

Quinte Sports and Wellness Centre Calendar



Generated November 14,
2024

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane Swim	8:00 am Rehabilitation Swim
		7:30 am Rehabilitation Swim	7:00 am Lane Swim	7:30 am Rehabilitation Swim	7:00 am Lane Swim	9:00 am Preschool Play Zone (18 months to 5 Years)
		8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	9:45 am Preschool Gym/Swim (18 months to 5 Years)
		8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Aqua Fitness	8:00 am Lane Swim	10:00 am Youth Room Drop-in (Grade 6-12)
		8:45 am Older Adult Yoga	8:45 am Pickleball (Intermediate)	8:45 am Pickleball (Beginner)	8:45 am Pickleball (Intermediate)	10:15 am Family/Open Gym
		9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult Flow Yoga	9:00 am Aqua Fitness	12:00 pm Badminton
		9:00 am Therapy Fitness	9:00 am Strong Seniors	8:45 am Learn to Speak French - The Basics	9:00 am Family Swim (All Pools)	2:00 pm Open Gym
		9:00 am Lane Swim	9:00 am Intro to Yoga, Continuing the Journey	9:00 am Women's Weight Training	9:30 am Older Adult Yoga	2:00 pm Public Swim (All Pools)
		9:15 am Senior Shinny (50+)	9:00 am Stitches	9:00 am Mini Scientists (18 months to 3 Years)	10:00 am Movers & Shakers (18 months to 3 Years)	2:00 pm Lane Swim (1/2 pool)
		9:30 am Artist Collective	9:00 am OA Dancing for Fitness	9:00 am Therapy Fitness	10:00 am Aqua Fitness	4:00 pm Futsal
		10:00 am Older Adult Yoga	9:00 am Family Swim (All Pools)	9:00 am Lane Swim	10:15 am Mix It Up	
		10:00 am Lane Swim (1/2 pool)	10:00 am StrongER Seniors	9:30 am Shuffleboard 9:30am-12:00pm	10:45 am Line Dancing - Beginner	
		10:00 am Family Swim (Main Pool Only)	10:00 am Aqua Fitness	9:30 am Falls Prevention	11:00 am Learn to Play Pickleball	
		10:00 am Therapy Fitness	10:15 am Stretch and Balance Fit	10:00 am Family Swim (Main Pool Only)	11:15 am Lane Swim (1/2 pool)	
		10:15 am Family Skating (Helmets mandatory for all participants)	11:00 am Chair Yoga	10:00 am Tech Talks and Tech Support with Jordan	11:15 am Figure Skating Ticket Ice	
		10:15 am Mix It Up	11:15 am Lane Swim (1/2 pool)	10:00 am Older Adult Yoga	11:15 am Public Swim (All Pools)	
		11:15 am Lane Swim (1/2 pool)	11:15 am Public Swim (All Pools)	10:15 am Stretch and Strengthen	12:00 pm Line Dancing - Beginner	
		11:15 am Public Swim (All Pools)	12:15 pm Cardio Core	10:45 am Pickleball (Advanced)	12:15 pm Total Body Strength	
		11:45 am Parkinson's Social Hour	1:00 pm Mah Jongg			
		12:15 pm Circuit Training	1:15 pm Pickleball (Advanced)			
		12:15 pm Adult Shinny	1:30 pm Zumba Gold			
		1:00 pm Bridge (Experienced)				

		<p>1:30 pm Guitar Lessons: Small Group Format</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Parent and Tot Swim (Therapy Pool Only)</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Kitchen Crew (8 to 11 Years) NEW</p> <p>5:00 pm Artist Hub (9 to 15 Years)</p> <p>5:15 pm Power Skating (Beginner)</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>5:45 pm Dancing for Adults - Beginner</p> <p>6:00 pm Aqua Fitness</p> <p>6:05 pm Power Skating (Intermediate/Advanced)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:00 pm Dancing for Adults - Intermediate</p> <p>7:30 pm Volleyball Intermediate/Advanced</p> <p>7:30 pm Table Tennis</p> <p>7:30 pm Public Swim (All Pools)</p> <p>8:00 pm Lane Swim (1/2 pool)</p>	<p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Family/Open Gym</p> <p>5:00 pm Young