (Therapy Pool)

Date and Time: Saturday, September 17 08:00 am - 9:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### **Kinders in Action**

Date and Time: Saturday, September 17 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### **Lane Swim - 1:00-2:00pm (1/2 Main Pool)**

Date and Time: Saturday, September 17 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Public Swim 1:00-2:00pm (All pools)

Date and Time: Saturday, September 17 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

#### Public Swim 2:15-3:15pm (All pools)

Date and Time: Saturday, September 17 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

## **Lane Swim - 2:15-3:15pm (1/2 Main Pool)**

Date and Time: Saturday, September 17 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Sunday, September 18, 2022

### Rehabilitation Swim 8:00-9:00am (Therapy Pool)

Date and Time: Sunday, September 18 08:00 am - 9:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### Lane Swim - 8-00-8:55 am (Main Pool)

Date and Time: Sunday, September 18 08:00 am - 8:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Lane Swim - 9:00 - 10:00 am (1/2 Main Pool)

Date and Time: Sunday, September 18 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Family Swim - 9:00-10:15am (All Pools)

Date and Time: Sunday, September 18 09:00 am - 10:15 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

# **Lane Swim - 1:00-2:00pm (1/2 Main Pool)**

Date and Time: Sunday, September 18 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Public Swim 1:00-2:00pm (All pools)

Date and Time: Sunday, September 18 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

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

#### Public Swim 2:15-3:15pm (All pools)

Date and Time: Sunday, September 18 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

### **Lane Swim - 2:15-3:15pm (1/2 Main Pool)**

Date and Time: Sunday, September 18 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Monday, September 19, 2022

### Lane Swim - 6:00-6:55am (Main Pool)

Date and Time: Monday, September 19 06:00 am - 6:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Monday, September 19 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

#### Rehabilitation Swim 8:00-9:00am (Therapy Pool)

Date and Time: Monday, September 19 08:00 am - 9:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### Family Swim - 9:00-10:00am (Main Pool Only)

Date and Time: Monday, September 19 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

#### Aqua Fitness - 9:00-9:50am

Date and Time: Monday, September 19 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

### **50+ Centre Programs (Various Programs)**

Date and Time: Monday, September 19 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by clicking here.

# Aqua Fitness - 10:00-10:50am

Date and Time: Monday, September 19 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### **Lane Swim - 11:00am-12:00pm (1/2 Main Pool)**

Date and Time: Monday, September 19 11:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Public Swim 11:15-12:30pm (Main Pool Only)

Date and Time: Monday, September 19 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

# **Deep Aqua Fitness**

Date and Time: Monday, September 19 12:00 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# **Arthritis & Fibromyalgia Fitness**

Date and Time: Monday, September 19 01:00 pm - 1:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

# Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Monday, September 19 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

### Rehabilitation Swim 3:00-4:30pm (Therapy Pool)

Date and Time: Monday, September 19 03:00 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim - 3:45-4:30pm (Main Pool)

Date and Time: Monday, September 19 03:45 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

#### Lane Swim - 3:45-4:30pm (Main Pool)

Date and Time: Monday, September 19 03:45 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Tuesday, September 20, 2022

### Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Tuesday, September 20 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

## Rehabilitation Swim 7:00-8:45am (Therapy Pool)

Date and Time: Tuesday, September 20 07:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### **Lane Swim - 8-00-8:45am (1/2 Main Pool)**

Date and Time: Tuesday, September 20 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Lane Swim - 9:00-9:55am (Main Pool)

Date and Time: Tuesday, September 20 09:00 am - 9:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### **50+ Centre Programs (Various Programs)**

Date and Time: Tuesday, September 20 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by <u>clicking here</u>.

# **Lane Swim - 10:00-10:45am (1/2 Main Pool)**

Date and Time: Tuesday, September 20 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Public Swim 11:15-12:30pm (Therapy & Pre-school Pool Only)

Date and Time: Tuesday, September 20 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

# Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Tuesday, September 20 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

For ages 50+

#### Lane Swim - 3:00-3:45pm (Main Pool)

Date and Time: Tuesday, September 20 03:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Parent and Tot Swim 3:15-4:00pm (Therapy Pool/Preschool Pool)

Date and Time: Tuesday, September 20 03:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Parent/guardians and children ages 4 and under.

