



## Tuesday, October 1, 2024

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### Lane Swim

Date and Time: Tuesday, October 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: Tuesday, October 1 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Tuesday, October 1 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.

### Aqua Fitness

Date and Time: Tuesday, October 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.](#)

## Older Adult Yoga

Date and Time: Tuesday, October 1 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 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.

## Sketch & Swim

Date and Time: Tuesday, October 1 9:00 am - 1:00 pm

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

Take on an artistic outlook and develop fine motor skills through a variety of art mediums, enjoy a snack (our treat), and then join us in the pool for a warm water fitness class focused on balance, core, flexibility, and coordination. This course is FREE to those with a valid 50+ Membership (\$10.00/year).

9:30 – 11:30 – 50+ Centre, sketching, 11:30-12:15 –Snack & Social time in Pool Classroom, 12:30-1pm – Therapeutic Pool fitness class

## Therapy Fitness

Date and Time: Tuesday, October 1 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 1 9:00 am - 9:55 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.

## Senior Shinny (50+)

Date and Time: Tuesday, October 1 9:15 am - 10:05 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light and dark coloured jersey.

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

Adult & Senior Shinny Code of Conduct:

- CSA approved helmets are MANDATORY
- Full hockey equipment is recommended
- All levels of hockey are welcome in this recreational program
- Body checking is not permitted
- Lifting or slap shots are not permitted
- Respect fellow players
- Fair and even shift play is required

## Artist Collective

Date and Time: Tuesday, October 1 9:30 am - 11:30 am

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

Do you need a friendly place to get creative with other artists? 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)

## Older Adult Yoga

Date and Time: Tuesday, October 1 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 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.

## Lane Swim (1/2 pool)

Date and Time: Tuesday, October 1 10:00 am - 11:00 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.

## Family Swim (Main Pool Only)

Date and Time: Tuesday, October 1 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Therapy Fitness

Date and Time: Tuesday, October 1 10:00 am - 10:50 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.](#)

## Family Skating (Helmets mandatory for all participants)

Date and Time: Tuesday, October 1 10:15 am - 11:05 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the "Public Skating Code of Conduct". (Maximum of 50 skaters will be permitted) CSA Approved helmets are MANDATORY for all family skate participants. CSA Approved Skate aids will be permitted.

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

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## Wednesday, October 2, 2024

## Lane Swim

Date and Time: Wednesday, October 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: Wednesday, October 2 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: Wednesday, October 2 7:30 am - 8:30 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: Wednesday, October 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.

## Pickleball (Intermediate)

Date and Time: Wednesday, October 2 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Wednesday, October 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.](#)

## Strong Seniors

Date and Time: Wednesday, October 2 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.](#)

## Intro to Yoga, Continuing the Journey

Date and Time: Wednesday, October 2 9:00 am - 10:00 am

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

This foundational yoga class will build on the basics of yoga. If you have taken an introductory yoga class, this is the next step for your yoga journey.

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

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

## Stitches

Date and Time: Wednesday, October 2 9:00 am - 12:00 pm

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

Join us every Wednesday from 9:00am-12:00pm 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

## OA Dancing for Fitness

Date and Time: Wednesday, October 2 9:00 am - 10:00 am

Address: 265 Cannifton Rd, Belleville, ON

This beginner class will help you gently move your body with a mixture of basic dance moves. This class will help you move and feel better while enjoying yourself to some music. Get healthier in cardio, balance, coordination, and mental health exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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 (All Pools)

Date and Time: Wednesday, October 2 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## StrongER Seniors

Date and Time: Wednesday, October 2 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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](#).

## Aqua Fitness

Date and Time: Wednesday, October 2 10:00 am - 10:50 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](#).

## Stretch and Balance Fit

Date and Time: Wednesday, October 2 10:15 am - 11:15 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, October 2 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.



## Thursday, October 3, 2024

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### Lane Swim

Date and Time: Thursday, October 3 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, October 3 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Thursday, October 3 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.

### Aqua Fitness

Date and Time: Thursday, October 3 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](#).

## Pickleball (Beginner)

Date and Time: Thursday, October 3 8:45 am - 10:30 am

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

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
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- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Older Adult Flow Yoga

Date and Time: Thursday, October 3 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.

## Learn to Speak French - The Basics

Date and Time: Thursday, October 3 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Women's Weight Training

Date and Time: Thursday, October 3 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This class is for all women all levels / age groups to focus the most appropriate and efficient exercises for women with all goals. This class will be in the Workout studio, learning how to use the different machines along with using free weights, body weights, bands and aerobic exercise in this program will 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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, October 3 9:00 am - 9:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Therapy Fitness

Date and Time: Thursday, October 3 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 3 9:00 am - 9:55 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.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, October 3 9:30 am - 12:00 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.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Falls Prevention

Date and Time: Thursday, October 3 9:30 am - 11:30 am

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

The VON will lead this Fall's Prevention Course. There will be an education session as well as an exercise portion each week. This course will be held in the Pool Classroom.

Please Note: You are required to have a 50+ Membership to participate (\$10.00/year)

## Family Swim (Main Pool Only)

Date and Time: Thursday, October 3 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim (1/2 pool)

Date and Time: Thursday, October 3 10:00 am - 11:00 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.

## Friday, October 4, 2024

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## Lane Swim

Date and Time: Friday, October 4 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, October 4 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, October 4 7:30 am - 8:30 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: Friday, October 4 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.

## Pickleball (Intermediate)

Date and Time: Friday, October 4 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
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- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Friday, October 4 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 (All Pools)

Date and Time: Friday, October 4 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Older Adult Yoga

Date and Time: Friday, October 4 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 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.

## Movers & Shakers (18 months to 3 Years)

Date and Time: Friday, October 4 10:00 am - 10:45 am

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

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

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

## Aqua Fitness

Date and Time: Friday, October 4 10:00 am - 10:50 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.](#)

## Mix It Up

Date and Time: Friday, October 4 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.](#)

## Line Dancing - Beginner

Date and Time: Friday, October 4 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens

neural pathways and improves cognitive health. This class is for those people who have interest in learning but no previous experience is necessary. Come out and try Line Dancing - you will have a great time! This class is offered in both an adult or an older adult option (beginner).

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](#).