Chefs (11 to 15 Years)</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:15 pm Line Dancing - Beginner</p> <p>5:15 pm Science Explorers (4 to 8 Years)</p> <p>6:30 pm Dance Fusion for Adults</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:15 pm Badminton</p>	<p>11:15 am Lane Swim (1/2 pool)</p> <p>11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2</p> <p>11:15 am Public Swim (All Pools)</p> <p>11:15 am Senior Shiny (50+)</p> <p>12:15 pm Adult Recreational Skating (16+)</p> <p>12:15 pm Circuit Training</p> <p>12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1</p> <p>1:00 pm Carpet Bowling - 1:00-3:30pm</p> <p>1:00 pm Scrapbooking</p> <p>1:15 pm Pickleball (Intermediate)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Parent and Tot Swim (Therapy Pool Only)</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)</p> <p>5:45 pm Zumba</p> <p>6:30 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>7:00 pm Aqua Fitness</p> <p>7:30 pm Volleyball Recreational/Beginner</p> <p>8:00 pm Lane Swim (1/2 pool)</p> <p>8:00 pm Rehabilitation Swim</p>	<p>12:15 pm Figure Skating Ticket Ice</p> <p>1:00 pm Bridge (Experienced)</p> <p>1:15 pm Pickleball (Beginner)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p>	
6	7	8	9	10	11	12
8:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim 7:30 am Rehabilitation	6:00 am Lane Swim 7:00 am Lane Swim	7:00 am Lane Swim 7:30 am	6:00 am Lane Swim	11:15 am Lane Swim

8:00 am Rehabilitation Swim	7:00 am Lane Swim	Swim	7:30 am Rehabilitation Swim	Rehabilitation Swim	7:00 am Lane Swim	12:30 pm Lane Swim (1/2 pool)
9:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	12:30 pm Public Swim (All Pools)
9:00 am Family Swim (All Pools)	8:00 am Lane Swim	8:00 am Aqua Fitness	8:45 am Pickleball (Intermediate)	8:00 am Aqua Fitness	8:00 am PA Day Camp (Grades 3 - 8)	2:00 pm Public Swim (All Pools)
11:00 am Aqua Cross Training	8:45 am Pickleball (Advanced)	8:45 am Older Adult Yoga	9:00 am Aqua Fitness	8:45 am Older Adult Flow Yoga	8:00 am Lane Swim	2:00 pm Lane Swim (1/2 pool)
12:10 pm Aqua Mind and Body	8:45 am Learn to Speak French - Communicate in a French Restaurant	9:00 am Sketch & Swim	9:00 am Strong Seniors	8:45 am Learn to Speak French - The Basics	8:00 am PA Day Camp (Grades JK -2)	
12:15 pm Open Gym	9:00 am Art-Muck & Mess (18 months to 3 Years)	9:00 am Therapy Fitness	9:00 am Intro to Yoga, Continuing the Journey	9:00 am Women's Weight Training	9:00 am Aqua Fitness	
2:00 pm Lane Swim (1/2 pool)	9:00 am Art-Muck & Mess (18 months to 3 Years)	9:00 am Lane Swim	9:00 am Stitches	9:00 am Mini Scientists (18 months to 3 Years)	9:00 am Family Swim (All Pools)	
2:00 pm Public Swim (All Pools)	9:00 am Strong Seniors	9:15 am Senior Shinny (50+)	9:00 am OA Dancing for Fitness	9:00 am Therapy Fitness	9:30 am Older Adult Yoga	
2:15 pm Pickleball (Recreational)	9:00 am Aqua Fitness	9:30 am Artist Collective	9:00 am Family Swim (All Pools)	9:00 am Lane Swim	10:00 am Aqua Fitness	
4:30 pm Open Gym	9:00 am Family Swim (All Pools)	10:00 am Older Adult Yoga	10:00 am StrongER Seniors	9:30 am Shuffleboard 9:30am-12:00pm	10:00 am Aqua Fitness	
6:30 pm Basketball	9:30 am Zumba	10:00 am Therapy Fitness	10:00 am Aqua Fitness	9:30 am Falls Prevention	10:15 am Mix It Up	
	10:00 am Older Adult Yoga	10:00 am Family Swim (Main Pool Only)	10:15 am Stretch and Balance Fit	10:00 am Family Swim (Main Pool Only)	10:45 am Line Dancing - Beginner	