### Public Swim 7:30-8:55pm (All pools)

Date and Time: Tuesday, September 20 07:30 pm - 8:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

For all ages. Children under the age of 10 must be accompanied by an adult. Children who do not pass the

facility swim test must have an adult in the water swim within arm's reach at all times.

#### Lane Swim - 8-00-8:45pm (1/2 Main Pool)

Date and Time: Tuesday, September 20 08:00 pm - 8:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

# Wednesday, September 21, 2022

## Lane Swim - 6:00-6:55am (Main Pool)

Date and Time: Wednesday, September 21 06:00 am - 6:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Wednesday, September 21 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Rehabilitation Swim 7:00-8:00am (Therapy Pool)

Date and Time: Wednesday, September 21 07:00 am - 8:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

# Lane Swim - 8-00-8:45am (Main Pool)

Date and Time: Wednesday, September 21 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### **50+ Centre Programs (Various Programs)**

Date and Time: Wednesday, September 21 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by <u>clicking here</u>.

#### Family Swim - 9:00-10:00am (Main Pool Only)

Date and Time: Wednesday, September 21 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

# **Lane Swim - 11:00am-12:00pm (1/2 Main Pool)**

Date and Time: Wednesday, September 21 11:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Public Swim 11:15-12:30pm (Main Pool Only)

Date and Time: Wednesday, September 21 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

### Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Wednesday, September 21 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

#### Rehabilitation Swim 3:00-4:00pm (Therapy Pool)

Date and Time: Wednesday, September 21 03:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### Lane Swim - 3:45-4:30pm (Main Pool)

Date and Time: Wednesday, September 21 03:45 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Lane Swim - 3:45-4:30pm (Main Pool)

Date and Time: Wednesday, September 21 03:45 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Thursday, September 22, 2022

# Rehabilitation Swim 7:00-8:00am (Therapy Pool)

Date and Time: Thursday, September 22 07:00 am - 8:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Thursday, September 22 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Lane Swim - 8-00-8:45am (1/2 Main Pool)

Date and Time: Thursday, September 22 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Lane Swim - 9:00-9:55am (Main Pool)

Date and Time: Thursday, September 22 09:00 am - 9:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# **50+ Centre Programs (Various Programs)**

Date and Time: Thursday, September 22 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per

Learn more and register by clicking here.

# Public Swim 11:15-12:30pm (Therapy & Pre-school Pool Only)

Date and Time: Thursday, September 22 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

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

## Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Thursday, September 22 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

# Lane Swim - 3:00-3:45pm (Main Pool)

Date and Time: Thursday, September 22 03:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Parent and Tot Swim 3:15-4:00pm (Therapy Pool/Preschool Pool)

Date and Time: Thursday, September 22 03:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Parent/guardians and children ages 4 and under.

# Lane Swim - 8:00-8:45pm (Main Pool)

Date and Time: Thursday, September 22 08:00 pm - 8:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Friday, September 23, 2022

# Lane Swim - 6:00-6:55am (Main Pool)

Date and Time: Friday, September 23 06:00 am - 6:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Friday, September 23 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Lane Swim - 8-00-8:45am (Main Pool)

Date and Time: Friday, September 23 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### **50+ Centre Programs (Various Programs)**

Date and Time: Friday, September 23 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by clicking here.

# Family Swim - 9:00-10:00am (Main Pool Only)

Date and Time: Friday, September 23 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

## Family Swim - 10:00-11:00am (Therapy and Preschool Pool Only)

Date and Time: Friday, September 23 10:00 am - 11:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

#### Senior's Swim 2:00-3:00pm (Therapy Pool)

Date and Time: Friday, September 23 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

#### Lane Swim - 3:00-3:45pm (Main Pool)

Date and Time: Friday, September 23 03:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

### Rehabilitation Swim 4:00-5:00pm

Date and Time: Friday, September 23 04:00 pm - 5:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