## Learn to Play Pickleball

Date and Time: Friday, October 4 11:00 am - 12:00 pm

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

Are you new to Pickleball? This introductory course is designed for beginners who want to learn the fundamentals of this fast-growing sport. Become familiar with the rules, scoring system, court layout, serving and basic strategies of the game. By the end of the course, you'll have an understanding of Pickleball and be ready for match play!

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

## Lane Swim (1/2 pool)

Date and Time: Friday, October 4 11:15 am - 12:15 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.

## Figure Skating Ticket Ice

Date and Time: Friday, October 4 11:15 am - 12:05 pm

Address: 265 Cannifton Road, Belleville, ON

Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Lifts and throws are not permitted. Max of 15 skaters are permitted on the ice at any given time.

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

## Saturday, October 5, 2024

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### Rehabilitation Swim

Date and Time: Saturday, October 5 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.](#)

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.

### **Preschool Play Zone (18 months to 5 Years)**

Date and Time: Saturday, October 5 9:00 am - 9:45 am

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.

### **Preschool Gym/Swim (18 months to 5 Years)**

Date and Time: Saturday, October 5 9:45 am - 11:00 am

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

This program is a drop-in style 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. After your gym time you will head to the changeroom to get ready for your swim time in the Preschool Pool. Gym time: 9:45-10:15am Swim time: 10:30-11am

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

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

Date and Time: Saturday, October 5 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.

### **Family/Open Gym**

Date and Time: Saturday, October 5 10:15 am - 12:00 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.

## Badminton

Date and Time: Saturday, October 5 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.

## Open Gym

Date and Time: Saturday, October 5 2:00 pm - 3:45 pm

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

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 (All Pools)

Date and Time: Saturday, October 5 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Lane Swim (1/2 pool)

Date and Time: Saturday, October 5 2:00 pm - 3:00 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.

## Futsal

Date and Time: Saturday, October 5 4:00 pm - 6:00 pm

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

Futsal is a variation of indoor soccer and is open all age groups to come to learn the game. It's characterized by its fast-paced nature on a smaller, hard court typically surrounded by walls or boards. Teams consist of five players each, encouraging quick passes, close control, and rapid transitions between attack and defense. Futsal emphasizes skillful dribbling, precise passing, and strategic positioning, making it both a competitive sport and a fun recreational activity. All ages and levels are welcome.

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

## Sunday, October 6, 2024

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### Lane Swim

Date and Time: Sunday, October 6 8:00 am - 8:55 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: Sunday, October 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.](#)

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 (1/2 pool)

Date and Time: Sunday, October 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.

## Family Swim (All Pools)

Date and Time: Sunday, October 6 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Cross Training

Date and Time: Sunday, October 6 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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.](#)

## Aqua Mind and Body

Date and Time: Sunday, October 6 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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.](#)

## Open Gym

Date and Time: Sunday, October 6 12:15 pm - 2:00 pm

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

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.

## Lane Swim (1/2 pool)

Date and Time: Sunday, October 6 2:00 pm - 3:00 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.

## Public Swim (All Pools)

Date and Time: Sunday, October 6 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Pickleball (Recreational)

Date and Time: Sunday, October 6 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.

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Open Gym

Date and Time: Sunday, October 6 4:30 pm - 6:15 pm

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

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.

## Basketball

Date and Time: Sunday, October 6 6:30 pm - 8:15 pm

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

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

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

## Monday, October 7, 2024

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### Lane Swim

Date and Time: Monday, October 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: Monday, October 7 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: Monday, October 7 7:30 am - 8:30 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: Monday, October 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.

## Pickleball (Advanced)

Date and Time: Monday, October 7 8:45 am - 10:30 am

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

An 'Advanced Pickleball Pass' is required in order to register for this program. Please call 613-966-4632 to register for this pass at zero cost. This is for experienced players ready for a challenging game play. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. The smaller area combined with the slower moving ball makes pickleball easier on the body than tennis. Advanced pickleball time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. (Advanced)

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Learn to Speak French - Communicate in a French Restaurant

Date and Time: Monday, October 7 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, October 7 9:00 am - 9:45 am

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

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

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

## Strong Seniors

Date and Time: Monday, October 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](#).

## Aqua Fitness

Date and Time: Monday, October 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](#).



## Family Swim (All Pools)

Date and Time: Monday, October 7 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Zumba

Date and Time: Monday, October 7 9:30 am - 10:30 am

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

These fitness classes are fun, energetic, and make you feel amazing. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed (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, October 7 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 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.

## StrongER Seniors

Date and Time: Monday, October 7 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, October 7 10:00 am - 10:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Deaf Seniors

Date and Time: Monday, October 7 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

## Tuesday, October 8, 2024

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### Lane Swim

Date and Time: Tuesday, October 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: Tuesday, October 8 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Tuesday, October 8 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.

## Aqua Fitness

Date and Time: Tuesday, October 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.](#)

## Older Adult Yoga

Date and Time: Tuesday, October 8 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 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.

## Sketch & Swim

Date and Time: Tuesday, October 8 9:00 am - 1:00 pm

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

Take on an artistic outlook and develop fine motor skills through a variety of art mediums, enjoy a snack (our treat), and then join us in the pool for a warm water fitness class focused on balance, core, flexibility, and coordination. This course is FREE to those with a valid 50+ Membership (\$10.00/year).

9:30 – 11:30 – 50+ Centre, sketching, 11:30-12:15 –Snack & Social time in Pool Classroom, 12:30-1pm – Therapeutic Pool fitness class

## Therapy Fitness

Date and Time: Tuesday, October 8 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 8 9:00 am - 9:55 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.

## Senior Shinny (50+)

Date and Time: Tuesday, October 8 9:15 am - 10:05 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light and dark coloured jersey.

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

Adult & Senior Shinny Code of Conduct:

- CSA approved helmets are MANDATORY
- Full hockey equipment is recommended
- All levels of hockey are welcome in this recreational program
- Body checking is not permitted
- Lifting or slap shots are not permitted
- Respect fellow players
- Fair and even shift play is required

## Artist Collective

Date and Time: Tuesday, October 8 9:30 am - 11:30 am

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

Do you need a friendly place to get creative with other artists? 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)

## Older Adult Yoga

Date and Time: Tuesday, October 8 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 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.