	10:00 am StrongER Seniors	10:15 am Family Skating (Helmets mandatory for all participants)	11:00 am Chair Yoga	10:00 am Lane Swim (1/2 pool)	11:15 am Lane Swim (1/2 pool)	
	10:00 am Mini Scientists (18 months to 3 Years)	10:15 am Mix It Up	11:15 am Lane Swim (1/2 pool)	11:15 am Public Swim (All Pools)	11:15 am Figure Skating Ticket Ice	
	10:00 am Deaf Seniors	11:15 am Lane Swim (1/2 pool)	11:15 am Public Swim (All Pools)	12:15 pm Cardio Core	11:15 am Public Swim (All Pools)	
	10:00 am Aqua Fitness	11:15 am Public Swim (All Pools)	12:15 pm Cardio Core	1:00 pm Mah Jongg	12:00 pm Line Dancing - Beginner	
	10:15 am Gentle Core Strengthening	11:45 am Parkinson's Social Hour	1:15 pm Pickleball (Advanced)	1:15 pm Pickleball (Advanced)	12:15 pm Total Body Strength	
	10:45 am Pickleball (Beginner)	12:15 pm Circuit Training	1:30 pm Zumba Gold	10:45 am Pickleball (Advanced)	12:15 pm Figure Skating Ticket Ice	
	11:15 am Lane Swim (1/2 pool)	12:15 pm Adult Shinny	2:00 pm Senior's Swim (All Pools)	11:15 am Lane Swim (1/2 pool)	1:00 pm Bridge (Experienced)	
	11:15 am Intro to Yoga	1:00 pm Bridge (Experienced)	2:00 pm Senior's Swim (All Pools)	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2	1:15 pm Pickleball (Beginner)	
	11:15 am Public Swim (All Pools)	1:30 pm Guitar Lessons: Small Group Format	3:00 pm Rehabilitation Swim	11:15 am Public Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	
	11:30 am Line Dancing - Experienced	2:00 pm CARP	3:00 pm Lane Swim	11:15 am Senior Shinny (50+)	3:00 pm Rehabilitation Swim	
	12:00 pm Adult Recreational Skating (16+)	2:00 pm Senior's Swim (All Pools)	3:15 pm Family/Open Gym	12:15 pm Adult Recreational Skating (16+)	3:00 pm Lane Swim	
	12:15 pm Cardio	3:00 pm Parent and Tot Swim (Therapy Pool Only)	5:00 pm Young Chefs (11 to 15 Years)	12:15 pm Circuit Training	3:15 pm Open Gym	
		3:00 pm Lane Swim	5:15 pm Pickleball (Recreational)			
		3:15 pm Open Gym	5:15 pm Line Dancing - Beginner			
		5:00 pm Kitchen Crew (8 to 11 Years) NEW				
		5:00 pm Artist Hub (9 to 15 Years)				

	<p>Core</p> <p>12:30 pm Balance Yoga: Mind & Body</p> <p>1:15 pm Bid Euchre</p> <p>1:15 pm Pickleball (Intermediate)</p> <p>1:30 pm OA Gentle Exercise & Fitness</p> <p>2:00 pm Senior's Swim (Main Pool Only)</p> <p>2:00 pm Therapy Fitness</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Gentle Flow Yoga</p> <p>5:00 pm Zumba</p> <p>5:00 pm Artful Antics (4 to 8 years)</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Fit and Firm</p> <p>6:15 pm Science Explorers (4 to 8 Years)</p> <p>6:15 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:30 pm Teen Futsal</p> <p>8:00 pm Rehabilitation Swim</p> <p>8:00 pm Lane Swim (1/2 pool)</p>	<p>5:15 pm Power Skating (Beginner)</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>5:45 pm Dancing for Adults - Beginner</p> <p>6:05 pm Power Skating (Intermediate/Advanced)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:00 pm Dancing for Adults - Intermediate</p> <p>7:30 pm Volleyball Intermediate/Advanced</p> <p>7:30 pm Table Tennis</p> <p>7:30 pm Public Swim (All Pools)</p> <p>8:00 pm Lane Swim (1/2 pool)</p>	<p>5:15 pm Science Explorers (4 to 8 Years)</p> <p>6:30 pm Dance Fusion for Adults</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:15 pm Badminton</p>	<p>12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1</p> <p>1:00 pm Carpet Bowling - 1:00-3:30pm</p> <p>1:00 pm Scrapbooking</p> <p>1:15 pm Pickleball (Intermediate)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Parent and Tot Swim (Therapy Pool Only)</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)</p> <p>5:45 pm Zumba</p> <p>6:30 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>7:00 pm Aqua Fitness</p> <p>7:30 pm Volleyball Recreational/Beginner</p> <p>8:00 pm Lane Swim (1/2 pool)</p> <p>8:00 pm Rehabilitation Swim</p>		