## **Kids Pop Up Event - Tissue Paper Lanterns**

Date and Time: Friday, September 23 05:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

# **Kids Pop Up Eent - Tissue Paper Lantern**

Date and Time: Friday, September 23 05:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

#### **Youth Pop-up Event - Tissue Paper Lanterns**

Date and Time: Friday, September 23 06:30 pm - 7:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Saturday, September 24, 2022

#### Rehabilitation Swim 8:00-9:00am (Therapy Pool)

Date and Time: Saturday, September 24 08:00 am - 9:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

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

Date and Time: Saturday, September 24 09:00 am - 11:30 am

Address: 265 Cannifton Road

Pre-register to drop-in to one of our Youth Room timeslots. Times and dates vary based on staff/volunteer availability each month. Drop-in is free for youth in Grade 6-12. A free Youth Room Card is required for this program and must be brought to each visit. Register for your <u>Youth Room Card</u> online and pick it up at the Customer Service Desk. <u>Register here</u> for Youth Room drop-in times (free).

#### **Kinders in Action**

Date and Time: Saturday, September 24 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

### Lane Swim - 1:00-2:00pm (1/2 Main Pool)

Date and Time: Saturday, September 24 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Public Swim 1:00-2:00pm (All pools)

Date and Time: Saturday, September 24 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

#### Public Swim 2:15-3:15pm (All pools)

Date and Time: Saturday, September 24 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

# **Lane Swim - 2:15-3:15pm (1/2 Main Pool)**

Date and Time: Saturday, September 24 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

# Sunday, September 25, 2022

## Rehabilitation Swim 8:00-9:00am (Therapy Pool)

Date and Time: Sunday, September 25 08:00 am - 9:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### Lane Swim - 8-00-8:55 am (Main Pool)

Date and Time: Sunday, September 25 08:00 am - 8:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

#### Lane Swim - 9:00 - 10:00 am (1/2 Main Pool)

Date and Time: Sunday, September 25 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Family Swim - 9:00-10:15am (All Pools)

Date and Time: Sunday, September 25 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

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

Date and Time: Sunday, September 25 10:00 am - 2:00 pm

Address: 265 Cannifton Road

Pre-register to drop-in to one of our Youth Room timeslots. Times and dates vary based on staff/volunteer availability each month. Drop-in is free for youth in Grade 6-12. A free Youth Room Card is required for this program and must be brought to each visit. Register for your <u>Youth Room Card</u> online and pick it up at the Customer Service Desk. <u>Register here</u> for Youth Room drop-in times (free).

# Lane Swim - 1:00-2:00pm (1/2 Main Pool)

Date and Time: Sunday, September 25 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Public Swim 1:00-2:00pm (All pools)

Date and Time: Sunday, September 25 01:00 pm - 2:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

#### Public Swim 2:15-3:15pm (All pools)

Date and Time: Sunday, September 25 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

## **Lane Swim - 2:15-3:15pm (1/2 Main Pool)**

Date and Time: Sunday, September 25 02:15 pm - 3:15 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Monday, September 26, 2022

# Lane Swim - 6:00-6:55am (Main Pool)

Date and Time: Monday, September 26 06:00 am - 6:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Monday, September 26 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Rehabilitation Swim 8:00-9:00am (Therapy Pool)

Date and Time: Monday, September 26 08:00 am - 9:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### **PA Day Camps**

Date and Time: Monday, September 26 08:00 am - 5:00 pm

Address: 265 Cannifton Road

Register <u>online</u> or call 613-966-4632. Throughout the school year we offer a variety of PA Day camp options. Campers will have a full day of crafts, games, sports and swimming. Please bring a swim suit, towel, running shoes and wear clothes to be active in. Campers may go outside to play so please also wear temperature/weather appropriate outdoor clothing just in case.

Campers should bring the following items to camp each day.

- Snacks, lunch and water bottle
- Swim suit and towel
- Wear clothes they can be active in as well as running shoes
- Bring warm clothes to go outside and play (weather permitting)

# Aqua Fitness - 9:00-9:50am

Date and Time: Monday, September 26 09:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Family Swim - 9:00-10:00am (Main Pool Only)

Date and Time: Monday, September 26 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

### **50+ Centre Programs (Various Programs)**

Date and Time: Monday, September 26 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per

year

Learn more and register by clicking here.