## Lane Swim (1/2 pool)

Date and Time: Tuesday, October 8 10:00 am - 11:00 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.

## Family Swim (Main Pool Only)

Date and Time: Tuesday, October 8 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Therapy Fitness

Date and Time: Tuesday, October 8 10:00 am - 10:50 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.](#)

## Family Skating (Helmets mandatory for all participants)

Date and Time: Tuesday, October 8 10:15 am - 11:05 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the “Public Skating Code of Conduct”. (Maximum of 50 skaters will be permitted) CSA Approved helmets are MANDATORY for all family skate participants CSA Approved Skate aids will be permitted

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

## Wednesday, October 9, 2024

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### Lane Swim

Date and Time: Wednesday, October 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: Wednesday, October 9 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: Wednesday, October 9 7:30 am - 8:30 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: Wednesday, October 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.

## Pickleball (Intermediate)

Date and Time: Wednesday, October 9 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Wednesday, October 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.](#)

## Strong Seniors

Date and Time: Wednesday, October 9 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](#).

## Intro to Yoga, Continuing the Journey

Date and Time: Wednesday, October 9 9:00 am - 10:00 am

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

This foundational yoga class will build on the basics of yoga. If you have taken an introductory yoga class, this is the next step for your yoga journey.

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

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

## Stitches

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

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

Join us every Wednesday from 9:00am-12:00pm 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

## OA Dancing for Fitness

Date and Time: Wednesday, October 9 9:00 am - 10:00 am

Address: 265 Cannifton Rd, Belleville, ON

This beginner class will help you gently move your body with a mixture of basic dance moves. This class will help you move and feel better while enjoying yourself to some music. Get healthier in cardio, balance, coordination, and mental health exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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 (All Pools)



Date and Time: Wednesday, October 9 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## StrongER Seniors

Date and Time: Wednesday, October 9 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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.](#)

## Aqua Fitness

Date and Time: Wednesday, October 9 10:00 am - 10:50 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.](#)

## Stretch and Balance Fit

Date and Time: Wednesday, October 9 10:15 am - 11:15 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, October 9 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](#).

## Thursday, October 10, 2024

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### Lane Swim

Date and Time: Thursday, October 10 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, October 10 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Thursday, October 10 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.

## Aqua Fitness

Date and Time: Thursday, October 10 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.](#)

## Pickleball (Beginner)

Date and Time: Thursday, October 10 8:45 am - 10:30 am

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

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Older Adult Flow Yoga

Date and Time: Thursday, October 10 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.

## Learn to Speak French - The Basics

Date and Time: Thursday, October 10 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Women's Weight Training

Date and Time: Thursday, October 10 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This class is for all women all levels / age groups to focus the most appropriate and efficient exercises for women with all goals. This class will be in the Workout studio, learning how to use the different machines along with using free weights, body weights, bands and aerobic exercise in this program will 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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, October 10 9:00 am - 9:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Therapy Fitness

Date and Time: Thursday, October 10 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 10 9:00 am - 9:55 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.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, October 10 9:30 am - 12:00 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.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Falls Prevention

Date and Time: Thursday, October 10 9:30 am - 11:30 am

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

The VON will lead this Fall's Prevention Course. There will be an education session as well as an exercise portion each week. This course will be held in the Pool Classroom.

Please Note: You are required to have a 50+ Membership to participate (\$10.00/year)

## Family Swim (Main Pool Only)

Date and Time: Thursday, October 10 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim (1/2 pool)

Date and Time: Thursday, October 10 10:00 am - 11:00 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.

## Friday, October 11, 2024

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### Lane Swim

Date and Time: Friday, October 11 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, October 11 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, October 11 7:30 am - 8:30 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.

## PA Day Camp (Grades 3 - 8)

Date and Time: Friday, October 11 8:00 am - 5:00 pm

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

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 and lunch and snacks. Campers may go outside to play at STSS Field or Riverside Park 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) Note: If your child requires a one-on-one support at school they will require a one-on-one support at camp. Please fill out the Accessibility Accommodation Plan form and Accessibility Volunteer Application form on our website. Call 613-966-4632 for details.

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

## Lane Swim

Date and Time: Friday, October 11 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.

## PA Day Camp (Grades JK -2)

Date and Time: Friday, October 11 8:00 am - 5:00 pm

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

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 and lunch and snacks. Campers may go outside to play at STSS Field or Riverside Park 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) Note: If your child requires a one-on-one support at school they will require a one-on-one support at camp. Please fill out the Accessibility Accommodation Plan form and Accessibility Volunteer Application form on our website. Call 613-966-4632 for details.

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

## Aqua Fitness

Date and Time: Friday, October 11 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 (All Pools)

Date and Time: Friday, October 11 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Older Adult Yoga

Date and Time: Friday, October 11 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 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.

## Aqua Fitness

Date and Time: Friday, October 11 10:00 am - 10:50 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.](#)

## Mix It Up

Date and Time: Friday, October 11 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](#).

## Line Dancing - Beginner

Date and Time: Friday, October 11 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. This class is for those people who have interest in learning but no previous experience is necessary. Come out and try Line Dancing - you will have a great time! This class is offered in both an adult or an older adult option (beginner).

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, October 11 11:15 am - 12:15 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.

## Figure Skating Ticket Ice

Date and Time: Friday, October 11 11:15 am - 12:05 pm

Address: 265 Cannifton Road, Belleville, ON

Ice time is provided for figure skating practice only. Supervision by a coach is required if skaters are under 18. Lifts and throws are not permitted. Max of 15 skaters are permitted on the ice at any given time.

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

## Public Swim (All Pools)

Date and Time: Friday, October 11 11:15 am - 12:30 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Saturday, October 12, 2024

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### Lane Swim

Date and Time: Saturday, October 12 11:15 am - 12:15 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 (1/2 pool)

Date and Time: Saturday, October 12 12:30 pm - 1:30 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.

### Public Swim (All Pools)

Date and Time: Saturday, October 12 12:30 pm - 1:45 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

### Public Swim (All Pools)

Date and Time: Saturday, October 12 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

### Lane Swim (1/2 pool)

Date and Time: Saturday, October 12 2:00 pm - 3:00 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.