13	14	15	16	17	18	19
11:15 am Lane	8:00 am QSWC	7:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim	6:00 am Lane	8:00 am

Swim	Closed for Thanksgiving	7:30 am Rehabilitation Swim	7:00 am Lane Swim	7:30 am Rehabilitation Swim	Swim	Rehabilitation Swim
12:30 pm Lane Swim (1/2 pool)		8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:00 am Lane Swim	10:00 am Youth Room Drop-in (Grade 6-12)
12:30 pm Public Swim (All Pools)		8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Aqua Fitness	7:30 am Rehabilitation Swim	2:00 pm Public Swim (All Pools)
2:00 pm Public Swim (All Pools)		8:30 am November Pickleball Registration	8:45 am Pickleball (Intermediate)	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	2:00 pm Lane Swim (1/2 pool)
2:00 pm Lane Swim (1/2 pool)		8:45 am Older Adult Yoga	9:00 am Aqua Fitness	8:45 am Older Adult Flow Yoga	8:30 am November Pickleball Registration	2:00 pm Lane Swim (1/2 pool)
		9:00 am Sketch & Swim	9:00 am Strong Seniors	8:45 am Learn to Speak French - The Basics	8:45 am Pickleball (Intermediate)	7:00 pm Belleville Senators vs. Utica Comets
		9:00 am Therapy Fitness	9:00 am Intro to Yoga, Continuing the Journey	9:00 am Women's Weight Training	9:00 am Aqua Fitness	
		9:00 am Lane Swim	9:00 am Stitches	9:00 am Mini Scientists (18 months to 3 Years)	9:00 am Family Swim (All Pools)	
		9:15 am Senior Shinny (50+)	9:00 am OA Dancing for Fitness	9:00 am Therapy Fitness	9:30 am Older Adult Yoga	
		9:30 am Artist Collective	9:00 am Family Swim (All Pools)	9:00 am Lane Swim	9:30 am Painting with Natalia Workshop	
		10:00 am Older Adult Yoga	10:00 am StrongER Seniors	9:30 am Shuffleboard 9:30am-12:00pm	10:00 am Movers & Shakers (18 months to 3 Years)	
		10:00 am Lane Swim (1/2 pool)	10:00 am Aqua Fitness	9:30 am Falls Prevention	10:00 am Aqua Fitness	
		10:00 am Family Swim (Main Pool Only)	10:15 am Stretch and Balance Fit	10:00 am Family Swim (Main Pool Only)	10:15 am Mix It Up	
		10:00 am Therapy Fitness	11:00 am Chair Yoga	10:00 am Lane Swim (1/2 pool)	10:45 am Line Dancing - Beginner	
		10:15 am Family Skating (Helmets mandatory for all participants)	11:15 am Lane Swim (1/2 pool)	10:00 am Tech Talks and Tech Support with Jordan	11:00 am Learn to Play Pickleball	
		10:15 am Mix It Up	11:15 am Public Swim (All Pools)	10:00 am Older Adult Yoga	11:15 am Lane Swim (1/2 pool)	
		11:15 am Lane Swim (1/2 pool)	12:15 pm Cardio Core	10:15 am Stretch and Strengthen	11:15 am Figure Skating Ticket Ice	
		11:15 am Public Swim (All Pools)	1:00 pm Mah Jongg	10:45 am Pickleball (Advanced)	11:15 am Public Swim (All Pools)	
		11:45 am Parkinson's Social Hour	1:15 pm Pickleball (Advanced)	11:15 am Lane Swim (1/2 pool)	12:00 pm Line Dancing - Beginner	
		12:15 pm Circuit Training	1:30 pm Zumba Gold	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2	12:15 pm Total Body Strength	
		12:15 pm Adult Shinny	2:00 pm Senior's Swim (All Pools)	11:15 am Public Swim (All Pools)	12:15 pm Figure Skating Ticket Ice	