# **Aqua Fitness - 10:00-10:50am**

Date and Time: Monday, September 26 10:00 am - 10:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### **Lane Swim - 11:00am-12:00pm (1/2 Main Pool)**

Date and Time: Monday, September 26 11:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Public Swim 11:15-12:30pm (Main Pool Only)

Date and Time: Monday, September 26 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

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

# **Deep Aqua Fitness**

Date and Time: Monday, September 26 12:00 pm - 12:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

#### **Arthritis & Fibromyalgia Fitness**

Date and Time: Monday, September 26 01:00 pm - 1:50 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Monday, September 26 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

### Rehabilitation Swim 3:00-4:30pm (Therapy Pool)

Date and Time: Monday, September 26 03:00 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

### Lane Swim - 3:45-4:30pm (Main Pool)

Date and Time: Monday, September 26 03:45 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Tuesday, September 27, 2022

#### Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Tuesday, September 27 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Rehabilitation Swim 7:00-8:45am (Therapy Pool)

Date and Time: Tuesday, September 27 07:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### **Lane Swim - 8-00-8:45am (1/2 Main Pool)**

Date and Time: Tuesday, September 27 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Lane Swim - 9:00-9:55am (Main Pool)

Date and Time: Tuesday, September 27 09:00 am - 9:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# **50+ Centre Programs (Various Programs)**

Date and Time: Tuesday, September 27 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by clicking here.

#### **Lane Swim - 10:00-10:45am (1/2 Main Pool)**

Date and Time: Tuesday, September 27 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Family Swim - 10:00-10:45am (Main Pool Only)

Date and Time: Tuesday, September 27 10:00 am - 10:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

## Public Swim 11:15-12:30pm (Therapy & Pre-school Pool Only)

Date and Time: Tuesday, September 27 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

## Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Tuesday, September 27 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

### Lane Swim - 3:00-3:45pm (Main Pool)

Date and Time: Tuesday, September 27 03:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

### Parent and Tot Swim 3:15-4:00pm (Therapy Pool/Preschool Pool)

Date and Time: Tuesday, September 27 03:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Parent/guardians and children ages 4 and under.

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

Date and Time: Tuesday, September 27 03:30 pm - 7:00 pm

Address: 265 Cannifton Road

Pre-register to drop-in to one of our Youth Room timeslots. Times and dates vary based on staff/volunteer availability each month. Drop-in is free for youth in Grade 6-12. A free Youth Room Card is required for this program and must be brought to each visit. Register for your <u>Youth Room Card</u> online and pick it up at the Customer Service Desk. <u>Register here</u> for Youth Room drop-in times (free).

## Public Swim 7:30-8:55pm (All pools)

Date and Time: Tuesday, September 27 07:30 pm - 8:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

### **Lane Swim - 8-00-8:45pm (1/2 Main Pool)**

Date and Time: Tuesday, September 27 08:00 pm - 8:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Wednesday, September 28, 2022

# Lane Swim - 6:00-6:55am (Main Pool)

Date and Time: Wednesday, September 28 06:00 am - 6:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Wednesday, September 28 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Rehabilitation Swim 7:00-8:00am (Therapy Pool)

Date and Time: Wednesday, September 28 07:00 am - 8:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

# Lane Swim - 8-00-8:45am (Main Pool)

Date and Time: Wednesday, September 28 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

## **50+ Centre Programs (Various Programs)**

Date and Time: Wednesday, September 28 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by <u>clicking here</u>.

### Family Swim - 9:00-10:00am (Main Pool Only)

Date and Time: Wednesday, September 28 09:00 am - 10:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Family Swim - all children under the age of 16 must be with an adult who remains in the pool with them.