## Sunday, October 13, 2024

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### Lane Swim

Date and Time: Sunday, October 13 11:15 am - 12:15 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 (1/2 pool)

Date and Time: Sunday, October 13 12:30 pm - 1:30 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.

### Public Swim (All Pools)

Date and Time: Sunday, October 13 12:30 pm - 1:45 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Public Swim (All Pools)

Date and Time: Sunday, October 13 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Lane Swim (1/2 pool)

Date and Time: Sunday, October 13 2:00 pm - 3:00 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.

## Monday, October 14, 2024

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### QSWC Closed for Thanksgiving

Date and Time: Monday, October 14 8:00 am

Address: 265 Cannifton Road

## Tuesday, October 15, 2024

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### Lane Swim

Date and Time: Tuesday, October 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: Tuesday, October 15 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Tuesday, October 15 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.

## Aqua Fitness

Date and Time: Tuesday, October 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.](#)

## November Pickleball Registration

Date and Time: Tuesday, October 15 8:30 am

Address: 265 Cannifton Rd, Belleville ON

Pickleball Registration Dates:

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of

Belleville Taxpayers

- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Older Adult Yoga

Date and Time: Tuesday, October 15 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 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.

## Sketch & Swim

Date and Time: Tuesday, October 15 9:00 am - 1:00 pm

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

Take on an artistic outlook and develop fine motor skills through a variety of art mediums, enjoy a snack (our treat), and then join us in the pool for a warm water fitness class focused on balance, core, flexibility, and coordination. This course is FREE to those with a valid 50+ Membership (\$10.00/year).

9:30 – 11:30 – 50+ Centre, sketching, 11:30-12:15 –Snack & Social time in Pool Classroom, 12:30-1pm – Therapeutic Pool fitness class

## Therapy Fitness

Date and Time: Tuesday, October 15 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 15 9:00 am - 9:55 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.

## Senior Shinny (50+)

Date and Time: Tuesday, October 15 9:15 am - 10:05 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light and dark coloured jersey.

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

Adult & Senior Shinny Code of Conduct:

- CSA approved helmets are MANDATORY
- Full hockey equipment is recommended
- All levels of hockey are welcome in this recreational program
- Body checking is not permitted
- Lifting or slap shots are not permitted
- Respect fellow players
- Fair and even shift play is required

## Artist Collective

Date and Time: Tuesday, October 15 9:30 am - 11:30 am

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

Do you need a friendly place to get creative with other artists? 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)

## Older Adult Yoga

Date and Time: Tuesday, October 15 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 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.

## Lane Swim (1/2 pool)

Date and Time: Tuesday, October 15 10:00 am - 11:00 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.

## Family Swim (Main Pool Only)

Date and Time: Tuesday, October 15 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Therapy Fitness

Date and Time: Tuesday, October 15 10:00 am - 10:50 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.](#)

## Wednesday, October 16, 2024

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### Lane Swim

Date and Time: Wednesday, October 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: Wednesday, October 16 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: Wednesday, October 16 7:30 am - 8:30 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: Wednesday, October 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.

## Pickleball (Intermediate)

Date and Time: Wednesday, October 16 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers

- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Wednesday, October 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.](#)

## Strong Seniors

Date and Time: Wednesday, October 16 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.](#)

## Intro to Yoga, Continuing the Journey

Date and Time: Wednesday, October 16 9:00 am - 10:00 am

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

This foundational yoga class will build on the basics of yoga. If you have taken an introductory yoga class, this is the next step for your yoga journey.

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

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

## Stitches

Date and Time: Wednesday, October 16 9:00 am - 12:00 pm

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

Join us every Wednesday from 9:00am-12:00pm 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

## OA Dancing for Fitness

Date and Time: Wednesday, October 16 9:00 am - 10:00 am

Address: 265 Cannifton Rd, Belleville, ON

This beginner class will help you gently move your body with a mixture of basic dance moves. This class will help you move and feel better while enjoying yourself to some music. Get healthier in cardio, balance, coordination, and mental health exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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 (All Pools)

Date and Time: Wednesday, October 16 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## StrongER Seniors

Date and Time: Wednesday, October 16 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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](#).

## Aqua Fitness

Date and Time: Wednesday, October 16 10:00 am - 10:50 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.](#)

## Stretch and Balance Fit

Date and Time: Wednesday, October 16 10:15 am - 11:15 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, October 16 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.](#)

## Thursday, October 17, 2024

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### Lane Swim

Date and Time: Thursday, October 17 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, October 17 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Thursday, October 17 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.

## Aqua Fitness

Date and Time: Thursday, October 17 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.](#)

## Pickleball (Beginner)

Date and Time: Thursday, October 17 8:45 am - 10:30 am

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

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun

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

me enjoyable for everyone.

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Older Adult Flow Yoga

Date and Time: Thursday, October 17 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.

## Learn to Speak French - The Basics

Date and Time: Thursday, October 17 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Women's Weight Training

Date and Time: Thursday, October 17 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This class is for all women all levels / age groups to focus the most appropriate and efficient exercises for women with all goals. This class will be in the Workout studio, learning how to use the different machines along with using free weights, body weights, bands and aerobic exercise in this program will 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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, October 17 9:00 am - 9:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Therapy Fitness

Date and Time: Thursday, October 17 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 17 9:00 am - 9:55 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.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, October 17 9:30 am - 12:00 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.](#)

Shuffleboard is a game where players take turns sliding one's weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Falls Prevention

Date and Time: Thursday, October 17 9:30 am - 11:30 am

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

The VON will lead this Fall's Prevention Course. There will be an education session as well as an exercise portion each week. This course will be held in the Pool Classroom.

Please Note: You are required to have a 50+ Membership to participate (\$10.00/year)

## Family Swim (Main Pool Only)

Date and Time: Thursday, October 17 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Lane Swim (1/2 pool)

Date and Time: Thursday, October 17 10:00 am - 11:00 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.

## Friday, October 18, 2024

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### Lane Swim

Date and Time: Friday, October 18 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, October 18 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, October 18 7:30 am - 8:30 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: Friday, October 18 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.