		1:00 pm Bridge (Experienced)	3:00 pm Rehabilitation Swim	11:15 am Senior Shinny (50+)	1:00 pm Bridge (Experienced)	
		1:30 pm Guitar Lessons: Small Group Format	3:00 pm Lane Swim	12:15 pm Adult Recreational Skating (16+)	1:15 pm Pickleball (Beginner)	
		2:00 pm Senior's Swim (All Pools)	3:15 pm Family/Open Gym	12:15 pm Circuit Training	2:00 pm Senior's Swim (All Pools)	
		3:00 pm Parent and Tot Swim (Therapy Pool Only)	5:00 pm Young Chefs (11 to 15 Years)	12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1	3:00 pm Rehabilitation Swim	
		3:00 pm Lane Swim	5:15 pm Pickleball (Recreational)	1:00 pm Carpet Bowling - 1:00-3:30pm	3:00 pm Lane Swim	
		3:15 pm Open Gym	5:15 pm Line Dancing - Beginner	1:00 pm	3:15 pm Open Gym	
		5:00 pm Kitchen Crew (8 to 11 Years) NEW	5:15 pm Science Explorers (4 to 8 Years)		4:00 pm Public	
		5:00 pm Artist Hub (9 to 15 Years)	6:30 pm Dance Fusion for Adults			
		5:15 pm Power Skating (Beginner)	6:30 pm Line Dancing - Experienced			
	5:30 pm Preschool Play Zone (18 months to 5 Years)					
	5:45 pm Dancing for Adults - Beginner					

		6:00 pm Aqua Fitness 6:05 pm Power Skating (Intermediate/Advanced) 6:15 pm Sporty Kids (6 to 9 Years) 7:00 pm Dancing for Adults - Intermediate 7:30 pm Table Tennis 7:30 pm Volleyball Intermediate/Advanced 7:30 pm Public Swim (All Pools) 8:00 pm Lane Swim (1/2 pool)	7:15 pm Badminton	Scrapbooking 1:00 pm Cooking with Chef Jesse (Zoom) 1:15 pm Pickleball (Intermediate) 2:00 pm Senior's Swim (All Pools) 3:00 pm Parent and Tot Swim (Therapy Pool Only) 3:00 pm Lane Swim 3:15 pm Open Gym 5:00 pm Youth Room Drop-in (Grade 6-12) 5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years) 5:45 pm Zumba 6:30 pm Jr. Soccer Skills & Drills (4 to 8 years) 7:00 pm Aqua Fitness 7:30 pm Volleyball Recreational/Beginner 8:00 pm Lane Swim (1/2 pool) 8:00 pm Rehabilitation Swim	Skating	
20 8:00 am Lane	21 6:00 am Lane	22 7:00 am Lane Swim	23 6:00 am Lane Swim	24 7:00 am Lane Swim	25 6:00 am Lane	26 8:00 am

Swim	Swim	7:30 am Rehabilitation Swim	7:00 am Lane Swim	7:30 am Rehabilitation Swim	Swim	Rehabilitation Swim
8:00 am Rehabilitation Swim	7:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	7:00 am Lane Swim	9:00 am Bronze Cross & Standard First Aid (13+ years)
9:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	8:00 am Aqua Fitness	8:00 am Lane Swim	8:00 am Aqua Fitness	7:30 am Rehabilitation Swim	9:00 am Preschool Play Zone (18 months to 5 Years)
9:00 am Family Swim (All Pools)	8:00 am Lane Swim	8:45 am Older Adult Yoga	8:45 am Pickleball (Intermediate)	8:45 am Pickleball (Beginner)	8:00 am Lane Swim	9:45 am Preschool Gym/Swim (18 months to 5 Years)
11:00 am Aqua Cross Training	8:45 am Pickleball (Advanced)	9:00 am Sketch & Swim	9:00 am Aqua Fitness	8:45 am Older Adult Flow Yoga	8:45 am Pickleball (Intermediate)	10:00 am Youth Room Drop-in (Grade 6-12)
12:10 pm Aqua Mind and Body	8:45 am Learn to Speak French - Communicate in a French Restaurant	9:00 am Therapy Fitness	9:00 am Strong Seniors	8:45 am Learn to Speak French - The Basics	9:00 am Aqua Fitness	10:15 am Family/Open Gym
12:15 pm Open Gym	9:00 am Art-Muck & Mess (18 months to 3 Years)	9:15 am Senior Shinny (50+)	9:00 am OA Dancing for Fitness	9:00 am Women's Weight Training	9:00 am Family Swim (All Pools)	12:00 pm Badminton
2:00 pm Lane Swim (1/2 pool)	9:30 am Artist Collective	9:30 am Artist Collective	9:00 am Family Swim (All Pools)	9:00 am Mini Scientists (18 months to 3 Years)	9:30 am Winter Driving Preparation and Practice Tips Seminar	2:00 pm Public Swim (All Pools)