## Lane Swim - 11:00am-12:00pm (1/2 Main Pool)

Date and Time: Wednesday, September 28 11:00 am - 12:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Public Swim 11:15-12:30pm (Main Pool Only)

Date and Time: Wednesday, September 28 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

### Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Wednesday, September 28 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

For ages 50+

# Rehabilitation Swim 3:00-4:00pm (Therapy Pool)

Date and Time: Wednesday, September 28 03:00 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

#### Lane Swim - 3:45-4:30pm (Main Pool)

Date and Time: Wednesday, September 28 03:45 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Lane Swim - 3:45-4:30pm (Main Pool)

Date and Time: Wednesday, September 28 03:45 pm - 4:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

Date and Time: Wednesday, September 28 05:30 pm - 8:00 pm

Address: 265 Cannifton Road

Pre-register to drop-in to one of our Youth Room timeslots. Times and dates vary based on staff/volunteer availability each month. Drop-in is free for youth in Grade 6-12. A free Youth Room Card is required for this program and must be brought to each visit. Register for your <u>Youth Room Card</u> online and pick it up at the Customer Service Desk. <u>Register here</u> for Youth Room drop-in times (free).

# Thursday, September 29, 2022

# Rehabilitation Swim 7:00-8:00am (Therapy Pool)

Date and Time: Thursday, September 29 07:00 am - 8:00 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Therapeutic swim to work on rehabilitation, mobility, stretching and strengthening.

## Lane Swim - 7:00-7:55am (Main Pool)

Date and Time: Thursday, September 29 07:00 am - 7:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

#### **Lane Swim - 8-00-8:45am (1/2 Main Pool)**

Date and Time: Thursday, September 29 08:00 am - 8:45 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### Lane Swim - 9:00-9:55am (Main Pool)

Date and Time: Thursday, September 29 09:00 am - 9:55 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

#### **50+ Centre Programs (Various Programs)**

Date and Time: Thursday, September 29 09:00 am - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632. A 50+ Centre Membership is required. \$5.00/per year.

Learn more and register by clicking here.

# Public Swim 11:15-12:30pm (Therapy & Pre-school Pool Only)

Date and Time: Thursday, September 29 11:15 am - 12:30 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

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

# Senior's Swim 2:00-3:00pm (Main Pool or Therapy Pool)

Date and Time: Thursday, September 29 02:00 pm - 3:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required online or call 613-966-4632.

For ages 50+

#### Lane Swim - 3:00-3:45pm (Main Pool)

Date and Time: Thursday, September 29 03:00 pm - 3:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

## Parent and Tot Swim 3:15-4:00pm (Therapy Pool/Preschool Pool)

Date and Time: Thursday, September 29 03:15 pm - 4:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

Parent/guardians and children ages 4 and under.

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

Date and Time: Thursday, September 29 05:30 pm - 8:00 pm

Address: 265 Cannifton Road

Pre-register to drop-in to one of our Youth Room timeslots. Times and dates vary based on staff/volunteer availability each month. Drop-in is free for youth in Grade 6-12. A free Youth Room Card is required for this program and must be brought to each visit. Register for your <u>Youth Room Card</u> online and pick it up at the Customer Service Desk. <u>Register here</u> for Youth Room drop-in times (free).

### Lane Swim - 8:00-8:45pm (Main Pool)

Date and Time: Thursday, September 29 08:00 pm - 8:45 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Pre-registration is required <u>online</u> or call 613-966-4632.

# Friday, September 30, 2022

## **Special Schedule for September 30 (National Day for Truth & Reconcilation)**

Date and Time: Friday, September 30 05:00 am - 11:00 pm

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

Fitness classes and pool programs are not running at QSWC on Truth and Reconciliation Day (Friday, September 30, 2022).

Regular ice only. Customer Service Desk is open. Please see <u>Hours of Operation and our Special Schedule for September 30.</u>

#### **BMHA Pre-Season Tilt**

Date and Time: Friday, September 30 09:00 am - 11:00 pm

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

Visit the tournament website website for more information.

#### NHL Pre-Season Game - Ottawa Senators vs Toronto Maple Leafs

Date and Time: Friday, September 30 07:00 pm - 10:00 pm

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

Visit Belleville Senators website for more information.

https://calendar.quintesportsandwellnesscentre.ca