## November Pickleball Registration

Date and Time: Friday, October 18 8:30 am

Address: 265 Cannifton Rd, Belleville ON

Pickleball Registration Dates:

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Pickleball (Intermediate)

Date and Time: Friday, October 18 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Friday, October 18 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 (All Pools)

Date and Time: Friday, October 18 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Older Adult Yoga

Date and Time: Friday, October 18 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 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.

## Painting with Natalia Workshop

Date and Time: Friday, October 18 9:30 am - 11:30 am

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

Join Natalia as she walks you through step by step painting a beautiful picture using acrylic paints. All supplies are provided. Please Note: You are required to have a valid 50 Centre Membership (\$10.00/yr) to participate

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

## Movers & Shakers (18 months to 3 Years)

Date and Time: Friday, October 18 10:00 am - 10:45 am

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

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

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

## Aqua Fitness

Date and Time: Friday, October 18 10:00 am - 10:50 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.](#)

## Mix It Up

Date and Time: Friday, October 18 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](#).

## Line Dancing - Beginner

Date and Time: Friday, October 18 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. This class is for those people who have interest in learning but no previous experience is necessary. Come out and try Line Dancing - you will have a great time! This class is offered in both an adult or an older adult option (beginner).

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](#).

## Learn to Play Pickleball

Date and Time: Friday, October 18 11:00 am - 12:00 pm

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

Are you new to Pickleball? This introductory course is designed for beginners who want to learn the fundamentals of this fast-growing sport. Become familiar with the rules, scoring system, court layout, serving and basic strategies of the game. By the end of the course, you'll have an understanding of Pickleball and be ready for match play!

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

## Saturday, October 19, 2024

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### Rehabilitation Swim

Date and Time: Saturday, October 19 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](#).

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.

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

Date and Time: Saturday, October 19 10:00 am - 2:00 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 (All Pools)

Date and Time: Saturday, October 19 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Lane Swim (1/2 pool)

Date and Time: Saturday, October 19 2:00 pm - 3:00 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.

## Belleville Senators vs. Utica Comets

Date and Time: Saturday, October 19 7:00 pm - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON

Belleville Senators vs. Utica Comets @ CAA Arena

## Sunday, October 20, 2024

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## Lane Swim

Date and Time: Sunday, October 20 8:00 am - 8:55 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: Sunday, October 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.](#)

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 (1/2 pool)

Date and Time: Sunday, October 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.

## Family Swim (All Pools)

Date and Time: Sunday, October 20 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Cross Training

Date and Time: Sunday, October 20 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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.](#)

## **Aqua Mind and Body**

Date and Time: Sunday, October 20 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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.](#)

## **Open Gym**

Date and Time: Sunday, October 20 12:15 pm - 2:00 pm

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

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.

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

Date and Time: Sunday, October 20 2:00 pm - 3:00 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.

## **Public Swim (All Pools)**

Date and Time: Sunday, October 20 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Pickleball (Recreational)

Date and Time: Sunday, October 20 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.

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Belleville Senators vs. Syracuse Crunch

Date and Time: Sunday, October 20 3:00 pm - 6:00 pm

Address: 265 Cannifton Road, Belleville, ON

Belleville Senators vs. Syracuse Crunch @ CAA Arena

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

Date and Time: Sunday, October 20 4:00 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.

## Open Gym



Date and Time: Sunday, October 20 4:30 pm - 6:15 pm

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

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.

## Basketball

Date and Time: Sunday, October 20 6:30 pm - 8:15 pm

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

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

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

## Monday, October 21, 2024

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### Lane Swim

Date and Time: Monday, October 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: Monday, October 21 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: Monday, October 21 7:30 am - 8:30 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: Monday, October 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.

## Pickleball (Advanced)

Date and Time: Monday, October 21 8:45 am - 10:30 am

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

An 'Advanced Pickleball Pass' is required in order to register for this program. Please call 613-966-4632 to register for this pass at zero cost. This is for experienced players ready for a challenging game play. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. The smaller area combined with the slower moving ball makes pickleball easier on the body than tennis. Advanced pickleball time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. (Advanced)

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Learn to Speak French - Communicate in a French Restaurant

Date and Time: Monday, October 21 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, October 21 9:00 am - 9:45 am

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

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

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

## Strong Seniors

Date and Time: Monday, October 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](#).

## Aqua Fitness

Date and Time: Monday, October 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](#).

## Family Swim (All Pools)

Date and Time: Monday, October 21 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Zumba

Date and Time: Monday, October 21 9:30 am - 10:30 am

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

These fitness classes are fun, energetic, and make you feel amazing. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed (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, October 21 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 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.

## StrongER Seniors

Date and Time: Monday, October 21 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, October 21 10:00 am - 10:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Deaf Seniors

Date and Time: Monday, October 21 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

## Tuesday, October 22, 2024

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### Lane Swim

Date and Time: Tuesday, October 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: Tuesday, October 22 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Tuesday, October 22 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.

## Aqua Fitness

Date and Time: Tuesday, October 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.](#)

## Older Adult Yoga

Date and Time: Tuesday, October 22 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 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.

## Sketch & Swim

Date and Time: Tuesday, October 22 9:00 am - 1:00 pm

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

Take on an artistic outlook and develop fine motor skills through a variety of art mediums, enjoy a snack (our treat), and then join us in the pool for a warm water fitness class focused on balance, core, flexibility, and coordination. This course is FREE to those with a valid 50+ Membership (\$10.00/year).

9:30 – 11:30 – 50+ Centre, sketching, 11:30-12:15 –Snack & Social time in Pool Classroom, 12:30-1pm – Therapeutic Pool fitness class

## Therapy Fitness

Date and Time: Tuesday, October 22 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 22 9:00 am - 9:55 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.

## Senior Shinny (50+)

Date and Time: Tuesday, October 22 9:15 am - 10:05 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light and dark coloured jersey.

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

Adult & Senior Shinny Code of Conduct:

- CSA approved helmets are MANDATORY
- Full hockey equipment is recommended
- All levels of hockey are welcome in this recreational program
- Body checking is not permitted
- Lifting or slap shots are not permitted
- Respect fellow players
- Fair and even shift play is required

## Artist Collective

Date and Time: Tuesday, October 22 9:30 am - 11:30 am

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

Do you need a friendly place to get creative with other artists? 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)

## Older Adult Yoga

Date and Time: Tuesday, October 22 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 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.