2:00 pm Public Swim (All Pools)	10:00 am Older Adult Yoga	10:00 am Lane Swim (1/2 pool)	10:00 am StrongER Seniors	9:00 am Therapy Fitness	9:30 am Older Adult Yoga	2:00 pm Lane Swim (1/2 pool)
2:15 pm Pickleball (Recreational)	9:00 am Aqua Fitness	10:00 am Family Swim (Main Pool Only)	10:00 am Aqua Fitness	9:00 am Lane Swim	10:00 am Movers & Shakers (18 months to 3 Years)	7:00 pm Belleville Senators vs. Toronto Marlies
3:00 pm Belleville Senators vs. Syracuse Crunch	9:00 am Family Swim (All Pools)	10:00 am Therapy Fitness	10:15 am Family Skating (Helmets mandatory for all participants)	9:30 am Shuffleboard 9:30am-12:00pm	10:00 am Aqua Fitness	
4:00 pm Youth Room Drop-in (Grade 6-12)	9:30 am Zumba	10:15 am Mix It Up	10:15 am Stretch and Balance Fit	9:30 am Falls Prevention	10:00 am Aqua Fitness	
4:30 pm Open Gym	10:00 am Older Adult Yoga	11:15 am Lane Swim (1/2 pool)	11:00 am Chair Yoga	10:00 am Family Swim (Main Pool Only)	10:15 am Mix It Up	
6:30 pm Basketball	10:00 am Mini Scientists (18 months to 3 Years)	11:15 am Public Swim (All Pools)	11:15 am Lane Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)	10:45 am Line Dancing - Beginner	
	10:00 am Deaf Seniors	11:45 am Parkinson's Social Hour	11:15 am Public Swim (All Pools)	10:00 am Tech Talks and Tech Support with Jordan	11:00 am Learn to Play Pickleball	
	10:00 am Aqua Fitness	12:15 pm Circuit Training	12:15 pm Cardio Core	10:00 am Older Adult Yoga	11:15 am Lane Swim (1/2 pool)	
	10:15 am Gentle Core Strengthening	12:15 pm Adult Shinny	1:00 pm Mah Jongg	10:00 am Older Adult Yoga	11:15 am Figure Skating Ticket Ice	
	10:45 am Pickleball (Beginner)	1:00 pm Bridge (Experienced)	1:15 pm Pickleball (Advanced)	10:15 am Stretch and Strengthen	11:15 am Public Swim (All Pools)	
	11:15 am Lane Swim (1/2 pool)	1:30 pm Guitar Lessons: Small Group Format	1:30 pm Zumba Gold	10:45 am Pickleball (Advanced)	12:00 pm Line Dancing - Beginner	
	11:15 am Intro to Yoga	2:00 pm Senior's Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	11:15 am Lane Swim (1/2 pool)	12:15 pm Total Body Strength	
	11:15 am Public Swim (All Pools)	3:00 pm Parent and Tot Swim (Therapy Pool Only)	3:00 pm Rehabilitation Swim	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2	12:15 pm Figure Skating Ticket Ice	
		3:00 pm Lane Swim	3:00 pm Lane Swim	11:15 am Public Swim (All Pools)	1:00 pm Bridge	
			3:15 pm Family/Open Gym			

	<p>11:30 am Line Dancing - Experienced</p> <p>12:00 pm Adult Recreational Skating (16+)</p> <p>12:15 pm Cardio Core</p> <p>12:30 pm Balance Yoga: Mind & Body</p> <p>1:15 pm Bid Euchre</p> <p>1:15 pm Pickleball (Intermediate)</p> <p>1:30 pm OA Gentle Exercise & Fitness</p> <p>2:00 pm Senior's Swim (Main Pool Only)</p> <p>2:00 pm Therapy Fitness</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Gentle Flow Yoga</p> <p>5:00 pm Zumba</p> <p>5:00 pm Artful Antics (4 to 8 years)</p> <p>5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>5:30 pm Fit and Firm</p> <p>6:15 pm Science Explorers (4 to 8 Years)</p> <p>6:15 pm Teen Recreational Volleyball (9 to 17 years)</p> <p>7:30 pm Teen Futsal</p> <p>8:00 pm Rehabilitation Swim</p> <p>8:00 pm Lane Swim (1/2 pool)</p>	<p>3:15 pm Open Gym</p> <p>5:00 pm Kitchen Crew (8 to 11 Years) NEW</p> <p>5:00 pm Artist Hub (9 to 15 Years)</p> <p>5:15 pm Power Skating (Beginner)</p> <p>5:30 pm Preschool Play Zone (18 months to 5 Years)</p> <p>5:45 pm Dancing for Adults - Beginner</p> <p>6:00 pm Aqua Fitness</p> <p>6:05 pm Power Skating (Intermediate/Advanced)</p> <p>6:15 pm Sporty Kids (6 to 9 Years)</p> <p>7:00 pm Dancing for Adults - Intermediate</p> <p>7:30 pm Volleyball Intermediate/Advanced</p> <p>7:30 pm Table Tennis</p> <p>7:30 pm Public Swim (All Pools)</p> <p>8:00 pm Lane Swim (1/2 pool)</p>	<p>5:00 pm Young Chefs (11 to 15 Years)</p> <p>5:15 pm Pickleball (Recreational)</p> <p>5:15 pm Line Dancing - Beginner</p> <p>5:15 pm Science Explorers (4 to 8 Years)</p> <p>6:30 pm Dance Fusion for Adults</p> <p>6:30 pm Line Dancing - Experienced</p> <p>7:15 pm Badminton</p>	<p>11:15 am Senior Shinny (50+)</p> <p>12:15 pm Adult Recreational Skating (16+)</p> <p>12:15 pm Circuit Training</p> <p>12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1</p> <p>1:00 pm Carpet Bowling - 1:00-3:30pm</p> <p>1:00 pm Scrapbooking</p> <p>1:15 pm Pickleball (Intermediate)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Parent and Tot Swim (Therapy Pool Only)</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>5:00 pm Youth Room Drop-in (Grade 6-12)</p> <p>5:15 pm Sr. Soccer Skills & Drills (9 to 13 Years)</p> <p>5:45 pm Zumba</p> <p>6:30 pm Jr. Soccer Skills & Drills (4 to 8 years)</p> <p>6:30 pm Older Adult Movie Night</p> <p>7:00 pm Aqua Fitness</p> <p>7:30 pm Volleyball Recreational/Beginner</p> <p>8:00 pm Lane Swim (1/2 pool)</p> <p>8:00 pm Rehabilitation Swim</p>	<p>(Experienced)</p> <p>1:15 pm Pickleball (Beginner)</p> <p>2:00 pm Senior's Swim (All Pools)</p> <p>3:00 pm Rehabilitation Swim</p> <p>3:00 pm Lane Swim</p> <p>3:15 pm Open Gym</p> <p>4:00 pm Public Skating</p> <p>4:00 pm Bronze Cross & Standard First Aid (13+ years)</p> <p>5:00 pm Kids Pop up Event - Pumpkin Carving (4-9 years)</p> <p>6:15 pm Youth Pop up Event - Pumpkin Carving (10-17 years)</p>	
27	28	29	30	31		
8:00 am Lane Swim	6:00 am Lane Swim	7:00 am Lane Swim 7:30 am Rehabilitation	6:00 am Lane Swim 7:00 am Lane Swim	7:00 am Lane Swim 7:30 am		

8:00 am Rehabilitation Swim	7:00 am Lane Swim	Swim	7:30 am Rehabilitation Swim	Rehabilitation Swim
9:00 am Lane Swim (1/2 pool)	7:30 am Rehabilitation Swim	8:00 am Lane Swim (1/2 pool)	8:00 am Lane Swim	8:00 am Lane Swim (1/2 pool)
9:00 am Bronze Cross & Standard First Aid (13+ years)	8:00 am Lane Swim	8:00 am Aqua Fitness	8:45 am Pickleball (Intermediate)	8:00 am Aqua Fitness
9:00 am Family Swim (All Pools)	8:45 am Pickleball (Advanced)	8:45 am Older Adult Yoga	9:00 am Aqua Fitness	8:45 am Pickleball (Beginner)
11:00 am Aqua Cross Training	8:45 am Learn to Speak French - Communicate in a French Restaurant	9:00 am Therapy Fitness	9:00 am Strong Seniors	8:45 am Older Adult Flow Yoga
12:10 pm Aqua Mind and Body	9:00 am Art-Muck & Mess (18 months to 3 Years)	9:00 am Lane Swim	9:00 am Intro to Yoga, Continuing the Journey	8:45 am Learn to Speak French - The Basics
12:15 pm Open Gym	9:00 am Strong Seniors	9:15 am Senior Shinny (50+)	9:00 am Stitches	9:00 am Women's Weight Training
2:00 pm Lane Swim (1/2 pool)	9:00 am Aqua Fitness	10:00 am Family Swim (Main Pool Only)	9:00 am OA Dancing for Fitness	9:00 am Mini Scientists (18 months to 3 Years)
2:00 pm Public Swim (All Pools)	9:00 am Family Swim (All Pools)	10:00 am Therapy Fitness	9:00 am Family Swim (All Pools)	9:00 am Therapy Fitness
2:15 pm Pickleball (Recreational)	9:30 am Zumba	10:00 am Lane Swim (1/2 pool)	10:00 am StrongER Seniors	9:00 am Lane Swim