## Lane Swim (1/2 pool)

Date and Time: Tuesday, October 22 10:00 am - 11:00 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.

## Family Swim (Main Pool Only)

Date and Time: Tuesday, October 22 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Therapy Fitness

Date and Time: Tuesday, October 22 10:00 am - 10:50 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.](#)



## Family Skating (Helmets mandatory for all participants)

Date and Time: Tuesday, October 22 10:15 am - 11:05 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the "Public Skating Code of Conduct". (Maximum of 50 skaters will be permitted) CSA Approved helmets are MANDATORY for all family skate participants CSA Approved Skate aids will be permitted

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

## Wednesday, October 23, 2024

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### Lane Swim

Date and Time: Wednesday, October 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: Wednesday, October 23 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: Wednesday, October 23 7:30 am - 8:30 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: Wednesday, October 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.

## Pickleball (Intermediate)

Date and Time: Wednesday, October 23 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Wednesday, October 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.](#)

## Strong Seniors

Date and Time: Wednesday, October 23 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](#).

## Intro to Yoga, Continuing the Journey

Date and Time: Wednesday, October 23 9:00 am - 10:00 am

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

This foundational yoga class will build on the basics of yoga. If you have taken an introductory yoga class, this is the next step for your yoga journey.

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

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

## Stitches

Date and Time: Wednesday, October 23 9:00 am - 12:00 pm

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

Join us every Wednesday from 9:00am-12:00pm 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

## OA Dancing for Fitness

Date and Time: Wednesday, October 23 9:00 am - 10:00 am

Address: 265 Cannifton Rd, Belleville, ON

This beginner class will help you gently move your body with a mixture of basic dance moves. This class will help you move and feel better while enjoying yourself to some music. Get healthier in cardio, balance, coordination, and mental health exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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 (All Pools)

Date and Time: Wednesday, October 23 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## StrongER Seniors

Date and Time: Wednesday, October 23 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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.](#)

## Aqua Fitness

Date and Time: Wednesday, October 23 10:00 am - 10:50 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.](#)

## Stretch and Balance Fit

Date and Time: Wednesday, October 23 10:15 am - 11:15 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, October 23 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](#).

## Thursday, October 24, 2024

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### Lane Swim

Date and Time: Thursday, October 24 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, October 24 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Thursday, October 24 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.

## Aqua Fitness

Date and Time: Thursday, October 24 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.](#)

## Pickleball (Beginner)

Date and Time: Thursday, October 24 8:45 am - 10:30 am

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

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Older Adult Flow Yoga

Date and Time: Thursday, October 24 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.

## Learn to Speak French - The Basics

Date and Time: Thursday, October 24 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Women's Weight Training

Date and Time: Thursday, October 24 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This class is for all women all levels / age groups to focus the most appropriate and efficient exercises for women with all goals. This class will be in the Workout studio, learning how to use the different machines along with using free weights, body weights, bands and aerobic exercise in this program will 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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, October 24 9:00 am - 9:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Therapy Fitness

Date and Time: Thursday, October 24 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 24 9:00 am - 9:55 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.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, October 24 9:30 am - 12:00 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.](#)

Shuffleboard is a game where players take turns sliding one's Weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Falls Prevention

Date and Time: Thursday, October 24 9:30 am - 11:30 am

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

The VON will lead this Fall's Prevention Course. There will be an education session as well as an exercise portion each week. This course will be held in the Pool Classroom.

Please Note: You are required to have a 50+ Membership to participate (\$10.00/year)

## Family Swim (Main Pool Only)

Date and Time: Thursday, October 24 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.



## Lane Swim (1/2 pool)

Date and Time: Thursday, October 24 10:00 am - 11:00 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.

## Friday, October 25, 2024

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### Lane Swim

Date and Time: Friday, October 25 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, October 25 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, October 25 7:30 am - 8:30 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: Friday, October 25 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.

## Pickleball (Intermediate)

Date and Time: Friday, October 25 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Friday, October 25 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 (All Pools)

Date and Time: Friday, October 25 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Winter Driving Preparation and Practice Tips Seminar

Date and Time: Friday, October 25 9:30 am - 11:30 am

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

Register for this free seminar to learn more about how to prepare our vehicle How to prepare ourselves for winter driving Safe winter driving practices to keep in control of our vehicle What to expect from winter road maintenance

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

## Older Adult Yoga

Date and Time: Friday, October 25 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 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.

## Movers & Shakers (18 months to 3 Years)

Date and Time: Friday, October 25 10:00 am - 10:45 am

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

This program focuses on music and the importance of interaction between children, their peers, and their caregivers. They will be introduced to singing, dancing and musical instruments.

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

## Aqua Fitness

Date and Time: Friday, October 25 10:00 am - 10:50 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.](#)

## Mix It Up

Date and Time: Friday, October 25 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.](#)

## Line Dancing - Beginner

Date and Time: Friday, October 25 10:45 am - 11:45 am

Address: 265 Cannifton Road, Belleville, ON

Line dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. This class is for those people who have interest in learning but no previous experience is necessary. Come out and try Line Dancing - you will have a great time! This class is offered in both an adult or an older adult option (beginner).

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.](#)

## Learn to Play Pickleball

Date and Time: Friday, October 25 11:00 am - 12:00 pm

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

Are you new to Pickleball? This introductory course is designed for beginners who want to learn the fundamentals of this fast-growing sport. Become familiar with the rules, scoring system, court layout, serving and basic strategies of the game. By the end of the course, you'll have an understanding of Pickleball and be ready for match play!

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

## Lane Swim (1/2 pool)

Date and Time: Friday, October 25 11:15 am - 12:15 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.

## **Saturday, October 26, 2024**

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### **Rehabilitation Swim**

Date and Time: Saturday, October 26 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.](#)

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.

### **Bronze Cross & Standard First Aid (13+ years)**

Date and Time: Saturday, October 26 9:00 am - 6:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Prerequisites: Bronze Medallion and Emergency First Aid

Oct 25 -27 Friday - 4-8 pm, Sat/Sun 9 am - 6 pm

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

### **Preschool Play Zone (18 months to 5 Years)**

Date and Time: Saturday, October 26 9:00 am - 9:45 am

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.

### **Preschool Gym/Swim (18 months to 5 Years)**

Date and Time: Saturday, October 26 9:45 am - 11:00 am

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

This program is a drop-in style 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. After your gym time you will head to the changeroom to get ready for your swim time in the Preschool Pool. Gym time: 9:45-10:15am Swim time: 10:30-11am

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

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

Date and Time: Saturday, October 26 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.

## Family/Open Gym

Date and Time: Saturday, October 26 10:15 am - 12:00 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.

## Badminton

Date and Time: Saturday, October 26 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.

## Open Gym

Date and Time: Saturday, October 26 2:00 pm - 3:45 pm

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

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 (All Pools)

Date and Time: Saturday, October 26 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Lane Swim (1/2 pool)

Date and Time: Saturday, October 26 2:00 pm - 3:00 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.

## Futsal

Date and Time: Saturday, October 26 4:00 pm - 6:00 pm

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

Futsal is a variation of indoor soccer and is open all age groups to come to learn the game. It's characterized by its fast-paced nature on a smaller, hard court typically surrounded by walls or boards. Teams consist of five players each, encouraging quick passes, close control, and rapid transitions between attack and defense. Futsal emphasizes skillful dribbling, precise passing, and strategic positioning, making it both a competitive sport and a fun recreational activity. All ages and levels are welcome.

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

## Belleville Senators vs. Toronto Marlies

Date and Time: Saturday, October 26 7:00 pm - 10:00 pm

Address: 265 Cannifton Road, Belleville, ON

Belleville Senators vs. Toronto Marlies @ CAA Arena

## **Sunday, October 27, 2024**

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### **Lane Swim**

Date and Time: Sunday, October 27 8:00 am - 8:55 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: Sunday, October 27 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.](#)

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 (1/2 pool)**

Date and Time: Sunday, October 27 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.

### **Bronze Cross & Standard First Aid (13+ years)**

Date and Time: Sunday, October 27 9:00 am - 6:00 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Prerequisites: Bronze Medallion and Emergency First Aid



Oct 25 -27 Friday - 4-8 pm, Sat/Sun 9 am - 6 pm

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

## Family Swim (All Pools)

Date and Time: Sunday, October 27 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Aqua Cross Training

Date and Time: Sunday, October 27 11:00 am - 11:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the main pool.

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.](#)

## Aqua Mind and Body

Date and Time: Sunday, October 27 12:10 pm - 12:55 pm

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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.](#)

## Open Gym

Date and Time: Sunday, October 27 12:15 pm - 2:00 pm

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

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.

## Lane Swim (1/2 pool)

Date and Time: Sunday, October 27 2:00 pm - 3:00 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.

## Public Swim (All Pools)

Date and Time: Sunday, October 27 2:00 pm - 3:15 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.](#)

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Pickleball (Recreational)

Date and Time: Sunday, October 27 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.

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

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

Date and Time: Sunday, October 27 4:00 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.

## Open Gym

Date and Time: Sunday, October 27 4:30 pm - 6:15 pm

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

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.

## Basketball

Date and Time: Sunday, October 27 6:30 pm - 8:15 pm

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

Basketball is a team sport where two teams oppose each other on a court trying to shoot a ball through the other teams' hoop. This sport will work on your team building skills, your coordination skills, and your fast thinking skills. This class will leave you fit, active, and enhance your skill level.

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

## Monday, October 28, 2024

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### Lane Swim

Date and Time: Monday, October 28 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, October 28 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: Monday, October 28 7:30 am - 8:30 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: Monday, October 28 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.

## Pickleball (Advanced)

Date and Time: Monday, October 28 8:45 am - 10:30 am

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

An 'Advanced Pickleball Pass' is required in order to register for this program. Please call 613-966-4632 to register for this pass at zero cost. This is for experienced players ready for a challenging game play. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. The smaller area combined with the slower moving ball makes pickleball easier on the body than tennis. Advanced pickleball time slot is for experienced players who have a good knowledge of the game and are looking for some fun, challenging games. (Advanced)

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of

Belleville Taxpayers

- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Learn to Speak French - Communicate in a French Restaurant

Date and Time: Monday, October 28 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Art-Muck & Mess (18 months to 3 Years)

Date and Time: Monday, October 28 9:00 am - 9:45 am

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

Your child will discover the world of arts and crafts. Your child will socialize with other children all while sparking their imagination.

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

## Strong Seniors

Date and Time: Monday, October 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](#).

## Aqua Fitness

Date and Time: Monday, October 28 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 (All Pools)

Date and Time: Monday, October 28 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## Zumba

Date and Time: Monday, October 28 9:30 am - 10:30 am

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

These fitness classes are fun, energetic, and make you feel amazing. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed (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, October 28 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 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.

## StrongER Seniors

Date and Time: Monday, October 28 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Monday, October 28 10:00 am - 10:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Deaf Seniors

Date and Time: Monday, October 28 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

## Tuesday, October 29, 2024

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### Lane Swim

Date and Time: Tuesday, October 29 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: Tuesday, October 29 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Tuesday, October 29 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.

## Aqua Fitness

Date and Time: Tuesday, October 29 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.](#)

## Older Adult Yoga

Date and Time: Tuesday, October 29 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 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.



## Therapy Fitness

Date and Time: Tuesday, October 29 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 29 9:00 am - 9:55 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.

## Senior Shinny (50+)

Date and Time: Tuesday, October 29 9:15 am - 10:05 am

Address: 265 Cannifton Road, Belleville, ON

This is a drop-in program for seniors (age 50+) who wish to participate in shinny hockey. Please bring a light and dark coloured jersey.

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

Adult & Senior Shinny Code of Conduct:

- CSA approved helmets are MANDATORY
- Full hockey equipment is recommended
- All levels of hockey are welcome in this recreational program
- Body checking is not permitted
- Lifting or slap shots are not permitted
- Respect fellow players
- Fair and even shift play is required

## Family Swim (Main Pool Only)

Date and Time: Tuesday, October 29 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain

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

## Therapy Fitness

Date and Time: Tuesday, October 29 10:00 am - 10:50 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 (1/2 pool)

Date and Time: Tuesday, October 29 10:00 am - 11:00 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.