4:00 pm Youth Room Drop-in (Grade 6-12)	10:00 am Older Adult Yoga	10:00 am Older Adult Yoga	10:00 am Aqua Fitness	9:30 am Shuffleboard 9:30am-12:00pm
4:30 pm Open Gym	10:00 am StrongER Seniors	10:15 am Mix It Up	10:15 am Stretch and Balance Fit	9:30 am Falls Prevention
6:30 pm Basketball	10:00 am Mini Scientists (18 months to 3 Years)	10:15 am Family Skating (Helmets mandatory for all participants)	11:00 am Chair Yoga	10:00 am Family Swim (Main Pool Only)
	10:00 am Deaf Seniors	11:15 am Public Swim (All Pools)	11:15 am Lane Swim (1/2 pool)	10:00 am Lane Swim (1/2 pool)
	10:00 am Aqua Fitness	11:15 am Lane Swim (1/2 pool)	11:15 am Lane Swim (1/2 pool)	10:00 am Tech Talks and Tech Support with Jordan
	10:15 am Gentle Core Strengthening	11:45 am Parkinson's Social Hour	11:15 am Public Swim (All Pools)	10:00 am Older Adult Yoga
	10:45 am Pickleball (Beginner)	12:15 pm Circuit Training	12:15 pm Cardio Core	10:15 am Stretch and Strengthen
	11:15 am Lane Swim (1/2 pool)	12:15 pm Adult Shinny	1:00 pm Mah Jongg	10:45 am Pickleball (Advanced)
	11:15 am Intro to Yoga	1:00 pm Bridge (Experienced)	1:15 pm Pickleball (Advanced)	11:15 am Lane Swim (1/2 pool)
	11:15 am Public Swim (All Pools)	1:30 pm Guitar Lessons: Small Group Format	1:30 pm Zumba Gold	11:15 am Older Adult Chair Fitness/ Chair Yoga Combo - Level 2
	11:30 am Line Dancing - Experienced	2:00 pm Senior's Swim (All Pools)	2:00 pm Senior's Swim (All Pools)	11:15 am Public Swim (All Pools)
	12:00 pm Adult Recreational Skating (16+)	2:00 pm Parent and Tot Swim (Therapy Pool Only)	3:00 pm Rehabilitation Swim	11:15 am Senior Shinny (50+)
	12:15 pm Cardio	3:00 pm Lane Swim	3:00 pm Lane Swim	12:15 pm Adult Recreational Skating (16+)
		3:15 pm Open Gym	3:15 pm Family/Open Gym	12:15 pm Circuit Training
		5:00 pm Kitchen Crew (8 to 11 Years) NEW	5:00 pm Young Chefs (11 to 15 Years)	
		5:00 pm Artist Hub (9 to 15 Years)	5:15 pm Pickleball (Recreational)	
		5:15 pm Power Skating (Beginner)	5:15 pm Line Dancing - Beginner	
		5:30 pm Preschool Play Zone (18 months to 5		

Core	Years)	5:15 pm Science Explorers (4 to 8 Years)	12:30 pm Older Adult Chair Fitness/ Chair Yoga Combo - Level 1
12:30 pm Balance Yoga: Mind & Body	5:45 pm Dancing for Adults - Beginner	6:30 pm Dance Fusion for Adults	1:00 pm Carpet Bowling - 1:00-3:30pm
1:15 pm Bid Euchre	6:00 pm Aqua Fitness	6:30 pm Line Dancing - Experienced	1:00 pm Scrapbooking
1:15 pm Pickleball (Intermediate)	6:05 pm Power Skating (Intermediate/Advanced)	7:00 pm Belleville Senators vs. Providence Bruins	1:15 pm Pickleball (Intermediate)
1:30 pm OA Gentle Exercise & Fitness	6:15 pm Sporty Kids (6 to 9 Years)	7:15 pm Badminton	2:00 pm Senior's Swim (All Pools)
2:00 pm Senior's Swim (Main Pool Only)	7:00 pm Dancing for Adults - Intermediate		3:00 pm Parent and Tot Swim (Therapy Pool Only)
2:00 pm Therapy Fitness	7:30 pm Volleyball Intermediate/Advanced		3:00 pm Lane Swim
3:00 pm Rehabilitation Swim	7:30 pm Table Tennis		
3:00 pm Lane Swim	7:30 pm Public Swim (All Pools)		
3:15 pm Open Gym	8:00 pm Lane Swim (1/2 pool)		
5:00 pm Gentle Flow Yoga			
5:00 pm Zumba			
5:00 pm Artful Antics (4 to 8 years)			
5:15 pm Jr. Soccer Skills & Drills (4 to 8 years)			
5:30 pm Fit and Firm			
6:15 pm Science Explorers (4 to 8 Years)			
6:15 pm Teen Recreational Volleyball (9 to 17 years)			
7:30 pm Teen Futsal			
8:00 pm Rehabilitation Swim			
8:00 pm Lane Swim (1/2 pool)			