## Older Adult Yoga

Date and Time: Tuesday, October 29 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 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.

## Mix It Up

Date and Time: Tuesday, October 29 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](#).

## Family Skating (Helmets mandatory for all participants)

Date and Time: Tuesday, October 29 10:15 am - 11:05 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

This is a drop-in recreational skating program for those who wish to practice their skating skills on a less busy ice surface. All skaters must follow the “Public Skating Code of Conduct”. (Maximum of 50 skaters will be permitted) CSA Approved helmets are MANDATORY for all family skate participants CSA Approved Skate aids will be permitted

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

## Public Swim (All Pools)

Date and Time: Tuesday, October 29 11:15 am - 12:30 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](#).

Public Swim - all three pools are open but the main pool and therapy/preschool pool must be registered for separately (unless specified). This is an open swim time with limited equipment.

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

## Wednesday, October 30, 2024

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### Lane Swim

Date and Time: Wednesday, October 30 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, October 30 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: Wednesday, October 30 7:30 am - 8:30 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: Wednesday, October 30 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.

## Pickleball (Intermediate)

Date and Time: Wednesday, October 30 8:45 am - 10:30 am

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

Intermediate – This time is for regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis.

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers
- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Aqua Fitness

Date and Time: Wednesday, October 30 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: Wednesday, October 30 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.](#)

## Intro to Yoga, Continuing the Journey

Date and Time: Wednesday, October 30 9:00 am - 10:00 am

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

This foundational yoga class will build on the basics of yoga. If you have taken an introductory yoga class, this is the next step for your yoga journey.

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

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

## Stitches

Date and Time: Wednesday, October 30 9:00 am - 12:00 pm

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

Join us every Wednesday from 9:00am-12:00pm 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

## OA Dancing for Fitness

Date and Time: Wednesday, October 30 9:00 am - 10:00 am

Address: 265 Cannifton Rd, Belleville, ON

This beginner class will help you gently move your body with a mixture of basic dance moves. This class will help you move and feel better while enjoying yourself to some music. Get healthier in cardio, balance, coordination, and mental health exercises. Using a variety of body weight, resistance bands and light weights will be used in the class (Beginner).

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 (All Pools)

Date and Time: Wednesday, October 30 9:00 am - 10:15 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 both pools. All children under 16 must be accompanied by an adult who will remain in the pool with them.

## StrongER Seniors

Date and Time: Wednesday, October 30 10:00 am - 10:45 am

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

StrongER Seniors class is a continuation of progression from Strong Seniors and for those with some knowledge of resistance training. Not for beginners. 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. (Intermediate/Advanced)

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](#).

## Aqua Fitness

Date and Time: Wednesday, October 30 10:00 am - 10:50 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 will be used.

bbells 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.](#)

## Stretch and Balance Fit

Date and Time: Wednesday, October 30 10:15 am - 11:15 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, October 30 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.](#)

## Thursday, October 31, 2024

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### Lane Swim

Date and Time: Thursday, October 31 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, October 31 7:30 am - 8:30 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 (1/2 pool)

Date and Time: Thursday, October 31 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.

## Aqua Fitness

Date and Time: Thursday, October 31 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.](#)

## Pickleball (Beginner)

Date and Time: Thursday, October 31 8:45 am - 10:30 am

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

Beginner - New or newer to Pickleball and just learning how fun this sport is, then the beginner session is for you. Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis. Enjoy learning the rules, meet new people and having fun

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

- Session Dates: **September 16-30** & Registration August 27 City of Belleville Taxpayers /30 Non-city of Belleville Taxpayers
- Session Dates: **October 1-31** & Registration September 17 City of Belleville Taxpayers /20 Non-city of Belleville Taxpayers



- Session Dates: **November 1-30** & Registration October 15 City of Belleville Taxpayers /18 Non-city of Belleville Taxpayers
- Session Dates: **December 1-20** & Registration November 19 City of Belleville Taxpayers /22 Non-city of Belleville Taxpayers

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

## Older Adult Flow Yoga

Date and Time: Thursday, October 31 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.

## Learn to Speak French - The Basics

Date and Time: Thursday, October 31 8:45 am - 9:45 am

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

This course will teach you French to be able to communicate French in a restaurant. There will be a visit to an actual local French restaurant upon completion of the course to put what we learned in the class to use! This course is FREE to those with a valid 50+ Membership (\$10.00/year).

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

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

## Women's Weight Training

Date and Time: Thursday, October 31 9:00 am - 9:45 am

Address: 265 Cannifton Road, Belleville, ON

This class is for all women all levels / age groups to focus the most appropriate and efficient exercises for women with all goals. This class will be in the Workout studio, learning how to use the different machines along with using free weights, body weights, bands and aerobic exercise in this program will 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](#).

## Mini Scientists (18 months to 3 Years)

Date and Time: Thursday, October 31 9:00 am - 9:45 am

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

Little learners are captivated by science! Children learn by doing, feeling, touching and examining. The science program will give them the opportunity to learn through different experiments and lessons in a hands-on learning environment.

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

## Therapy Fitness

Date and Time: Thursday, October 31 9:00 am - 9:50 am

Address: 265 Cannifton Road, Belleville ON K8N 4V8

Held in the therapy pool.

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, October 31 9:00 am - 9:55 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.

## Shuffleboard 9:30am-12:00pm

Date and Time: Thursday, October 31 9:30 am - 12:00 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.](#)

Shuffleboard is a game where players take turns sliding one's weights alternately against those of an opponent to reach the highest scoring area. Join other Shuffleboard enthusiasts for a morning of friendly competition.

## Falls Prevention

Date and Time: Thursday, October 31 9:30 am - 11:30 am

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

The VON will lead this Fall's Prevention Course. There will be an education session as well as an exercise portion each week. This course will be held in the Pool Classroom.

Please Note: You are required to have a 50+ Membership to participate (\$10.00/year)

### **Family Swim (Main Pool Only)**

Date and Time: Thursday, October 31 10:00 am - 11:00 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 main pool only. All children under 16 must be accompanied by an adult who will remain in the pool with them.

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

Date and Time: Thursday, October 31 10:00 am - 11:00 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.

<https://calendar.quintesportsandwellnesscentre.ca>